

LEXINGTON HAPPENINGS



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

THURSDAY, FEBRUARY 13, 2020



Joe DiMarco, Jen Grybos, Susan Agat and Maggie Harris, athletes from the L3 Adaptive Sports Club, recently traveled to the New Hartford Recreation Center to go ice skating! Thank you to the venue and our staff Lori Collado, Janet Kretser and Bonnie Reuss for making this experience possible—the skaters had an “awesome” time! With the support of our amazing staff at Lexington, we hope to continue to expand the adaptive sports offerings so even more people can experience different athletic opportunities. If you know of someone who wants to participate, please contact Bonnie Reuss at (518) 736-3820.

BLOOD DRIVE IN HONOR OF CANCER PREVENTION MONTH

Friday, Feb. 21 | 10:30 a.m.-3:30 pm. | Gym, 127 E. State St., Gloversville

Lexington is proud to partner with the American Red Cross to host a Blood Drive! Our goal is to have 37 donors, which equals 29 units. Each blood donation can help save more than one life. Make an appointment to donate by visiting the [Lexington Red Cross Donor link](#), via the [Red Cross Blood Donor App](#) or by calling Meredith Fritch at (518) 775-5422. Most donations take about an hour.

LEXINGTON ANNUAL TALENT SHOW WITH MC JOSE KEMP!

February 21 | 6-8:30 p.m. | Nigra Arts Center, 2736 NY-30, Gloversville

Join us for a night of showcasing talent! Refreshments will be available. Cost: \$3.

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

HR NEWS AND INFORMATION

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 JANUARY:

Kati Banovic
Erica Cary

David Carpenter
Elizabeth Dudar

Zoe Holland
Haille Johnson

Lisa Randall
Jumaadal Smikle

Michelle Warner

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 information, contact Heidi Smith at smithhei@thearclexington.org or (518) 736-3965. The winner for January was Katelyn Small (East). Congratulations!

DO YOU KNOW A HIGH SCHOOL STUDENT SEEKING A MEANINGFUL PAID INTERNSHIP?

Human Services interns support people at home and in the community, ensuring they are safe, respected, having fun and doing things that increase their quality of life. Interns help with household errands and special projects and encourage interests in arts, sports, games or hobbies. Applicants must have NYS Working Papers, be 16-17 years old, have great communication skills, use good judgment and have a positive attitude. To learn more, call (518) 773-7931.

EMPLOYEE ANNIVERSARIES (10+ years) | FEBRUARY 11 TO FEBRUARY 24 | Congratulations!

Dan Richardson, Administration, 2/12, 35 years

NURTURING ENVIRONMENT MEETING MINUTES



Our Goal: In 2001, we began the Nurturing Environment Program. Our goal 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.

[CLICK HERE FOR THE MINUTES FROM JANUARY'S MEETINGS IN JOHNSTOWN AND ALBANY](#)

Next Meetings: Fulton County—Thursday, February 27 | 10:00 a.m. | Training Center, 465 N. Perry Street, Johnstown
Albany County—Thursday, March 12 | 10:00 a.m. | Hampton Inn, 1442 Western Avenue, Albany

Can't make a meeting but would like to send us your input? Send a note to Terry Williams at 127 E. State Street, Gloversville, call the Nurturing Environment Hotline at 1-800-831-5602 or email nurture@thearclexington.org.

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 with autism learn social skills through sing-alongs and games. For more information and to sign up, please call Family Services at (518) 773-2014.

WELLNESS TOGETHER

WALKING GROUPS

Looking for an exercise you can do regularly? Walking has many health benefits, including reducing the risk of heart disease, strengthening bones and improving balance, lung health, fitness, and management of weight, blood pressure, high cholesterol and diabetes. Join a walking group with your coworkers or Wellness Buddies to hold you accountable! We will walk outside if the weather permits. Wear appropriate shoes and bring water to drink. Bring a Wellness Buddy!

DATES, TIMES & LOCATIONS

Mondays | 10 a.m. | Gym, 127 E. State St., Gloversville
Thursdays | 10 a.m. | Track, 465 N. Perry St., Johnstown

Fridays | 7:30 a.m. | Gym, 127 E. State St., Gloversville

TIPS TO GROCERY SHOP FOR HEALTHY MEALS

If you struggle with shopping healthily, please attend this program to get some tips! Everyone is invited to attend. All who attend will be entered in a raffle to receive a grocery tote. Space is limited. Please register to attend in advance.

DATES, TIMES & LOCATIONS

Wednesday, February 19 | 3:30 p.m. | Large Conference Room, 405 County Highway 114, St. Johnsville

STRETCH FOR YOUR HEALTH!

Looking to reduce your stress, improve your energy level and prevent back pain or injuries? Join us for three minutes of stretching to music! This is a fun way to get rid of tight spots and stress! No special clothes needed. Yoga mat optional.

DATES, TIMES & LOCATIONS

Every Monday, Wednesday and Friday | 10:30 a.m. | Gymnasium, 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@theardclexington.org.*

NYS BUTT STOPS HERE (7-WEEK PROGRAM)

Quitting smoking will eliminate smoker's cough; lead to fewer colds and chest infections; give you fresher breath and hair, fewer wrinkles and whiter teeth; lower your risk of heart disease and lung cancer; and give you a better chance of living a long, healthy life. We would like to start a FREE seven-week program that includes one group meeting a week, where you will receive tools to help you quit smoking, understand addiction, create an action plan and change your mindset through behavior change, guided imagery, relaxation techniques and journaling. If you, a loved one or a person you support would like to quit smoking, please call Michelle Peryea at (518) 775-5420 for more information.

SAFE ENVIRONMENT AND WELLNESS MEETING

Monday, February 24 | 10:30 a.m.—12:30 p.m. | Classroom C, 465 N. Perry Street, Johnstown

All are invited! Everyone who wears red to show awareness and support of American Heart Month will be entered into a raffle to receive an Athletic Works Step and Distance Pedometer. Attendees will have the chance to find out if they are at risk of developing diabetes and what they can do to prevent it in a presentation from guest speaker Melissa Kopf, CDN, from St. Mary's Healthcare. We will also recognize Safety Liaisons, discuss 2020 safety goals, learn what we can do to prevent falls and injuries while providing supported ambulation and announce the winning team receiving the \$100 prize for the "See it, say it!" safety initiative raffle. We hope to see you there!

FREE YEAR-LONG DIABETES PREVENTION PROGRAM

Wednesdays Starting April 29 | 5-6 p.m. | Room B/C, St. Mary's Hospital, 427 Guy Park Ave., Amsterdam

St. Mary's is offering a program on diabetes risk factors and how to implement healthy lifestyle changes! Register by contacting Melissa Knopf at (518) 770-7555 or Melissa.knopf@ascension.org. [Please click here for more information.](#)

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.



2019 BUS TRIPS TO BENEFIT THE NIGRA ARTS CENTER

Join us for these bus trips to a variety of fun East Coast locales! All proceeds benefit the Nigra Arts Center. You can use your arts center gift cards to attend! For more info and to buy your tickets, visit www.pncreativeartscenter.org/events. Tickets are reserved only when payment is made in full. Questions? Contact Lynette May at (518) 661-9932 ext. 126 or mayl@thearclexington.org.



MGM Studios Casino | 3/22
\$50/Lexington
\$55/Public



Boston, MA | 5/16
\$50/Lexington
\$55/Public



Bronx Zoo | 6/14
\$60/Lexington
\$65/Public



Mystic Aquarium | 7/18
\$70/Lexington
\$75/Public



Legoland Discovery Center | 8/12
Prices TBD



Seafood Fest | 9/12
\$50/Lexington
\$55/Public



Salem, MA | 10/17
\$50/Lexington
\$55/Public



Buffalo Bills Game | 11/1
Prices TBD



New York City | 12/12
\$50/Lexington
\$55/Public

CABIN FEVER CAMP

Monday, February 17—Friday, February 21 | 9 a.m.—4 p.m. | Ages 5-12 | \$175/week or \$50/day | [Register](#)

If your kids have had enough of the snow, winter and being cooped up inside, send them to Cabin Fever Camp! We will be transforming the Center into an Adirondack-themed campsite for the week. Scavenger hunts, indoor s'more making, creepy stories around the homemade campfire and balloon volleyball are only a few of the activities your campers will choose from while they spend their week with us beating the winter blues and getting acquainted with the arts!

FEATURED CLASS

Beginner's Guide to CBD Oil | Kayoko Lomanto, pharmacist | Saturday, February 22 | 10 a.m.—12 p.m. | Cost: FREE

Cannabidiol (CBD) is being researched at fever pitch for its effectiveness in treating a variety of conditions, with promising results. Many people are turning to CBD oil for relief from an array of ailments, including inflammation, anxiety, chronic pain, and irritable bowel syndrome (IBS). If you're curious about the benefits of taking CBD oil, this free workshop will teach you all you need to know to begin. [Click here to register online.](#)

CONTACT INFORMATION

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