

# LEXINGTON HAPPENINGS



## SPECIAL BULLETIN: COVID-19 UPDATES

FRIDAY, MARCH 26, 2021

### #RISINGTOGETHER AT LEXINGTON!



Spring has arrived at Lexington! Here are some of the many things happening throughout the agency:

- The Nigra Arts Center and Burke Café hosted St. Patrick's Day dinners last week! Diners from Mayfield IRA and Ferguson enjoyed a corned beef meal, accompanied by Irish music and festive decorations. They even dressed up in green for the occasion! Thank you to Kingsboro Catering and all the volunteers for making this happen. This dinner was one of a series of Experiences offered in March and April—see page 5 for details!
- Michael Madnick was recently able to see his brother and sister-in-law in person for the first time since the pandemic began! They were all so happy to share memories, laugh together and enjoy each other's company safely after so long. Michael has been fully vaccinated and helped support everyone at Phelps to do the same to make reunions like this possible for everyone!
- Cindy at High Street has been enjoying making music on her Chromebook. The digital age makes it easy and accessible for her and her housemates to express themselves creatively through music!
- The Pathfinders team is always finding new and creative things to do thanks to the ingenuity of their staff. Recently, Richard Rodriguez taught Zach Sitterly how to make amazing graphic arts! They used simple green screens and photo editing software to turn photos of figurines into epic, movie-worthy scenes. Thank you, Richard, for always sharing your talents with the people you support!
- Ridge Road is getting ready for spring! Thanks so much to Dan Brown for helping Mike Kile set up his new planter box, which will soon house beautiful plants. Earlier this week, Mike finished prepping seeds in his homemade greenhouse so they will be ready to plant next month!
- Schoharie Day Hab has been busy with spring crafts—including making Easter bunny flower pots! Pictured is Tim Durrin showing off his pot.
- Harry Steven visited the Nigra Arts Center for the first time since the pandemic, where he saw the sign bearing his name at Flame's recording studio! The studio is named in his honor thanks to a generous donation from Harry and his family. We are so grateful for their support!
- The men who live at Mecó are very active with walking, hiking and snowshoeing year-round, and as soon as the snow started melting they couldn't wait to use their walks to clean up the environment! Pictured is David Smith picking up litter on the Rail Trail in Gloversville.

# MESSAGE FROM SHALONI



Dear Lexington staff members,

I hope you and your families are well. Lexington is still COVID-free as far as people we support – there are no homes on quarantine or enhanced PPE precautions. There are three employees currently positive in Schoharie. Community numbers continue to trend downward regarding 7-day positivity rates in all three counties – on 3/24 the percentages were Fulton 3.6%, Albany 2.0% and Schoharie 2.7%.

We are still focused on keeping COVID from the agency, but as many of the people we support in our residential program (93%) are fully vaccinated, and the people that we support in the community are currently being vaccinated, our vaccine focus is now on our employees. We have been holding pretty steady for the past couple of week at a little over 50% of you who have been vaccinated. As you may have read, President Biden has said that there will be vaccines available for all eligible Americans by May. As more and more opportunities open up for people to be vaccinated, and as we learn more about the vaccines, we will continue to share that information with you on Workplace. Please also know that you can reach out to Lexington RNs, our Medical Directors or anyone else that can help you make an informed decision about the COVID-19 vaccines ... for your health, the health of your family and friends, and for the Lexington family. For now, we will also continue to support you if you'd like to get a vaccine by helping you to schedule an appointment, as long as enough of you continue to reach out to do so.

Please remember that we cannot fully open programs and services for the people we support until we get 70% of our staff vaccinated. That means that our revenue will continue to be at levels for our current programming, which is far below where we would like to be. Please consider getting the vaccine to help us get to #LexingtonImmunity and to fully reopen and help the people we support get back to their friends, their families and their communities.

For those of you who have email addresses, by now you will have received correspondence from "Engage Survey," which is tied to Top Workplaces in the U.S. We hope to become designated as a Top Workplace through this survey so that we can enhance our recruitment efforts. Please show your pride for Lexington and our Lexington family by completing this important survey at your earliest convenience. We appreciate your positive efforts to help us rise to the top!

Your passion for the work you do and for the people we support always helps us be the best we can be. We are always grateful to you and thankful that each one of you is a part of the Lexington family.

Best,

*Shaloni*

## CELEBRATING ABILITIES

March is Developmental Disabilities Awareness Month, an opportunity to showcase the abilities and achievements of the people we support through our Celebrating Abilities initiative. Do you want to recognize someone who receives services at Lexington for the goals and successes they accomplished during the last year? If so, please share their story in the "[Celebrating Abilities](#)" group on [Workplace](#)! Celebrating the Abilities gives you the chance to recognize someone who has achieved personal goals and shown growth in the last year. "Growth" is different for each person, so please don't think about how big or small it is. We want to see stories and photos of anyone you have seen growth in shared to Workplace! There will be gifts for people who are recognized.

## TOP WORKPLACE SURVEY

Lexington has decided to participate in a national program to designate Lexington as a Top Workplace! We have achieved awards on a regional and statewide level in the past. This time, we decided that we want to show everyone that Lexington is one of best places to work in the country. Please check your email for a message from [Energage Survey](#) (survey@energage.com) to view the survey. Be sure to complete it as soon as possible, showing the pride you have in our Lexington family and the successes we have all created together. Lexington is a great place to work because of each and every one of you. Let's show that to the world!

## COVID-19 VACCINE INFORMATION

### ARE YOU INTERESTED IN GETTING THE COVID-19 VACCINE?

Lexington continues to collaborate with healthcare partners to provide COVID-19 vaccines at no cost to people we support and staff members. Employees who fit the following criteria are prioritized:

- Any employee age 65+
- Any employee who has direct contact with people we support or works in a program where people we support are in attendance
- Any employee who interacts with the public
- Any employee who travels to multiple worksites

Interested in getting the COVID-19 vaccine? Please contact one of the following staff members depending on where you work:

- **ALBANY:** Teresa Wands, (518) 332-5674
- **FULTON:** Kelly Green, (518) 736-4193
- **SCHOHARIE:** Liz Weingarten, (518) 295-8130 ext. 230

They will help you either schedule a vaccine based on available clinic times or place you on a waiting list. Those on the waiting list will be contacted in the order of the eligible tiers as soon as vaccine sites become available. When we are notified of available vaccines, we have to move quickly to schedule appointments, so it's helpful to get your name on the waiting list.

Those who wish to get a vaccine may also fill out the survey at [www.surveymonkey.com/r/QYGTFLFW](http://www.surveymonkey.com/r/QYGTFLFW) to indicate their interest. Someone will call you after you fill out the survey to schedule your appointment or put you on a waitlist.

## COVID-19 VACCINE INFORMATION SHEET

To help employees make an informed decision about receiving the COVID-19 vaccine, we have created an information sheet that contains links to credible medical and scientific resources, links to videos (including those from Dr. Cope), and information from the CDC, the WHO and our Public Health Departments. You can access the information sheet at <http://bit.ly/2NGINzf>.

### FOR EMPLOYEES WHO HAVE RECEIVED THE SECOND DOSE OF THE VACCINE

Our vaccine schedulers would like to connect with you after you receive your second dose of the COVID-19 vaccine. They would like to confirm that you received the second dose and ask you a couple of follow-up questions. If you haven't already talked to these schedulers, please contact them so that we have your information:

- **ALBANY:** Donna Steenburgh, (518) 568-3102
- **FULTON:** Kelly Green, (518) 736-4193
- **SCHOHARIE:** Liz Weingarten, (518) 295-8130 ext. 230

Please also send a copy of your COVID-19 vaccination record card, which lists the dates you received the vaccine, where you got it and which vaccine you were given, to the following staff members:

- **FULTON/ALBANY:** Rene Craig, Gloversville Day Hab/Burke ([craigr@thearclexington.org](mailto:craigr@thearclexington.org))
- **SCHOHARIE:** Katie Epting, TPI Building, Schoharie ([eptingk@thearclexington.org](mailto:eptingk@thearclexington.org))

Thank you for your help, and for getting your vaccine to help keep everyone safe and healthy!

## WHAT TO EXPECT AFTER GETTING A COVID-19 VACCINE

From the Centers for Disease Control and Dr. Kevin Cope

While the COVID-19 vaccine will help protect you from getting COVID-19, it also may be accompanied by some side effects. These are normal signs that your body is building protection against the disease.

### COMMON SIDE EFFECTS OF THE COVID-19 VACCINE:

- Pain on the arm where you got the shot
- Swelling on the arm where you got the shot
- Fever
- Chills
- Tiredness
- Headache

### HELPFUL TIPS:

- If you have pain or discomfort, talk to your doctor about taking an over-the-counter medicine, such as ibuprofen or acetaminophen.
- To reduce pain and discomfort where you got the shot:
  - Apply a clean, cool, wet washcloth over the area
  - Use or exercise your arm
- To reduce discomfort from fever:
  - Drink plenty of fluids
  - Dress lightly

### WHEN TO CALL THE DOCTOR:

In most cases, discomfort from fever or pain is normal. Contact your doctor or healthcare provider:

- If the redness or tenderness where you got the shot increases after 24 hours
- If your side effects are worrying you or do not seem to be going away after a few days

### REMEMBER:

- Side effects may feel like flu and even affect your ability to do daily activities, but they should go away in a few days.
- With most COVID-19 vaccines, you will need two shots in order for them to work. Get the second shot even if you have side effects after the first shot, unless a vaccination provider or your doctor tells you not to get a second shot.
- It takes time for your body to build protection after any vaccination. COVID-19 vaccines that require two shots may not protect you until a week or two after your second shot.

It's important for everyone to continue using all the tools available to help stop this pandemic as we learn more about how COVID-19 vaccines work in real-world conditions. Cover your mouth and nose with a mask when around others, stay at least 6 feet away from others, avoid crowds and wash your hands often.

## EMPLOYEE TOWN HALL MEETING ABOUT THE VACCINE WITH DR. COPE

If you were unable to attend the January 21 Zoom meeting with Dr. Cope, where he talked about the vaccine and answered employee questions about it, you can access a recording of the meeting at <https://youtu.be/lRijGjXiOUl>.

## COVID-19 COMMUNITY VACCINATION LOCATIONS IN THE CAPITAL REGION

If you know a non-Lexington employee looking to receive a COVID-19 vaccine, there are a number of locations distributing doses to people who fall into Phase 1a and Phase 1b populations. Visit <https://bit.ly/3cdsYB> for a list of sites in the Capital Region and how to reach out for more information. Additional details about New York's vaccine rollout can be found at [covid19vaccine.health.ny.gov](https://covid19vaccine.health.ny.gov).

## LEXINGTON ACTIVITY AND RESOURCE CENTER

### THE EXPERIENCE: OUTING EVENTS FOR THE PEOPLE WE SUPPORT

If you and the people you support are looking for some fun new things to do, please join us for a series of special experiential events at the Nigra Arts Center and 465 N. Perry Street throughout March and April! Houses are invited to come enjoy movies, sporting events and food in private family-unit rooms. Unless otherwise stated, each location can accommodate two single-household groups per date. These events will be designed to mimic community outings as closely as possible, to help prepare people to resume those outings. Be sure to dress up according to each theme for a chance to win some door prizes! If you are interested in signing your house up, please call (518) 661-9932 to reserve a slot. Only four slots are available per date, unless otherwise stated, so don't wait to register! Admission is free, but be sure to bring cash for the concession stands. Keep an eye out for details on similar events offered in Schoharie in April—TBA through Workplace and email!

#### 50S NIGHT DINNER

A '50s diner-themed restaurant experience featuring burgers, hot dogs, chicken fingers, fries, onion rings and milkshakes!

- **Tuesday, March 30 | 4:00 p.m. | Nigra Arts Center, 2736 NY-30, Gloversville | Burke Café, 127 E. State St., Gloversville**

#### MOVIE MATINEE

Get the movie theater experience at Lexington—a private movie screening with a concession stand!

- **A League of Their Own | Friday, April 16 | 3:00 p.m. | 465 N. Perry Street ONLY**

#### SPORTING EVENTS

Join us for your spring baseball and NASCAR viewing parties!

- **New York Yankees vs. Tampa Bay Rays at Tropicana Field | Friday, April 9 | 3:00 p.m.**
- **New York Yankees vs. Tampa Bay Rays at Yankee Stadium | Friday, April 18 | 1:00 p.m. | 465 N. Perry Street ONLY**
- **NASCAR 2021 GEICO 500 at Talladega Speedway | Sunday, April 25 | 2:00 p.m.**

*Please note that only three slots are available for this event—one at the Nigra Arts Center and two at 465 N. Perry Street.*

### STAFF SUPPORT GROUP HOSTED BY CLINICAL DEPARTMENT

The Clinical Department is offering a support group for employees in supporting roles at the agency. Conversation will be directed by the staff in attendance – whatever challenges, successes or topics that they want to talk about. This group is a supportive forum that will allow staff to talk about their experiences and grow through the challenges of these times. Meetings take place every Wednesday at 2 p.m. No need to register in advance—simply use the Zoom link or call in to the phone number to participate. If you have any questions, please contact Libby Hammecker at (518) 937-3886 or Hammecl@thearclexington.org.

Zoom Link: <https://us02web.zoom.us/j/84771164494>

Meeting ID: 847 7116 4494

By Phone: 1-929-436-2866

### WELLNESS 2GETHER CALENDAR FOR MARCH

Wellness 2gether hosts Zoom activities between 10 a.m. and 1 p.m. every weekday! There are games, karaoke, educational sessions and more. No registration required—just log into Zoom! See the March calendar and details at <http://bit.ly/3bcvYoC>.

### VIRTUAL IN-HOUSE MUSIC

Virtual in-house music is available for any Lexington home! See the March performance schedule at <http://bit.ly/3bYkkNg>. If you would like to schedule music for your house, please contact Tammy Miles at (518) 775-5475 or milest@thearclexington.org.

### ENGAGED AND EMPOWERED ZOOM ACTIVITY CALENDAR

The Engaged and Empowered day hab program offers daily social groups, activities, games, exercises, crafts, trivia, meetings and more to the people we support! See the full March calendar and participation information at <http://bit.ly/3sQoU6W>.

### CREATIVE EXPRESSIONS ZOOM CLASSES AND ACTIVITIES

Creative Expressions offers a selection of art classes, games, puzzles, musical performances, virtual tours and other activities via Zoom every month! To view the March calendar of events and get the participation information, please visit <http://bit.ly/3uRSvih>.

## 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](mailto: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](http://www.pncreativeartscenter.org).



## COMMUNITY SUPPORT MAKES ALL WE DO POSSIBLE!

Donations to the Nigra Arts Center help people from all walks of life participate in our shows! We would like to thank community member Kathleen Marshall for her recent donation in honor of her aunt, Frances McLean Dorman, whose work was featured in our 2021 Spring Art Show. Her donation will underwrite an award in her aunt's name for each art show this year. Mrs. Dorman, who is 97 and had never had her work on display in a gallery before, was delighted to participate, receive an award for one of her pieces and even sell one. Ms. Marshall reached out and thanked the Nigra Arts Center team for giving her aunt such a good experience and "making a special time in her life." Making connections and sharing the joy of art are the reasons for what we do here!

## MARCH AND APRIL CLASSES AT THE NIGRA ARTS CENTER

Check out our adaptive arts class calendar at <https://www.pncreativeartscenter.org/adaptivearts>! The Nigra Arts Center offers adaptive arts classes and social activities through Zoom and in person. In-studio classes are offered for Lexington homes to participate in as a single "family unit," with only one house participating at a time. All are welcome to participate in any Zoom class! Pre-registration is required – call (518) 661-9932 or email Hailey Lozier at [lozierh@thearclexington.org](mailto:lozierh@thearclexington.org) to sign up.

## COME VIEW OUR NEW ART SHOWS!

The Nigra Arts Center's 2021 Quilt and *Adirondack Life* Art Shows will be on display **April 8 to May 13!** Plan to see them throughout their run **weekdays 9 a.m. to 6 p.m. or Saturdays 10 a.m. to 1 p.m.** The shows will also be displayed virtually on the Nigra Arts Center's website, [www.pncreativeartscenter.org/art-shows](http://www.pncreativeartscenter.org/art-shows), and Facebook page, [www.facebook.com/PaulNigraCenter](https://www.facebook.com/PaulNigraCenter).

## CHECK OUT OUR VIRTUAL ART SHOWS!

Virtual tours of our art shows are available on Facebook or at [www.pncreativeartscenter.org/art-shows](http://www.pncreativeartscenter.org/art-shows)!

## RESOURCES AND COMMUNICATIONS

Previous resources can be found at [thearclexington.org/wellness](http://thearclexington.org/wellness) or [thearclexington.org/family-connections](http://thearclexington.org/family-connections).

- **United Concierge Medicine: The Virtual ER**—Lexington's Telemedicine provider (1-844-484-7362).
- **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**.
- **Information on COVID-19**—News, information and resources regarding COVID-19 from New York State.

## 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](http://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](mailto:balserm@thearclexington.org) or (518) 661-9932.

### CONTACT INFORMATION

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