

# LEXINGTON HAPPENINGS



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

WEDNESDAY, JANUARY 30, 2019



Attendees of the monthly Ladies Nights always come happy to see their friends, try new foods and discuss the topics of the month. In November, they explored Remembrance Day, or Red Poppy Day, by sharing memories of family members who have passed on and making poppy wreaths to donate to the Fulton County Veterans Service. Pictured at left are Kristen Levendusky, Sarah Wagoner, Danielle Rector and Vanessa Rhodes with their wreaths. In December, the women learned about Kwanzaa by enjoying a special dinner, discussing the seven principles of Kwanzaa and weaving placemats out of paper, a symbol of the holiday. Ny'Isha Saunders was proud to share her culture by presenting Kwanzaa foods, activities and songs to the group. She is pictured on the right with Mary LaQuay.



Lexington gives back! Three Northville homes donated the \$50 third-prize check they won for the float they designed in Northville's Fourth of July parade back to the Northville Civic Association. In December, Levi Bovee and Thomas LeVielle (pictured at left) presented the check to Thomas Wood of the NCA. The Senior Group also made a difference in the holiday season by holding a food drive and donating the proceeds to two families in need. Maggie Harris, Lucia Phelps and Marjorie Bennett are pictured at right with the donated baskets. For their next service project, they will make homemade treats and toys for the animal shelter and set up donation boxes for pet food, toys, leashes, bowls, blankets, cat litter, paper towels, treats and more. For info on how to donate, call (518) 773-2064.



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

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

## SNOW BALL FORMAL DANCE TO BENEFIT NIGRA ARTS CENTER

**Thursday, February 14 | 6:30-8:30 p.m. | Gym, 127 E. State St., Gloversville | Cost: \$5**

Join us for the winter Snow Ball Formal Dance! The evening will include music from Flame, beverages for sale and formal photos. Please dress accordingly! Note: this dance has been postponed from its original date of January 31.

## 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

## ADIRONDACK END TABLE RAFFLE TO BENEFIT NIGRA ARTS CENTER

The Clinical Department is raffling off a storage end table! All proceeds will go to the Paul Nigra Center for Creative Arts. Tickets are on sale at the Training Center window at 465 N. Perry Street, Johnstown. The cost is one ticket for \$1, five tickets for \$3 or ten tickets for \$5. The drawing will be held on **Friday, February 15**. 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**

### 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		

## JOSE KEMP'S TALENT SHOW

**Friday, February 22 | 6:00—8:00 p.m. | Nigra Arts Center, 2736 State Highway 30, Gloversville**

Please join us for Jose Kemp's annual Talent Show! Admission is \$3 a person. Tickets will be sold at the door. There will also be baked goods and drinks for sale. Flame will be scouting for new talent during the show! Hope to see you there!

## 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:** Divya Mohan

**PROGRAM:** Family Services

**POM:** Life of the Community



*Divya receiving her Award of Distinction for Lexington's 2018 Employee Recognition.*

Divya is a part-time Lexington employee and a full-time nursing student. She is a huge asset to Family Services. During her break from college this winter, she was a tremendous help filling in for some vacancies. She comes in early almost every morning and is constantly checking and planning daily activities. She went above and beyond to plan extra special activities and trips for the kids to make their holiday break FUN. Her extra special care has made a tremendous impact on the quality of the program. Divya has developed great connections with the kids and plans activities that they will love. Thank you, Divya, for making such a difference in their lives!

**NAME:** Maria Simonelli

**PROGRAM:** Rockwood

**POM:** Continuity and Security

Maria is a perfect example of what true teamwork means. Lately, she has often been pulled to help other houses further out west because she is a familiar staff to some of the houses in need. Whenever Maria gets a call asking her to please go, she is always more than willing to help out and even stay late if they need it. Maria never complains or shows any frustration. The staff and people she supports are excited when they hear she is coming to help them out because they know they can count on her. Thank you, Maria, for all that you do for the men and women you support!

**NAME:** Annette Thompson

**PROGRAM:** Rapp Road

**POM:** Intimate Relationships

Annette recently overheard the daughter of a woman she supports ask her mom if she would remember to call and wish her a happy birthday that coming Sunday. Excited to help make the day special for them both, Annette set a notification on her phone to remind the woman to call her daughter on her birthday. Later, the daughter called to thank Annette for doing this, because it had been many years since she had gotten a phone call from her mother on her birthday. Annette's compassion and initiative to do a small thing made a big difference to this family. Thank you, Annette!

### 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](http://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  
Joslyn Mitchell

Jason Montville  
Lauren Pica  
Kimberly Robbins

Tina VanNostrand  
Theresa Walters

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

Take a picture of everyone at your site wearing red and send it to Michelle Peryea (peryeam@thearclexington.org) 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.

## MAPLE SKI RIDGE PROMOTION FOR LEXINGTON EMPLOYEES

Maple Ski Ridge is offering Lexington employees special discounts on passes, rentals and lessons! Employees who show their Lexington IDs or current pay stubs as well as their spouses and children are eligible to receive 50% off area use passes and rentals during the last weekend of February. Maple Ski Ridge is also offering special group lessons to Lexington employees who are first-time skiers or snowboarders for \$55. This price includes a one-hour lesson, a four-hour area use pass and a rental. Maple Ski Ridge's hours during that weekend are as follows:

Date	Hours	Time of Employee Group Lesson
Friday, February 22	12:00-8:00 p.m.	5:30 p.m.
Saturday, February 23	9:00 a.m.-6:00 p.m.	10:00 a.m. OR 1:00 p.m.
Sunday, February 24	9:00 a.m.-6:00 p.m.	10:00 a.m. OR 1:00 p.m.

If you are interested in taking advantage of this promotion, please call Maple Ski Ridge at (518) 381-4700 to make a reservation by **Wednesday, February 20**. A \$25 non-refundable deposit is due at the time of the reservation. Lessons are for ages 6 through adults. They cover basic skills and riding the handle tow. For more information about Maple Ski Ridge, their offerings and their regular pricing, visit their website at [www.mapleskiridge.com](http://www.mapleskiridge.com).

## EMPLOYEE ANNIVERSARIES (10+ years)

### JANUARY 29 TO FEBRUARY 11 | Congratulations!

Mary Duteau, Day Hab, 1/30, 30 years

Kathleen Cram, Day Hab, 2/2, 15 years

Jennifer Fuller, Day Hab, 2/2, 15 years

Peter Wilkes, Residential, 2/2, 10 years

## 401(K) ACCOUNT REPRESENTATIVE APPOINTMENTS

Chip Gamello, an account representative from Strategic Benefit Services, is Lexington's primary advisor for our 401(k)/retirement benefit. He will be on-site at the date and locations below to meet one-on-one with employees. Gamello can review your 401(k) retirement portfolio and answer any questions you may have regarding Lexington's 401(k) benefit. To book your 30-minute appointment, contact Bridgett Nestor at nestorb@thearclexington.org or (518) 775-5422. Appointments will be booked on a first come, first served basis. If you are not available on any of these dates, you can also call Gamello at (518) 431-7715 to schedule a telephone consultation. There will also be future on-site dates to be announced.

Date	Time	Location
Thursday, January 31	10 a.m.-12 p.m.	Upstairs Conference Room, Western Avenue, Albany
Thursday, January 31	2-4 p.m.	Conference Room, Oppenheim Day Hab, 405 Co. Hwy 114, St. Johnsville



## WELLNESS TOGETHER

### WALKING GROUPS

*Join a walking group with your coworkers to help hold you accountable for your physical activity goals. 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

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

Tuesday, February 5 | 7:30—8:00 a.m. | Gym, 127 E. State Street, Gloversville

Wednesday, February 6 | 7:30—8:00 a.m. | Indoor Track, 465 N. Perry Street, Johnstown

### CDPHP LIFE POINTS OVERVIEW — 2019 CHANGES

*To 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 Life Point is equal to \$1 in retailer gift cards of your choice when you log into your account at [www.cdphp.com](http://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.*

#### DATES, TIMES & LOCATIONS

Friday, February 1 | 12:00—12:30 p.m. | Large Conference Room, 127 E. State Street, Gloversville

Tuesday, February 5 | 3:30—4:00 p.m. | Conference Room, 405 County Highway 114, St. Johnsville

Thursday, February 7 | 3:30—4:00 p.m. | Large Conference Room, 465 N. Perry Street, Johnstown

### BRING SALLY UP SQUAT CHALLENGE WITH PLANKS

*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](mailto:peryeam@thearclexington.org).*

## STRESS LESS EMPLOYEE CHALLENGE

Join us for a fun Challenge designed to help you stress less and live more! Employees enrolled in Lexington's Medical Plan may earn 10 CDPHP Life Points for completing this Challenge. You must sign up by **February 10** to participate, and the Challenge runs from February 11 to March 12. To view the Challenge guidelines and for more information on how to register and what prizes you can win by participating, [click here](#).

## DIABETES SELF-MANAGEMENT WORKSHOP HOSTED BY HEALTHLINK

If you struggle with type 2 diabetes, attend this free workshop to learn how to overcome the barriers of diabetes, manage the condition and cope with symptoms. Classes will take place on Mondays, **February 25 to April 1**, 11 a.m. to 1 p.m. This interactive workshop will include group projects, brainstorming sessions and action plans. Each person will receive a book and relaxation CD. To register, contact Michelle Peryea, Safety and Wellness Coordinator, at (518) 775-5420. The deadline to register is **Friday, February 15**. We must have at least 10 participants to hold the workshop.

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



### Registration Open! 2019 Kid Camps

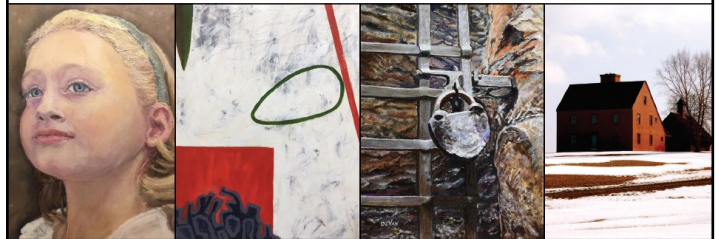


Sponsored by  
**nationalgrid**

**Click here to start having FUN!**



### 2019 Winter Art Show



Julia by Sharon Miller

Uprising by Edward Mills

Keeper of Secrets by Susan DeVan

The Red Box House by Tina Bookash

an exhibition of work by artists from New York and beyond

### 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](http://www.pncreativeartscenter.org/events). Questions? Contact Lynette May at (518) 661-9932 ext. 126 or [mayl@thearclexington.org](mailto:mayl@thearclexington.org).



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



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



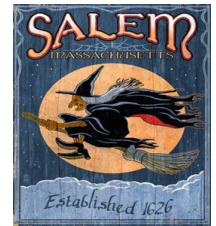
**Yankees/Red Sox | 8/3**  
\$125/Lexington  
\$140/Community



**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

**Jewelry Making - Faces in a Crowd | Brenda Dwyer, instructor | Tuesday, February 12 | 12:00—1:30 p.m. | \$25**

What would be more fun than creating faces in polymer clay to cluster on a sweater? These pins will certainly make a great conversation piece. Brenda Dwyer will guide you through this class step-by-step. All are welcome! [Click here to register online.](#)

#### CONTACT INFORMATION

Megan Balser  
Lexington, Chapter of The Arc New York  
2736 State Highway 30, Gloversville  
[balserm@thearclexington.org](mailto:balserm@thearclexington.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)