

LEXINGTON HAPPENINGS



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

TUESDAY, APRIL 25, 2017



Congratulations to Ettalena Nellis, Lexington's 2017 Volunteer of the Year! She was nominated for her tireless dedication to Little Angel Gowns, a charity that turns old wedding gowns into burial clothes for babies. Ettalena was recognized alongside her fellow outstanding volunteers at the annual Volunteer Recognition Event on April 12. In 2016, Lexington's Day Habs contributed almost 15,000 hours to volunteering at more than 40 organizations in the community.

EVENTS THIS WEEK — APRIL 25 TO MAY 1

Tuesday, April 25 | 5:30—7:30 p.m.

MUSIC THERAPY FOR SCHOOL-AGED CHILDREN DIAGNOSED ON THE AUTISM SPECTRUM | Lexington Family Services, 43 Harrison Street, Gloversville. *Fun-filled musical activities where music is used within a therapeutic relationship to address physical, emotional, cognitive and social needs. Every Tuesday in April. Ages 3-12 from 5:30 to 6:30 p.m.; ages 13-21 from 6:30 to 7:30 p.m. All are welcome to attend. Please call Family Services at (518) 773-2014 to RSVP. Transportation and respite are provided upon request.*

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@lexcenter.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
44lakes.com

ALBANY COUNTY:
albany.com/events/
events.timesunion.com

Wednesday, April 26 | 6:00—7:00 p.m.

SENSORY SWIM | Gloversville Middle School, 224 Lincoln Street, Gloversville. *This class, instructed by clinicians and designed for children 3-17 years of age with sensory disorders, promotes motor development and sensory processing skills through various aquatic activities. Parent/caregiver participation is required. This is a 12-week program that runs until June 14.*

Thursday, April 27 | 11:30 a.m.—1:30 p.m.

JOHNSTOWN NURTURING ENVIRONMENT MEETING | Training Center, 465 N. Perry Street, Johnstown. *Fourteen years ago, we began the Nurturing Environment Program. Our goal is to continually strive towards 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 an even better place for people we support and our employees.*

EVENTS NEXT WEEK — MAY 2 TO MAY 9

Tuesday, May 2 | 5:30—7:30 p.m.

MUSIC THERAPY FOR SCHOOL-AGED CHILDREN DIAGNOSED ON THE AUTISM SPECTRUM | Lexington Family Services, 43 Harrison Street, Gloversville. *Fun-filled musical activities where music is used within a therapeutic relationship to address physical, emotional, cognitive and social needs. Every Tuesday in May. Ages 3-12 from 5:30 to 6:30 p.m.; ages 13-21 from 6:30 to 7:30 p.m. All are welcome to attend. Please call Family Services at (518) 773-2014 to RSVP. Transportation and respite are provided upon request.*

Wednesday, May 3 | 10:00 a.m.—12:00 p.m.

ALBANY NURTURING ENVIRONMENT MEETING | Hampton Inn, 1442 Western Avenue, Albany. *Fourteen years ago, we began the Nurturing Environment Program. Our goal is to continually strive towards 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 an even better place for people we support and our employees.*

Wednesday, May 3 | 6:00—7:00 p.m.

SENSORY SWIM | Gloversville Middle School, 224 Lincoln Street, Gloversville. *This class, instructed by clinicians and designed for children 3-17 years of age with sensory disorders, promotes motor development and sensory processing skills through various aquatic activities. Parent/caregiver participation is required. This is a 12-week program that runs until June 14.*

Thursday, May 4 | 10:30 a.m.—12:30 p.m.

SAFE ENVIRONMENT AND WELLNESS MEETING | Classroom C, 465 N. Perry Street, Johnstown. *All employees are invited to this meeting. All Safety Liaisons and Wellness Champions are encouraged to attend. Come wearing a shirt or hat representing your favorite sports team and be ready to engage in some friendly team competition!*

Thursday, May 4 | 12:00—1:30 p.m.

WEBINAR: MANIFESTATION HEARINGS/SCHOOL DISCIPLINE — WHAT PARENTS NEED TO KNOW | Lexington Family Services, 43 Harrison Street, Gloversville. *Please join Robert M. Tudisco, Esq., as he presents this webinar that will*

teach parents, guardians and professionals what the school responsibility is and what their parental rights are when their child is facing a manifestation hearing and/or school discipline.

Tuesday, May 9 | 5:30—7:30 p.m.

MUSIC THERAPY FOR SCHOOL-AGED CHILDREN DIAGNOSED ON THE AUTISM SPECTRUM | Lexington Family Services, 43 Harrison Street, Gloversville. *Fun-filled musical activities where music is used within a therapeutic relationship to address physical, emotional, cognitive and social needs. Every Tuesday in May. Ages 3-12 from 5:30 to 6:30 p.m.; ages 13-21 from 6:30 to 7:30 p.m. All are welcome to attend. Please call Family Services at (518) 773-2014 to RSVP. Transportation and respite are provided upon request.*

Tuesday, May 9 | 6:00—7:30 p.m.

WEBINAR: DISCIPLINE OF STUDENTS WITH DISABILITIES | Lexington Family Services, 43 Harrison Street, Gloversville. *This training will answer many questions that pertain to your child's behavior at school. Can a school suspend or expel a student with a disability for violating a code of student conduct? Can the school change his or her placement? Is a manifestation determination necessary? What rules apply? This training will help you understand the complex school disciplinary process.*



SAVE THE DATE

The Lexington Foundation presents

Fashion Show and Luncheon

with fashions provided by *Just Because ...Boutique*

May 18, 2017
registration begins at 11:00am, lunch is served at noon

Paul Nigra Center for Creative Arts
2736 State Highway 30, Gloversville

For reservations, please call 661-9932.



REMEMBER TO PICK UP YOUR CO-OP ORDERS!

Johnstown Day Hab
Tuesday, April 25
3:30—5:00 p.m.

Oppenheim Day Hab
Wednesday, April 26
3:30—4:30 p.m.



EARN A BONUS FOR RECOMMENDING EMPLOYEES!



Are you planning a vacation in the summer? Need extra money for a house project? Lexington can help with your expenses and you can help Lexington by referring qualified candidates. If we hire a person you referred, you could earn up to a \$500 bonus. There is no limit to how much you can earn by referring good candidates that we hire!



For our employees with kids in college, it's not too early for them to start thinking about summer employment. Summer break is a great time for college students to earn money for school by becoming a Lexington employee. The time to apply is now, so they can be considered for the next available training session once the semester ends! Give an application to a friend or family member today, or have them apply online. Just make sure they list your name on the application as the referral source. Apply online at www.lexingtoncenter.org!

EMPLOYEE ANNIVERSARIES (10+ years)

APRIL 25 TO MAY 8

Congratulations!

Cathy Baxter, Administration, 4/29, 15 years

Kimberly Frenyea, Residential, 5/4, 30 years

Heidi West, Administration, 5/6, 20 years

Jennifer Sawyer, Residential, 5/7, 10 years

Pamella Tyler, Residential, 5/7, 10 years

AUCTION OF SURPLUS VEHICLES AND SMALL EQUIPMENT

Lexington will hold a public auction to dispose of our surplus vehicles and small equipment on **Tuesday, May 2**, at 465 N. Perry Street. The preview begins at 10 a.m. and the auction at 11 a.m. Buyers can pay in cash, check or credit cards. There is a 13% buyer's premium with a 3% discount for cash or check payment. County Line Auction will provide auctioneer services. Visit their website at auctionzip.com or countylineauctions.com for a listing of the items included in the sale.

2017 GREAT ESCAPE/SIX FLAGS SEASON PASSES AVAILABLE



Lexington is pleased to offer season passes for The Great Escape/Six Flags theme parks at discounted rates. These tickets are available to employees and their friends and families along with the people we support. A season pass allows you unlimited visits to any of the Six Flags theme parks on regular operating days during the 2017 season. This is a Gold Pass, so holders will also receive free parking good for all of the 2017 season at any of the Six Flags locations. The cost for a 2017 Season Pass is \$66 each, payable by cash or personal check.

The passes will be available for purchase at the Human Resources Department in the Gloversville Day Hab building.

BJ'S WHOLESALE CLUB DISCOUNT MEMBERSHIP OPPORTUNITY



BJ's Wholesale Club is offering Lexington employees a discount membership rate! Get \$15 off the regular \$50 annual membership fee when you sign up through Lexington! Your cost will be \$35 + tax = \$37.80 for a one-year membership. You will also get a free second membership card for another household member and an extra one month free. That's 13 months for less than the cost of a regular 12-month membership! All renewals will have 13 months added onto their BJ's membership from their current expiration date. If you are interested in taking advantage of this offer, you can obtain a membership application by calling Bridgett Nestor in Human Resources at (518) 775-5411 until **May 5**.

WELLNESS TOGETHER

DANCE AEROBICS



Come and have fun dancing your way into shape! This Latin-based dance aerobics is a fun way to get in shape and stay in shape. This program accommodates all fitness levels. Bring a hand towel, water and a smile! You do not need to attend for the full hour. Eligible employees that attend will be awarded 10 Wellness Rewards points.

DATES, TIMES & LOCATIONS

Tuesday, May 2 | 4:30—5:30 p.m. | Gymnasium, 127 E. State Street, Gloversville

Tuesday, May 9 | 4:30—5:30 p.m. | Gymnasium, 127 E. State Street, Gloversville

WELLNESS WALK

Walking is great exercise! It helps refocus our thoughts and reduces stress. We will walk outside if the weather permits. Bring a co-worker or someone you enjoy spending time with, as well as appropriate shoes and water.



DATES, TIMES & LOCATIONS

Monday, May 1 | 3:30—4:00 p.m. | Reception Area, 405 County Highway 114, St. Johnsville

Wednesday, May 3 | 7:30—8:00 a.m. | Indoor Track, 465 N. Perry Street, Johnstown

Friday, May 5 | 7:30—8:00 a.m. | Gym, 127 E. State Street, Gloversville

Monday, May 8 | 3:30—4:00 p.m. | Indoor Track, 465 N. Perry Street, Johnstown

LIFEPOINTS WELLNESS INCENTIVE AND CAFEWELL PROGRAM OVERVIEW



There have been changes to the 2017 Lifepoints Incentive Program and Cafewell, which is hosted on the CDPHP website. Attend this program to learn about a new way to earn Lifepoints by registering for a program on Cafewell. If you are unfamiliar with this incentive program, we will complete an overview of how easy it is to earn Lifepoints in 2017 equal to up to \$365 in retailer gift cards. This program is open to employees enrolled in Lexington's Medical Plan. Space is limited! This class will be offered four times a month at various locations.

DATES, TIMES & LOCATIONS

Thursday, April 27 | 7:30—8:00 a.m. | Large Conference Room, 127 E. State Street, Gloversville

Friday, May 5 | 12:00—12:30 p.m. | Large Conference Room, 127 E. State Street, Gloversville

****Prior to attending any program, please secure approval from your medical practitioner. Eligible employees who attend these programs earn credit qualifying them for the "Make Prevention a Priority: Attend a Free Lexington Wellness on-site class" Bingo square. Register to attend any of these events by logging on to your Lexington Wellness Website at lexingtonwellness.bepurewellness.com and going to "Events" or calling Michelle Peryea at (518) 775-5420.**

GLOVE CITIES ROTARY ~ MOUNTAIN VALLEY HOSPICE ~ LEXINGTON
Three great regional organizations that care for and support people of all ages in our communities, have joined forces to multiply their impact.
With your help, we can do even more!



**Glove Cities Rotary
"Run For The Roses" 5K
May 6, 2017**

**Mountain Valley
Hospice 5K
May 21, 2017**

**Lexington 5K
June 10, 2017**

DON'T WAIT TO GET YOUR WELLNESS REQUIREMENTS DONE!

Schedule an appointment with Rene Dutcher at 518-775-5429 on Wednesdays and Fridays or Bridgett Nestor at 518-775-5422 on Tuesdays and Thursdays to receive help in completing your requirements!



2017 CDPHP WORKFORCE TEAM CHALLENGE

The 2017 CDPHP® Workforce Team Challenge, a 3.5 mile run/walk held at the Empire State Plaza in Albany, is scheduled for **Thursday, May 18, at 6:25 p.m.** We are once again putting together a Lexington team. Last year we had 20 participants and we would love to have even more this year! Training for the Challenge is a great way to get in shape for the summer, and nothing beats running or walking in Albany with 10,000 of your closest friends. 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 all of the other corporations. We have done very well in past years! If you'd like to join the Lexington team or have any questions, please email Toni Persch at perscht@lexcenter.org or call (518) 736-4131.

TO REGISTER FOR THE RACE:

1. Visit the event website, www.cdphpwtc.com.
2. Click on "Registration Info."
3. 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. It will fill up.

We hope to see you there!

SPECIAL NOTES:

- Employees enrolled in Lexington's Medical Plan who complete this Challenge can report it on their CDPHP Lifepoints account to earn 10 Lifepoints.
- Participation will help you complete the goal for the 5K Fun Run and Walk Employee Challenge.
- The second quarter Make Prevention a Priority Bingo card will have a square that you can fulfill by participating in this event.

COUCH TO 5K TRAINING PROGRAM SCHEDULE

Join a Couch to 5K training group to stay on track to reaching your 5K Fun Run and Walk Challenge goal! Your coach will host a meeting once a week until **Sunday, June 12**. Choose the session that best works for you and attend as many meetings as you need. Albany employees interested in training should contact Jim Yanno at (518) 218-7310 ext. 306. If you have never participated in a regular exercise routine, check with your doctor before starting. If it is unreasonably difficult for you to meet the Challenge requirements due to a medical condition, contact Michelle Peryea at (518) 775-5420 or peryeam@lexcenter.org to develop another way to qualify for these prizes.

ACTIVITY LEVEL	DAY	TIME	LOCATION	COACH
Walk	Tuesday	11:00 a.m.	Gymnasium 127 E. State Street, Gloversville	Fran Schneider
Run/Run-Walk	Tuesday	12:00 p.m.	Training Center Lobby 465 N. Perry Street, Johnstown	Toni Persch Tres Nolett
Walk Mostly/Some Running	Wednesday	4:30 p.m.	Training Center Lobby 465 N. Perry Street, Johnstown	Ned Hirt
Walk/Run-Walk/Run	Thursday	4:00 p.m.	Gymnasium 127 E. State Street, Gloversville	Rene Dutcher Michelle Peryea
Walk/Run-Walk/Run	Tuesday	3:30 p.m.	20 Helmer Avenue Dolgeville	Jen Morse Erica or Rich Fahd

2017 NYS BUTT STOPS HERE SMOKING CESSATION CLASS SCHEDULE

Lexington is offering a free seven-week program to all employees and their family members who wish to quit smoking. Completing this program will fulfill the Tobacco-Free Requirement in Lexington's 2017 Wellness Premium Savings program. For more information, contact Michelle Peryea at (518) 775-5420 or peryeam@lexcenter.org.

[CLICK HERE TO VIEW THE 2017 BUTT STOPS HERE SMOKING CESSATION CLASS SCHEDULE](#)

PAUL NIGRA CENTER FOR CREATIVE ARTS

All Lexington employees get a 10% discount on classes at the Paul Nigra Center for Creative Arts! Just enter the code **LEXEMPLOYEE** at checkout to redeem. Lexington employees are also welcome to use the \$25 gift certificates issued to them at the holidays for free classes. To redeem these certificates and sign up for the free classes, call (518) 661-9932. These certificates cannot be redeemed online. Be ready to provide the number on the back of the certificate and bring the certificate to the class when you attend.

The center is located at 2736 State Highway 30 in Gloversville. For full listings of the classes and events offered, visit www.pncreativeartscenter.org or call (518) 661-9932.



Paul Nigra Center
for Creative Arts

MOTHER'S DAY CELEBRATION

Saturday, May 13 | 11:00 a.m.—2:00 p.m. | \$15 per person | One mom per family FREE



Bring Mom and the whole family to the Nigra Arts Center on Saturday, May 13, for a delicious brunch buffet, live entertainment and special hand-made gifts! While moms relax and get pampered, children will make them something beautiful at each of our art stations, ranging from decorative jewelry and paintings to personalized Mother's Day coffee mugs and cards. The price of admission includes brunch and activities. One mom per family will be admitted FREE. Pre-registration is required. To reserve your family's place, [click here](#) or call (518) 661-9932.

FEATURED CLASS

Make and Take Essential Oils | Heather Mattioni, instructor | Tuesday, May 2 | 5:30—6:30 p.m. | \$10



In the first half of this workshop, you will learn about essential oils: where they come from, how they are made and how they work with our bodies. In the second half, you will make your own scents! Heather will bring all the supplies necessary to make your own therapeutic essential oil roll-on. You can make as many as you want, while supplies last. This class includes one free roll-on and each additional roll-on is just \$2! Heather will also bring supplies for raw sugar scrubs, where you can choose your own scent for an additional \$4 each. [Click here to register online.](#)

CONTACT INFORMATION

Megan Balser
Lexington, Fulton County Chapter, NYSARC, Inc.
465 N. Perry Street, Johnstown
balserm@lexcenter.org



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