

Lexington's Mission Statement is to provide the best possible services for children and adults who are disabled and their families, to be the best possible employer for its' employees, and to contribute to the good of the community.

*Spirit*

## ***A safe place is a happy place***

On Wednesday, June 17th, Bishop Burke hosted its first annual Safety and Wellness Expo from 9:00 am to 12:00pm. Events that were held included reflexology, paraffin dips, and massage chair, and information stations on vehicle safety and CDPHP. Incentives to attend this expo included a scavenger hunt and the chance to win some great raffle prizes. Lexington's Safety Officer, Bill Roe was interviewed and he provided some information about the event:

There were approximately 150-200 people that showed up to the event in a three hour time frame, comparable to the Safety Expo from the year before. There was a great turnout with a lot of participants across day hab programs. All of the stations located around the event had worthwhile safety and wellness information to present.

Bill shared with us that the committee likes to be challenged to make events better each year, always trying to improve the upcoming year. He also expressed that the event would not have been so successful if there had not been so many groups throughout Lexington that came together to organize and make the Safety and Wellness Expo happen.

We want to thank Bill Roe for taking the time to answer our questions, and to thank everyone who participated in making 2015's Safety and Wellness Expo so great. We are looking forward to next year's event!



# **Kid** **At** **Play**



Sensory fun day is an event held at North Perry Street once a month from 9-11 am and 1-3 pm for anyone under the age of 18. The Occupational and Physical Therapy departments and Family Services have teamed up for two years now to set up these events to reach out to families in the community who would like to familiarize their children with different types of sensory activities. The events include soft, calming music, information on similar upcoming events, string lights, different textured objects, a mini trampoline, crawl-through tents, a sand table and many other fun things. When interviewed, the ladies from these departments said they have had such a great turnout that they were asked by the families of the participants to hold these events more often. They have had very positive feedback overall and about 10-20 people who come each time they hold the event. Their hope is to keep children busy and engaged throughout the summer and to provide them with fun, new learning experiences. Keep up the great work everyone, it's great to see kids have this opportunity. For more information, contact OT/PT or family services to get involved!



# Personal Outcome Measure

## **Taneesh Mannion**

Taneesh attends the Quest II Day Program in Gloversville. Her lifelong goal is to be a secretary. At Quest II, she works on and gains skills in this role completing tasks such as filing, answering the phone, making copies, and other things that assist with the day to day functions of the wellness program. Taneesh recently interviewed for a position on the Spirit Newsletter.

Taneesh was selected to be the Editor and this is a role that she takes very seriously. As part of this role, Taneesh has assisted in video-taping the various wellness activities that occur in day program including a supported wellness gardening activity that will be used for staff training purposes. In addition to videotaping, Taneesh goes to events in the various programs and

conducts interviews that will become stories in the newsletter. She is a social butterfly and being the Editor on the Spirit Newsletter has really made Taneesh feel helpful in a way that makes her feel good about herself and her talents.



Pictured above is Taneesh working on the first Edition of the Spirit Newsletter July 2015

## **Occupational Excellence**

This month's Occupational Excellence section features Jessica Chain, who recently received the opportunity to work in Human Resources as of May, 2014. She told the Spirit that at first, she interviewed for the paid position in April and did not receive it, but was then reconsidered the following month, and ended up getting it. She first started practicing at the switchboard at Bishop Burke, answering and transferring phone calls. Once she really got the hang of it, she was offered more hours which she was glad to take on. She now works five days a week for three hours each afternoon.

Jessica told the Spirit that one of the most important things to remember about having a job is to make sure to be on time. She also said that some of the qualities this job requires is patience, a polite smile, and respect for others. Jessica has said that having this job is a great opportunity, that it has given her more independence, a way to earn some money, and a higher self esteem. She is looking forward to advancing in this job field at some point in the future, she told the Spirit, "It's good to realize how capable I am and other people are able to see it too."

We wish Jessica the best of luck in the future and know that she is and will continue to do a great job!



# WELLNESS





# Cooks Among Us

## Facts about German cooking and cuisine:

- \*Eat Breakfast like an emperor, lunch like a king, and dinner like a beggar.
- \* Germans love to have their main meal of the day at lunch time.
- \*On weekends and holidays it is customary to have a daily snack between lunch and dinner that usually consists of a cup of coffee, a piece of cake, or cookies.
- \*Many housewives work outside of the home so week day meals will consist of frozen prepared convenience foods along with sauces and soups to make a healthy meal.
- \* In restaurants you will always find specialty foods such as cheese fries and assorted sausages.
- \*Pork, beef, and poultry are the main varieties of meat consumed in Germany, Pork being the most popular.
- \*Alaskan Pollock is the most common fish consumed in Germany.
- \*Vegetables are often used in stews or vegetable soups, but are also served as side dishes.
- \*Breakfast commonly consists of bread, toast, or bread rolls with cold cuts, cheese or jams and marmalades.
- \*With the exceptions of mustard for sausages, German dishes are rarely hot and spicy.

**To the right is Shawn Zukoski, a young man from the Pathfinders Dayhab, preparing a German Potato salad**

