

LEXINGTON HAPPENINGS



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

WEDNESDAY, AUGUST 28, 2019



The Paul Nigra Center for Creative Arts held its annual Color Splash Fun Run & Walk on Saturday, August 17! The rain held off long enough for dozens of attendees to get doused in color powder along the family fun course. This vibrant event was a perfect blend of fitness and art! Pictured, from top left: Danielle Rector getting splashed with color dust; Brooke Caraco on the course; Amy Sartin and Crystal White showing off their color; Caleb Trigg in the colorful aftermath; Debbie Mason, Aggie Richards, Evelyn Powell and Sandy LaRose posing with staff from Progress Road; and Bernie Williams in rainbow costume.

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

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.

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*

FILM PREMIERE: HEY! I WAS WATCHING THAT! BY THE LEXINGTON PLAYERS

Thursday, September 12 | 6:30 p.m. | Training Room C, 465 N. Perry Street, Johnstown | Admission: \$3

Please join the Lexington Players for the premiere of their first full-length original film! Refreshments are included in the price of admission. For more information, contact Tammy Miles at (518) 775-5475. Thank you for your support!

THE ARC NEW YORK SEEKS ENTRIES FOR ITS 2019 IMAGINE PHOTO COMPETITION

All people we support are invited to submit to The Arc New York's 2019 Imagine Photo Competition! The entry form and competition guidelines can be found [here](#). Anyone from Lexington who wishes to submit should send an electronic copy of their entry, the completed form, a photo of the artist and a brief bio to Terry Swierzowski at swierzt@thearclexington.org by **October 18**. For more information, call Terry at (518) 661-9932!

QUEST II DAY HAB 5TH ANNUAL FALLING LEAVES WALK

Monday, October 7 | 10:30 a.m.—12:00 p.m. | Paul Nigra Center for Creative Arts, 2736 NY-30, Mayfield

Come join Quest II for their fifth annual Falling Leaves Walk! Enjoy a scavenger hunt and a nice walk in the fall air on the Nigra Arts Center's beautiful grounds. Cider and donuts will be provided. The rain date for this event is Thursday, October 10. For more information, please contact Faith MacLean at macleaf@thearclexington.org or (518) 775-5364.

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.

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.

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 above and beyond 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 or (518) 775-5382 for a nomination form. Nominations must be returned to Terry in the Gloversville Day Hab building by **Friday, September 6.**



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. 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 or the Gloversville Day Hab building to obtain a nomination form.

PENSION PLAN MEETINGS

Chip Gamello, the advisor for our 401(k) Pension Plan, is offering 30-minute one-on-one meetings to discuss your 401(k) Retirement Plan. He will be available by appointment 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. 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
Thursday, August 29	8:30 a.m.-12:30 p.m. OR 1:30-4:30 p.m.	Conference Room, 465 N. Perry St., Johnstown

EMPLOYEE ANNIVERSARIES (10+ years) | AUGUST 27 TO SEPTEMBER 9 | Congratulations!

Shelly Crews, Residential, 8/31, 10 years
Vanessa Zanders, Residential, 8/31, 10 years
Terry Button, Day Hab, 9/4, 35 years
Laurie Carpenter, Residential, 9/6, 25 years

Leslielynne Zabawczuk, Residential, 9/6, 25 years
Bonnie Frasier, Day Hab, 9/7, 15 years
Kristin Ginter, Residential, 9/7, 20 years
George Harrington, Residential, 9/7, 20 years

EXTRA \$250 REFERRAL BONUS

Lexington holds monthly drawings of \$250 for employees who refer new direct support staff! Each referral is entered, even if they aren't hired. For more info, contact Doug Blanc at blancd@thearclexington.org or (518) 775-5307. The winners for July were Maria Betts (East), Tatianna Curry (West) and Julianne 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 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 29 | 7:30 a.m. | Large Conference Room, 465 N. Perry Street, Johnstown

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 D (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.*

A WELLNESS SUPPORT GROUP WILL BE STARTING IN OCTOBER!

DETAILS TO BE ANNOUNCED IN EARLY SEPTEMBER!

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 add additional difficulty to your struggle. If you want help managing your health, Lexington is providing 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 at (518) 775-5420. Appointments will take place in her office at the Burke Day Hab. If you have difficulty making it to Burke, she will arrange for an alternate location to meet within Lexington.

PAUL NIGRA CENTER FOR CREATIVE ARTS

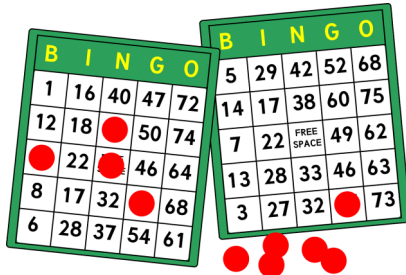
Lexington employees get a 10% discount at the Nigra Arts Center! Just enter the code **LEXEMPLOYEE** at checkout to redeem. We offer free classes to the people we support. If your house, program or someone you know wants to take a class, please call (518) 661-9932 or contact Maria Nestle at nestlem@thearclexington.org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



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.

CALL FOR ARTISTS: 2019 FALL ART SHOW

Show Dates: October 30, 2019 — January 7, 2020

Submission Deadline: October 6, 2019

[Click here to submit](#)

The Nigra Arts Center is seeking submissions for its 2019 Fall Art Show, open to works of any media! All are welcome to submit.

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

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, call (518) 661-9932 or email mayl@thearclexington.org.



**Hampton Beach
Seafood Festival**

September 7

\$50/Lexington

\$55/Community

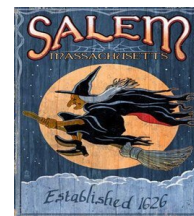


**Mohegan Sun
Casino & Resort**

October 5

\$50/Lexington

\$55/Community



**Salem,
Massachusetts**

October 26

\$50/Lexington

\$55/Community

FEATURED CLASS

Line Dancing (Six-Week Class) | Sue Kaupelis, instructor | Mondays, September 9 to October 14 | 6-7:30 p.m. | \$45

Starting with basic steps, you will learn simple line dances for fun and exercise. This course explores a variety of music genres, from country and pop to Celtic and Latin. Wear soft-soled, comfortable shoes. [Click here to register online.](#)

CONTACT INFORMATION

Megan Balser

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