

LEXINGTON HAPPENINGS



Welcome to “Lexington Happenings,” a collection of things to do and see and experience at Lexington!

WEDNESDAY, DECEMBER 15, 2021

#RISINGTOGETHER AT LEXINGTON!



- We hope you all had a wonderful Thanksgiving! We are grateful for you, not just on Thanksgiving, but every day of the year. Special thanks go to all who worked to make the holiday special for the people we support. Pictured are the Prospect Ave. family sitting down to enjoy their meal.
- In advance of Thanksgiving, Lexington’s senior staff distributed hundreds of turkeys and pies to employees in Fulton, Schoharie and Albany counties! We hope you all got the chance to claim your turkeys and pies and enjoyed them with your loved ones on Thanksgiving. Pictured are Shaloni Winston and Pat Dowd delivering the items for staff members at our Albany homes.
- Lexington’s Community Supports held a drive-thru Thanksgiving meal event for the families they support in Fulton and Schoharie Counties. This was a wonderful opportunity to connect with all their families, and to offer them a little something special for the holidays. Thank you to the Kingsboro Catering team for preparing the meals, and to Heather Garcia, Sandra Miller and Chris McGregor for handing them out!
- Thanks to everyone who came to the Albany staff holiday appreciation event at Apex Entertainment last week! Everyone had a blast enjoying food, drinks, bowling, laser tag, arcade games, gifts, a Flame performance, a visit from Santa, an ugly Christmas sweater contest and more. Most of all, it was wonderful to see the Albany family get together and have fun celebrating the holidays and each other as a group—something they haven’t done in a long time! Thank you to everyone who pitched in to help make this fun event such a success.
- Christmas season is now in full swing! All of our houses and programs have been getting into the holiday spirit by going all-out with decorating. The Grove Street family had a great time decorating their tree.
- The men who live at Bluebird had a wonderful time riding The Polar Express! At this special holiday experience, they got to ride the train, spend some time with Santa, watch the dancing wait staff and see the conductor and other characters from the classic movie. They also went home with some hot cocoa and snowflake cookies. Caleb’s mom, pictured, and grandfather were able to join them on the adventure!
- Phelps Street visited the Nigra Arts Center to learn how to make some holiday cookies! Everyone took home festive trays of treats they baked.
- The team at Krumkill got into the holiday spirit and spent some quality time together by making some creative gingerbread houses!

LEXINGTON ACTIVITY AND RESOURCE CENTER

#MASKUPLEXINGTON CAMPAIGN

Lexington's new #MaskUpLexington campaign is designed to remind staff of the importance of not only wearing masks, but wearing them the right way, to keep everyone safe and healthy. The proof is there – data shows that wearing a mask PROPERLY keeps COVID-19 from spreading. Even if you feel fine, #MaskUpLexington to protect yourself and those around you – the people we support and each other.

COVID-19 positive cases in our communities are way up, climbing to levels we have not seen since it was at its worst in our region last January. As of December 6, Albany is at 6.5%, Fulton County is at 11.6% and Schoharie is at 11.9%. To avoid bringing the virus into the agency, we must get back to the basics:

- Mask wearing (#WearItRight)
- Washing our hands
- Social distancing
- Getting vaccinated

The image to the right contains some Do's and Don'ts when wearing a KN95 mask. Please print it out and hang it in a place where it can be viewed by staff members – or print it out for yourself as a friendly reminder. Wear your KN95 mask at work the right way, every day – it can save a life!

#MASKUPLEXINGTON

DO!



Cover mouth, nose and chin with mask and make sure there are no gaps between your face and the mask.

DON'T!



Fold the mask near the chin to expose your mouth

DON'T!



Wear the mask underneath your nose

DON'T!



Wear the mask on your ear - it's meant to be a barrier to viruses, including COVID-19. In order to work properly it needs to be covering your mouth, nose and chin!

#WEARITRIGHT

HERE ARE A COUPLE WAYS TO GET INVOLVED WITH THE #MASKUPLEXINGTON CAMPAIGN!

#MaskUpMonday: Post photos of you and others wearing masks while at work, in the community, and more on Workplace using #MaskUpMonday! Everyone who posts with this hashtag will be entered into a gift card drawing every month of the campaign.

#MaskChampion: Film a video (30 sec. to 1 min.) sharing tips and tricks for remembering to wear masks and PPE properly. Post your video to Workplace using #MaskChampion! Best submissions will earn a gift card. Here are some prompts to get you started:

- Do you have a great way of reminding co-workers how to properly wear a mask?
- How did you successfully explain wearing a mask to the people you support?
- Tell us a great story about how masks have kept you safe.

HOLIDAY BONUS CHECK DISTRIBUTION

Holiday bonus checks will be distributed **in-person on Wednesday, December 15**. When the bonus was first announced it was intended to mail or direct deposit the check, but in an effort to extend thanks to each of you for all you do, leadership team members and Dan and Shaloni will be personally delivering the checks to your worksite instead, along with their wishes for a happy holiday. In addition, each employee will also receive a \$40 meal/food voucher attached to their bonus check envelope to enjoy with your families during this holiday season.

Managers will have the checks for all staff at their home job code location. Checks will be available by 2 p.m. on Wednesday, December 15. Employees not scheduled to work on that day or on vacation may collect their check any time between 2 p.m. on Wednesday, December 15 and the end of the day on Monday, December 20. After that, any remaining checks will be mailed. Please know how grateful Lexington is for all you do every day, and have a safe and happy holiday season!



LEXINGTON'S HOLIDAY DSP RECOGNITION PROGRAM

With the holidays approaching, we are pleased to be able to further recognize our employees who are showing commitment to their work schedule and working extra shifts to help make sure the people we support have the care they need and deserve. Please see below for details on the three parts of the Holiday DSP Recognition program. It will run from **November 8, 2021, to January 7, 2022**. If you have questions, please contact your manager or Tina Olyer at OlyerT@thearclexington.org or at (518)736-4152.

1. ATTENDANCE RECOGNITION PROGRAM (DSPs from IRA, DH and Community Supports)

- DSPs who work a pay period with zero unscheduled absences, and using no more than 2 days' worth of approved benefit time, earn additional \$100 recognition

2. OVERTIME RECOGNITION (employees with a primary or secondary job as a DSP working overtime in Residential)

- 16 hours of overtime within a pay period = \$75 recognition
- 24 hours of overtime within a pay period = \$100 recognition
- 16 hours of overtime during the "night" shift (11 p.m. to 7 a.m.) = additional \$75 recognition

3. PART-TIME/PER DIEM RECOGNITION PROGRAM (all part-time/per diem DSPs working in Residential)

- Part-time employees who work more than 35 hours per week earn additional \$75 recognition
- Per diem employees who work more than 20 hours per week earn additional \$75 recognition

RISE UP CAMPAIGN

Advocates from across New York have launched the RISE UP campaign, encouraging people to tell their stories about supports provided by Direct Support Professionals (DSPs) and the impact of the workforce crisis. The goal is to show Governor Hochul that we need New York to invest in our supports and services. Please visit <https://p2a.co/mwx4x0v>, enter your information and personalize the letter text with YOUR story and details. We want to get at least 10,000 advocates to join! As we all RISE UP, we are sending a message to the governor to do the same. Thank you for RISING UP with us!

DAY HAB CHRISTMAS WINE GLASS PAINT & SIP FOR STAFF

Friday, December 17 | 1-3 p.m. and 4-6 p.m. | Burke, 127 E. State Street, Gloversville

Join us at Gloversville Day Hab to celebrate the winter holidays with a wine glass paint and sip class! Artistic skills are not required. Instructor Cheryl Harrington will guide you through the fun experience of painting your own festive wine glass. Keep it for your home or give it away as a holiday gift! If you are interested in attending, please RSVP to Bahja Helou Haddawi at (518) 775-1619.

ENGAGED AND EMPOWERED ZOOM ACTIVITY CALENDAR

The Engaged and Empowered day hab program offers daily social groups, activities, wellness exercises, games, crafts, meetings and more to the people we support! See the full December calendar and participation information at <https://bit.ly/3dtQsJQ>.

ARC NEW YORK SCHOLARSHIPS FOR EMPLOYEES

The Arc New York presents annual scholarships to those pursuing degrees in special education, physical or occupational therapy, or fields related to intellectual/developmental disabilities. Click the scholarship name below to access online applications. Each scholarship is \$3,000, paid in two installments of \$1,500 per semester. Funds must be claimed within four years of being awarded. Applications are due by **January 7, 2022**. For questions or information, contact Christina Canino at caninoc@thearcny.org.

<u>ARTHUR W. PENSE SCHOLARSHIP</u>	<u>JAMES F. REVILLE SCHOLARSHIP</u>	<u>JONATHAN WEINGOLD SCHOLARSHIP</u>	<u>JOSEPH T. WEINGOLD SCHOLARSHIP</u>
1 scholarship presented to a student seeking a physical/occupational therapy degree.	2 scholarships presented to full-time college students in a program related to the I/DD field, such as social work, nursing, behavioral sciences, psychology or healthcare admin and management.	4 scholarships presented to full-time Arc Chapter employees who wish to further their education with the intention of contributing to the field of I/DD.	2 scholarships presented to students enrolled in a New York degree program leading to a special education certification.

COVID-19 VACCINE INFORMATION

NEW COVID-19 VACCINE CLINICS SCHEDULED AT BISHOP BURKE

Dec. 16 and Jan. 6, 13, 20 & 27 | 10 a.m.—6 p.m. | Dec. 23 | 9 a.m.—12 p.m. | Gym, 127 E. State St., Gloversville
Lexington is offering more free **COVID-19 Vaccine Clinics** with Fulton County Public Health and Adirondack Health & Wellness! These clinics offer Moderna and Pfizer vaccines and boosters (for adults 18+ who got the final dose of any vaccine 6+ months). Registration is required at the links below. Questions? Contact Patti Wrobel at wrobel@thearclexington.org or (518) 775-5309.

- Dec. 16: booknow.appointment-plus.com/6z7p0e2q/?e_id=3471
- Dec. 23: booknow.appointment-plus.com/6z7p0e2q/?e_id=3473
- Jan. 6: booknow.appointment-plus.com/6z7p0e2q/?e_id=3427
- Jan. 13: booknow.appointment-plus.com/6z7p0e2q/?e_id=3429
- Jan. 20: booknow.appointment-plus.com/6z7p0e2q/?e_id=3431
- Jan. 27: booknow.appointment-plus.com/6z7p0e2q/?e_id=3467

If you need help registering, please call or visit the following staff members:

- Vicki Scheuerman, Oppenheim Day Hab: 518-568-3102
- Megan Balsler, Nigra Arts Center: 518-661-9932
- Bahja Helou Haddawi, Burke: 518-775-1619

JOHNSON & JOHNSON VACCINES AND BOOSTERS AT BURKE CLINICS

For the remaining COVID vaccine clinics, we have been able to add Johnson & Johnson initial doses and boosters for Lexington employees only. If you would like a J&J vaccine or booster, please reach out to one of the above staff. You may not sign up for J&J at the links provided. Booster shots for the J&J vaccine are recommended for those 18+ who were vaccinated 2+ months ago.

VACCINE CLINIC GIFT CARD HELP

We have heard that some staff who received vaccines at the Burke clinics have had trouble redeeming their \$50 gift cards. These gift cards are distributed by Fulton County Public Health and Adirondack Health and Wellness. For questions, please contact Flex for Checks at info@flexforchecks.com or (877) 770-6642. Navigators are available 9 a.m. to 5 p.m., Monday through Friday, to help. If you reach the answering machine, leave a message and a Navigator will return the call. Thank you for getting vaccinated!

ARE YOU INTERESTED IN GETTING THE COVID-19 VACCINE?

The CDC recommends that everyone age 12+ receive a COVID-19 vaccine! All COVID vaccines are safe and effective against the disease and all its variants. Infections happen only in a small percentage of people who are fully vaccinated, and those cases tend to be mild. The best weapon against serious disease and death caused by COVID is the vaccine!

- The CDC can help you find a vaccine: call 1-800-232-0233, text your zip code to 438829 or visit vaccines.gov.
- The **Fulton County Public Health Department** offers vaccine clinics. For details, visit fultoncountyny.gov/covid-19.
- In **Schoharie County**, the Public Health Department can be contacted by calling (518) 295-8365.
- **Albany County Public Health** offers vaccine clinics—visit <https://bit.ly/3lqhSvq> or call (518) 447-7000 for details.
- To make an appointment at a state-run site, call 1-833-697-4829 or visit <https://am-i-eligible.covid19vaccine.health.ny.gov>.
- You can schedule a vaccine at CVS or Walgreens through the stores' apps or contact individual locations for details.

RESOURCES AND COMMUNICATIONS

Find past resources at thearclexington.org/wellness, thearclexington.org/family-connections or thearclexington.org/vaccine.

- **United Concierge Medicine: The Virtual ER**—Lexington's Telemedicine provider (1-844-484-7362).
- **Information on COVID-19**—News, info and resources about COVID-19 at coronavirus.health.ny.gov/home.
- **COVID-19 Vaccine Information Sheets**—An information sheet with links to credible medical and scientific resources, videos and information from the CDC, the WHO and our Public Health Departments can be found at <http://bit.ly/2NGINzf>.
- **COVID-19 Q&A w/Lexington's Medical Director**—Visit <https://youtu.be/kvWE8d40hGo> to watch a Q&A with our Medical Director, Dr. Kevin Cope, where he discussed the COVID-19 vaccine, the Delta variant and more.
- **What to Expect After Getting a Vaccine**—Visit <https://bit.ly/345yGrG> for info on what to do and expect after getting a vaccine.
- **Project Connect Pandemic Helpline**—A 24-hour helpline to support people with disabilities, their families and members of their support teams. Click the link for details about what services are offered or call the helpline any time at **888-847-3209**.

PAUL NIGRA CENTER FOR CREATIVE ARTS

Lexington employees get a 10% discount at the Nigra Arts Center! Just enter the code **LEXEMPLOYEE** at checkout to redeem. We offer free classes to the people we support. If your house, program or someone you know wants to take a class, please call (518) 661-9932 or contact Maria Nestle at nestlem@thearclexington.org to sign them up. The Arts Center is located at 2736 State Highway 30 in Gloversville. For full listings of the classes and events offered, visit www.pncreativeartscenter.org.



FLAME HOLIDAY CONCERT & DANCE PARTY

Thursday, December 16 | 6-7 p.m. | Online or In-Person at the Nigra Arts Center, 2736 NY-30, Gloversville

Come sing along with Flame as they perform some of your favorite Christmas classics! This event will bring people together from around the state to spark joy and holiday cheer. Fans may attend virtually over Zoom, or there will also be limited in-person attendance. Tickets cost \$15 apiece and are available at <https://bit.ly/3DbCjvd>. We hope to see you there!

NIGRA ARTS CENTER OFFERS HOLIDAY DAY CAMP PROGRAM FOR CHILDREN

Monday, December 27 to Thursday, December 30 | 9 a.m. to 4 p.m. | Nigra Arts Center, 2736 NY-30, Gloversville

The Nigra Arts Center is excited to offer a Holiday Kid's Camp for children ages 5-12 from December 27 to 30! This camp will include art, STEAM projects, games, cooking classes, creative activities and more. Discounts are available for Lexington staff, kids from the same family and Nigra Arts Center members. Spots are limited—don't wait to sign up! For more information and to register, please visit pncreativeartscenter.org/camps, call (518) 661-9932 or email Lynette May at MayL@thearclexington.org.

CAROGA LAKE MUSIC FESTIVAL WINTERFEST

Friday, December 17 | 7-8:30 p.m. | Online or In-Person at Nigra Arts Center, 2736 NY-30, Gloversville | Tickets: \$15

The world-class musicians of the Caroga Lake Music Festival are returning to the Nigra Arts Center! Join us on Friday, December 17, in-person or on Zoom for this very special concert as the group performs chamber music renditions of holiday classics. Tickets cost \$15 - reserve yours at <https://bit.ly/3xGz2Db>. To learn more about the Caroga Lake Music Festival, please visit carogaarts.org.

COME SEE OUR ART SHOW!

The Nigra Arts Center's current exhibition, the **2021 Fall/Winter Art Show**, will be on display until January 14, 2022. It features over 100 pieces, including 14 by artists from Creative Expressions, Transitions, Liberty Through the Arts and Saratoga Bridges Creative Endeavors Art Center! Come see the artwork weekdays 9 a.m. to 6 p.m. or Saturdays 10 a.m. to 1 p.m. The show is also available to view as a virtual tour at pncreativeartscenter.org/art-shows and [facebook.com/PaulNigraCenter](https://www.facebook.com/PaulNigraCenter).

LEXINGTON'S MISSION

We empower people with autism and disabilities to live their best lives, every day, by partnering with their families, our employees and our community.

LEXINGTON HAPPENINGS DIGITAL ARCHIVE

The online digital archive of Lexington Happenings, which includes active links to all the resources and documents highlighted, can be found at thearclexington.org/lexington-happenings! If you have questions or would like to submit information for a future newsletter, please contact Megan Balsler at balserm@thearclexington.org or (518) 661-9932.

CONTACT INFORMATION

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