

# LEXINGTON HAPPENINGS



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

TUESDAY, AUGUST 13, 2019

## L-Cubed Club Enjoys Sailing on Lake George



On August 13, a group of L-Cubed Adaptive Sports Club members went sailing on Lake George! This trip was generously sponsored by Y-Knot Sailing, a program of YMCA Camp Chingachgook that offers adaptive sailing to people of all abilities. Lexington's adaptive sports program has been taking annual sailing trips for more than 10 years. Pictured in the top row is Elizabeth Bazznick enjoying the boat with Bonnie Reuss and Lori Collado. Pictured in the middle row is Erik Browne on the dock and in the boat with Evan from Y-Knot and Albany staff Josh. Thank you to all the staff and everyone from Y-Knot and Camp Chingachgook who made this special day possible for the club members!

### 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)

## MUSIC THERAPY

**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.

## 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**

**Aug. 30 - 10 a.m.\*      Oct. 31 - 1 p.m.      Dec. 19 - 11:30 a.m.**  
**Sept. 11 - 11:30 a.m.      Nov. 21 - 10 a.m.**

### ALBANY

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

**Sept. 9 - 10 a.m.      Nov. 13 - 10 a.m.**

*\*Please note that this date has changed*

## LEXINGTON FAMILY SERVICES FAMILY SUPPORT GROUP

**Wednesday, August 28 | 5:30-6:30 p.m. | Paul Nigra Center for Creative Arts, 2736 NY-30, Mayfield**

This group is open to parents, caregivers and adult siblings of people diagnosed with learning or developmental differences. The group is led by Jennifer Feagles, LMSW, director of Transitions, and coordinated by Nancy DeSando, Autism Resource Coordinator. Call (518) 773-2014 to RSVP and arrange for childcare/respice. Light meal provided.

## SUMMERTIME THEME PARK DISCOUNTED TICKET RATES

Discounted theme park tickets can be purchased in the HR office at 127 E. State St., Gloversville, or through Donna Steenburgh or Vicki Scheuerman at Oppenheim Day Hab, 405 Co. Highway 114, St. Johnsville. Tickets for Six Flags New England must be purchased online — instructions below. Cash and checks are accepted. Checks should be made out to Lexington Center. Please contact Meredith Fritch at (518) 775-5422 or [fritchm@thearclexington.org](mailto:fritchm@thearclexington.org) with questions.

| The Great Escape   | Water Safari/<br>Enchanted Forest                                       | Six Flags New England  | Darien Lake Theme<br>Park Resort   |
|--|---|--|--|
| <ul style="list-style-type: none"><li>Gold Season Pass: \$71 Unlimited visits, free parking</li><li>One-Day Admission: \$43</li><li>Meal Vouchers, One-Day Parking: \$17</li></ul> | <ul style="list-style-type: none"><li>One-Day Admission: \$28</li></ul> | <ul style="list-style-type: none"><li>Visit <a href="http://sixflags.com/partnerlogin">sixflags.com/partnerlogin</a><br/>UN: eticket6   PW: sixflags2</li><li>Season Pass: \$59.99</li><li>One-Day Admission: \$43</li><li>Picnic in the Park: \$50.41</li></ul> | <ul style="list-style-type: none"><li>Good Any One Day Admission Tickets: \$30 Includes free parking</li></ul> |

## EMPLOYEE ANNIVERSARIES (10+ years) | AUGUST 13 TO AUGUST 26 | Congratulations!

Denise Danise, Residential, 8/14, 30 years

Timothy White, Med Services, 8/20, 35 years

Patricia Harrod, Residential, 8/20, 35 years

## 2019 FALL SAFE ENVIRONMENT AND WELLNESS PROGRAM MEETING

**Monday, November 11 | 10:30 a.m.—12:30 p.m. | Training Room C, 465 N. Perry Street, Johnstown**

All are invited to Safe Environment and Wellness Program Meetings! Safety Liaisons and Wellness Champions are especially encouraged to attend. These meetings recognize safety and wellness successes and provide education and updates on safety and wellness. This is also a time to bring up safety and wellness questions or concerns.

## HR NEWS AND INFORMATION

### NURTURING ENVIRONMENT PROGRAM—RECOGNIZING OUR EMPLOYEES

DSP Week is coming up, which means it's time to nominate staff who go beyond the expectations of their job for recognition! Anyone who shows excellence in creating and maintaining a nurturing environment is eligible. Employees who stand out will be selected by senior management for special awards, which will be announced at the September Nurturing Environment Meetings. Please contact Terry Williams at [williat@thearclexington.org](mailto:williat@thearclexington.org) or (518) 775-5382 for a nomination form. Nominations must be returned to Terry in the Gloversville Day Hab building by **Friday, September 6**. Thank you for helping enhance our supports and improve our environment by highlighting each other's excellence!

### 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 JULY:

|                 |                  |                   |                |                |                |
|-----------------|------------------|-------------------|----------------|----------------|----------------|
| Bronte Adams    | Kristie Cenzano  | Ciara Fitzpatrick | Jennifer Morse | April Perez    | Jessica Wilson |
| Andrew Allen    | Carrie Durrin    | Sandra Helou      | Shannon Neeley | Amanda Sorento | Tia Woodruff   |
| Karen Bushey    | Jessica Egelston | Kassidy Kemmer    | Dakotajames    | Terry Wasson   | Jennifer Yates |
| Shatasha Carter | Melisa Feinour   | Briana Kennedy    | Osborne        | Jamie Wicklund |                |

### MONTHLY IN GRATITUDE AWARDS — GRATEFUL FOR OUR EMPLOYEES AND COWORKERS

If you notice a colleague doing something that makes you feel grateful to be working with them, please nominate them for an In Gratitude Award! All nominations will be recognized at the monthly Nurturing Environment Meetings, and four employees who stand out will be selected for awards by senior management. Please contact Terry Williams at (518) 775-5382, [williat@thearclexington.org](mailto:williat@thearclexington.org) or the Gloversville Day Hab building to obtain a nomination form.

### PENSION PLAN MEETINGS

Chip Gamello, the account representative and advisor for our 401(k) Pension Plan, is returning for 30-minute one-on-one meetings to discuss your 401(k) Retirement Plan. Chip will be available by appointment only to review portfolios and answer questions about planning retirement savings goals. Appointments are first-come, first-served. Schedule yours by contacting Meredith Fritch at (518) 775-5422 or [fritchm@thearclexington.org](mailto:fritchm@thearclexington.org). Anyone who can't make these dates may contact Chip at (518) 431-7715 to schedule a phone consultation. Future on-site dates will be announced.

| Date                 | Time                 | Location   |
|----------------------|----------------------|--|
| Wednesday, August 14 | 8:30 a.m.—12:30 p.m. | Training Center Classroom B, 465 N. Perry St., Johnstown |
| Wednesday, August 14 | 1:30—4:30 p.m.       | Conference Room, 405 County Highway 114, St. Johnsville  |
| Thursday, August 15  | 8:30 a.m.—12:30 p.m. | HR Conference Room, 127 E. State St., Gloversville       |
| Thursday, August 15  | 1:30—4:30 p.m.       | Washington Avenue Conference Room, Albany                |

### EXTRA \$250 REFERRAL BONUS

Lexington holds monthly drawings of \$250 for employees who refer new direct support staff! Each referral will be entered, even if they aren't hired. For more info, contact Doug Blanc at [blancd@thearclexington.org](mailto:blancd@thearclexington.org) or (518) 775-5307. The winners for July were Maria Betts (East), Tatianna Curry (West) and Julienne Hollins (Albany). Congratulations!

## 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 hold you accountable! We will walk outside if the weather permits. Be sure to wear appropriate shoes and bring water.*

#### DATES, TIMES & LOCATIONS

Mondays | 3:30 p.m. | Gym, 127 E. State Street, Gloversville

Tuesdays | 7:30 a.m. | Indoor Track, 465 N. Perry Street, Johnstown

Wednesdays | 3:30 p.m. | Indoor Track, 465 N. Perry Street, Johnstown

Fridays | 7:30 a.m. | Gym, 127 E. State Street, Gloversville

### CDPHP LIFE POINTS OVERVIEW — 2019 CHANGES

*We are continuing to offer the CDPHP Life Points Program to employees enrolled in Lexington's medical plan and there are a few changes we would like to show you. It's not too late to get started! Each Life Point equals \$1 in retailer gift cards of your choice when you log into your account at [cdphp.com](http://cdphp.com) and complete your Personal Health Assessment. You and your eligible family members may earn a total of 365 points in 2019. We will offer four Overview classes each month.*

#### DATES, TIMES & LOCATIONS

Thursday, August 22 | 3:30 p.m. | Large Conference Room, 405 County Highway 114, St. Johnsville

### STRESS LESS!

*Looking for ways to reduce your stress? Join us for a three-minute guided meditation, followed by a three-minute stretching song. This is a fun way to stretch away tight spots and stress! No special clothes are needed, yoga mat optional.*

#### DATES, TIMES & LOCATIONS

Weekdays | 3:30 p.m. | Outside Near Exit B (weather permitting) OR 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).*

## HEALTH SUPPORT VISITS — AVAILABLE TO EMPLOYEES AND FAMILY MEMBERS

Diabetes, hypertension and obesity are some of the most common health concerns that many struggle to manage. The stress of finding a trusted healthcare provider to help and support you or a family member can also add additional difficulty to your struggle.

If you find yourself wanting help managing your health, Lexington would like to provide you an opportunity to make an appointment for a private and confidential Health Support Visit with our on-site Registered Nurse, Michelle Peryea. In a comfortable and supportive environment, you will be free to discuss your diagnosis, the changes you have made to help improve your health and your everyday struggles. Michelle will work with you to develop a personal healthcare plan that fits your needs so you can receive the right support to help you through your journey to your best possible health.

To schedule an appointment, call Michelle Peryea, RN, at (518) 775-5420. Appointments will take place in Michelle's office at the Burke Day Hab. If you have difficulty making it to Burke, for your convenience, she will arrange for an alternative location to meet within Lexington.



## PAUL NIGRA CENTER FOR CREATIVE ARTS

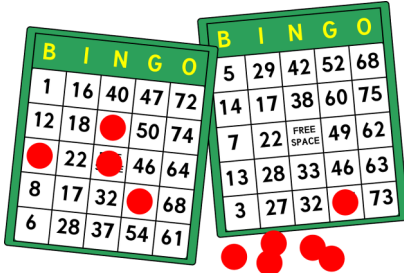
Lexington employees get a 10% discount at the Nigra Arts Center! Just enter the code **LEXEMPLOYEE** at checkout to redeem. We offer free classes to the people we support. If your house, program or someone you know wants to take a class, please call (518) 661-9932 or contact Maria Nestle at [nestlem@thearclexington.org](mailto:nestlem@thearclexington.org) to sign them up. The 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).



### BINGO AT THE NIGRA ARTS CENTER!

Every Tuesday | 6:30-7:30 p.m. | \$10

Must be 18 to play | [Click here to register](#)



Meet new friends  
and win some great  
prizes!

Refreshments  
included with price  
of admission.

## THE NIGHT OUT IS COMING

Make ready for Lexington's annual NIGHT OUT!

September 19, 2019 | 6:00-9:00 p.m.

Join us for all manner of merriment!

- Jousting
- Duels
- Wandering knights
- Medieval fare
- Specialty drinks
- Fantasy décor
- Antiquated fun
- AND MORE!

We are thrilled to be honoring **Barney** and **Susan Bellinger** for their remarkable generosity and unwavering support of our programs. As artists in residence at the Paul Nigra Center for Creative Arts, they have shared their time and talent with Transitions students and other artists, inspiring all. They have also created several permanent installations that have turned our entire campus into an incredible work of art in and of itself. Please join us as we show them our appreciation.

Dress in business attire or medieval garb!

Tickets:

\$100/each | \$75/young professionals | Table sponsoring available

### COLOR SPLASH FUN RUN AND WALK

Saturday, August 17 | 9 a.m.—12 p.m. | \$25

Join us for some colorful fun! [Click here to register online](#). Children 5 and under are free. On the course, runners and walkers will be splashed with washable, nontoxic color dust. The race is not timed. Fun, colorful items will be for sale at the event!

## 2019 BUS TRIPS TO BENEFIT THE NIGRA ARTS CENTER

Join us on bus trips to fun East Coast locales! You can use your arts center gift cards to attend. For more info and to buy tickets, visit [www.pncreativeartscenter.org/events](http://www.pncreativeartscenter.org/events), call (518) 661-9932 or email [mayl@thearclexington.org](mailto:mayl@thearclexington.org).



**Hampton Beach  
Seafood Festival**

**September 7**

\$50/Lexington

\$55/Community

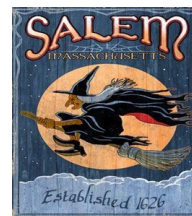


**Mohegan Sun  
Casino & Resort**

**October 5**

\$50/Lexington

\$55/Community



**Salem,  
Massachusetts**

**October 26**

\$50/Lexington

\$55/Community

## FEATURED CLASS

**Cooking with Jose | Jose Kemp, instructor | Thursday, August 22 | 10:00 a.m.—12:00 p.m. | \$25**

Join our chef Jose Kemp to see what's grilling! This is a full hands-on experience. Bring your appetite, as eating is part of the experience! This class is open to all and is beginner level. [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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