

LEXINGTON HAPPENINGS



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

MONDAY, JULY 13, 2015



Gabby Jacobs, Latasha Fox, Misty Snell, Stephanie Aquino, Missy Page, Abby Tavalaro and Jenn Grybos from STEP completed their final class of the "Childcare Experience" with Heather Sweet (back row, center) from the Child Care Council in Albany.

EVENTS THIS WEEK — JULY 13 TO JULY 19

Tuesday, July 14 | 10:00am—12:00pm

OPWDD'S NEW FRONT DOOR INITIATIVE PRESENTATION | The Center at Lexington, 465 N. Perry Street, Johnstown. Join a Representative from OPWDD for an informational session designed for both families who are just beginning to receive services and those who are already receiving services. All are welcome to attend any session. Please call Family Services at (518) 773-2014 to RSVP. Transportation and Respite are provided upon request.

Tuesday, July 14 | 5:30pm—7:30pm

MUSIC THERAPY FOR SCHOOL-AGE CHILDREN DIAGNOSED ON THE AUTISM SPECTRUM | Lexington Family Services, 43 Harrison Street, Gloversville. Fun-filled musical activities where music is used within a therapeutic relationship to address physical, emotional, cognitive and social needs. Every Tuesday in June. Ages 3-12 from 5:30pm to 6:30pm; ages 13-21 from 6:30pm to 7:30pm. All are welcome to attend. Please call Family Services at (518) 773-2014 to RSVP. Transportation and Respite are provided upon request.

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 Lindsay Hinkle

(hinklel@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

Thursday, July 16 | 10:00am

SELF-ADVOCACY COMMITTEE MEETING | Large Conference Room, 465 N. Perry Street, Johnstown.

Saturday, July 18 | 7:00pm—9:00pm

FLAME AT THE STAR SPANGLED FIREWORKS | Knox Field, 400 S. Perry Street, Johnstown.

EVENTS NEXT WEEK — JULY 20 TO JULY 26

Tuesday, July 21 | 5:30pm—7:30pm

MUSIC THERAPY FOR SCHOOL-AGE CHILDREN DIAGNOSED ON THE AUTISM SPECTRUM | Lexington Family Services, 43 Harrison Street, Gloversville. *Fun-filled musical activities where music is used within a therapeutic relationship to address physical, emotional, cognitive and social needs. Every Tuesday in June. Ages 3-12 from 5:30pm to 6:30pm; ages 13-21 from 6:30pm to 7:30pm. All are welcome to attend. Please call Family Services at (518) 773-2014 to RSVP. Transportation and Respite are provided upon request.*

THE 2015 LEXINGTON MEMBERSHIP CAMPAIGN HAS BEGUN!

Employees are now able to renew their membership or become a new member for just **\$3**. As a thank you for becoming a member, employees will receive a membership card with discounts to area businesses. Other new membership levels are in place this year.

Individual - \$5; \$15 for 5-year membership, \$25 for 10-year membership; Additional Household Member - \$3; \$15 for 5-year membership, \$25 for 10-year membership; Supporting - \$100; Sponsor - \$250; Patron - \$500; Lifetime - \$1000; Lexington program participant - \$1.

Help Lexington increase its representation on NYSARC, Inc.'s policy-setting Board of Governors by becoming a member today! Membership payments can be sent to the Lexington Foundation at 465 N. Perry Street. Checks should be made out to Lexington with Membership in the memo line.



(2015)

EMPLOYEE ANNIVERSARIES (10+ years)

JULY 20 TO JULY 26 | Congratulations!

Stacy Ashe, Employment Resources, 7/20, 15 years

Rosemary Barnes, MSC, 7/26, 15 years

Bonnie Downes, Employment Resources, 7/26, 30 years

ENCORE KIDS SIGNS

We have ordered ENCORE KIDS signs to be placed on lawns and terraces. If you are in a visible location and would be willing to place a sign in front of your house please let Ann Nicolella (nicolea@lexcenter.org; 773-4619) know and we will arrange delivery. The sign looks like the one above and has a metal frame that goes into your lawn.



Lexington Employees that put the sign out on display are eligible for an **additional 10% discount, (total of 20%!!)** at the store. Thank you for supporting ENCORE KIDS – a children's and teen's clothing and accessory consignment shop that provides jobs for individuals we support.

WELLNESS TOGETHER

GET FIT, GET HEALTHY!

Do you need help staying on track with incorporating exercise you're your daily routine? No problem! This program is designed to help you make healthy lifestyle changes such as losing weight or getting physically fit, whatever your personal goal is. All are welcome to attend. The program will be modified for all participants. If you have an exercise mat or dumbbells please feel free to bring them but they are not necessary.



Questions? Contact Jennifer Morse at (315) 429-3563. Eligible employees that attend will be awarded 10 Wellness Rewards Points.

DATES, TIMES & LOCATIONS

Tuesday, July 14 | 3:00pm—4:00pm | Dolgeville Firehouse, Helmer Ave, Dolgeville

Tuesday, July 21 | 3:00pm—4:00pm | Dolgeville Firehouse, Helmer Ave, Dolgeville

DANCE AEROBICS



Come and have fun dancing your way into shape! No experience needed. This is Latin-based dance aerobics, a fun way to get in shape and stay in shape. This program accommodates all fitness levels! Bring a hand towel, water and a smile! You do not need to attend for the full hour. Eligible employees that attend will be awarded 10 Wellness Rewards Points.

DATES, TIMES & LOCATIONS

Tuesdays | 4:30pm—5:30pm | Gymnasium, 127 E. State Street, Gloversville

WELLNESS WALK

Walking is great exercise. It helps refocus our thoughts and reduce stress. Come join Michelle for a walk. You can walk at your own pace. Bring a co-worker or someone you enjoy spending time with. Please be sure to wear appropriate shoes and bring water to drink. If the weather permits, we will walk outside. Eligible employees that attend will be awarded 10 Wellness Rewards Points.



DATES, TIMES & LOCATIONS

Wednesday, July 15 | 3:30pm—4:00pm | Indoor Track, 465 N. Perry Street, Johnstown

Thursday, July 16 | 7:30am—8:00am | Gymnasium, 127 E. State Street, Gloversville

Monday, July 20 | 12:00pm—12:30pm | Gymnasium, 127 E. State Street, Gloversville

Monday, July 20 | 3:30pm—4:00pm | Indoor Track, 465 N. Perry Street, Johnstown

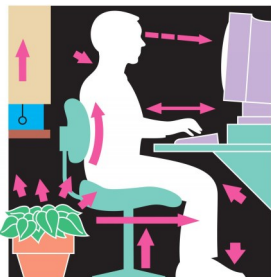
EAP (EMPLOYEE ASSISTANCE PROGRAM) OVERVIEW

A representative from EAP is coming to provide information about the services you can get for free when you utilize your EAP benefit. The programs range from legal advice to counseling. All programs utilized are confidential. Come to hear about all they have to offer! Please call Michelle Peryea, Wellness Program Coordinator, at (518) 775-5420 to register to attend or register under “Events” on your Lexington Wellness Website at <https://lexingtonwellness.bepurewellness.com>. Eligible employees that attend will be awarded 10 Wellness Rewards Points.

DATES, TIMES & LOCATIONS

Tuesday, July 14 | 3:30pm—4:00pm | Large Conference Room, 465 N. Perry Street, Johnstown

ERGONOMICS EDUCATION



Active and Well Family Chiropractic is presenting on the topic of ergonomics. They will help you understand safe methods, designs and features that are available for you to function safely and effectively in your environment. This will range from working in a physically challenging job to an office setting. During this session they will spend time discussing injury prevention and variations in your diet that can help control uncomfortable inflammation. Please call Michelle Peryea, Wellness Program Coordinator, at (518) 775- 5420 to register to attend or register under “Events” on your Lexington Wellness Website at <https://lexingtonwellness.bepurewellness.com>. Eligible employees that attend will be awarded 10 Wellness Rewards Points.

DATES, TIMES & LOCATIONS:

Thursday, July 23 | 3:30pm—4:00pm | Large Conference Room, 127 E. State Street, Gloversville

LEXINGTON HEALTHY VENDING MACHINE PROGRAM

In June of 2012, we started our Employee Wellness Program. Our goal of this program has been to increase the availability of programs and tools at work and outside of work to help support employees to make healthy lifestyle changes. Gradually we have been building these programs and making environmental changes. Many employees have achieved great success in meeting or exceeding their wellness goals. We are further building a healthy environment by implementing a new and exciting Lexington Healthy Vending Machine Program and Policy. This program effects all vending machines designed to dispense food and beverages located in any Lexington owned, leased, or operated space or facility. These changes will be made as of August 1, 2015, and will take a few weeks to complete in all of our locations. You will notice that food and drinks will be placed into color categories according to nutritional value, therefore, allowing the opportunity for everyone to make educated healthy choices. If you have any questions, please do not hesitate to contact Michelle Peryea, Wellness Program Coordinator at (518) 775-5420.



2015 SELF-ADVOCACY COMMITTEE MEETING DATES

All meetings will be held at 465 N. Perry Street in the large conference room and will begin promptly at 10am. The board members will meet right after.

July 16
August 20

September 17
October 22

November 19
December 17

SEND US YOUR POM STORIES!

Have a POM story you'd like highlighted? If yes, please send your story to Lindsay Hinkle at hinklel@lexcenter.org.

JOURNEY ALONG THE ERIE CANAL



Patrick Foote, Victor Colon and Garrett Jacobs along with staff Lauren Repholz, Andrew Desalvi and Bob Dugan pose with John Robinson of Our Ability, Inc. after riding over 20 miles along the Mohawk Hudson Bike Trail. Well done to all our bike riders for taking part in a great day!

THE PAUL NIGRA CENTER FOR CREATIVE ARTS PRESENTS THEATER CAMPS FOR CHILDREN AND TEENS

We're pleased to announce our first public Paul Nigra Center for Creative Arts offering – exciting, one-week theater camps for children and teens taught by local actress, director, singer and drama teacher Roberta Esposito. There will be seven weeklong camps in July and August open to all children in the community: two camps for children aged 4 to 7, two for 8- to 11-year-olds and three for theater fans ages 11 and up. Children of all experience and skill levels are welcome.



Paul Nigra Center
for Creative Arts

Children of Lexington employees receive a 10% discount. For more information, including a camp schedule and cost of attendance, and to register, please see the attached flyer or visit

www.pncreativeartscenter.org/theater-camp.

At checkout, use the coupon code **SUMMER2015** to receive the 10% discount.

These workshops are open to the public, so please feel free to share this information with anyone you think may be interested. Space is limited, so sign up now before all the spots are filled!



Beach Basket & Campfire Basket

Raffle at 465

3 Tickets \$1.00

10 Tickets \$3.00

20 Tickets \$5.00

See Vicki Arceri to Purchase Tickets

All proceeds to benefit the Paul Nigra Center

Drawing to be held on July 17th

GOOD NEIGHBOR RECOGNIZED

Kristy Womer (pictured) and Evelyn Morales were chosen to represent Good Neighbor Day Hab at the C1 Ministries Banquet earlier this summer. C1 honored Good Neighbor's volunteer work with them. Evelyn and Kristy accepted the award on behalf of the entire program.



Tired of Looking at the extra stuff around your house?

Sick of putting off cleaning your basement and attic?

We have a Solution!!

Deliver all of your unwanted items to 231 South Kingsboro for their Annual Garage Sale on July 17th.

All proceeds to benefit the Paul Nigra Center

“The Princess and the Pea”

Friday, July 17, 2015

4:30-5:30 PM

Bishop Burke Gymnasium



\$2 charge

Benefits the PNC

SUPPORT LEXINGTON THROUGH AMAZONSMILE

Support Lexington when you shop online through the AmazonSmile program. Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to Lexington. Start your next shopping experience at www.smile.amazon.com and select “The Lexington Foundation, Inc., NY” before you begin!

amazonsmile
You shop. Amazon gives.

HR NEWS AND INFORMATION

SUMMER INCENTIVE PROGRAM FOR DSS AND DSC EMPLOYEES

During the summer months we take great efforts to accommodate all employees' time off requests. In order to make this happen, we rely on employees who are scheduled to work to report for their shifts. When an employee calls off for their shift, it makes it difficult to find a replacement especially during peak periods like the summer months.

To show our appreciation for those employees who do not have unscheduled absences during the summer months, we are announcing a summer incentive.

Here's How the Program Works

- ◆ The program is designed for all full and part-time employees whose primary job code is DSS or DSC.
- ◆ An unscheduled absence is one that has not been pre-approved by your Manager or Relief Staff Administrator.
- ◆ For the month of July 2015, any eligible DSS or DSC with no unscheduled absences from 12:00 am on July 1, 2015, through 11:59 pm on July 31, 2015, will receive a summer incentive award of a \$100 gift card.
- ◆ For the month of August 2015, any eligible DSS or DSC with no unscheduled absences from 12:00 am on August 1, 2015, through 11:59 pm on August 31, 2015, will receive a summer incentive award of a \$100 gift card.

To be eligible to receive the award, you must have been employed for the entire month of July and/or August and be actively employed on the date the award is issued.

Please contact your manager with further questions about this program.

RK FLEX MOBILE

RK Flex Mobile enables you to easily and securely access your healthcare spending accounts. You can view account balances and detail, submit healthcare account claims, and capture and upload pictures of your receipts anytime, anywhere on any iPhone, Android or tablet device. You can also sign up to receive account alerts via text message.

RK Flex Mobile, the newest mobile app from Rose & Kiernan, Inc., provides time-saving options for you to:



- ⇒ Check current healthcare account balances; FSA, HRA and HSA
- ⇒ View account activity and receive alerts via text message
 - ⇒ View FSA, HRA and HSA transaction details
 - ⇒ File new claims with receipt images
 - ⇒ Review expense information
 - ⇒ Enter a new expense
- ⇒ Submit healthcare claims and upload receipts using the mobile device's camera
 - ⇒ Manage expense receipts
- ⇒ Promptly file claims for their reimbursement accounts

Get started with RK Flex Mobile in Minutes:

Simply download the RK Insurance App for your Android or iPhone (also compatible with iPad® and iPod touch®) and log in using the same password you use to access the RK Flex consumer portal.

FSA/HRA BENNY CARD SUBSTANTIATION WORK FLOW

Below are resources explaining Rose and Kiernan's process for requesting substantiation for FSA and HRA services paid for with the Benny Card:

- ♦ Debit Card is used for dental, vision or a dollar amount outside the copay setup
- ♦ 1st Receipt Request Sent:
 - Via E-Mail if RK has the e-mail address on file (**CHECK YOUR SPAM FILTERS!**)
 - Via Letter to home address on file if no e-mail address available
- ♦ 2nd Receipt Request Sent:
 - Sent after two (2) weeks from the 1st Receipt Request
 - Via a Letter which indicates the card will be temporarily suspended upon receiving the next letter
- ♦ 3rd Request Receipt Sent Final Automatic Overpayment Request:
 - Sent after two (2) weeks from the 2nd Receipt Request
 - Request is emailed if email is on file, mailed to home address if not
 - Card is suspended the day the letter is issued
 - Employee should contact RK Flex Team at (518) 244-4243.



2015 SUMMER DAY TICKET SALES FOR AREA THEME PARKS NOW AVAILABLE

THE GREAT ESCAPE*

Ages 2 and Under Free
Adult and Child \$38.00
(Regular gate price: \$56.99)
Meal Vouchers \$12.00 each
1 Day Parking Pass \$15.00 each



SIX FLAGS NEW ENGLAND

Ages 2 and Under Free
Adult and Child \$38.00
(Regular gate price: \$59.99)

**Season Passes for purchase until July 15, 2015*

WATER SAFARI / ENCHANTED FOREST

Ages 2 and Under Free
Adult and Child \$24.00
(Regular gate price: \$30.95)



DARIEN LAKE THEME PARK RESORT

Ages 2 and Under Free
Adult and Child \$28.00
(Regular gate price: \$45.99)

Tickets may be purchased in the Human Resource Department located in the Bishop Burke Building or at Oppenheim Day Hab. Cash and personal checks are accepted. Any checks should be made out to Lexington Center. Please contact Bridgett Nestor at (518) 775-5422, with any questions.

S.T.A.R.R. PROGRAM - CALLING ALL LEXINGTON STAFF!

If you know someone who is kind-hearted and would enjoy supporting an individual while helping them to reach their full potential, please refer them to the Lexington HR Department to complete an application for immediate consideration. They may also visit our website at

www.lexingtoncenter.org to complete an online application!

S.T.A.R.R. referral bonus program: You can earn up to \$500 for each person hired part-time, per diem or full-time.

This special incentive will run through **August 31, 2015!**



34 N. Main Street, Gloversville, NY 12078 | (518) 773-4649
Hours: Tuesday – Friday 10am – 6pm | Saturday 10am – 3pm
www.facebook.com/encorekidsconsignments

SALE: All blue ticket apparel is \$1, pink ticket apparel is 50% off, swim wear is 50% off.

We carry the best brands, in the best condition, all at affordable prices.



“Like” Lexington on Facebook:
Lexington - Chapter of NYSARC, Inc.:
www.facebook.com/LexingtonARC
“Like” Encore Kids on Facebook:
Encore Kids: www.facebook.com/encorekidsconsignments

CONTACT INFORMATION

Lindsay Hinkle, Community Engagement Specialist

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