



Be Kind to Your Mind

Tips to cope with stress during COVID-19

- 1 **PAUSE.** Breathe. Notice how you feel
- 2 **TAKE BREAKS** from COVID-19 content
- 3 **MAKE TIME** to sleep and exercise
- 4 **REACH OUT** and stay connected
- 5 **SEEK HELP** if overwhelmed or unsafe

COVID-19 UPDATE FOR LEXINGTON LEADERS - 5/28/20

How are people affected doing?

- We continue to be able to share the good news that none of our homes are on isolation or quarantine.
- Six people we support have been tested and results are pending.
- Nine staff members have been tested due to connections with the Fulton Center and we are awaiting results.
- As a precaution, we are testing all the staff at the Mountain View home where David Morray lived before he passed away earlier this week. This is only precautionary as David was not symptomatic. But because of the medical frailty of the people supported there, we have to be extra careful about COVID-19 here.

Mental Health Virtual Support Groups

The clinical team has put together a great calendar of virtual support groups for both staff and individuals we support which are delivered via Zoom. The new June calendar of these groups is included [here](#). Some of these started up in May (Gathering, Drama Club, and Manager's Support Group) and there are some new groups like Music Friday and specific Day Hab support groups so our individuals can visit with their friends from Day Hab! All of the Zoom information is included here for participation. There are also additional opportunities for small group or individual counseling via Zoom. Reminder: There is a support group for Leaders from every department on Tuesday and Thursdays. It's a place where Leaders can come together to talk about the special stressors of COVID-19, and anything else the group wants to discuss.

Please consider joining these groups or supporting your individuals to participate! If you have any questions or need further information please contact Susan Banks at bankss@thearclexington.org.

Day Program Reopening

We continue to operate under an OPWDD mandate regarding closure of day programs, and limitation on outings and visitors unless medically necessary. While we await their guidance, we have started to plan and imagine what these services may look like at Lexington. Determining how we will be able to provide day program services in a way that does not increase risk of exposure to the people we support and our staff is very challenging, so we are developing a plan for a limited phase 1 opening only.

- 1) Phase 1 will serve as a pilot and our experience in phase 1 will guide us in determining what the subsequent phases will need to be.
- 2) The medical team has assessed each persons' level of health risk and categorized them as high, medium and low. Phase 1 opening will only be for people who have been determined to be of "low health risk" by the medical team.
- 3) Day services will comprise of small group activities that keep the "household unit" intact for people who live in our residences. This means that people who live together, and those who work with them, will participate in the day program together so that it does not increase their exposure to others. They will be transported together as well.
- 4) Family members of people who live in the community will be surveyed next week to determine who has imminent need for day services, what kind of supports would be helpful to them and whether they would be able to transport their family member to our location. Based on the information gathered, day supports will be developed for the people who have imminent need. Our family services department has continued to safely provide day supports to a few children whose families are essential workers and had to be at work. That model will be used to develop day services for people in the community who are in imminent need during Phase 1.
- 5) Please note that while we are planning a Phase 1 reopening, we are not allowed to reopen until the OPWDD mandate for closure of day programs has been lifted. I expect that OPWDD will provide further guidance on reopening at that time which will dictate what we will need to do.
- 6) We also need to be very mindful of the cost of customized supports like this as our funding does not allow for us to provide day services at a cost that is higher than what it was prior to the closure.

Community Activities and Visitor policies

There has been no change in the OPWDD mandates regarding these policies. As soon as we receive guidance, we will issue new guidelines to you. Please continue to do your best in supporting people, their families, and staff in adhering to these circumstances.



THANK YOU to our staff and the community for the joy your brought to our homes!

Jim Post led a contingent of employees, including Bonnie Reuss and Artie Rumrill, and community members who put together a wonderful antique and other cars parade past 19 of our homes throughout Fulton County on May 16. What an amazing thing to do for the people we support and how happy that made them. THANK YOU!

***The picture at the top is a reminder to all of us during National Mental Health Month. Please remember during these trying times to take care of yourselves and you take care of the people that you support.
THANK YOU for keeping the Lexington family strong.***

With gratitude and tremendous respect for what you do,

Shaloni & Dan

[For all Lexington Leaders' COVID-19 Updates, please click here](#) |

