

# LEXINGTON HAPPENINGS



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

TUESDAY, DECEMBER 5, 2017



*In the fall, representatives from the Department of Environmental Conservation reached out to Lexington to ask us to come assess the work they had done at Willie Wildlife Marsh and make sure it was truly accessible to people using wheelchairs. A few volunteers from our programs were happy to spend the day on the trails and provide feedback on areas they struggled with. The DEC made the suggested changes and invited the volunteers back for a ribbon cutting event in November! Everyone who participated in this special event enjoyed themselves immensely and plans on going back to use the trail in the warmer months.*

*Pictured: Michael Tybor exploring the trails and taking part in the ribbon cutting.*

## LEXINGTON'S GOT TALENT!

Friday, December 8 | 6:00—7:30 p.m. | Paul Nigra Center for Creative Arts

Jose Kemp is hosting this year's talent show to benefit the Paul Nigra Center for Creative Arts! Spread the word and let your inner star shine! Admission is \$2 per person at the door on the night of the event. Light refreshments and baked goods will also be available.

### 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](mailto: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](http://fultonmontgomeryny.org)  
[44lakes.com](http://44lakes.com)

ALBANY COUNTY:  
[albany.com/events/](http://albany.com/events/)  
[events.timesunion.com](http://events.timesunion.com)

### #bFAIR2DIRECTCARE RALLY IN ALBANY

The #bFair2DirectCare campaign continues as we put our efforts into securing a living wage for direct support professionals! On **Wednesday, December 6**, there will be a rally at the State Capitol in Albany at 1 p.m. The purpose of the rally is to seek support from Governor Cuomo and members of the Assembly and Senate to include funding for direct support professionals in the upcoming New York State budget due April 1, 2018.

We are inviting self-advocates, staff, families and supporters to join us at this rally. Please contact Wally Hart at (518) 661-9932 or hartw@lexcenter.org if you would like to come and lend your voice. More details about travel, parking and the location of the rally will be sent to participants. We will leave Johnstown at 11:15 a.m. and return by 2:30 p.m. Thank you for your support, as your efforts have made a big difference in the past!

### SENIOR DAY HAB OPEN HOUSE

You are invited to Senior Day Hab's Open House on **Thursday, December 14**! Stop in at your leisure between the times of 10-11:30 a.m. or 12:30-1:30 p.m. at 43 Harrison Street, Gloversville. Light refreshments and beverages will be served. Call (518) 773-2064 with any questions. We hope to see you there!

### CHILDREN'S BREAKFAST WITH SANTA

**Saturday, Dec. 16 and Sunday, Dec. 17 (choose one) | 9:00—11:00 a.m. | Gym, 127 E. State St., Gloversville**

Lexington's Children's Breakfast with Santa is open to all Lexington employees and their families. Please join us with your children or grandchildren for a photo with Santa, holiday music, hands-on musical entertainment, holiday crafts, Spin Art painting activities and a breakfast of French toast sticks, eggs, sausage, mini muffins, bagels, fruit, coffee and juice. This is fun for the entire family!

If you are interested in attending, please obtain a registration form from the Recreation Department and return it no later than **Monday, December 11**. If you have any questions, call (518) 775-5475.

### JOHNSTOWN NURTURING ENVIRONMENT MEETING

The Nurturing Environment Meeting originally scheduled for December 28 has been rescheduled for **Thursday, December 14**, 11:30 a.m. at the Training Center, 465 N. Perry St., Johnstown.

Fourteen years ago, we began the Nurturing Environment Program. Our goal is to continually strive towards 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.

### TRAINING: TRACKING BEHAVIORAL DATA ON THERAP

**Tuesday, December 19 | 7:00—8:00 a.m. | Conference Room, 465 N. Perry Street, Johnstown**

The Behavior Department is holding a training session on Tracking Behavioral Data on Therap, presented by Kayla Duesler. If you are interested in attending, please RSVP to Maria Betts at bettsm@lexcenter.org or (518) 921-8817.

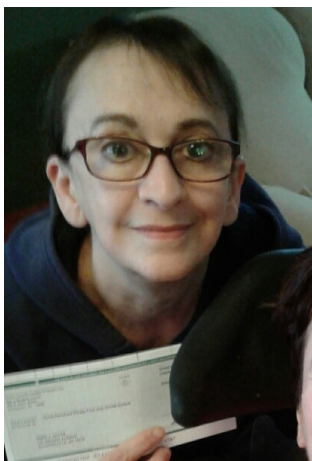
### WINTER DECORATIVE CRAFT FUNDRAISER

Home Base Structured Day Program (located at 465 N. Perry Street, Johnstown) is selling winter decorative crafts for \$10 each. Proceeds will benefit the Lung Cancer Research Foundation, as we support people who have been directly affected by this cancer. To place an order, please call (518) 736-3908. The sale goes through **December 20**.

## HR NEWS AND INFORMATION

### DECEMBER 2017 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!



*Congratulations to these winners of the summer incentive initiative drawing! These staff each won \$500 for achieving perfect attendance at work. Pictured from left to right are Mary Eaton, Cindy Jaiken Sutton with Penny Walrath and Kaye Schrader, and Cristal Tejada.*

### EMPLOYEE ANNIVERSARIES (10+ years)

**DECEMBER 5 TO DECEMBER 18 | Congratulations!**

Kaye Schrader, Residential, 12/7, 30 years

Robin Charbonneau, Day Hab, 12/9, 30 years

### GREAT ESCAPE/SIX FLAGS THEME PARKS 2018 SEASON PASSES AVAILABLE

Lexington is pleased to offer discounted Gold Passes for The Great Escape/Six Flags Theme Parks to employees, their friends and families, and the people we support. This pass allows you unlimited visits to any Six Flags Theme Park on regular operating days for the rest of the 2017 season and the 2018 season as well as FREE parking at any Six Flags location. The cost for a 2018 season pass is \$55, payable by cash or personal check. Buy them now in the Human Resources office at 127 E. State Street through December 31, 2017. The price will go up on January 1, 2018!

### EARN A BONUS FOR RECOMMENDING EMPLOYEES!



Are you looking for a way to help us recruit employees AND make some extra money? Lexington can help with your expenses and you can help Lexington by referring qualified candidates! 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](http://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 NOVEMBER:

Stephanie Andrew  
Susan Arminio  
McKenzie Bellen

Charleen Cooper  
Laura Hewitt  
Tina Mergel

Bridgett Nestor  
Kamiliah Stubbs  
Brittany VanHorn

Tammy Wilday  
Morgan Wilson  
Stephanie Worden



## WELLNESS TOGETHER

### WALKING GROUPS



Walk with a group of coworkers and support each other to fit exercise into your routine! We will walk outside if the weather permits. Please be sure to wear appropriate shoes and bring water to drink. The walks will be held as listed below. 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, December 6 | 7:30—8:00 a.m. | Gym, 127 E. State Street, Gloversville

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

Monday, December 11 | 11:00—11:30 a.m. | Reception Area, 405 Co. Hwy 114, St. Johnsville

Monday, December 11 | 3:30—4:00 p.m. | Gym, 127 E. State Street, Gloversville

Tuesday, December 12 | 7:30—8:00 a.m. | Indoor Track, 465 N. Perry Street, Johnstown

### LIFE POINTS WELLNESS INCENTIVE AND CAFEWELL PROGRAM OVERVIEW MID-YEAR CHANGES



Attend this program to learn how to earn Life Points and request your retailer gift cards! There is \$37,690 of unclaimed Life Points as of October 1, 2017. Claim yours today! Your 2017 Life Points must be redeemed by December 31, 2017. This program is open to employees enrolled in Lexington’s Medical Plan. Space is limited! This class will be offered four times each month at various locations. The sooner you get started, the better chance you have of earning \$365 in gift cards in 2017!

### DATES, TIMES & LOCATIONS

Tuesday, December 12 | 12:00—12:30 p.m. | Large Conference Room, 465 N. Perry Street, Johnstown

Thursday, December 14 | 7:30—8:00 a.m. | Large Conference Room, 127 E. State Street, Gloversville

### BRING SALLY UP SQUAT EXERCISE ACTIVITY



Join us for a quick introduction to a fun but challenging activity to build your core and leg strength! It will take just 10 minutes, but you will get a great workout! We will offer this opportunity **every weekday** at 3:15 p.m. now through January 8. 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. 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

Monday, December 11 | 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 of these events by contacting Michelle Peryea at (518) 775-5420 or [peryeam@lexcenter.org](mailto:peryeam@lexcenter.org).**

## MAINTAIN NO GAIN EMPLOYEE CHALLENGE

Commit to a healthy holiday season! At a time when schedules are packed with responsibilities and holiday gatherings, it can be hard to sustain physical activity and a healthy weight. The Maintain No Gain challenge will equip you with tips, tools and support to fend off holiday weight gain this season! Participants who earn 78 points or more will be entered into a raffle to receive one week of Blue Apron’s Family Meal Plan. The Challenge lasts until Tuesday, January 2. [Click here for more information about the Challenge and how to participate!](#)

## ATTENTION EMPLOYEES ENROLLED IN LEXINGTON’S MEDICAL PLAN

\$37,000 in Life Points remain unclaimed! If you have completed your CDPHP Personal Health Assessment, you have at least \$50 in retailer gift cards waiting for you to claim. Time is running out! You must redeem your points by **December 31**. If you need assistance, contact Michelle Peryea, Safety and Wellness Coordinator, at (518) 775-5420.

## 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@lexcenter.org](mailto:nestlem@lexcenter.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](http://www.pncreativeartscenter.org).



BACK BY POPULAR DEMAND!

### Polar Express Celebration!

Saturday, December 9  
12:00 - 3:00PM

[CLICK HERE FOR MORE INFO!](#)

### SENSORY SANTA

The Nigra Arts Center will host Sensory Santa on **Saturday, December 9, 12-2 p.m.**, for children with special needs such as autism and sensory processing disorders who are overwhelmed by crowds, music and bright lights. Children will meet Sensory Santa alone in a quiet, soothing atmosphere. Sensory Santa's suit will be extra soft for comfort and there will be no nearby distractions such as elves, colorful decorations or blinking lights. Children will get coloring books and crayons while they wait to meet Sensory Santa.

### FLAME CD RELEASE PARTY

Thursday, December 7 | 6-7:30 p.m. | Paul Nigra Center for Creative Arts

Join us for a FREE Flame concert and CD release party! Flame will be performing songs from their new album, "Christmas Classics." Be one of the first to purchase the new album at a one-time special price of \$10. The band will be available for autographs! There will also be snacks, raffles and more.

"Christmas Classics" and other Flame albums are available for purchase at the Nigra Arts Center's gift shop and online at [www.flametheband.com](http://www.flametheband.com). You can also purchase, download and stream Flame music on iTunes, Amazon, Spotify, Apple Music and Napster.

### WINTER FUNDERLAND DAY CAMP!

Wednesday, December 27 — Friday, December 29  
9:00 a.m.—2:00 p.m.

Ages 5-10

Cost: \$130 pre-registration | \$150 at door

[Click here to register](#)

The holiday break from school will be a blast with three days of non-stop fun! Campers will enjoy something different each day as our instructors keep them active, engaged and using their imaginations in a wide range of crafts and activities. Campers should bring their own lunch, snack and water bottle each day. Refrigeration is available

### FEATURED CLASS

**Gingerbread Cookies** | Lacy Brower, instructor | Friday, December 15 | 6:00—7:30 p.m. | \$25 or 1 gift card

Join this yummy class and learn how to make your own gingerbread cookies for the holidays! You will even have cookies to take home to share at the end of the class. This is a beginner's class. [Click here to register online.](#)

### CONTACT INFORMATION

Megan Balser

Lexington, Fulton County Chapter, NYSARC, Inc.

2736 State Highway 30, Gloversville

[balserm@lexcenter.org](mailto:balserm@lexcenter.org)



"Like" us on Facebook!

[www.facebook.com/LexingtonARC](http://www.facebook.com/LexingtonARC)

[www.facebook.com/flametheband](http://www.facebook.com/flametheband)

[www.facebook.com/TransitionsUSA](http://www.facebook.com/TransitionsUSA)

[www.facebook.com/PaulNigraCenter](http://www.facebook.com/PaulNigraCenter)