

# LEXINGTON HAPPENINGS



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

TUESDAY, JULY 16, 2019

## Adaptive Sports Teach Valuable Skills



Adaptive sports aren't just fun for the people we support—they also help build confidence, provide new social opportunities and teach skills that translate into better wellbeing in all aspects of life. Lexington's L3 Adaptive Sports Club constantly seeks out different sports and experiences for its members to try. Recently, 12 members enjoyed a martial arts and self-defense class taught by Bonnie Streeter at American Zen do Kai Studio. Students learned how to hit, punch, kick and use their wheelchairs as a defensive tool to protect themselves. They also learned techniques for protecting themselves and their belongings when out in the community, such as not keeping valuables on the back of chairs and using a removable mirror to see if someone is approaching from behind. Pictured in the top row, left to right, are Michael Tybor, Andrew Barr and Taneesh Mannion at the class.

Seven members of the club later participated in an adaptive archery event at Gloversville Day Hab. Jeff Frasier from Black Street Archery volunteered his time and equipment to teach participants about this highly competitive sport. He helped each find ways to succeed to the best of their ability, even if it meant using their mouths to bite down on a tab attached to the string to draw back and shoot! Pictured in the bottom row, left to right, are Ihesha Manette, Bill Mannion and Breanna Abare learning how to shoot a bow.

### 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/  
events.timesunion.com](http://albany.com/events/events.timesunion.com)

## 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 on the autism spectrum learn social skills through sing-alongs and games. For questions and to sign up, call Family Services at (518) 773-2014.

## TRAINING: SUPPORTING INDIVIDUALS WITH DEMENTIA

**Wednesday, July 17 | 12:00—12:30 p.m. | Rapp Road, Albany**

The Clinical Department is presenting Supporting Individuals with Dementia: An Understanding for Best Approaches and Support, a training session on how to best support people diagnosed with dementia. Dementia is a class of brain diseases that cause long-term and often gradual decrease in the ability to think and remember. This affects a person's daily functioning, including emotional problems, difficulties with language and decreased motivation. For more information, please call Maria Betts at 518-775-5381.

## 2019 SAFE ENVIRONMENT AND WELLNESS PROGRAM MEETINGS

**Training Room C, 465 N. Perry Street, Johnstown | 10:30 a.m.—12:30 p.m.**

All are invited to Safe Environment and Wellness Program Meetings! Safety Liaisons and Wellness Champions are especially encouraged to attend. These meetings recognize safety and wellness successes and provide education and updates on safety and wellness. This is also a time to bring up safety and wellness questions or concerns.

**Summer — Monday, August 12**

**Fall — Monday, November 11**

## LEXINGTON FAMILY SERVICES FAMILY SUPPORT GROUP

**Wednesday, July 17 | 5:30-6:30 p.m. | Paul Nigra Center for Creative Arts, 2736 NY-30, Mayfield**

You are invited to Lexington's monthly Family Support Group for parents, caregivers and adult siblings of people diagnosed with learning or developmental differences. The group is led by Jennifer Feagles, LMSW, director of Transitions, and coordinated by Nancy DeSando, Autism Resource Coordinator. Join us for a low stress, comfortable, supportive meeting! Please call (518) 773-2014 to RSVP and arrange for childcare/respice. A light meal will be provided.

## 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**

**July 25 - 10:00 a.m.    Sept. 11 - 11:30 a.m.    Nov. 21 - 10:00 a.m.**  
**Aug. 29 - 11:30 a.m.    Oct. 31 - 1:00 p.m.    Dec. 19 - 11:30 a.m.**

### ALBANY

**Hampton Inn, 1442 Western Ave., Albany**

**Aug. 9 - 10:00 a.m.    Nov. 13 - 10:00 a.m.**  
**Sept. 9 - 10:00 a.m.**

## 231 S. KINGSBORO'S ANNUAL GARAGE SALE TO BENEFIT THE NIGRA ARTS CENTER

**July 18 and 19 | 9 a.m.-4 p.m. AND July 20 | 9 a.m.-12 p.m. | 231 S. Kingsboro Avenue, Gloversville**

Please stop by 231 S. Kingsboro Avenue on July 18, 19 or 20 for their annual Garage Sale! All proceeds benefit the Nigra Arts Centers. If you have any questions, please call South Kingsboro at (518) 773-9156 or Kristina Savage at (518) 369-7302. Thank you for your support!

## 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](http://www.lexingtoncenter.org). Make sure they list your name as the referral source!

#### HERE ARE SOME EMPLOYEES WHO REFERRED NEW HIRES IN JUNE:

<b>Stacey Ashe</b>	<b>James Cramer</b>	<b>Martika Frederick</b>	<b>Katie Marriott</b>	<b>Harry Wilson</b>
<b>Billie Jo Baird</b>	<b>Destinee Flores</b>	<b>Lashara Heath</b>	<b>Jessieann Snyder</b>	<b>Paige Wood</b>
<b>Karen Brittain</b>	<b>Ellen Fowler</b>	<b>Desiree Lewis</b>	<b>Nakia Watson</b>	<b>Michele Yost</b>

### MONTHLY IN GRATITUDE AWARDS — GRATEFUL FOR OUR EMPLOYEES AND COWORKERS

Lexington's new In Gratitude Awards give you the opportunity to recognize the actions of your co-workers! Lexington employees are a family. We depend on one another, we help and support one another, and we are grateful for each other. If you notice a colleague doing something that makes you feel grateful to be working with them, please nominate them for recognition!

All nominations will be recognized at the monthly Nurturing Environment Meetings, and four employees who stand out will be selected for an award by senior management — three Shining Star awards and one Rising Star award for an employee who has been with us for less than two years. Please contact Terry Williams at (518) 775-5382, [williat@thearclexington.org](mailto:williat@thearclexington.org) or the Gloversville Day Hab building to obtain a nomination form.

### SUMMERTIME THEME PARK DISCOUNTED TICKET RATES

Lexington is pleased to announce discounted 2019 theme park ticket rates! Tickets can be purchased in the Human Resources office at 127 E. State St., Gloversville, or through Donna Steenburgh or Vicki Scheuerman in the Oppenheim Day Hab building, 405 Co. Highway 114, St. Johnsville. All ticket purchases for Six Flags New England must be made online — instructions below. Cash and personal checks are accepted. All checks should be made out to Lexington Center. Please contact Meredith Fritch at (518) 775-5422 or [fritchm@thearclexington.org](mailto:fritchm@thearclexington.org) with questions.

The Great Escape	Water Safari/Enchanted Forest	Six Flags New England	Darien Lake Theme Park Resort
<ul style="list-style-type: none"> <li>• Gold Season Pass: \$71 Unlimited visits, free parking</li> <li>• One-Day Admission: \$43</li> <li>• Meal Vouchers and One-Day Parking: \$17</li> </ul>	<ul style="list-style-type: none"> <li>• One-Day Admission: \$28</li> </ul>	<ul style="list-style-type: none"> <li>• Visit <a href="http://sixflags.com/partnerlogin">sixflags.com/partnerlogin</a>   UN: eticket6   PW: sixflags2</li> <li>• Season Pass: \$59.99</li> <li>• One-Day Admission: \$43</li> <li>• Picnic in the Park: \$50.41</li> </ul>	<ul style="list-style-type: none"> <li>• Good Any One Day Admission Tickets: \$30 Includes free parking</li> </ul>

### EXTRA \$250 REFERRAL BONUS

Lexington holds monthly drawings of \$250 for employees who refer new direct support staff! Each referral will be entered, even if they aren't hired. For more info, contact Doug Blanc at [blancd@thearclexington.org](mailto:blancd@thearclexington.org) or (518) 775-5307. The winners for June were Andrew Allen (East), Paige Wood (West) and Shatasha Carter (Albany). Congratulations!

## WELLNESS TOGETHER

### WALKING GROUPS

Looking for an exercise you can do on a regular basis? Attend a walking group and get credit for a verified walk on your Step into Summer Challenge log! Walking has a number of health benefits, including reducing the risk of heart disease, strengthening bones, improving balance, improving lung health and fitness, and improving management of weight, blood pressure, high cholesterol and diabetes. Join a walking group with your coworkers to hold you accountable! We will walk outside if the weather permits. Be sure to wear appropriate shoes and bring water.

#### DATES, TIMES & LOCATIONS

Monday, Wednesday and Friday | 7:00—7:30 a.m. | Indoor Track, 465 N. Perry Street, Johnstown

Monday, Wednesday and Friday | 10:30—11:00 a.m. | Rail Trail, Harrison Street (Rain Location: Track, 465 N. Perry St.)

Monday, Wednesday and Friday | 4:00—4:40 p.m. | Gym, 127 E. State Street, Gloversville

Tuesday and Thursday | 10:30—11:00 a.m. | St. Johnsville Marina Rail Trail (Rain Location: Oppenheim Day Hab)

Tuesday and Thursday | 3:30—4:00 p.m. | Reception Area, 405 County Highway 114, St. Johnsville

### DAILY SPRING WALKING BREAK

If you have just 5 minutes, join us for a few laps around the building. This allows you time to refocus, get some physical activity in and get ready for the next task ahead of you. Weather permitting, we will walk outside. Hope to see you there!

#### DATES, TIMES & LOCATIONS

Weekdays | 3:35 p.m. | Gym, 127 E. State St., 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).*

### PRESSURE PLAY

If you or a loved one struggle with hypertension or heart disease, please register to attend Pressure Play, an interactive, fun way to learn more about these health topics and help you on your way to a healthier you! This program is hosted by CDPHP. [Click here for more information.](#)

Dates	Times	Locations
Wednesday, July 24	3:30 p.m.	Large Conference Room, 405 County Highway 114, St. Johnsville
Friday, July 26	7:30 a.m.	Large Conference Room, 127 E. State Street, Gloversville
Tuesday, July 30	12:00 p.m. & 3:00 p.m.	Large Conference Room, 465 N. Perry Street, Johnstown
Wednesday, July 31	12:00 p.m.	Rapp Road, Albany

### SAFETY AND WELLNESS EXPO — RESCHEDULED

**Friday, July 26 | 10:00 a.m.—1:00 p.m. | 127 E. State Street, Gloversville**

The Safety and Wellness Expo has been rescheduled for Friday, July 26. This will be a fun and informative event! If you have created a Safety Board for the contest, please be sure to bring it with you. In addition, each manager/supervisor attending should please choose one employee who has been recognized in the “See It Say It” safety campaign, copy their “See It Say It” recognition ticket and bring it to the Expo to have the employee entered into a special summer raffle prize drawing. We hope to see you there!

### EMPLOYEE STEP INTO SUMMER CHALLENGE

If you struggle to add physical activity to your schedule, this Challenge will provide opportunities to get support and commit to routinely participating in walking groups! The Challenge will continue until **July 18**. [More details here.](#)

## 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](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).



### COLOR SPLASH FUN RUN AND WALK

**Saturday, July 20 | 9 a.m.—12 p.m. | \$25**

Join us for some colorful fun! Participants will get a free t-shirt if they register by July 8. [Click here to register online](#). Children 5 and under are free (no shirt). On the course, runners and walkers will be splashed with washable, nontoxic color dust. The race is not timed.

### CLMF SHOWCASE & BRUNCH

**Sunday, July 21 | 11:30 a.m.-1:30 p.m. | \$35**

This event combines brunch with the melodies of the world-renowned Caroga Lake Music Festival. The menu includes quiche, stuffed French toast, bacon, sausage, potatoes, salad greens, desserts and refreshments. Kids under 10 are admitted for \$15. [Click here to buy tickets](#).

### SUMMER KID CAMPS

Kids ages 5-12 are invited to summer camps that explore STEAM (science, technology, engineering, art and math)! All camps run daily from 9 a.m. to 4 p.m., with an hour before and after each for dropoff and pickup convenience. Lexington employees receive a 10% discount! Come for a day, a week or the whole summer. Visit [pncreativeartscenter.org/camps](http://pncreativeartscenter.org/camps) for more information and to sign up.

#### Week 3 (July 22-26):

- Art Around the World
- Drone Workshop
- Go STEAM Crazy!
- Great American Bake Off

#### Week 4 (July 29-August 2):

- Concoctions and Potions
- Flips Over Comic Strips!
- Robotics
- Space Invaders

#### Week 5 (August 5-9):

- Super Hero Workshop
- Theater Workshop
- Trash to Treasure
- Word Smash Workshop

#### Week 6 (August 12-16):

- Beginner's Beauty School
- Carnival Party
- Fitness Fun

### 2019 BUS TRIPS TO BENEFIT THE NIGRA ARTS CENTER

Join us on bus trips to fun East Coast locales! You can use your arts center gift cards to attend. For more info and to buy tickets, visit [www.pncreativeartscenter.org/events](http://www.pncreativeartscenter.org/events), call (518) 661-9932 or email [mayl@thearclexington.org](mailto:mayl@thearclexington.org).



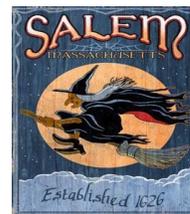
#### Hampton Beach Seafood Festival

**September 7**  
\$50/Lexington  
\$55/Community



#### Mohegan Sun Casino & Resort

**October 5**  
\$50/Lexington  
\$55/Community



#### Salem, Massachusetts

**October 26**  
\$50/Lexington  
\$55/Community

### FEATURED CLASS

**Nirvana® | Heather Mattioni, instructor | Thursday, July 18 and 25 | 5:30—6:30 p.m. | \$15**

*This is a breathing fitness class to ease anxiety, stress and discomfort. It uses breathing, movement, music and theta wave technology to create a natural state of "flow" that balances and supports wellbeing. [Click here to register online](#).*

#### CONTACT INFORMATION

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



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