

LEXINGTON HAPPENINGS



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

TUESDAY, DECEMBER 18, 2018



Lexington's Guardianship Holiday Luncheon took place last week at the Paul Nigra Center for Creative Arts! Eight men and women in the guardianship program invited friends and family to celebrate the holidays with a special lunch, craft making and a gift exchange. Thank you to all the staff, advocates, board members, family members and other friends of Lexington involved in the Guardianship program for making the holidays special for the people we support every year! Pictured, top row: Terry Foster, Bruce Misfeldt, Michael Madnick and Daryl Perkins making ornaments and other holiday crafts with their guests. Middle row: Michael Keyser, Bruce, Paula Mercadante, Daryl and Michael opening their gifts. Bottom row: Paula, Daryl and Bruce showing off their new things!

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 ADOPTS CHILDREN FOR CHRISTMAS

Thank you to everyone at Lexington who continually supports the Christmas Adopt a Child program! This year, the Lexington family teamed up to provide Christmas gifts to 18 children in need. Contributors included Roger Baker, Steve Cirillo, Bonnie Eckler, Pat Gray, Mike Jennings, Pat MacPhail, Tina Olyer, Sue Rickard, Donna Steenburg and the teams at Cromer Road, Wohlgemuth, Lake Avenue, Indian Road and Pine Hills Day Hab. Their generosity has made yet another holiday season that much brighter for local families. Happy holidays and thanks to all who gave!

PLEASE REMEMBER TO PICK UP YOUR CO-OP ORDERS!

Johnstown Day Hab | Tuesday, December 18 | 3:30—5:00 p.m.

Oppenheim Day Hab | Wednesday, December 19 | 3:30—4:30 p.m.

MUSIC THERAPY — PRESENTED BY LEXINGTON FAMILY SERVICES

Every Tuesday Evening | Ages 3-12: 5:30—6:30 p.m. | Ages 13-21: 6:30—7:30 p.m.

Family Services, 43 Harrison Street, Gloversville

Lexington Family Services is offering Music Therapy classes every Tuesday evening. These sessions are designed to help children on the autism spectrum focus on social skills through sing-alongs and games. For questions and to sign up, call Family Services at (518) 773-2014.

SPAGHETTI DINNER FUNDRAISER TO BENEFIT THE NIGRA ARTS CENTER ON DECEMBER 21

STEP is hosting a spaghetti dinner fundraiser to benefit the Paul Nigra Center for Creative Arts! The meals cost \$6 apiece and include spaghetti and meatballs in a garlic bread bowl, tossed salad and a cupcake.

Meals are available through preorder only. Call (518) 736-4160 or email haigt@thearclexington.org to reserve yours! You can pick up your meals at STEP, 492 N. Perry St., Johnstown, on **Friday, December 21**. There will be no deliveries. Thank you for your support!

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

January 31 — 10:00 a.m.	July 25 — 10:00 a.m.
February 28 — 10:00 a.m.	August 29 — 11:30 a.m.
March 28 — 10:00 a.m.	September 26 — 10:00 a.m.
April 25 — 11:30 a.m.	October 31 — 1:00 p.m.
May 30 — 10:00 a.m.	November 21 — 10:00 a.m.
June 27 — 1:00 p.m.	December 19 — 11:30 a.m.

ALBANY

Hampton Inn, 1442 Western Ave., Albany

January 9 — 10:00 a.m.
March 13 — 10:00 a.m.
May 8 — 10:00 a.m.
July 10 — 10:00 a.m.
September 11 — 10:00 a.m.
November 13 — 10:00 a.m.

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!

LIMITED TIME EXTRA BONUS

Through December, Lexington will hold monthly drawings for \$250, awarded to employees who referred new direct support staff that month. Each referral will be entered into the drawing — they not need to be hired for their referee to be entered. For more info, contact Doug Blanc at blancd@thearclexington.org or (518) 775-5307. The winners for November were Fri Annoh (Albany), Shamrin Flanders (West) and Jason Montville (East). Congratulations!

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. There's no limit to how much you can earn by referring candidates we hire! Give an application to a friend or family member or have them apply online at www.lexingtoncenter.org. Make sure they list your name on the application as the referral source!

HERE ARE SOME EMPLOYEES WHO REFERRED NEW HIRES IN NOVEMBER:

Shamrin Flanders

Elizabeth Juliano

Tracy Jurcsak

Lisa Randall

BJ'S WHOLESALE CLUB DISCOUNT MEMBERSHIP OPPORTUNITY

BJ's Wholesale Club is offering Lexington employees \$15 off their regular \$55 annual membership fee! Your cost will be \$40 + tax = \$43.20 for a one-year membership. Get an extra month FREE and a second membership card for another household member. That's 13 months for less than the cost of a 12-month membership! All renewals will have 13 months added to their membership from their current expiration date. In addition, BJ's is offering a special promotional offer only for new members: pay only \$25 + tax for new memberships received before December 21! You can obtain a membership application by calling Bridgett Nestor in Human Resources at (518) 775-5422 until **December 21**.

EMPLOYEE ANNIVERSARIES (10+ years)

DECEMBER 18 TO JANUARY 1 | Congratulations!

Donald Wagar, Administration, 12/28, 25 years

GREAT ESCAPE/SIX FLAGS THEME PARKS 2019 SEASON PASSES AVAILABLE

Lexington is pleased to offer season passes for The Great Escape/Six Flags Theme Parks at discounted rates to its employees, their friends and families, and the people we support. The cost for a 2019 season pass is \$57, payable by cash or personal check. Great Escape Gold Season Passes will be available for purchase at this price at the Human Resources Department, located at 127 E. State Street, Gloversville, through **December 31, 2018**. Buy them now before the price goes up on January 1, 2019!

A season pass allows you unlimited visits to any of the Six Flags Theme Parks on regular operating days for the rest of the 2018 and the entire 2019 season. This is a Gold Pass, so holders will also receive FREE parking good for all of the 2019 season at any of the Six Flags locations.

WELLNESS TOGETHER

WALKING GROUPS



The holiday season is the most difficult time to stay on track with healthy habits. Join a walking group with your coworkers to help hold you accountable! We will walk outside if the weather permits. Please be sure to wear appropriate shoes and bring your own water to drink. The walks at the locations, dates and times listed below.

DATES, TIMES & LOCATIONS

Friday, December 21 | 12:00—12:30 p.m. | Gym, 127 E. State Street, Gloversville

Thursday, December 27 | 3:30—4:00 p.m. | Indoor Track, 465 N. Perry Street, Johnstown

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

BRING SALLY UP SQUAT CHALLENGE WITH PLANKS



If you are at Bishop Burke for a meeting, or if you work in the building and have just four minutes to spare, then join us on weekdays at 3:15 p.m. for this FUN but challenging short activity to build your core strength and help you stay on track during the holidays. Yoga mats will be provided. You can do this workout without having to change your clothes. Hope to see you there!

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.*

DON'T FORGET TO REDEEM YOUR CDPHP LIFE POINTS!

You and your family members enrolled in Lexington's Medical Plan earn CDPHP Life Points throughout the year when you complete your CDPHP Personal Health Assessment online and engage in certain preventative medical visits. Every one (1) Life Point is equal to \$1 in retailer gift cards of your choice when you log into your account at www.cdphp.com and complete your Personal Health Assessment. You may have earned points without even knowing!

You **MUST** redeem your CDPHP Life Points by **8 p.m. on December 31, 2018**, or they will be lost! If you need assistance, please do not hesitate to contact Jean Ginter at (518) 775-5424.

EMPLOYEE FREE FLU SHOT CLINIC

Wednesday, December 19 | 8:30—11:00 a.m. | Large Conference Room, 465 N. Perry Street, Johnstown

Did you know that an average of 36,000 deaths and 200,000 hospitalizations occur each year as a result of the flu? Vaccination is the best way to avoid getting the flu.

To help prevent the spread of flu in our community, Lexington is hosting a FREE flu shot clinic for employees on Wednesday, December 19. Any employee who wants a flu shot is welcome to attend.

If you are unable to attend this clinic, we are willing to accommodate any employee who wishes to have the vaccine. Please contact your site nurse or Elaine Jacksland at (518) 736-4111 to arrange for you to be vaccinated.

Please take the time to get your flu shot. This will help protect yourself, your loved ones and the people you help support from a serious illness. By getting the flu shot, you may save a life.

2018 3-WEEK EMPLOYEE CHOICE TEAM CHALLENGE RAFFLE WINNERS

[Click here for the list of 100 raffle winners who completed the 3-Week Employee Choice Team Challenge!](#)

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.



Coming February 9...



DINNER THEATER!
Murder at Crabby Abbey
CLICK HERE for details!

HOLIDAY THEMED CLASSES

Holiday Paint & Sip — December 20, 6-8 p.m.

Winter Wonderland Birch Trees — Dec. 21, 10 a.m.-noon

Winter Wonderland Birch Trees — Dec. 28, 6-8 p.m.

Now offering private music lessons
(guitar, beginning fiddle/violin, mandolin,
ukelele, bass and drums)
with renowned local musicians!

Click here to see our offerings!



THANK YOU TO EVERYONE WHO JOINED US FOR OUR POLAR EXPRESS CELEBRATION AND SENSORY SANTA EVENT!

On December 8, throngs of children and their families filled the Nigra Arts Center for crafts, snacks and photos with Santa at our annual Polar Express Celebration. A Sensory Santa was also on-site to meet with children who have special needs in a more individualized, comforting atmosphere. Pictured on the left are Donald VanEtten and his daughter taking a picture with Santa. On the right is Lexington employee Kelly Stoutner with her son.



FEATURED CLASS

Essential Oils and Children | Christina Ponzi, instructor | Friday, December 28 | 6:00—7:30 p.m. | \$25 pre-registration

This workshop will cover general safety guidelines, safety tips and fun ways to use essential oils with your children. Handouts and brochures will be available to take home. [Click here to register online.](#)

CONTACT INFORMATION

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