

LEXINGTON HAPPENINGS



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

TUESDAY, AUGUST 16, 2016



If you've been in the reception area of Johnstown Day Hab, you may have noticed the new bronze plaque on the wall. The plaque commemorates a donation made by Judy and Stuart Madnick that dedicated the reception area in honor of Stuart's brother, our own Michael Madnick. Michael is pictured here standing with his plaque. Congratulations to Michael and thanks to Judy and Stuart for their generous donation!

EVENTS THIS WEEK — AUGUST 16 TO AUGUST 22

Tuesday, August 16 | 5:30—7:30 p.m.

MUSIC THERAPY FOR SCHOOL-AGE 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 August. 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, August 17 | 5:30—6:30 p.m.

WEBINAR — PREVENTING PARENT BURNOUT FOR PARENTS OF CHILDREN WITH SPECIAL NEEDS | The Center at Lexington, 465 N. Perry Street, Johnstown. *Please join Alissa Morris, a regional coordinator at Parent to Parent NYS, as she presents this exciting webinar on preventing burnout in parents of children with special needs. Extraordinary parenting responsibilities create extraordinary pressures on parents. At the same time, parenting a child with special needs requires energy, focus and enthusiasm to be effective in all roles. The better off parents are emotionally and physically, the better off their families will be. This webinar is targeted toward parents and caregivers.*

Wednesday, August 17 | 5:30—7:30 p.m.

VANDERBILT STRESS REDUCTION PROGRAM | The Center at Lexington, Classroom B, 465 N. Perry Street, Johnstown. *This is the second in a series of three two-hour sessions about stress reduction. The series is 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. This course is open to parents and caregivers. A light meal will be provided.*

Friday, August 19 | 6:00—8:00 p.m.

SIB STREET | Lexington Family Services, 43 Harrison Street, Gloversville. *A support group for the siblings ages 8-15 of individuals who are diagnosed with developmental disabilities.*

Monday, August 22 | 5:30—7:30 p.m.

CARD PRESENTS: DO'S AND DON'T'S OF EFFECTIVELY CHANGING BEHAVIORS OF CHILDREN WITH SPECIAL NEEDS | The Center at Lexington, 465 N. Perry Street, Johnstown. *Please join Dr. Kristin Knapp-Ines as she describes the common pitfalls experienced by teachers, caregivers and other professionals who interact with individuals with special needs when they attempt to achieve positive behavior change with a focus on compliance. The training addresses how to avoid these pitfalls and discusses essential cornerstones of behavior change, such as relationship building and compliance development. A light meal will be provided. This presentation is targeted toward parents, caregivers and professionals.*

EVENTS NEXT WEEK — AUGUST 23 TO AUGUST 30

Tuesday, August 23 | 12:00—1:00 p.m.

WEBINAR — GUIDE FOR FAMILIES TO UNDERSTANDING SUPPORTS AND SERVICES ADMINISTERED BY OPWDD | The Center at Lexington, 465 N. Perry Street, Johnstown. *Please join Mary Beth Fadelici, a regional coordinator at Parent to Parent of NYS, as she presents a Guide for Families to Understanding Supports and Services Administered by OPWDD. The purpose of this training is to introduce families to the language of service delivery systems and to define and clarify information about services and supports. Participants will gain an increased awareness and understanding of eligibility criteria and the eligibility determination process. This webinar is targeted toward parents and caregivers.*

Tuesday, August 23 | 5:30—7:30 p.m.

MUSIC THERAPY FOR SCHOOL-AGE 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 August. 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, August 24 | 5:30—7:30 p.m.

VANDERBILT STRESS REDUCTION PROGRAM | The Center at Lexington, Classroom B, 465 N. Perry Street, Johnstown. *This is the last in a series of three two-hour sessions about stress reduction. The series is 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. This course is open to parents and caregivers. A light meal will be provided.*

Tuesday, August 30 | 5:30—7:30 p.m.

MUSIC THERAPY FOR SCHOOL-AGE 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 August. 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.*

LEARNING ABOUT RESOURCES, GAINING EMPLOYMENT (L.A.R.G.E)

Below are the dates and times for the Student Transitional Education Program (STEP)'s series of career classes for individuals who are employed and want to enhance their skills or who are interested in getting a job and want to build their skills. If you are employed, receive supported employment services or want to be employed, you are welcome to attend any session. Please call STEP at (518) 736-4169 to RSVP.

Friday, August 19 and 26 | 8:00—9:00 a.m. (Every Friday in August)

CAREER COACHING FOR THE WORKPLACE | The Center at Lexington, 465 N. Perry Street, Johnstown. *In school, students receive grades for math, English, science and social studies, but usually not for dealing with difficult situations, showing compassion or solving an unexpected problem. In the workplace, these skills are a necessity. Come to these coaching sessions to network with others who also want to improve these skills, with the support of employment specialists from Employment Resources. This class will be held in the old CDT space at 465 N. Perry St., Johnstown.*

EARN A BONUS FOR RECOMMENDING EMPLOYEES!

Did you know that if we hire a person you referred, you could earn up to a \$500 bonus? Do you have a family member or friend in the community who has graduated from high school? Are they looking to get started in a career, or will they be going to a local college in the fall?

You can help them and Lexington by referring qualified candidates!

This is an excellent time for a high school graduate to connect into a career with Lexington or, if they're planning to go to a local college in the fall, to work while going to school. The time for them to apply is now so they can be considered for the next available training session once the school year ends.

Employees of Lexington have been doing a great job referring people to work with us and we appreciate it! Please note: there is no limit to how much you can earn by referring good candidates that we hire!

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!

WELLNESS TOGETHER

DANCE AEROBICS



Come and have fun dancing your way into shape! No experience needed. This is Latin-based dance aerobics, 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. Register today by logging on to your Lexington Wellness Website at lexingtonwellness.bepurewellness.com and going to “Events” or by calling Rene Dutcher at (518) 775-5429.

DATES, TIMES & LOCATIONS

Tuesday, August 23 | 4:30—5:30 p.m. | Gymnasium, 127 E. State Street, Gloversville

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

WELLNESS WALK



Walking is great exercise. It helps refocus our thoughts and reduce stress. Bring a co-worker or someone you enjoy spending time with. Please be sure to wear appropriate shoes and bring water to drink. If the weather permits, we will walk outside. Eligible employees that attend will be awarded 10 Wellness Rewards Points. Register today by logging on to your Lexington Wellness Website at lexingtonwellness.bepurewellness.com and going to “Events” or by calling Rene Dutcher at (518) 775-5429.

DATES, TIMES & LOCATIONS

Tuesday, August 16 | 3:30—4:00 p.m. | Reception Area, 405 County Highway 114, St. Johnsville

Wednesday, August 17 | 3:30—4:00 p.m. | Indoor Track, 465 N. Perry Street, Johnstown

Thursday, August 18 | 7:30—8:00 a.m. | Gymnasium, 127 E. State Street, Gloversville

Monday, August 22 | 3:30—4:00 p.m. | Gymnasium, 127 E. State Street, Gloversville

Thursday, August 25 | 7:30—8:00 a.m. | Indoor Track, 465 N. Perry Street, Johnstown

LIFEPOINTS WELLNESS INCENTIVE PROGRAM OVERVIEW



Did you know that you can earn your first 50 Lifepoints, equal to \$50 in gift cards through www.cdphp.com, just by completing your CDPHP Personal Health Assessment? Attend this program to learn how easy it is to earn Lifepoints equal to \$365 in retailer gift cards during 2016. Space is limited. This program is for employees enrolled in Lexington’s Medical Plan and classes will be offered four times per month. The sooner you get started, the better chance you will have of earning the full \$365 in gift cards this year. Space is limited. Register for this program today by logging on to your Lexington Wellness Website at lexingtonwellness.bepurewellness.com and going to “Events” or by calling Rene Dutcher at (518) 775-5429.

DATES, TIMES & LOCATIONS

Wednesday, August 17 | 7:30—8:00 a.m. | Large Conference Room, 465 N. Perry Street, Johnstown

Wednesday, August 24 | 7:30—8:00 a.m. | Large Conference Room, 127 E. State Street, Gloversville

***Prior to attending any program, please ensure you have received approval from your medical practitioner.*



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!

THE “EAT YOUR GREENS TO FIT IN YOUR JEANS” NUTRITION CHALLENGE IS UNDERWAY!

Lexington Wellness offers fun activities that encourage a healthy lifestyle. Summer is a time for picnics and cookouts, and when junk food is easy to just grab and go. This challenge will encourage you to eat healthier and provide you tips on how to incorporate more fruits and vegetables into your summer on-the-go activities. The Challenge will run until **Monday, August 29**.

CHALLENGE GOALS:

1. Eat and log on your Lexington Wellness website at least two servings of fruits and two servings of vegetables five days a week during the three-week challenge.
2. Complete all required tasks on your To-Do list.

If you have any questions, contact Michelle Peryea at (518) 775-5420 or peryeam@lexcenter.org or Rene Dutcher at (518) 775-5429 or dutcher@lexcenter.org.

EARN PRIZES WHEN YOU PARTICIPATE IN THE CHALLENGE!

30 WELLNESS REWARDS POINTS for completing the Challenge Goals each week.

RAFFLE FOR ADDITIONAL PRIZES for those who meet the Challenge goals, are members of winning teams or are Wellness Buddies but aren't eligible to earn Wellness Rewards Points.

30 MORE WELLNESS REWARDS POINTS for registering as a Wellness Buddy in the Wellness Together Nutrition Team Challenge and supporting a participant (not an employee) to reach the challenge goal.

A RAFFLE for three teams per challenge in which each member completes the Challenge goal. The team selected will receive \$100 to spend on the team. Each eligible member will also receive 15 Wellness Rewards Points.

LEXINGTON MEDICAL CARE PLAN REQUIREMENTS

To receive their premium savings in 2017, Lexington employees and spouses enrolled in Lexington's medical plan must complete a biometrics screening, a CDPHP Personal Health Assessment in 2016, as well as a routine physical exam every two years. In addition, employees must:

- complete the Tobacco Free Affidavit or Reasonable Alternative Smoking Cessation Workshop by December 31
- receive a verified blood pressure measurement equal to or less than 119/79 by December 15
- read the “Release the Pressure” document provided by CDPHP and complete the corresponding quiz on the Lexington Wellness Website by December 31

If you have any questions, please contact Michelle Peryea, Wellness Program Coordinator, at (518) 775-5420.

Lexington's own upscale consignment store, **ENCORE KIDS** offers designer and brand name clothing and accessories in sizes Newborn through Children's 14/16.



34 N. Main Street, Gloversville, NY 12078 | (518) 773-4649
Hours: Tuesday – Friday 10am – 6pm | Saturday 10am – 3pm
www.facebook.com/encorekidsconsignments

Encore Kids is conveniently located next door to Mohawk Harvest Co-op Market and across the street from Castiglione Jewelers. It proudly employs individuals we support.

We accept Chamber Checks * We participate in the Chamber of Commerce Member to Member discount program, offering a 10% discount * We offer a 10% discount to all Lexington employees every Friday * Gift certificates are available.

LEXINGTON WELLNESS FRUIT AND VEGETABLE POTLUCK LUNCH



Lexington Wellness is hosting a Fruit and Vegetable Potluck Lunch! Bring a healthy dish to share with 14 other attendees and one copy of the recipe to the Large Conference Room at 127 E. State Street, Gloversville, on Thursday, August 18. The dish must include fruits and/or vegetables. While we share our dishes, we will provide you with copies of everyone's recipe.

What better way to get a variety of fruits and vegetables, as well as fresh ideas and recipes to help you finish strong in the Eat Your Greens to Fit in Your Jeans Team Nutrition Challenge? Plates and eating utensils will be provided. Please

bring a serving spoon for your dish.

This potluck is limited to 15 participants. You must register to attend on the Lexington Wellness Website at lexingtonwellness.bepurewellness.com. If you need assistance registering please contact Michelle Peryea at (518) 775-5420.

We hope to see you there!

FREE BIOMETRICS SCREENINGS

Lexington has partnered with CDPHP to offer on-site biometric screenings that include blood pressure, body composition analysis and body mass index. Additional measures that include blood glucose levels, total cholesterol, HDL, LDL and triglyceride levels are offered by St. Peter's Cardiac and Vascular Center. These screenings can help identify various health issues and allow you to work with your physician to lower your risks for certain conditions.

CDPHP members should bring their CDPHP identification card. Following the screenings, participants will meet with a CDPHP health educator one-on-one to review their results and receive information about many of the value-added services that are available to CDPHP members.

Before leaving your screening, you will be asked to complete a Lexington On-site Biometrics Screening Form. This form must be filled out by the participant (employee and/or spouse enrolled in Lexington's Medical Plan) and submitted to Lexington in order to receive credit for completion of the 2016 Biometrics Screening premium savings requirement.

The August biometrics screenings will be offered at Lexington as follows:

LOCATION	DATE	TIME
St. Johnsville-Oppenheim (Multi-purpose Room) 405 County Highway 114	Wednesday, August 24	1:30—6:00 p.m.

To get a biometrics screening, you must sign up in advance by contacting the appropriate point person for the clinic you want to attend, as indicated below:

LOCATION	CONTACT	PHONE
St. Johnsville-Oppenheim 405 County Highway 114	Donna Steenburgh Vicki Scheuerman	(518) 568-3102

CLASSES AND EVENTS AT THE 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 more information on the classes and events offered, visit www.pncreativeartscenter.org or call (518) 661-9932.



Paul Nigra Center
for Creative Arts

Wednesday, August 17 and 24 | 6:30—8:00 p.m.



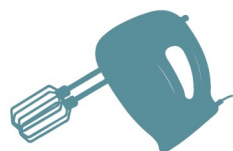
CELEBRATE SUMMER WITH YOGA (SERIES). *This seven-part yoga series will encourage everyday health, strength, stamina and flexibility. Chill out with cooling yoga poses and practice simple restful moves designed to help you decompress and release tension in tight areas. Find yourself in a focused calm place, and allow soothing restorative poses to nourish your body, mind and spirit. Chakra (energy) centering, candlelight and essential oils will add to this peaceful and refreshing class. Students will establish a fulfilling meditation practice and leave with tools to create balance at home and work all year long. This class is suitable for participants of all fitness levels. The remainder of the classes meet on August 17, 24 and September 7. The cost is \$15 for a single class or \$65 for all seven classes. Visit www.pncreativeartscenter.org/yoga to register online.*

Thursday, August 18 | 6:00—8:00 p.m.



CHAKRA GLASS ART. *In this class, students will learn about the seven major chakras (centers of spiritual power in the body) as they create glass art. Instructor Beth Spraggs will show them how to layer glass beads, marbles, discs and tiles to create a stunning 5"x7" frame while explaining the meaning of the colors and how they work within the mind and body. This beginner level class is open to all, with special accommodations available. All materials provided. The cost is \$35 for those who pre-register or \$40 for walk-ins. [Click here to register online.](#)*

Friday, August 19 | 10:30 a.m.—12:30 p.m.



SUPPERS IN A SNAP: CHARGRILLED CHICKEN & SUMMER STRAWBERRY SALAD. *In this class, students will learn how to whip up a springtime strawberry salad with a medley of spring vegetables, asparagus, peas, snap peas, spinach, lemon poppy seed dressing and pistachio garnish. Next, instructor Andrew Dench will show students how to prepare chargrilled chicken dressed with kale, mango and avocado. This class is suitable for chefs of all skill levels. The cost is \$25 for those who pre-register or \$35 for walk-ins. [Click here to register online.](#)*

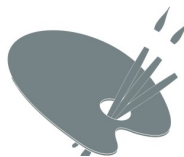
Sunday, August 21 | 1:30—2:30 p.m.



OUTSIDE YOGA. *Students are invited to step outside and breathe in the beautiful and refreshing Adirondack air while doing yoga on the gorgeous grounds of the Paul Nigra Center for Creative Arts. Instructor Dori Daknis will walk students through basic yoga postures and show them how to follow nature's lead by gradually lightening and opening physically, emotionally and mentally. Students will find their center by achieving harmony with nature's changing rhythms and bringing more balance to their lives. This class is suitable for participants of all fitness levels. NOTE: In the event of inclement weather, this class will take place inside the Nigra Arts Center's serene yoga room. It meets every Sunday. The cost is \$15 per class or \$40 for a four-*

class pack. [Click here to register online.](#)

Monday, August 22 | 9:30—11:00 a.m.



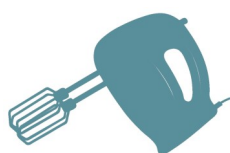
PAINT & SIP. Students will enjoy milkshakes while painting with acrylics. No art experience necessary — this beginner-level class is open to all. Special accommodations are available. The cost is \$25. Pre-registration required. [Click here to register online.](#)

Monday, August 22 | 10:00—11:00 a.m.



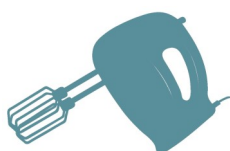
CHAIR YOGA. Do you think yoga is out of the question for you because you have difficulty getting up and down from the floor? Do you have trouble with your balance? Do your knees, hips, or feet give you grief? Have you had surgery and are restricted from moving up and down from floor? No matter what challenges you physically, chair yoga is an option for everyone, and the benefits of yoga include increased flexibility, heightened energy level, stress reduction and feeling better about yourself and life overall. Instructor Jan Dunn is a certified yoga teacher with more than 30 years of experience. This class is open to all and is beginner level. Special accommodations are available. The cost is \$15. Pre-registration is required. [Click here to register online.](#)

Tuesday, August 23 | 6:00—8:00 p.m.



SUPPERS IN A SNAP: CHICKEN MARSALA WITH RICE PILAF. In this class, students will learn how to prepare chicken marsala, a classic Indian dish made of tender, juicy chicken pieces in an aromatic and richly spiced tomato and cilantro-based curry. This class is suitable for chefs of all skill levels. The cost is \$30 for those who pre-register or \$40 for walk-ins. [Click here to register online.](#)

Thursday, August 25 | 10:30 a.m.—1:00 p.m.



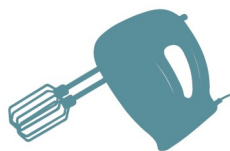
COOK & EAT: MEATLOAF. Chefs Jose and Wally will teach cooking made simple with their meatloaf dish. During class, students will learn how to cook a delicious meal and eat it afterward. This beginner-level class is open to all. Special accommodations are available. The cost is \$25. Pre-registration is required. [Click here to register online.](#)

Saturday, August 27 | 10:30 a.m.—12:00 p.m.



DANCE EXPLOSION! (SIX-WEEK DANCE WORKSHOP). Dance instructor Gretchen Salvione knows how to inspire kids on the dance floor! Her six-week dance workshop is open to dancers ages 4-18 of all skill levels, whether they are just starting out or need to brush up on some steps. Gretchen and her team will teach the dancers jazz, ballet and hip hop. The last day of class, October 1, will be dedicated to a recital for family and friends. No special equipment or shoes required. The workshop meets August 27, September 3, 10, 17, 24 and October 1. The cost is \$65 for those who pre-register or \$75 for walk-ins. [Click here to register online.](#)

Monday, August 29 | 10:00—11:30 a.m.



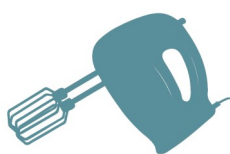
CHOCOLATE CANDY COOKIE BAKING CLASS. Join instructor Maria Nestle as she shares her recipe and secrets for the perfect chocolate candy cookie. This beginner-level class is open to all. Special accommodations are available. The cost is \$10. Pre-registration is required. [Click here to register online.](#)

Tuesday, August 30 | 1:00—2:00 p.m.



ACOUSTIC CAFÉ. Listen to live entertainment by Michelle King and Andrew Carpenter while enjoying a hot cup of coffee. All are welcome to attend. The cost is \$5. Pre-registration is required. [Click here to register online.](#)

Tuesday, August 30 | 6:00—8:00 p.m.



HEALTHY EATING SERIES: FABULOUS FRUITS. Each month, Janet Dunn teaches a beginner class on healthy eating with simple recipes that are easy to prepare and delicious. This month, the theme is fruit. Fruit offers a variety of health benefits ranging from soluble fiber to anti-cancer agents. Janet will teach students how to prepare five recipes utilizing mangos, oranges, bananas, dried coconut, peaches and more! The cost is \$30 for those who pre-register or \$40 for walk-ins. [Click here to register online.](#)

GLOVERSVILLE COMMUNITY MUSIC FACULTY RECITAL



Faculty members of Gloversville Community Music will perform a recital on **Friday, August 19, 7:00—8:30 p.m.** Admission is \$15 and tickets are available in advance or at the door. [Click here to buy tickets online.](#)

Oboist Kelly Lockwood and French hornist Joshua Thompson will perform an evening of chamber music with special guest artists. Kelly and Joshua are freelance musicians and educators who perform throughout the Northeastern United States and frequently play as a duo for local events. As advocates for music in our communities, they work through Gloversville Community Music to bring performance opportunities, paid gigs, workshops and private lessons to downtown Gloversville and the surrounding region.

LIVING STORYBOOK CAMP

- August 23—25 | 10:00 a.m.—3:00 p.m.
- Ages 5—10
- \$90/pre-registration, \$100/walk-ins
- [Click here to register](#)

This is a storytelling experience campers will never forget! Youngsters will work with our counselors to use their imaginations to write a fantastical tale, paying special attention to setting, costumes and characters. By the end of camp, they will become the storybook in a fun video parents can share with the world! Campers should bring their own lunch, snack and water bottle each day. Refrigeration is available.



ALL CLASSES AND EVENTS ARE SUBJECT TO CHANGE. VISIT THE WEBSITE AT WWW.PNCREATIVEARTSCENTER.ORG FOR THE MOST UP-TO-DATE INFORMATION.

HR NEWS AND INFORMATION

SUMMERTIME THEME PARK TICKETS

Lexington is pleased to announce ticket sales for the 2016 summer seasons at the theme parks listed below. Tickets may be purchased in the Human Resources Department at Burke, 127 E. State Street, Gloversville, or through Donna Steenburgh or Vicki Scheuerman in the Oppenheim Day Hab Building. Cash and personal checks are accepted. Checks should be made out to Lexington Center. Contact Bridgett Nestor at (518) 775-5422 with any questions.

THE GREAT ESCAPE

Ages 2 and Under: Free
Adult and Child: \$40
Regular Gate Price: \$58.99
Meal Vouchers: \$14 each
1-Day Parking Pass: \$17

WATER SAFARI/ ENCHANTED FOREST

Ages 2 and Under: Free
Adult and Child: \$25
Regular Gate Price: \$32.95

SIX FLAGS NEW ENGLAND

Ages 2 and Under: Free
Adult and Child: \$40
Regular Gate Price: \$61.99

DARIEN LAKE THEME PARK RESORT

Ages 2 and Under: Free
Adult and Child: \$28
Regular Gate Price: \$46.99

FSA STORE

Rose & Kiernan, Inc., is excited to announce their partnership with the Flexible Spending Account (FSA) Store! All Lexington employees enrolled in the RK Flex system can now access the benefits of the FSA Store through their consumer portal and RK xchange. The FSA Store is an e-commerce site stocked exclusively with FSA eligible products, services, resources and tools that help them better understand their FSA. To access the FSA Store, log on to your RK Flex consumer portal or RK xchange or visit fsastore.com.

JULY DIRECT SUPPORT STAFF RECOGNITION

We are recognizing staff who consistently show a solid understanding of Personal Outcome Measures and ensure that each person we support and their staff and families are treated respectfully.

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.

Managers who would like to honor their staff, should submit their name, a photo and why they are being recognized to their AD!

NAME: Tiffany DeCarr

PROGRAM: Kyser Lake

POM: People Can Fully Use Their Environments

Tiffany is always engaging with the people she is working with. She verbally communicates well and has meaningful and respectful conversations with them. Her supports encourage others to be independent and active within their daily lives. Thank you, Tiffany, for helping the men and woman at Kyser do things for themselves and develop skills that will benefit them every day. Keep up the good work!

MONTHLY POM THEMES — PEOPLE:

MARCH

Get Respect

APRIL

Have Natural Supports

MAY

Have Rights

JUNE

Form Intimate Relationships

JULY

Perform Different Social Roles

AUGUST

Can Fully Use Their Environments

OCTOBER

Are Safe

NOVEMBER

Have Friends

SPECIAL EVENTS AND CELEBRATIONS

SEPTEMBER

DSP WEEK — Special recognition of employees at each work site and the Nurturing Environment Meeting.

DECEMBER

Holiday celebrations and thank-you gatherings at each work site.

“BRANCHING OUT” SOCIAL SKILLS CAMP FOR YOUNG ADULTS

This full-day social skills camp is designed for teens and young adults ages 11-20 who struggle socially. At this fun event, they will learn and use social skills in natural settings and meet and socialize with new friends. Specialized instructors will help kids learn and practice new skills in fun ways through games, arts, crafts and movie clips with social learning.

The cost of this camp includes a full day of supervised instruction and snacks. Students are required to bring their own lunch and should wear sneakers.

WHEN	WHO CAN SIGN UP?	LOCATION	REGISTRATION AND MORE INFORMATION
<ul style="list-style-type: none"> Tuesday, August 30 9:00 a.m.—4:00 p.m. Registration, check-in and drop-off at 8:30 a.m. 	Students ages 11-20 years old	Transitions 2736 State Highway 30 Gloversville, NY 12078	Terry Williams (518) 775-5384 admissions@transitionsusa.org
	CLASS FEES		
	\$75		

INSTRUCTORS

- **Mary Kaye Ormiston**, MS Ed., certified PEERS® social skills instructor, speech-language therapist and supervising behaviorist
- **Victoria Morrison**, certified PEERS® social skills instructor, speech-language pathologist
- **Erin Hollenbeck**, PTA, BS, certified motivational interviewer, Autism Movement Therapy instructor, assistant director of Family Services/Creative Expressions
- **Keiley Cirillo**, MA Special Education, CAGS BIA, behaviorist

EMPLOYEE ANNIVERSARIES (10+ years)

AUGUST 16 TO AUGUST 29 | Congratulations!

Hillary Fitzpatrick, Residential, 8/17, 20 years

Erin Hollenbeck, Family Services, 8/26, 10 years

CONTACT INFORMATION

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



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