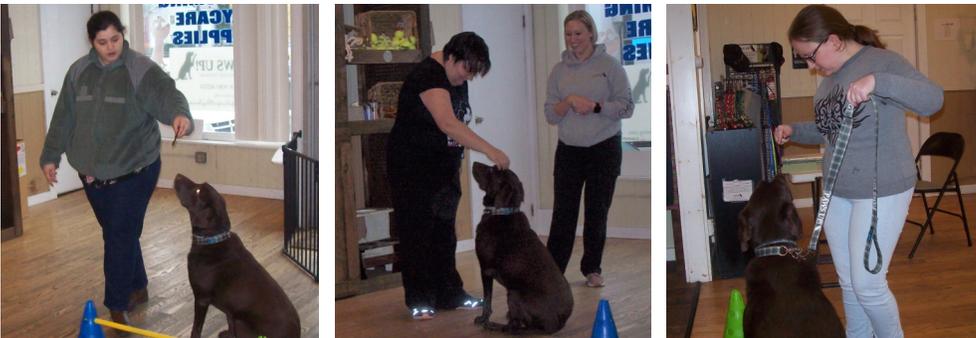


LEXINGTON HAPPENINGS



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

TUESDAY, JANUARY 15, 2019



In 2018, Lexington began the Canine Companions program in partnership with Jennifer DeCuyke, certified dog trainer and owner of Paws Up Certified Dog Training. Through the program, several men and women from various day hab programs are learning to connect with dogs for therapeutic and vocational benefits.

While at Canine Companions, DeCuyke teaches animal handling skills, basic obedience and canine communication to prepare the students and dogs to work together. Vanessa Rhodes, Gabby Jacobs and Misty Snell (pictured, bottom row) have been attending classes in pursuit of their goal of owning a pet therapy dog and bringing it to local senior centers and schools for pet therapy visits. Canine Companions also includes individual pet therapy and counseling sessions for people we support. The connection with dogs is calming and helps enhance overall wellbeing. This aspect of the program has already helped several people better manage their feelings and deal with the stress of their daily lives. Pictured at the top is Glenn Allen with DeCuyke and a therapy dog.

If you would like to learn more about this program or participate in it, please contact Gina Warsaw at (518) 775-5309 or warsawg@thearclexington.org.

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

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.

SAVE THE DATE — JOSE KEMP'S TALENT SHOW

Friday, February 1 | 6:00—8:00 p.m. | Nigra Arts Center, 2736 State Highway 30, Gloversville

Save the date for Jose Kemp's annual talent show! More information to be announced. If you have questions, contact Jennifer Monroe at monroj@thearclexington.org or (518) 736-3920. Thank you for your support and participation!

2019 SAFE ENVIRONMENT AND WELLNESS PROGRAM MEETINGS

All are invited to attend the 2019 Safe Environment and Wellness Program Meetings. Safety Liaisons and Wellness Champions are especially encouraged to attend! These meetings focus on recognizing safety and wellness successes as well as providing education and updates on safety and wellness topics. This is also a time to bring up any safety and wellness questions or concerns. Below is the schedule for the Fulton County meetings. They will each be held at **465 N. Perry Street, Johnstown, Training Center Classroom C**, from 10:30 a.m. to 12:30 p.m.

Winter	Spring	Summer	Fall
Monday, February 4	Monday, May 13	Monday, August 12	Monday, November 11

YMCA/FIT HAPPENS MEMBERSHIPS

Discounted memberships to the Fulton County and Little Falls/Mohawk YMCA programs and the Fit Happens Personal Training and Fitness Studio are available to Lexington employees in 2019. Memberships for each may be purchased in full or through payroll deduction. If you are interested, contact Bridgett Nestor in the Human Resources Office at (518) 775-5422 by no later than **Friday, January 25**, for the various membership fees, group discounts, enrollment forms and payroll deduction authorization forms. Employees with an existing membership through Lexington must re-enroll each year or the membership will be canceled. Employees who leave employment before their membership expires must repay any outstanding fees to Lexington. Memberships to both organizations begin on February 1.

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

ALBANY

Hampton Inn, 1442 Western Ave., Albany

January 31 - 10a	May 30 - 10a	Sept. 26 - 10a	March 13 - 10a	September 11 - 10a
February 28 - 10a	June 27 - 1p	October 31 - 1p	May 8 - 10a	November 13 - 10a
March 28 - 10a	July 25 - 10a	Nov. 21 - 10a	July 10 - 10a	
April 25 - 11:30a	Aug. 29 - 11:30a	Dec. 19 - 11:30a		

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!

NAME: Travis Munson

PROGRAM: Transitions

POM: Achieve Personal Goals

Travis always goes above and beyond to help the Transitions students see the value and significance in all independent life tasks. He makes the most mundane tasks fun and always considers everyone's unique learning style to give them individualized help with achieving all their goals. Travis is a greatly appreciated and integral part of the Transitions team.

NAME: Victor Olmeda

PROGRAM: Adirondack Day Hab

POM: People Are Safe

Victor works very well with Brian. Because of Victor's support, Brian has been coming into day hab and having productive days. Throughout each day, Victor encourages Brian to be physically active. They go on walks together, and Victor works with Brian on his safety skills. Brian has learned not to open doors with stop signs on them or run in the hallway. He eats safely, stays in the program area and knows how to evacuate during fire drills. Victor has helped him achieve all of this and more while still allowing and encouraging him to be as independent as possible.

NAME: Jamie Tesiero

PROGRAM: Quest II Day Hab

POM: Achieve Personal Goals

Jamie does a wonderful job supporting Charlie in all areas of his life, but especially in realizing his personal goals. Jamie goes above and beyond for him every day. He takes the time to listen to what Charlie is saying and respond accordingly. He helps Charlie focus on tasks, complete routines, engage in fun and relaxing activities, and be socially appropriate. Over time, Jamie has gotten to know Charlie very well and learned to support him in the way he most needs. For example, Charlie sometimes comes into program thinking he is tired. Jamie will tell Charlie to take 15 minutes to rest and see how he feels. After Charlie has rested, he feels much better and is ready for the day. This is a perfect example of how Jamie truly understands Charlie. Because of the support he gets from Jamie, Charlie is happy here, has matured to a different level and has made a lot of strides toward overcoming his challenges.

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 DECEMBER:

Emily Day

Jason Montville

Kimberly Robbins

Theresa Walters

Joslyn Mitchell

Lauren Pica

Tina VanNostrand

EMPLOYEE ANNIVERSARIES (10+ years)

JANUARY 15 TO JANUARY 28 | Congratulations!

Edwin Ford, Maintenance, 1/19, 15 years

Donald Wagoner, Residential, 1/21, 10 years

WELLNESS TOGETHER

WALKING GROUPS

New year, new you! This is the time of year where we tend to set goals. If one of your goals centers around physical activity, let us support you! 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.

DATES, TIMES & LOCATIONS

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

Tuesday, January 22 | 7:30—8:00 a.m. | Indoor Track, 465 N. Perry Street, Johnstown

Tuesday, January 22 | 10:00—10:30 a.m. | Reception Area, 405 County Highway 114, St. Johnsville

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

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

Thursday, January 31 | 7:30—8:00 a.m. | Gym, 127 E. State Street, Gloversville

CDPHP LIFE POINTS OVERVIEW — 2019 CHANGES

Attention, employees enrolled in Lexington's medical plan! We are continuing to offer the CDPHP Life Points Program in 2019 and there are a few changes we would like to show you. 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 and your eligible family members may earn a combined total of 365 points in 2019. Attend one of the following overview classes to learn about this year's changes to the program. If you cannot make it to one of these, we will be offering four classes every month.

DATES, TIMES & LOCATIONS

Wednesday, January 16 | 3:30—4:00 p.m. | Conference Room, 405 County Highway 114, St. Johnsville

Thursday, January 24 | 3:30—4:00 p.m. | Large Conference Room, 127 E. State Street, Gloversville

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. 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

A MOMENT FOR MEDITATION

Meditation has many health and wellness benefits, including reducing stress, increasing blood flow, and maybe even helping reverse heart disease. Join us for 3 minutes of guided meditation. No equipment needed.

DATES, TIMES & LOCATIONS

Every weekday | 3:30 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.*

JANUARY 2019 HEALTHLINK CALENDAR

The HealthLink program at Nathan Littauer Hospital offers free classes on various wellness topics. To see their schedule and register for classes, [click here!](#)

WEAR RED ON FRIDAY, FEBRUARY 1, TO SUPPORT WOMEN'S HEART HEALTH!

Take a picture of everyone at your work site wearing red and forward it to Michelle Peryea along with the names of everyone in your picture! All participants will be entered into a raffle to win a \$25 Chamber Check. There will also be a raffle drawing for everyone who wears red to the SAFE ENVIRONMENT AND WELLNESS MEETING scheduled for **February 4, 10:30 a.m. to 12:30 p.m.**, at 465 N. Perry St, Johnstown, Classroom C.

PAUL NIGRA CENTER FOR CREATIVE ARTS

Lexington employees get a 10% discount on classes at the Nigra Arts Center! Just enter the code **LEXEMPLOYEE** at checkout to redeem. The Nigra Arts Center offers 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.



Registration Open! 2019 Kid Camps



Sponsored by
nationalgrid

Click here to start having FUN!

FEBRUARY 9 PERFORMANCE SOLD OUT ANNOUNCING FEB. 8 PERFORMANCE DATE



DINNER THEATER! *Murder at Crabby Abbey*

CLICK HERE for details!

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. Questions? Contact Lynette May at (518) 661-9932 ext. 126 or mayl@thearclexington.org.



Boston, MA | 4/20
\$50/Lexington
\$55/Community



Bronx Zoo | 6/15
\$65/Lexington
\$70/Community



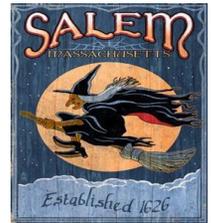
Yankees/Red Sox | 8/3
\$125/Lexington
\$140/Community



Seafood Fest | 9/7
\$50/Lexington
\$55/Community



Mohegan Sun | 10/5
\$50/Lexington
\$55/Community



Salem, MA | 10/26
\$50/Lexington
\$55/Community

FEATURED CLASS

Intro to Photography | Todd Bailey, instructor | Monday, January 21 | 6:00—8:00 p.m. | \$25 per person

In this class, instructor Todd Bailey will teach you the basics of photography. You will walk out of the class making better images with a smartphone or DSLR (digital single-lens reflex) camera. This is a beginner's class. All are welcome. [Click here to register online.](#)

CONTACT INFORMATION

Megan Balsler
Lexington, Chapter of The Arc New York
2736 State Highway 30, Gloversville
balserm@thearclexington.org



"Like" us on Facebook!

www.facebook.com/LexingtonARC
www.facebook.com/FlametheBand
www.facebook.com/TransitionsUSA
www.facebook.com/PaulNigraCenter