

LEXINGTON HAPPENINGS



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

TUESDAY, AUGUST 21, 2018



Family Services has offered a craft group evening program for many years. Each week, about 5-10 people join them for an evening of fun and creativity as they work on a project. They have done various types of crafts over the years, including sewing, needlepoint, scrapbooking and trendy DIY projects. Pictured above are Skyler Lopez, Rachel Lander, Kelsey McCoy, Ralph Orapello and Julianna Sawyer showing off some paintings they created at the craft group. They followed a step-by-step YouTube tutorial to finish the project, something they had never done before. Each artist was surprised at how easy the process was and proud of how beautiful their final products turned out. Thank you to everyone who helps make this fun and educational program possible!

BACK-TO-SCHOOL RAFFLE

Johnstown Day Hab is raffling off a back-to-school basket full of goodies! Tickets are on sale in Room 7, one ticket for \$1, five for \$3 and 20 for \$5. All proceeds will benefit Adopt-A-Child. The drawing will be held on Friday, August 31, at 1 p.m. For more information, call (518) 736-3834 or visit Room 7.

JOHNSTOWN DAY HAB SUMMER EVENT

Johnstown Day Hab is holding a special summer event on Wednesday, September 12, to benefit the Nigra Arts Center! \$5 admission includes light refreshments, such as drinks, cookies and rice crispy treats. There will be flow painting, a bead table, a portrait station, basket raffles and more!

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)

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

AUGUST FAMILY CONNECTIONS EVENTS

All are welcome to attend any of these events. Call Family Services at (518) 773-2014 to RSVP. Transportation and respite are provided upon request. For more information about any of these sessions, [click here](#).

- **Music Therapy for School-Aged Children Diagnosed on the Autism Spectrum**

Every Tuesday in August | 5:30—7:30 p.m. | 43 Harrison Street, Gloversville

- **Can I Afford My Life?**

By appointment — day and evening spots available

ABLE NATIONAL RESOURCE CENTER HOLDS #ABLETOSAVE CAMPAIGN THROUGH AUGUST

The ABLE National Resource Center (ANRC) is holding a month-long #ABLEtoSave grassroots campaign throughout August. The purpose of the campaign is to educate and inform the general public about Achieving a Better Life Experience (ABLE) accounts. The goals of the #ABLEtoSave campaign are to increase awareness about ABLE accounts and increase the amount of ABLE accounts opened across the country.

ABLE accounts are tax-advantaged savings accounts that can significantly increase the independence and quality of life of people with disabilities without jeopardizing benefits such as Medicaid and Supplemental Security Income (SSI). Throughout August, ANRC is providing messaging, social media posts, informational and marketing videos, webinars on ABLE-related topics and other resources to all campaign participants. To learn more about the #ABLEtoSave campaign and ABLE accounts, visit the ABLE National Resource Center website (www.ablenrc.org) and be sure to “like” the ANRC on Facebook and Twitter (@theABLENRC).

2018 NURTURING ENVIRONMENT MEETINGS

In 2001, we began the Nurturing Environment Program. Our goal 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 an even better place for people we support and our employees.

JOHNSTOWN

Training Center, 465 N. Perry St., Johnstown

August 29 — 10:00 a.m. November 29 — 10:00 a.m.

September 13 — 11:30 a.m. December 27 — 11:30 a.m.

October 31 — 10:00 a.m.

ALBANY

Hampton Inn, 1442 Western Ave., Albany

September 12 — 10:00 a.m.

November 9 — 10:00 a.m.

WEBINAR: ANXIETY TREATMENT TECHNIQUES

Thursday, August 23 | 8:00 a.m.—4:00 p.m. | Classroom C, Training Center, 465 N. Perry St., Johnstown

The psychology department is offering a training in anxiety treatment techniques. The class will cover how to apply the techniques in tough situations, how they apply to different age groups and how they can help people with a co-morbid diagnosis. Lunch will be provided. Please RSVP to Maria Betts at bettsm@thearclexington.org by August 17.

JOHNSTOWN DAY HAB FUNDRAISER BINGO

Friday, September 21 | 10:00 a.m.—1:00 p.m. | Room 11, JDH, 465 N. Perry St., Johnstown

Johnstown Day Hab’s Room 11 is holding a fundraiser bingo to benefit Adopt-A-Child! Lunch will be available for \$5. The menu includes pasta salad, macaroni salad, chicken and egg salad sandwiches, drinks and desserts. Get pre-sale tickets in Room 11 Monday, September 10, to Wednesday, September 19. For more info, call (518) 736-3809.

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: Monica Fox

PROGRAM: Steele Avenue

POM: Choose Personal Goals

Monica is dedicated to helping people achieve goals that are important to them. When Harold expressed that he very much wanted to maintain a garden at home, she helped him build raised garden beds at Steele Avenue. Thanks to Monica, Harold can now practice gardening from the comfort of his own home!

NAME: Richard Rodriguez

PROGRAM: Steele Avenue

POM: People Are Respected

Richard, who is Paul's community hab staff, has played a strong role in helping Paul use his new iPad to communicate with others. Now that Paul can make his needs known and hold conversations, he feels far more respected as a person than he did in the past. Thank you, Richard, for helping Paul find his voice!

EMPLOYEE ANNIVERSARIES (10+ years) | AUGUST 14 TO SEPTEMBER 3 | Congratulations!

Kelly McAdam, Residential, 8/14, 15 years

Terri Savlov, Day Hab, 8/30, 25 years

Jayne Gonzales, Rehab, 8/18, 15 years

Richard Bellinger, Residential, 9/2, 15 years

Susan Smith, Family Services, 8/18, 15 years

Robert Schwartz, Residential, 9/2, 15 years

Andrew Romeyn, Residential, 8/19, 15 years

Sharon Zaluski, Residential, 9/2, 15 years

Ruby Conte, Residential, 8/29, 20 years

NURTURING ENVIRONMENT PROGRAM — RECOGNIZING OUR EMPLOYEES

Do you know someone who exemplifies the goal of our Nurturing Environment program? Please nominate them for recognition! Recognizing Our Employees is a chance to highlight the actions of your coworkers. Any staff member who goes beyond the expectations of their job to create, build and maintain a nurturing environment is eligible. All nominees will be recognized at Nurturing Environment Meetings in Albany on September 12 and in Johnstown on September 13. Employees who stand out will be selected for special awards. If you would like to nominate someone, contact Terry Williams at williat@thearclexington.org or (518) 775-5382 for a nomination form. Submissions are due to Terry at the Bishop Burke building by September 7.

EARN A BONUS FOR RECOMMENDING EMPLOYEES!



Summer is almost here! If you know of great people who are looking for summer employment, please have them apply to work at Lexington! 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, or have them apply online at www.lexingtoncenter.org. Just make sure they list your name on the application as the referral source!

HERE ARE SOME EMPLOYEES WHO REFERRED NEW HIRES IN JULY:

Jen Ackerknecht

Jamie Dingman

Tracy Jurcsak

Christina Pilchen

Raquel Zabawczuk

Shawn Carpenter

Bahja Haddawi

Briana Kennedy

Bridget Seeley

Lacey Courtney

Helou Haddawi

Hailey Lozier

Nathan VanSlyke

WELLNESS TOGETHER

WALKING GROUPS



Do you need motivation to get moving or support to complete your 30-Day Fitness Challenge Goal? Then join a walking group with your coworkers! We will walk outside if the weather permits. Please wear appropriate shoes and bring water to drink. Eligible employees who attend this program may earn 5 CDPHP Life Points by reporting their participation on CDPHP Life Points under "Employer Wellness Program."

DATES, TIMES & LOCATIONS

Wednesday, August 22 | 3:30—4:00 p.m. | Indoor Track, 465 N. Perry Street, Johnstown

Tuesday, August 28 | 7:30—8:00 a.m. | Gym, 127 E. State Street, Gloversville

Tuesday, August 28 | 10:00—10:30 a.m. | Reception Area, 405 County Highway 114, St. Johnsville

Friday, August 31 | 7:30—8:00 a.m. | Indoor Track, 465 N. Perry Street, Johnstown

2018 LIFE POINTS WELLNESS INCENTIVE AND CAFEWELL PROGRAM OVERVIEW



Come see what's new in 2018! There are even more ways available to earn Life Points this year. Remember that every point is equal to \$1 in retailer gift cards of your choice through CDPHP. You and your family can earn a combined total of \$365 in gift cards. Come see how easy it is! This program is for employees enrolled in Lexington's Medical Plan. Space is limited. This class will be offered four times a month at various locations. The sooner you get started, the better chance you will have of earning all \$365 in gift cards this year.

DATES, TIMES & LOCATIONS

Wednesday, August 22 | 10:30—11:00 a.m. | Large Conference Room, 465 N. Perry Street, Johnstown

Thursday, August 23 | 7:30—8:00 a.m. | Large Conference Room, 127 E. State Street, Gloversville

Tuesday, September 4 | 3:30—4:00 p.m. | Large Conference Room, 405 County Highway 114, St. Johnsville

BRING SALLY UP EXERCISE ACTIVITY



*Join us weekdays at 3:15 p.m. in the gym at 127 E. State Street for a fun but challenging short activity to build your core and leg strength! It will take just 10 minutes out of your day, but you will get a great workout! We will offer this opportunity every weekday through **August 29**. The idea is to work your way up to finish this 10-minute workout without needing a break. Wear comfortable, loose-fitting clothes and sneakers, and bring a yoga mat if you have one.*

DATES, TIMES & LOCATIONS

Every weekday | 3:15 p.m. | Gym, 127 E. State Street, 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.*

[CLICK HERE TO READ THE AUGUST 2018 SAFETY AND WELLNESS NEWSLETTER!](#)

Highlights include tips for safety when working with chemicals and more information about CDPHP Life Points.

BARBECUE CHICKEN DINNER EMPLOYEE APPRECIATION

Employees who RSVP'd for our 2018 chicken dinner employee appreciation can collect their meals this week! Each meal includes half a chicken, cole slaw, a baked potato and a cookie. Employees in eastern Fulton County will collect their meals **Wednesday, August 22**, 12-1 p.m. and 3-6 p.m. at the parking lot of Universal Warehouse, 135 E. State Street Ext., Gloversville. Employees in the west will collect their meals on **Thursday, August 23**, 3-6 p.m. in the parking lot of Oppenheim Day Hab, 405 Co. Hwy 114, St. Johnsville. If you have any questions, please contact Wally Hart at (518) 369-5489 or hartw@thearclexington.org. Thank you for all you do!

PAUL NIGRA CENTER FOR CREATIVE ARTS

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 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 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.



THE USUAL SUSPECTS CONCERT



The Usual Suspects will perform a concert at the Nigra Arts Center on **Friday, September 14**, at 7 p.m.

This five-piece Schenectady band performs original music and uniquely interpreted covers of contemporary pop, country, classic rock, blues, jazz and oldies tunes. Their repertoire includes songs by Wilson Pickett, Zac Brown, The Grateful Dead, Van Morrison, Ed Sheeran, OneRepublic and more.

Tickets cost \$15. [Click here to buy online.](#)



Coming October 27!



The Zombie Fun Run/Walk
to benefit the Nigra Arts Center
CLICK HERE for details!

2018 FIBER, TEXTILE ART AND QUILT SHOW

The Nigra Arts Center invites all artists to submit to their first Fiber, Textile Art and Quilt Show! This show will feature works made of fiber, fabric, textiles and related materials such as hand-dyed silk, felting, weaving, fiber sculpture, fashion, crochet, lace and quilts.

The submission deadline is September 2. To enter, find the show on www.OnlineJuriedShows.com or contact Brenda Dwyer at dwyerb@thearclexington.org for a submission form.

FEATURED CLASS

Birch Cove | Ellen Lauziere, instructor | Tuesday, August 28 | 9:30-11:30 a.m. | \$25 pre-registration/\$40 at door

Ellen will guide you through this beginner's class as you learn to capture the beauty of a birch cove with acrylics on canvas. [Click here to register online.](#)

CONTACT INFORMATION

Megan Balser
Lexington, Chapter of The Arc New York
2736 State Highway 30, Gloversville
balserm@thearclexington.org



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www.facebook.com/LexingtonARC
www.facebook.com/FlametheBand
www.facebook.com/TransitionsUSA
www.facebook.com/PaulNigraCenter