

# LEXINGTON HAPPENINGS



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

WEDNESDAY, APRIL 10, 2019

## Cooking Class Teaches Simple, Healthy Recipes!



Every Tuesday in March, people who live in Lexington's Supportive Apartments had the opportunity to take classes from Chef Andrew Dench on healthy home cooking! The course covered topics such as basic kitchen tools, healthy vs. unhealthy foods, menu planning, grocery shopping on a budget, food storage and more. They also learned a few simple and healthy recipes they can cook for themselves at home. Thanks to Andrew and all the staff who lent a hand to help everyone master the crucial independent living skill of cooking! Pictured, left to right, are Andrew showing Jessica Chain how to chop peppers, Evelyn Morales and staff Dawn McClosky, and Mike Rossi preparing fried chicken.

## Ladies' Night Club Celebrates Mardi Gras!



In March, the Ladies' Night club celebrated Mardi Gras! The Mardi Gras tradition of everyone wearing a mask and celebrating the day regardless of their age, race or social class connected well to the month's theme of inclusivity. Clinicians Jaclyn Buelow and Carrie Durrin and DSP Sarah Wagoner compared this tradition to the way everyone in attendance was different, but could celebrate together. Dinner was jambalaya, French style green beans and a Mardi Gras King Cake, which has a plastic baby hidden inside it. Danielle Rector, pictured in the middle, found the baby in her cake, which foretells good luck for the year! Also pictured are Serina Stanton, left, making a Mardi Gras beaded necklace and Vanessa Rhodes showing off her mask with Jaclyn Buelow.

### MANAGERS:

Please post/share this information with your staff.

Does your program have an event/information you'd like listed here?

Please send all information to Megan Balser ([balserm@thearclexington.org](mailto:balserm@thearclexington.org))

at least two weeks in advance of the event. For community events in Fulton or Albany Counties, please visit the links below.

### COMMUNITY EVENTS

FULTON COUNTY:  
[fultonmontgomeryny.org](http://fultonmontgomeryny.org)  
[44lakes.com](http://44lakes.com)

ALBANY COUNTY:  
[albany.com/events/](http://albany.com/events/)  
[events.timesunion.com](http://events.timesunion.com)

## LEXINGTON'S EMPLOYEE APPRECIATION DAYS — UNDER THE BIG TOP!

**Saturday, April 13 OR Sunday, April 14 | 10 a.m.-1 p.m. | Nigra Arts Center, 2736 NY-30, Gloversville**

Lexington employees, one guest and their children are invited to join us for a day of circus fun! There will be fun activities for attendees of all ages as well as a variety of carnival foods, wandering clowns and mimes, and circus act performances! A shuttle will be available for Albany families who wish to attend. This event is FREE, but you must RSVP to Rene Craig at (518) 775-5429 or [craigr@thearclexington.org](mailto:craigr@thearclexington.org) to attend. We hope to see you there!

### ACTIVITIES FOR THE KIDS:

- Face painting
- Easter photos
- Crafts
- Coloring
- Carnival games
- Dance party
- Balloon animals
- Goodie bags

### ACTIVITIES FOR ALL AGES:

- Flame performance
- Mario Kart competition
- Family Feud competition
- Life Experience Bingo
- Self-defense classes
- Photo booth
- Fortune teller
- Massages

## SPLASH THE SPECTRUM

**Mondays, March 11—May 20 (no 4/23) | 5-6 p.m. | Fulton County YMCA, 213 Harrison Street, Johnstown**

This free program offers children ages 3-18 with autism and sensory processing issues the chance to improve motor development and sensory processing skills through aquatic activities. Socialization skills will be addressed by group activities, including sing-a-longs and games. Each child must be accompanied in the water by an adult. RESERVATIONS ARE REQUIRED. To sign up, contact Erin Hollenbeck at (518) 773-2014 or [hollene@thearclexington.org](mailto:hollene@thearclexington.org).

## AUTISM RESOURCE FAMILY FUN DAY!

**Saturday, April 27 | 1-4 p.m. | Transitions, 2736 NY-30, Mayfield | FREE!**

Join us for a fun day honoring Autism Awareness Month! Presented for and by people with autism. Perfect for people of all ages on the spectrum and their friends and family! Pre-register by visiting <https://bit.ly/2UuUkCz> or contacting Maria Nestle at 518-661-9932 or [nestlem@thearclexington.org](mailto:nestlem@thearclexington.org).

### FEATURING:

- Artists with Autism Exhibition
- Bouncy house
- Raffles
- Sensory music, painting, dance and essential oils
- Acoustic Café with Flame Acoustic Duo
- Information booths
- AND MORE!

### CLASSES, EVENTS AND TRAININGS:

- Book Reading and Signing with Author Joe Barry
- Employment Discussion: Everything You Need to Know about Your Kid Being Employed
- PEERS® Mini Session for Young Adults
- Stress Relief Training for Parents
- Technology Apps for Your Child
- AND MORE!

## MUSIC THERAPY — PRESENTED BY LEXINGTON FAMILY SERVICES

**Tuesdays | Ages 3-12: 5:30—6:30 p.m.**

**Ages 13-21: 6:30—7:30 p.m.**

**43 Harrison Street, Gloversville**

Every Tuesday, Lexington Family Services offers Music Therapy classes that help children on the autism spectrum learn social skills through sing-alongs and games. For questions and to sign up, call Family Services at (518) 773-2014.

## APRIL IS AUTISM AWARENESS MONTH!

To celebrate, Lexington, Transitions and the Nigra Arts Center are offering a full roster of special classes and events for and about people on the spectrum. All are welcome to join us for classes in arts of all kinds as well as several special autism-themed events.

[Click here](#) for the calendar and more information on how to attend!

## HR NEWS AND INFORMATION

### DIRECT SUPPORT STAFF RECOGNITION

If you know of a staff who consistently shows a solid understanding of Personal Outcome Measures and ensures that each person we support, their staff and families are treated respectfully, then please nominate them for recognition! A different POM will be recognized each month, and each month an employee will be recognized for their commitment to ensuring the featured POM is met. If you are a manager who would like to honor one of your staff, please submit their name, a photo and a description of why they are being recognized to your AD!

**NAME:** Tonia Stockigt

**PROGRAM:** Johnstown Day Hab

**POM:** Best Possible Health

Tonia Stockigt does so much to encourage the people she supports at Johnstown Day Hab to experience their best possible health. She has worked closely for many years with someone who struggles to control her diabetes. Tonia goes above and beyond to learn as much as she can about which foods are healthy for this person and which are not. She is now a pro at counting carbs and has been able to help this person have the foods she likes in moderation while encouraging her to make healthy choices. Thank you, Tonia!

### EARN A BONUS FOR RECOMMENDING EMPLOYEES!

The Employee Referral Bonus recognizes your efforts to help Lexington hire the best new employees.

If you know of great people who are looking for jobs, have them apply at Lexington! If we hire a person you referred, you could earn up to a \$500 bonus. Give an application to a friend or family member or have them apply online at [www.lexingtoncenter.org](http://www.lexingtoncenter.org). Make sure they list your name as the referral source!

#### HERE ARE SOME EMPLOYEES WHO REFERRED NEW HIRES IN MARCH:

Jaclyn Connell

Melanie Deming

Alexis Douglas

Jaynee Gonzales

Erin Hollenbeck

### EXTRA \$250 REFERRAL BONUS

Lexington holds monthly drawings of \$250 for employees who refer new direct support staff! Each referral will be entered into the drawing, even if the candidate is not hired. For more info, contact Doug Blanc at (518) 775-5307 or [blancd@thearclexington.org](mailto:blancd@thearclexington.org). The winners for March were Nate Horning (East) and Marla Lathers (West). Congrats!

### 2019 NURTURING ENVIRONMENT MEETINGS

The Nurturing Environment Program began in 2001. Our goal through this program is to continually strive toward creating a more nurturing, caring, supportive and safe environment for everyone – 24 hours a day, seven days a week, in all Lexington locations – that, in addition to making Lexington an even better place for everyone, will eliminate the possibility of abuse. One aspect of the program is a monthly meeting where we share ideas and suggestions on how to make Lexington better for people we support and our employees.

#### JOHNSTOWN

**Training Center, 465 N. Perry St., Johnstown**

April 25 - 10:00 a.m.

Sept. 26 - 10:00 a.m.

May 30 - 11:30 a.m.

October 31 - 1:00 p.m.

June 27 - 1:00 p.m.

Nov. 21 - 10:00 a.m.

July 25 - 10:00 a.m.

Dec. 19 - 11:30 a.m.

Aug. 29 - 11:30 a.m.

#### ALBANY

**Hampton Inn, 1442 Western Ave., Albany**

May 8 - 10:00 a.m.

July 10 - 10:00 a.m.

September 11 - 10:00 a.m.

November 13 - 10:00 a.m.

### EMPLOYEE ANNIVERSARIES (10+ years) | APRIL 9 TO APRIL 22 | Congratulations!

Lori Collado, Day Hab, 4/16, 40 years

Lori Knapp, Family Services, 4/20, 10 years

Victoria Morrison, Clinical, 4/19, 15 years

## WELLNESS TOGETHER

### WALKING GROUPS

Looking for an exercise you can do on a regular basis? Not only is walking a common activity, it also has a number of health benefits, including reducing the risk of heart disease, strengthening bones, improving balance, improving lung health and fitness, and improving management of weight, blood pressure, high cholesterol and diabetes. Join a walking group with your coworkers to help hold you accountable! We will walk outside if the weather permits. Please be sure to wear appropriate shoes and bring water to drink. The walks will be held as listed below.

#### DATES, TIMES & LOCATIONS

Every Friday | 7:30—8:00 a.m. | Gym, 127 E. State Street, Gloversville

Every Wednesday | 3:30—4:00 p.m. | Indoor Track, 465 N. Perry Street, Johnstown

### CDPHP LIFE POINTS OVERVIEW — 2019 CHANGES

To employees enrolled in Lexington's medical plan: we are continuing to offer the CDPHP Life Points Program in 2019 and there are a few changes we would like to show you. Every one Life Point is equal to \$1 in retailer gift cards of your choice when you log into your account at [www.cdphp.com](http://www.cdphp.com) and complete your Personal Health Assessment. You and your eligible family members may earn a combined total of 365 points in 2019. Attend one of the following Overview classes to learn about this year's changes to the program! We will offer four of these classes each month.

#### DATES, TIMES & LOCATIONS

Friday, April 26 | 12:00—12:30 p.m. | Large Conference Room, 465 N. Perry Street, Johnstown

### BRING SALLY UP SQUAT CHALLENGE WITH PLANKS

Join us on weekdays at 3:15 p.m. for this FUN but challenging short activity to build your core strength. Yoga mats will be provided. You can do this workout without having to change your clothes. Hope to see you there!

#### DATES, TIMES & LOCATIONS

Weekdays | 3:15 p.m. | Gym, 127 E. State St., Gloversville

### A MOMENT FOR MEDITATION

Meditation has many health and wellness benefits, including reducing stress, increasing blood flow, and maybe even helping reverse heart disease. Join us for 3 minutes of guided meditation. No equipment needed.

#### DATES, TIMES & LOCATIONS

Weekdays | 3:30 p.m. | Gym, 127 E. State St., Gloversville

**\*\*Prior to attending any program, please get approval from your medical practitioner. Register to attend any event by contacting Michelle Peryea at (518) 775-5420 or [peryeam@thearclexington.org](mailto:peryeam@thearclexington.org).**

## COUCH TO 5K TRAINING PROGRAM FOR WALKERS AND RUNNERS

Get in shape for one of the upcoming 5Ks with Lexington's Couch to 5K program! Participating in a 5K can have many health benefits, including helping with weight management, toning muscles, strengthening heart and lungs, lowering blood pressure and cholesterol, and more! Your coach will host a group meeting at least once a week until **Friday, June 7**. They will provide you with training tips and a schedule to help keep you on track. Choose the session that best works with your schedule or attend all sessions each week. If you have not participated in a regular exercise routine before, it is important that you check with your doctor before training. If you have any questions, please do not hesitate to contact Michelle Peryea at (518) 775-5420 or [peryeam@thearclexington.org](mailto:peryeam@thearclexington.org)

DAY	TIME	LOCATION	COACH/FITNESS LEVEL
Mondays	5PM	Gymnasium, 127 E. State St., Gloversville	Jean Ginter / Walkers & Runners
Tuesdays	12PM	Training Center, 465 N. Perry St., Johnstown	Toni Persch / Walkers & Runners
Tuesdays	3:30PM	Multipurpose Rm, 405 Co. Hwy 114, St. Johnsville	Jen Morse & Amanda Brandt / Walkers & Runners
Wednesdays	7:30AM	Gymnasium, 127 E. State St., Gloversville	Michelle Peryea / Walkers & Beginner Runners
Thursdays	3:30PM	Gymnasium, 127 E. State St., Gloversville	Fran Schneider/ Walkers

## APRIL HEALTHLINK CALENDAR

If you are looking for exercise opportunities, nutrition guidance and ways to manage health conditions such as COPD, diabetes or heart disease, check out the programs HealthLink has to offer! [Click here](#) to see their April schedule.

### LEXINGTON 5K RUN/5K TRIPLE CROWN

Registration is open for the annual Lexington 5K Run and the 5K Triple Crown! This series of runs features prize money, raffle drawings and race-specific medals and merchandise. Entries must be received online by **Wednesday, May 1**, or at day-of-race on Saturday, May 4. Pre-registration for the individual races is \$20 each, or \$50 for all three.

Find more information at [facebook.com/5ktriplecrown](https://facebook.com/5ktriplecrown) and register online at [zippyreg.com?event=1208](https://zippyreg.com?event=1208). If you have any questions about the Lexington Run, please contact Ronnie Dona at [donar@thearclexington.org](mailto:donar@thearclexington.org) or (518) 736-3889.

Rotary's Run for the Roses 5K	Johnson Jog 5K Run/Walk	Lexington 5K Run
Saturday, May 4	Saturday, May 18	Saturday, June 8
7:30 a.m. registration/9 a.m. run	7:30 a.m. registration/9 a.m. run	8 a.m. registration/9 a.m. run
Partner's Pub 21 S. William Street, Johnstown	Johnson Hall 139 Hall Avenue, Johnstown	Lexington 465 N. Perry Street, Johnstown

### 2019 CDPHP WORKFORCE TEAM CHALLENGE

Registration is open! The 2019 CDPHP® Workforce Team Challenge, a 3.5-mile run/walk held at the Empire State Plaza in Albany, is scheduled for **Thursday, May 16**, at 6:25 p.m. We are once again putting together a Lexington team. Last year we had 44 participants, and we would love to have an even larger team this year! You do not have to run to participate. Our team always has a group of people with a variety of abilities, including runners and walkers.

Here are some health benefits you may gain from participating in this program:

- Lower blood pressure
- Reduce stress
- Reduce or maintain weight
- Help control blood sugar
- Improve sleep
- Improve mood

Lexington's team will be broken down into co-ed and gender-specific teams. When the race is over, we'll see how we did compared with other corporations. We have done well in past years! We carpool to the event, so if you are worried about getting there, don't let this stop you.

If you would like to join the Lexington team or have any questions, please contact Toni Persch at (518) 736-4131 or [perscht@thearclexington.org](mailto:perscht@thearclexington.org). To register for the race, visit [www.cdphpwtc.com](http://www.cdphpwtc.com) and click on Registration Info. Then click Register and select Lexington Center. Registration closed out last year and people were unable to participate, so do not wait until the last minute to sign up!

### 2019 SAFE ENVIRONMENT AND WELLNESS PROGRAM MEETINGS

All are invited to attend the 2019 Safe Environment and Wellness Program Meetings. Safety Liaisons and Wellness Champions are especially encouraged to attend! These meetings focus on recognizing safety and wellness successes as well as providing education and updates on safety and wellness topics. This is also a time to bring up any safety and wellness questions or concerns. Below is the schedule for the Fulton County meetings. They will each be held at **465 N. Perry Street, Johnstown, Training Center Classroom C**, from 10:30 a.m. to 12:30 p.m.

Spring	Summer	Fall
Monday, May 13	Monday, August 12	Monday, November 11

## PAUL NIGRA CENTER FOR CREATIVE ARTS

Lexington employees get a 10% discount on classes at the Nigra Arts Center! Just enter the code **LEXEMPLOYEE** at checkout to redeem. The Nigra Arts Center offers free classes to the people we support. If your house, program or someone you know would like 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 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).



### EASTER FAMILY FUN EVENT!



Saturday, April 20 | 10:30 a.m.—12:00 p.m. | \$5 per child

Easter egg decorating, egg hunt, bunny hat craft, pictures with the Easter Bunny and more!

### 2019 Fulton Montgomery Art Show an exhibit of artwork by local and student artists and featured artist Richard Freeman



**SHOW DATES:** April 4 to May 1

**RECEPTION:** April 11, 6-8 p.m.

*Come see the new exhibition!*

### SENSORY EASTER BUNNY!



Saturday, April 20 | 10:30 a.m.—12:00 p.m. | \$5 per child

For children with special needs who would like to meet the Easter Bunny in a more subdued environment.

## 2019 BUS TRIPS TO BENEFIT THE NIGRA ARTS CENTER

Join us for these bus trips to a variety of fun East Coast locales! All proceeds benefit the Nigra Arts Center. You can use your arts center gift cards to attend! For more info and to buy your tickets, visit [www.pncreativeartscenter.org/events](http://www.pncreativeartscenter.org/events). Questions? Contact Lynette May at (518) 661-9932 ext. 126 or [mayl@thearclexington.org](mailto:mayl@thearclexington.org).



**Bronx Zoo | 6/15**  
\$65/Lexington  
\$70/Community



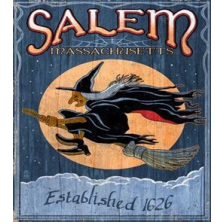
**Yankees v. Red Sox | 8/3**  
\$125/Lexington  
\$140/Community



**Seafood Fest | 9/7**  
\$50/Lexington  
\$55/Community



**Mohegan Sun | 10/5**  
\$50/Lexington  
\$55/Community



**Salem, MA | 10/26**  
\$50/Lexington  
\$55/Community

## FEATURED CLASS

**Line Dancing (Six-Week Class) | Sue Kaupelis, instructor | Mondays, April 15 to May 20 | 6:00—7:30 p.m. | \$45 pre-registration | \$55 at door**

Starting with basic steps, you will learn simple line dances for fun and exercise. This course explores a variety of music genres, from country and pop to Celtic and Latin. Wear soft-soled, comfortable shoes. [Click here to register online.](#)

### CONTACT INFORMATION

Megan Balser  
Lexington, Chapter of The Arc New York  
2736 State Highway 30, Gloversville  
[balserm@thearclexington.org](mailto:balserm@thearclexington.org)



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