

IMPORTANT EMPLOYEE INFORMATION AND RESOURCES

New Employee Referrals - We Need Your Help!

Summer is rapidly approaching. It is the time of year when employees are planning vacations and time away from work to spend it with family and friends.

As a result, we see more requests for PTO during the summer months than any other time of year.



We are asking every employee to consider a referral of a family member or friend who you feel would be a great fit for Lexington. You can earn cash for each successful referral!

Click this [link](#) for an informative flyer with details of our referral program.

Please help us spread the word!

High School Students Wanted in Schoharie for Paid Internships

Do you know any high school students looking or work in Schoharie County?

We are looking for Human Service Interns!

Is your son or daughter, niece or nephew, or any 16- or 17- year old high school student ready for a part-time job?

If so, we have a perfect job opportunity for them!

Please reach out to [Michael Feldman](#) in Human Resources for more information or have the candidates submit an application right on our website

Lexington's Mission

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



HIGH SCHOOL STUDENTS WANTED!

ARE YOU 16 OR 17 YEARS OLD AND LOOKING FOR A JOB THAT WORKS AROUND SPORTS OR SCHOOL LIFE?

Then being a Lexington Human Service Intern is the job for you!

- Support interests & hobbies
- Go on community activities
- Help out around the house
- Create lasting relationships with the people we support

Flexible Hours
Paid Training
\$15.00 an hour

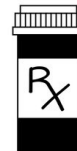
Apply Today!
Use the QR code to complete an application!







Save Money on Your Prescriptions



For employees who are enrolled in our CDPHP insurance plan, there are 3 VERY EASY ways to save on the cost of prescriptions.

Use Rx For Less.

Rx for Less covers generic medications only. They are sold at the participating pharmacies below at a significantly reduced cost.

Medications for as Low as a Penny a Pill

CDPHP members can save on prescription medications through the Rx for Less program. Many generic prescription drugs are available for as little as a penny a pill, beating the price of many other drug club programs by 90 percent. There's no sign-up process or registration fee. Simply present your CDPHP ID card when purchasing your prescription!

Rx for Less offers deep discounts on a specific list of prescription drugs when purchased at the following pharmacies:

- ConnectRx
- Market 32/Price Chopper
- Walmart
- Hannaford
- ShopRite
- Walgreens
- Kinney Drugs
- RiteAid
- Stop & Shop
- Giant Foods
- Food Lion

Multiple independent pharmacies including:

- Condo Pharmacy, Plattsburgh
- College Hometown Pharmacy, Schenectady
- College Parkside Pharmacy, Albany
- Delaware Valley Hospital Community Pharmacy, Walton
- Guy Park Pharmacy LLC, Amsterdam
- Kelly's Pharmacy, Delmar location only
- Lindsay Drug Co., Inc., Troy
- Marra's Pharmacy, Cohoes
- Molloy Medical Arts Pharmacy, Poughkeepsie
- Nott Street Pharmacy, Schenectady
- O'Brien Pharmacy, Ballston Spa
- Parkway Drugs, Utica
- Putnam Valley Pharmacy Inc, Putnam Valley

- Riverfront Pharmacy, Amsterdam
- St. Mary's Community Pharmacy, Amsterdam
- Stone's Pharmacy, Lake Luzerne
- Thorpes Pharmacy, Hoosick Falls
- Wellness Rx, Tannersville
- Young's Pharmacy, Averill Park

Use a Preferred Pharmacy

You can save money on each prescription filled at a preferred pharmacy. Use this link to locate preferred pharmacies:

<https://www.cdphp.com/members/rx-corner/drug-coverage>

Use Mail Order

You can mail order your prescriptions from Optum or Costco or through ConnectRx.

Prescription delivery by mail from Optum Home Delivery

Many medications taken on a regular basis for long-term conditions (such as heart disease, high blood pressure, asthma, or diabetes) can be mailed* directly to your home.

CDPHP members have access to prescription mail order service through Optum® Home Delivery. With this service you'll get a three-month supply of your long-term medications and:

- Free shipping
- An easy online experience to track orders, request refills, price medications, and more
- Medication reminders
- 24/7 pharmacist and customer support
- An automated refill process
- A payment plan option to pay for a 90-day supply over three months

Get started with Optum Home Delivery: Call the prescription drug number on your CDPHP member ID card and select the mail order option. Or you can have your doctor send an electronic prescription to Optum Home Delivery.

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Save on Prescriptions: (continued)



Additional mail order options

Free, local delivery from ConnectRx pharmacy, powered by CDPHP®. Mail order benefit pricing and 3-month supplies are available through ConnectRx. Plus, get free delivery right to your door if you live in the broader Capital Region! ConnectRx also accepts Elderly Pharmaceutical Insurance Coverage (EPIC). Visit [ConnectRx online](#) to learn more and for an easy prescription transfer.

Costco Mail Order Pharmacy

Mail order is also available through **Costco Mail Order Pharmacy** (Costco membership not required). Please call the prescription drug number on your ID card to learn more.

Required Annual Notification

We are required to inform you of your right to access all records maintained by Lexington that reflect your exposure to any toxic substances or harmful physical agents. We are also required to inform you of your right to access any medical records we maintain related to you with certain exceptions. No action is required on your part. Click [here](#) for specifics.

If you have any questions, please do not hesitate to contact Michelle Peryea, Safety and Wellness Coordinator at (518) 775-5420.

Resources to Combat Stress

Are you struggling with stress overload? It happens to all of us at different times in our lives. You don't have to handle this alone! We have two great options available to access professional help.

EAP is a great option and it comes with no cost to you! Stress is one of the main reasons our employees turn to EAP for coaching and counseling.

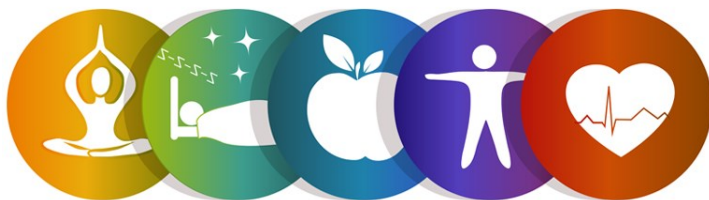
Let's face it – we're all living through stressful times! Short episodes of stress in different situations are normal but stress overload can be detrimental to our health. Stress is linked to diabetes, heart disease, weight gain, and other medical conditions.

But remember: EAP is here for you!

If things seem to be too much for you or a family member, EAP offers a variety of stress management resources to our members, including:

- 24-7-365 in-the-moment support from experienced Counselors via our helpline: 1-800-252-4555
- One-to-one coaching programs in Stress Management & Resilience over the phone.
- Resources at www.theEAP.com/TotalCare-EAP
- Stress Management & Resilience Trainings
- Financial coaching and help for managing debt related stress

To access a Counselor or a Stress Coach, simply call 1-800-252-4555. To access online support resources, simply login at www.theEAP.com/TotalCare-EAP.



For assistance with any Human Resources related matter or information, contact a member of the Human Resources team at: <https://bit.ly/HumanResourcesContactList>

This newsletter will be archived at the following link: <https://thearclexington.org/hr-updates>
Managers, please post and distribute to all employees.

LEXINGTON EMPLOYEE MILESTONES

Congratulations and thank you to the following employees celebrating milestones in March and April

FORTY-FIVE YEARS

Lori Collado, Residential, April 16

THIRTY-FIVE YEARS

Michael DelCostello, Commodities, April 3

THIRTY YEARS

Rodney Frenyea, Clinical, March 7

Heather Jambo, Day Habilitation, March 7

Renee Mackey, Residential, April 4

Mary Peterson, Clinical, March 21

Christine Potter, Clinical, March 22

Suzanne Schuler, Administration, March 26

TWENTY-FIVE YEARS

Kristie Cenzano, Residential, March 1

Sabrina Smarup, Residential, April 5

TWENTY YEARS

James Mitchell, Maintenance, April 5

Kyle Rix, Residential, March 23

FIFTEEN YEARS

Pamela Kowalski, Residential, March 22

Luke Olson, Residential, April 6

Cherie Rowilson, Residential, April 8

TEN YEARS

Jennifer Crosier, Residential, March 3

Peter Hryniak, Maintenance, April 7

Widlynn Jean-Gilles, Residential, April 7

Karissa Kuebaugh, Residential, March 3

Lynne Ludwin, Residential, April 21

Karen Sweet, Residential, April 21

Crystal White, Administration, March 28

FIVE YEARS

Megan Balser, Communications, April 1

Adrianna Clark, Residential, March 13

Brian Clemente, Family Support, March 4

Brianna Ford, Residential, April 15

Austin Fulton, Transitions, April 29

David Jefferson, III, Residential, April 1

Katie Marriott, Residential, April 1

Isaiah Potts, Residential, April 15

Tiffany Torrence, Residential, April 29

Cindy VanAlstyne, Clinical, April 15

ONE YEAR

Cynthia Abbott, Residential, March 6

Delena Baker, Residential, April 12

Gigi Bellardini, Residential, April 24

Samantha Biamonte, Residential, April 16

Giavanna Bottisti, Residential, April 24

Joseph Boulware, Residential, April 10

Regina Breton, Clinical, March 6

Tatiana Brown, Residential, March 13

Mary Catherine Burditt, Residential, April 24

Dunta Chatman, Residential, March 20

Rebecka Cox, Clinical, March 20

Kiersten Cramer, Administration, March 27

Fatimatou Diallo, Residential, March 6

Kira Dietrich, Residential, March 13

Jade Face, Residential, March 13

Kiersten Gordon, Residential, March 6

Emma Chynnarose Hale, Residential, March 19

Terionna Hanks, Residential, April 24

Crystal Harden, Residential, April 3

Shyanna Hebert, Residential, March 13

Thomas Houghton, Jr., Residential, April 10

Brandy Jesmain, Residential, March 13

Charlotte Jones Cornelison, Residential, March 19

Martin Kiare Kimani, Residential, March 6

Jeremiah Lawyer, Employment, April 24

Stacia Minkler, Administration, April 27

Robin Pearce, Residential, April 16

Kelly Phillips, Transitions, April 6

Sabrina Rafferty, Transitions, March 13

Lindsay Williams, Residential, March 13

Jerome Zink, Maintenance, April 3

