

LEXINGTON HAPPENINGS



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

TUESDAY, AUGUST 15, 2017



Lexington's Adaptive Sports program provides fun, enriching experiences to more people every year. The program is coordinated by Bonnie Reuss, who identifies people's interests during their physical therapy appointments and facilitates opportunities for them to get out of their comfort zones and explore their adventurous sides! Bonnie coordinates adaptive skiing in the winter and adaptive sailing in the summer. Last month, Bethany Sweet (pictured), Peter David and Matt Bailey had the chance to go sailing on Lake George thanks to Bonnie's hard work!

JOHNSTOWN NURTURING ENVIRONMENT MEETING

The next Johnstown Nurturing Environment Meeting will take place Wednesday, August 30, 10:00 a.m., at the 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.

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

POSITIVE ADULT STRESS REDUCTION PROGRAM

Thursday, August 17, 24 and 31 | 5:30—7:30 p.m. | The Center at Lexington, 465 N. Perry Street, Johnstown

Lexington is proud to present a Positive Adult Stress Reduction Program in cooperation with the Vanderbilt Kennedy Center for Research on Education and Human Development. This program is designed for parents, caregivers and adult siblings of people diagnosed with developmental disabilities.

This series of three two-hour sessions about stress reduction will be led by two parents who have been trained by Vanderbilt University's Kennedy Center. Vanderbilt's strategies have been proven to reduce stress levels and have had a positive impact on the ability of parents to support family members with disabilities.

Please call Family Services at (518) 773-2014 to RSVP and make arrangements for childcare/respite and transportation.



BRANCHING OUT SOCIAL SKILLS CAMP

Lexington Family Services is offering a full day social skills camp for teens and young adults aimed at helping them branch out socially, emotionally and creatively. The attendance fee includes a full day of supervised instruction and snacks. Students are required to bring their own lunch and should wear sneakers.

At the camp, participants will:

- Learn and use social skills in natural settings
- Engage in social learning
- Meet and socialize with new friends
- Learn from specialized instructors who help them develop new skills and practice them in fun ways
- Have fun with games, arts and crafts

Instructors:

- Mary Kaye Ormiston, Certified PEERS® Social Skills Instructor, MS Ed., speech-language therapist and supervising behaviorist
- Erin Hollenbeck, Certified Motivational Interviewer and Autism Movement Therapy instructor, PTA, BS, Assistant Director of Family Services/Creative Expressions
- Behavior specialists

WHO	WHERE	WHEN	REGISTRATION & MORE INFO	COST
Students 11 to 20 years	Transitions 2736 State Highway 30 Mayfield, NY	Thursday, August 24, 9 a.m.—4 p.m. Registration, check-in and student drop-off at 8:30 a.m.	Nancy DeSando (518) 773-2050 desandn@lexcenter.org	\$75

HR NEWS AND INFORMATION

AUGUST 2017 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: Melissa Agne

PROGRAM: Stratford

POM: Use of Environments

Melissa is recognized for helping all the individuals who live at Stratford to fully use their environment by supporting everyone to take pride in themselves for small things. She bakes with Meghan and Jennifer, sits with Jack and does learning activities with him, and encourages Tracy to walk with her walker. These are just a few examples of the many things Melissa does that make her a wonderful staff and great role model. Thank you, Melissa!

NAME: Jennifer Randall

PROGRAM: Stratford

POM: Use of Environments

Jennifer is recognized for the support she gives Linda to help her use her environment fully. Jennifer helps Linda clean her room and put her clothes away, and she encourages Linda to take pride in herself by doing her hair or dressing better. Jennifer's unfailing support has helped Linda achieve social roles simply because she makes Linda feel better about herself. This increased confidence reflects in Linda's interactions with others and has affected her health and mood for the better. Thank you, Jennifer!

EMPLOYEE ANNIVERSARIES (10+ years)

AUGUST 15 TO AUGUST 29 | Congratulations!

Christina Novak, Administration, 8/19, 15 years

Jennifer Rhinehart, Residential, 8/21, 20 years

Sandra Lais, Administration, 8/23, 35 years

DOG BASKET RAFFLE

Johnstown Day Hab Room 4 is holding a raffle to benefit Adopt-A-Child! Come to Room 4 or call (518) 736-3812 to buy tickets to win a dog basket full of goodies. Tickets are 1 for \$1, 5 for \$3 or 20 for \$5. The drawing will be on Friday, August 25, at 1 p.m. Thank you for your support!

EARN A BONUS FOR RECOMMENDING EMPLOYEES!



Are you planning a vacation this summer? Need extra money for a house project? Have a college-aged student who needs to earn money for school? 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's no limit to how much you can earn by referring candidates that we hire!

Give an application to a friend or family member today, or have them apply online at www.lexingtoncenter.org. Just make sure they list your name on the application as the referral source!



PIRATE LAND FUNDRAISER

Come walk the plank at Johnstown Day Hab's Pirate Land on **Friday, September 15**, from **10 a.m.—1 p.m.**! A \$5 donation gets you in, along with lunch, games and fun. The photo booth costs an additional \$1 donation. All proceeds benefit the Paul Nigra Center for Creative Arts. Please call (518) 736-3800 to RSVP by **Friday, September 8**.

MENU

- Shark Spears (jerk chicken kabobs w/plantains, pineapple and mango jam)
- Sea Foam (mango cream w/coconut whipped cream)
- Fish & Chips (goldfish and potato chips)
- Various Seawater from the Seven Seas

WELLNESS TOGETHER

WALKING GROUPS

Walk with a group of coworkers and support each other to reach the Walk to Wellness Challenge Goal! 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, each week from August 28 to October 2!



DATES, TIMES & LOCATIONS

Tuesday | 11:00—11:30 a.m. | Reception Area, 405 County Highway 114, St. Johnsville

Wednesday | 10:00-10:30 a.m. | Gym, 127 E. State Street, Gloversville

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

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

LIFE POINTS WELLNESS INCENTIVE AND CAFEWELL PROGRAM OVERVIEW MID-YEAR CHANGES



There have been mid-year changes to the 2017 Life Points Incentive Program and Cafewell, hosted on the CDPHP website. There is \$33,000 worth of unclaimed Life Points as of August 1 and so much more to earn in 2017. Attend this program to learn how and claim yours now! If you are unfamiliar with this incentive program, we will complete an overview of how easy it is to earn Life Points in 2017 equal to up to \$365 in retailer gift cards.

This program is open to employees enrolled in Lexington's Medical Plan. Register for this program today by contacting Michelle Peryea at (518) 775-5420 or peryeam@lexcenter.org. Space is limited! This class will be offered four times each month at various locations. The sooner you get started, the better chance you have of earning all \$365 in gift cards this year!

DATES, TIMES & LOCATIONS

Thursday, August 31 | 3:30—4:00 p.m. | Large Conference Room, 465 N. Perry Street, Johnstown

****Prior to attending any program, please get 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 contacting Michelle Peryea at (518) 775-5420.**

ANNOUNCING THE EMPLOYEE & WELLNESS TOGETHER WALK TO WELLNESS CHALLENGES!

Lexington Wellness is holding Walk to Wellness Challenges for employees and Wellness Together participants from **August 21 to October 2**. Those interested can sign up until **August 18**.

Participants in the Employee Challenge must walk or run on a team of at least four people. If you are interested in participating but don't have a team large enough, please contact Michelle Peryea at (518) 775-5420 to be placed on an active team.

[CLICK HERE FOR MORE INFORMATION ABOUT THE WELLNESS TOGETHER WALK TO WELLNESS CHALLENGE](#)

[CLICK HERE FOR MORE INFORMATION ABOUT THE EMPLOYEE WALK TO WELLNESS CHALLENGE](#)



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!

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. Through the end of the year, the Paul Nigra Center for Creative Arts is offering classes to the people we support free of charge. If your house, your program or someone you know would like to take a class, please call (518) 661-9932 or contact Maria Nestle at nestlem@lexcenter.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, call (518) 661-9932 or visit www.pncreativeartscenter.org.



CAROGA LAKE MUSIC FESTIVAL MUSICIAN CELEBRATION CONCERT SHOWCASE & BRUNCH



Have a delicious brunch in our Grand Gallery while enjoying the incredible sounds of the Caroga Lake Music Festival (CLMF) musicians! This event will take place on **Sunday, August 20, 11 a.m.—1 p.m.** The concert will feature world-renowned talent under the direction of Kyle Barrett Price. The musicians of the CLMF have become known throughout upstate New York for bringing outstanding musical artistry and diverse instruments to traditional stages as well as backyard and lakefront concerts.

Tickets are \$25 per adult and \$15 for children under 10. Reserve your spot by [clicking here](#) or calling the Nigra Arts Center at (518) 661-9932.

KID SUMMER CAMPS

The Nigra Arts Center is offering day camps for children of all ages this summer! For more information about each and to register, please visit pncreativeartscenter.org/camps.

Around the World Cooking Camp **Destination: Norway**

August 18 | 8:30 a.m.—4 p.m.
Ages 6-12

Little Feet Dance Camp

August 21-23 | 9 a.m.—2 p.m.
Ages 6-13

Around the World Cooking Camp **Destination: Mexico**

August 25 | 8:30 a.m.—4 p.m.
Ages 6-12

CALL FOR ARTISTS: 2017 FALL ART SHOW “THE ART OF DISGUISE”

The Nigra Arts Center is seeking submissions for its 2017 Fall Art Show. Help us celebrate the fall season with a little mystery and intrigue! Submissions should include 2-D and 3-D works that embrace the theme of disguise. The show will run October 5, 2017—January 10, 2018. The deadline for submission is September 10. If you are interested, please visit www.pncreativeartscenter.org/news for more information.

FEATURED CLASS

Muffins & Makeovers | Kate Schwan, instructor | Saturday, August 26 | 10:00 a.m.—12:00 p.m. | \$10 or 1 gift card

In this class, instructor Kate Schwan will help you fall into a new look! She will share makeup tricks and beauty secrets to bring out your natural beauty. You will try new looks that pair perfectly with your eyes, skin and hair while enjoying muffins and tea! Everyone will receive a goodie bag and a chance to win a door prize. [Click here to register online.](#)

CONTACT INFORMATION

Megan Balser

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