

LEXINGTON HAPPENINGS



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

TUESDAY, AUGUST 30, 2016



At the August 25 Nurturing Environment Meeting, Doreen Calhoun (pictured) and many other individuals supported by Lexington received certificates and gift cards for their participation in the Wellness Together Exercise Minutes Summer Slim Down and Weight Loss Summer Slim Down Challenges. Congratulations to Doreen and everyone else who committed to getting more exercise or losing a few pounds over the summer!

EVENTS THIS WEEK — AUGUST 30 TO SEPTEMBER 5

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 and September. 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

EVENTS NEXT WEEK — SEPTEMBER 6 TO SEPTEMBER 13

Tuesday, September 6 | 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 September. 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.*

Thursday, September 8 | 12:00—1:00 p.m.

SEMINAR — OCCUPATIONAL THERAPY BASICS | The Center at Lexington, 465 N. Perry Street, Johnstown. *Please join Christine Stanavich, OTR, as she presents on how occupational therapy can be a helpful treatment to various symptoms related to developmental disabilities. She will also be able to share the importance of occupational therapy carryover from school/rehab to home. This seminar is targeted toward parents and caregivers.*

Saturday, September 10 | 10:00—11:00 a.m.

AUTISM MOVEMENT THERAPY AND CREATIVE MOVEMENT | Lexington Family Services, 43 Harrison Street, Gloversville. *Autism Movement Therapy is a movement and music integration strategy combining patterning, visual movement, calculation, audible processing, rhythm and sequencing for a “whole brain” cognitive thinking approach that can significantly improve behavioral, emotional, academic, social, speech and language skills. This session will be targeted toward ages 5-18. Parent participation is required. Come dressed to move and have fun!*

Tuesday, September 13 | 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 September. 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.*

EARN A BONUS FOR RECOMMENDING EMPLOYEES!

The leaves have not even started falling off the trees and the snow shovels are still in the shed,
but the holiday season is coming!

Whether you are recovering from the bills associated with “back to school” clothing and supplies or thinking ahead to the holiday season of gift giving, Lexington can help with some of those expenses and you can also help Lexington by referring qualified candidates.

Employees of Lexington always do a great job referring people to work with us and we appreciate it!

If we hire a person you referred, you could earn up to a \$500 bonus. By referring someone you are helping us recruit potential employees, and you can also make some extra money! There is no limit to how much you can earn by referring good candidates that we hire.

We are currently recruiting for our next training, so 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!

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, September 2 and 9 | 8:00—9:00 a.m. (Every Friday in September)

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.*

Thursday, September 8 | 1:00—3:30 p.m.

EMPLOYMENT READINESS CLASS | Employment Resources, 199 South Main Street, Gloversville. *Jobs, employment, occupations and careers are all different terms for the same thing: work! Finding a job that is right for you can take some time and effort. If this is your first time looking for a job or if you are looking to change jobs or reenter the workforce, you may want to examine your goals and skills. The purpose of this class is to help you identify your work interests and job skills and set you on the path toward finding a job that's right for you.*

FITNESS AREAS AVAILABLE AT CERTAIN LEXINGTON LOCATIONS FOR EMPLOYEE USE

We would like to announce that we are extending the availability of the established fitness areas listed below for employee use! In the past, we have had fitness centers at certain Lexington locations for the use of individuals we support and employees when working with individuals and the Wellness Together program. Now this equipment will be available to employees outside of work hours as well.

It is often very difficult to fit physical activity into your daily routine at home because of the many interruptions. That's why you should come use these spaces just before or after work and avoid the interruptions that prevent you from exercising at home! This equipment will help you reach your personal fitness goals, complete employee Challenges and relieve stress through engaging in physical fitness.

Before you use this equipment for the first time, you must contact a point person for that site to schedule a brief orientation. You must sign in and out when you use the equipment for personal exercise. A book will be provided at each location. This equipment will also continue to be available during the day for employees working with individuals they are supporting in Wellness Together Challenges. Please take full advantage of this opportunity! If you have any questions, please contact one of the point people for the site you want to use.

LOCATION	EQUIPMENT AVAILABLE	TIMES OF OPERATION	POINT PEOPLE
465 North Perry Street Johnstown	Treadmill Stationary Bike Weights and Exercise Mats TV with Exercise Videos	Monday through Friday 6:30—8:30 a.m. 2:30—6:00 p.m.	Mary Peterson (518) 736-3937 Ginny Turner (518) 736-3887
127 East State Street Gloversville	Treadmill Stationary Bike General Gym Usage (a.m.)	Monday through Friday 6:30—8:30 a.m. 3:00—6:00 p.m.	Sara Brown Chris Sutherland (518) 773-7931

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, September 6 | 4:30—5:30 p.m. | Gymnasium, 127 E. State Street, Gloversville

Tuesday, September 13 | 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

Friday, September 2 | 1:00—1:30 p.m. | Gymnasium, 127 E. State Street, Gloversville

Tuesday, September 6 | 3:30—4:00 p.m. | Indoor Track, 465 N. Perry Street, Johnstown

Wednesday, September 7 | 7:30—8:00 a.m. | Gymnasium, 127 E. State Street, Gloversville

Tuesday, September 13 | 3:30—4:00 p.m. | Gymnasium, 127 E. State Street, Gloversville

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

Thursday, September 8 | 3:30—4:00 p.m. | Large Conference Room, 127 E. State Street, Gloversville

Friday, September 9 | 3:30—4:00 p.m. | Cafeteria, 405 County Highway 114, St. Johnsville

Monday, September 12 | 3:30—4:00 p.m. | Large Conference Room, 465 N. Perry Street, Johnstown

***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!

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 OR 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.



Save the date for The Lexington Foundation's Night Out on **Thursday, September 22, at 6 p.m.!** This annual party will benefit Transitions and the Paul Nigra Center for Creative Arts. Wine and Roses will cater, providing cocktails, hors d'oeuvres and chef-attended stations while Flame provides entertainment. Later in the evening there will be a silent auction and a celebratory program honoring the generous donors to the capital campaign.

The Night Out will take place at the Paul Nigra Center for Creative Arts, 2736 State Highway 30, Gloversville. Business attire is requested. Lexington employees get a special discount on tickets. [Click here to purchase tickets!](#)

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.

CLASSES AND EVENTS AT THE PAUL NIGRA CENTER FOR CREATIVE ARTS

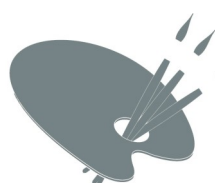
All Lexington employees get a 10% discount on classes at the Paul Nigra Center for Creative Arts! Just enter the code **LEXEMPLOYEE** at checkout to redeem. Lexington employees are also welcome to use the \$25 gift certificates issued to them at the holidays for free classes. To redeem these certificates 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.



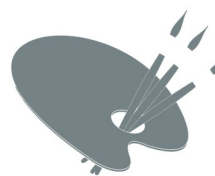
Paul Nigra Center
for Creative Arts

Wednesday, August 31 | 10:00 a.m.—12:00 p.m.



POETRY & ART. *This class will help students discover multimedia art that explores creative expression. Instructor Kittie Coffey-Bintz will teach students how to create their own masterpiece that combines poetry and visual art. This class is open to all and is beginner level. Special accommodations are available. The cost is \$25 for those who pre-register or \$30 for walk-ins. [Click here to register online.](#)*

Wednesday, August 31 | 6:00—8:00 p.m.



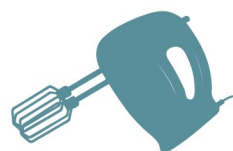
PALM TREE BLISS PAINTING CLASS. *In this beginner-level painting class, students will learn how to paint a scene depicting a beach and palm tree. Instructor Ellen Lauziere will teach students how to create the piece with acrylic paint. The cost is \$30 for those who pre-register or \$40 for walk-ins. [Click here to register online.](#)*

Sunday, September 4 | 11:00—11:45 a.m.



INTRODUCTION TO YOGA. *If you are curious about yoga but don't know where to begin, we can help. On the first Sunday of every month, instructor Dori Daknis will pass along her yoga wisdom and passion to beginners as she guides them through the basics. While you may pre-register in advance, walk-ins are welcome. The cost is \$5 per class. [Click here to register online.](#)*

Tuesday, September 6 | 6:00—8:00 p.m.



SUPPERS IN A SNAP: BACON AND EGG PIE WITH CARAMELIZED SWEET POTATO AND PARMESAN. *New Zealand native Andrew Dench continues his Suppers in a Snap cooking class series with a New Zealand version of the French classic quiche, bacon and egg pie. Students will sample to dish at the end of class. 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.](#)*

Wednesday, September 7 | 6:30—8:00 p.m.



CELEBRATE SUMMER WITH YOGA (SERIES). *This is the last session in a seven-part yoga series. It 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 cost is \$15 for the single class. [Click here to register online.](#)*

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



DANCE EXPLOSION! (SIX-WEEK 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 15, will be dedicated to a recital for family and friends. No special equipment or shoes required. The workshop meets September 10, 17, 24, October 1, 8 and 15. The cost is \$65 for those who pre-register or \$75 for walk-ins. [Click here to register online.](#)

Monday, September 12 | 6:30—8:00 p.m.



LINE DANCING (SIX-WEEK CLASS). This line dancing class is suitable for dancers of all skill levels. Starting with basic steps, students will learn simple line dances for fun and exercise at the same time. This six-week class explores a variety of musical genres, from country and pop to Celtic and Latin. Students should wear smooth-soled, comfortable shoes. Class meets September 12, 19, 26, October 3, 17 and 24. The cost is \$40 for those who pre-register or \$50 for walk-ins. [Click here to register online.](#)

DICK SOLBERG, SUN MOUNTAIN FIDDLER CONCERT

THURS
9/8/16



Dick Solberg, the Sun Mountain Fiddler, will perform a concert at the Paul Nigra Center for Creative Arts on **Thursday, September 8, 7:00—8:30 p.m.** Tickets are \$10 in advance or \$15 at the door. [Click here to buy tickets online.](#)

Born in New York City, [Dick Solberg](#) was trained classically on the piano and the violin, but when he encountered "fiddling" in styles like old-timey, bluegrass, Celtic, and Cajun, he was hooked. His professional career started in 1976, when he fiddled on the streets in places like Ann Arbor, Michigan; Provincetown, Cape Cod; and Coconut Grove, Florida. It has continued across America, in the Caribbean (34 winter seasons in St. Thomas), at the Edinburgh Festival in Scotland, on the Great Wall of China and at the American University in Cairo.

THE DANCE COMPANY AT THE PAUL NIGRA CENTER FOR CREATIVE ARTS

The Paul Nigra Center for Creative Arts is pleased to welcome The Dance Company to its facility! Starting September 13, this dance studio will offer classes to children ages 4 through teens. For information about the class schedule, offerings and prices, please visit www.pncreativeartscenter.org/dance-company or contact Gretchen Salvione, owner of The Dance Company, at (518) 848-1843 or salenterprize@outlook.com.

THE DANCE COMPANY OFFERS:

- Hip Hop & Jazz
- Ballet
- Lyrical
- Clogging
- Tap
- AND MORE!



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.

AUGUST 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.



FISHING DERBY

On Thursday, September 22, Pine Hills Day Hab will have their third annual Fishing Derby. The event will be held from 10:00 a.m. to 1:00 p.m. at Wohlfarth's Pond at McNab Ave., Gloversville. There will be a \$1 entry fee. Everyone is welcome! Bring a lunch and a friend!

FROSTED WINE BOTTLE COLLECTION

Home Base needs your frosted wine bottles! If you have any, please donate them to Home Base for a fundraising craft project they are planning in the near future. You can deliver them or they can pick the bottles up.

Home Base needs the bottles by Friday, September 2. If you have any questions, call (518) 736-3908. Thank you for your support!



NURTURING ENVIRONMENT MEETINGS

The next Nurturing Environment Meetings will take place as follows:

- Johnstown | Wednesday, September 14 | 11:30 a.m. (includes lunch)
- Albany | Thursday, September 15 | 10:00 a.m.

The September 14 meeting will also feature a recognition ceremony for exemplary staff. *Recognizing our Employees* gives you the opportunity to recognize the actions of your co-workers, to enhance the supports we provide and improve our environment. Any staff member who goes beyond the expectations of their job and demonstrates excellence in creating, building and maintaining a nurturing environment is eligible to be nominated, as are staff who champion the vision of the Nurturing Environment program with language and actions that demonstrate enthusiasm. If you would like to nominate someone, contact Terry Williams at williat@lexcenter.org for a nomination form. Please send nominations to Terry by September 8.

EMPLOYEE ANNIVERSARIES (10+ years)

SEPTEMBER 1 TO SEPTEMBER 12 | Congratulations!

Jennifer Hart, Day Hab, 9/1, 15 years	Amanda Bruyn, Residential, 9/6, 25 years
Jeannette Delarosa, Residential, 9/4, 15 years	Pamela Bouchoux, Employment Resources, 9/9, 25 years
Lori Penny, Residential, 9/4, 15 years	Roni Dona, Transportation, 9/9, 25 years
Cristine Randall, Day Hab, 9/4, 15 years	Beth Hay, Day Hab, 9/9, 25 years
Amy Sartin, Residential, 9/4, 15 years	Donna Steenburgh, Day Hab, 9/9, 25 years
Michele Yost, Residential, 9/4, 15 years	Amy Rankin, Rehab, 9/10, 15 years
Thomas Brownell, Residential, 9/5, 10 years	Paula Wallin-Eddy, Residential, 9/10, 15 years
Sharon Reynolds, Residential, 9/5, 10 years	Kathleen Bintz, Family Services, 9/11, 10 years
Carolyn Snyder, Clinical, 9/5, 10 years	Malynda Crocetta, Day Hab, 9/12, 10 years

CONTACT INFORMATION

Megan Balser
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balserm@lexcenter.org



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Lexington - Chapter of NYSARC, Inc.:
www.facebook.com/LexingtonARC
"Like" Encore Kids on Facebook:
Encore Kids: www.facebook.com/encorekidsconsignments