

LEXINGTON HAPPENINGS



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

TUESDAY, FEBRUARY 13, 2018



Thank you to everyone who participated in Wear Red Day on February 2! The American Heart Association sponsors Go Red for Women every year to harness the energy, passion and power women have to band together and collectively wipe out heart disease. Throughout Lexington, at least 122 people dressed in red to help raise awareness of the issue of women and heart disease! All participants had their name entered into a raffle to win an insulated cooler prize basket. The winner will be announced soon.

Pictured, from top left, are staff from the Human Resources Department, the MSC Department, 465 N. Perry Street, Journey and Quest II Day Habs, Adirondack Day Hab and Broadalbin Farm. See page 5 for more pictures of Lexington employees in red!

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

2018 NURTURING ENVIRONMENT MEETINGS

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.

JOHNSTOWN

Training Center, 465 N. Perry St., Johnstown

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

ALBANY

Hampton Inn, 1442 Western Ave., Albany

March 7 — 10:00 a.m.
May 9 — 10:00 a.m.
July 11 — 10:00 a.m.
September 12 — 10:00 a.m.
November 9 — 10:00 a.m.

INTRODUCING KINGSBORO CATERING'S "FEELING GROOVY" SMOOTH SKIN CARE LINE

The Groovy Smoothie employment training team is rolling out a new line of "Feeling Groovy" Smooth Skin Care, just in time for Valentine's Day! All products, such as their "Out-of-Sight Oatmeal Honey Shea Butter Bars" and "Coconut & Brown Sugar Body Scrub," are organic and hand-crafted by the Groovy Smoothie team. All proceeds go back into the program to continue helping people we support obtain gainful employment. Please support them as they set up their new skin care line alongside their smoothies!

GOOD NEIGHBOR AND BURKE VALENTINE'S DAY SALE

Stop by the cafeteria at 465 N. Perry Street, Johnstown, or the reception area at 127 E. State Street, Johnstown, for special Valentine's Day sales on **Wednesday, February 14!** The sales run from 9:30 a.m. until supplies run out. Both locations will offer roses for \$1.50 each. Good Neighbor at 465 N. Perry Street will also offer pretzels for \$1.50 each, or \$1.75 with special limited-time Valentine flavors. All proceeds benefit the Paul Nigra Center for Creative Arts.

SAVE THE DATE: US FOODS SHOW

Join us on **Tuesday, March 6**, from 10:00 a.m. to 2:00 p.m., for the U.S. Food Service Seminar and Food Expo! All cooks, assistant directors, managers and food buyers are encouraged to attend and learn how to incorporate the U.S. Foods products into your daily menus for easy meal preparation. There will be cooking demos with executive chef Tim Warnock, samples and tastings throughout the day. Email Tim White at whitet@lexcenter.org to register!

SPLASH THE SPECTRUM

Fulton County YMCA, 213 Harrison St., Johnstown | 5:00—6:00 p.m. | Every Monday March 15 to May 28

Splash the Spectrum offers children 3-18 years old with autism and sensory processing difficulties the opportunity to work with therapists and other children to promote motor development and sensory processing skills through aquatic activities. Group activities, including sing-alongs and games, will address socialization skills. A responsible adult must accompany each child in the water. RESERVATIONS ARE REQUIRED and limited to 12 children per session. For more information and to sign up, contact Erin Hollenbeck at (518) 773-2014 or hollene@lexcenter.org.

HR NEWS AND INFORMATION

FEBRUARY 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: Tereza VanOlst

PROGRAM: Kyser Lake

POM: Safety



Time and time again, Tereza has demonstrated exemplary attention to detail and ability to recognize issues before they become problems. She focuses every day on making sure that the men and women she supports are safe. The relationships she builds with the people she supports allow her to recognize the signs of someone having a bad day or not feeling well, which enables the team to respond quickly to potential concerns. Thank you, Tereza, for being such a strong advocate for the people we support!

RED CROSS BLOOD DRIVE

Gymnasium, 127 E. State St., Gloversville | Friday, February 23 | 10:30 a.m.—3:30 p.m.

Lexington is pleased to host an upcoming Red Cross Blood Drive. Our goal for this drive is to have 25 Whole Blood donors and 4 Double Red donors. Please sign up with Bridgett Nestor in the Human Resources Department by stopping in or calling (518) 775-5422. Thank you for your support!

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. Just make sure they list your name on the application as the referral source! 

HERE ARE SOME EMPLOYEES WHO REFERRED NEW HIRES IN JANUARY:

Fri Annoh	Lietisha Farmer	Lashara Heath	Darlene Mykel	Brianna Scalice
Yvonne Baird	Chris Fox	Hailey Hinman	Sherry Passero	Celia Sleezer
Matthew Bobilin	Rodesha Garland	Andresa Jackson	Stacy Peck	Andrea Sproule
Shatasha Carter	Taylor Gifford	Kathy Kane	Jordan Oliver	Gina Warsaw
Delania Duncovich	Kimberly Handy	Ashley Karas	Jennifer Randall	Deanna Watson

EMPLOYEE ANNIVERSARIES (10+ years)

FEBRUARY 13 TO FEBRUARY 26 | Congratulations!

Marie Gallup, Administration, 2/16, 30 years

Michele Hale, Residential, 2/17, 30 years

Ryan Williams, Residential, 2/18, 15 years

Lisa Smith, Service Coordination, 2/22, 30 years

Thomas Mickel, Residential, 2/23, 20 years

WELLNESS TOGETHER

WALKING GROUPS



Does your New Year goal focus on physical activity? If you need help getting started, come 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

Thursday, February 15 | 7:30—8:00 a.m. | Gym, 127 E. State Street, Gloversville

Thursday, February 15 | 3:30—4:00 p.m. | Indoor Track, 465 N. Perry Street, Johnstown

Friday, February 16 | 3:30—4:00 p.m. | Reception Area, 405 County Highway 114, St. Johnsville

Wednesday, February 21 | 3:30—4:00 p.m. | Gym, 127 E. State Street, Gloversville

Friday, February 23 | 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 in the new 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

Thursday, February 22 | 7:30—8:00 a.m. | Large Conference Room, 127 E. State Street, Gloversville

Friday, February 23 | 3:30—4:00 p.m. | Conference Room, 405 County Highway 114, St. Johnsville

CARDIO/STRENGTH CLASS



If you need a group of people to help motivate you, try this new FREE class! During the class, you will combine a one mile walk with upper and lower body strength exercises. Be sure to bring walking or aerobic shoes, a bottle of water and a set of 2-5 lbs hand weights, if you have them (some weights will be available on-site).

DATES, TIMES & LOCATIONS

Monday, February 26 | 4:30—5:15 p.m. | Indoor Track, 465 N. Perry Street, Johnstown

Monday, March 5 | 4:30—5:15 p.m. | Indoor Track, 465 N. Perry Street, Johnstown

Monday, March 12 | 4:30—5:15 p.m. | Indoor Track, 465 N. Perry Street, Johnstown

***Prior to attending any program, please get approval from your medical practitioner. Each employee who attends a Lexington Wellness class or activity in February will have their name entered into a raffle for a prize. The prize will be awarded in the beginning of March. Register to attend any of these events by contacting Michelle Peryea at (518) 775-5420 or peryeam@lexcenter.org.*

NO SUGAR ADDED EMPLOYEE TEAM CHALLENGE

Put away the sugar! Challenge yourself and your teammates not to add sugar to your day for this four-week nutrition challenge. No computer needed to participate! Sign up on the “No Added Sugar” Challenge registration list located at your worksite between NOW and Sunday, February 16. The Challenge runs from Monday, February 19, to Sunday, March 19. To reach the Challenge goal, you must eliminate added sugar for three days each week for four weeks. Eligible employees who complete the Challenge goal and/or register as a Wellness Buddy in the Wellness Together No Sugar Added Challenge will be entered in raffles for prizes. [Click here for more information!](#)

THANK YOU TO EVERYONE WHO PARTICIPATED IN WEAR RED DAY ON FEBRUARY 2!



Accounting Department



Bishop Burke Program Management



Connie Walton



465 N. Perry and Broadalbin Farm Staff



Flame, Nigra Arts Center and Transitions



Townsend Avenue/Quality Assurance Department

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 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.



KID COOKING CAMP

February 20-22 | 9:00 a.m.—1:00 p.m.

Ages 6-12 | \$130 pre-registration or \$150 at door

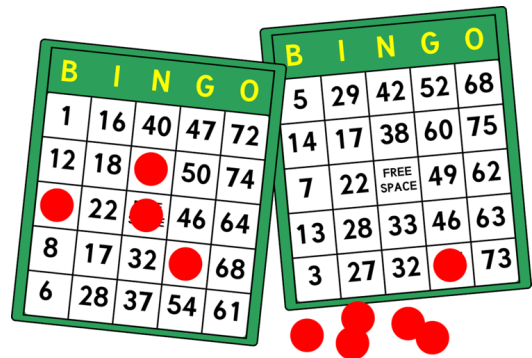
Our popular Kid Cooking Camp is back! Children will practice key kitchen skills as they work closely with our instructors to prepare a tasty gourmet lunch each day. Campers will also make fun food-related art projects they'll get to take home children should bring a water bottle each day. [Click here to register online.](#)



Meet the Instructors Open House & Great Chili Cook-Off

Join us **Saturday, February 24, 11 a.m.—2 p.m.**, to meet our wonderful instructors and experience a fun-filled day of music, dance, art and more! Admission is free. Concessions will be available for sale, and for just \$10 you can taste the entries in our Great Chili Cook-Off and vote for the winner! Click the image for more information and to enter your chili in the cook-off.

BINGO!



Tuesday, February 20 | 6:30—7:30 p.m. | \$5 to play

Meet people as you play your favorite game! Chances to win some great prizes. Refreshments will be sold. Must be 18 to play. Pre-registration required. [Click here to register online.](#)



Announcing our 2018 Concert Series featuring:

New York Players • Drew & Crew Comedy Show • Annie and the Hedonists
The Flipsydz • Hitrick and Brooks • Caroga Lake Music Festival
The Usual Suspects • Upswing Duo • Novelette 13 • Tim Keegan

[Click here for more information and to buy tickets!](#)

FEATURED CLASS

Cooking with Andrew | Andrew Dench, instructor | Thursday, February 15 & 22 | 4:00-6:30 p.m. | \$25 or 1 class pass

Join us for a simple cooking class with Andrew. This is a cook and eat class, so bring your appetite! This is a beginner's class. Special accommodations are available. [Click here to register online.](#)

CONTACT INFORMATION

Megan Balser

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balserm@lexcenter.org



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