

LEXINGTON HAPPENINGS



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

MONDAY, JULY 27, 2015



Dylan Brown enjoys a moment of relaxation at the June Sensory Fun Day. This Wednesday is Family Services' next Sensory Fun Day.

EVENTS THIS WEEK — JULY 27 TO AUGUST 2

Tuesday, July 27 | 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 July. 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.

Wednesday, July 28 | 9:00am—3:00pm

FAMILY SERVICES SENSORY FUN DAY | The Center at Lexington, 465 N. Perry Street, Johnstown. Sensory Awareness is vital to learning! Please come experience some fun ways to help your child explore their senses. Simple and inexpensive home environmental changes that anyone can make. Please come and encourage your child to play and interact with various sensory equipment and materials. This

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:

fulmontmontgomeryny.org
44lakes.com

ALBANY COUNTY:

albany.com/events/
events.timesunion.com

exciting session will allow you to see which sensory activities may interest your child to help them relax, organize, and regulate in order to focus and attend to their daily activities. Sessions run 9-11am and 1-3pm. All are welcome to attend any session. Please call Family Services at (518) 773-2014 to RSVP. Transportation and Respite are provided upon request.

EVENTS NEXT WEEK — AUGUST 3 TO AUGUST 9

Tuesday, August 4 | 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 August. 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.

SUMMER'S FINAL PNC THEATER CAMPS—SIGN UP NOW

This summer's final two Paul Nigra Center for Creative Arts Theater Camps are right around the corner! Reserve your child's spot before it's too late!

Broadway Babies (August 3 - August 7, ages 4 to 7) | This program will use music, rhythms, rhymes and movement to introduce the youngest performers to musical theater. These budding "Broadway babies" will explore the magical, imaginative world of theater through stories, skits and musical plays inspired by and based on folklore and fairytales.

Disney Musical Express (August 3 - August 7, ages 8 to 11) | Using Disney musicals as a model, students will explore ways of interpreting musical theater characters. Class time will include exercises, scene work, improvisation, vocal technique, choral and individual songs, acting and movement. Explore "a whole new world" teeming with imagination and wonder!

Visit <http://www.pncreativeartscenter.org/theater-camp/> to register your child today! Remember, Lexington employees are eligible for a 10% discount. Simply add the coupon code SUMMER2015 when you check out!



EMPLOYEE ANNIVERSARIES (10+ years)

JULY 27 TO AUGUST 2 | Congratulations!

Lynne Frasier, Day Hab, 7/30, 30 years	Jessie DeMaria, Residential, 8/1, 10 years
Audrey Carlson, Med Services, 8/1, 10 years	James Post, Transportation, 8/1, 10 years
Amanda Clark, Residential, 8/1, 10 years	Rachel Spraker, Residential, 8/1, 10 years

AUGUST 3 TO AUGUST 9 | Congratulations!

Jennifer Ackerknecht, Day Hab, 8/6, 25 years
Mary Peterson, Day Hab, 8/6, 25 years
Marion Smith, Residential, 8/7, 15 years
Lisa Staley, Residential, 8/7, 15 years

SAVE THE DATE!

Albany Nurturing Environment Meeting - **Different Location!**

Thursday, August 13 | 10am-12pm | Staybridge Suites
39 Wolf Road, Albany, NY 12205 (due to construction at the Holiday Inn Express)

BECOME A MEMBER OF LEXINGTON!

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. 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. Other new membership levels are also 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

McDonald's Buy an Extra Value Meal & Receive a FREE Pie or Cone Fullerton, Palatka Bridge, Johnstown, Gloversville, Amsterdam	Super SHOES 10% OFF Total Purchase (excludes all Denzko, Sanku, Merrell, Ariat, and Birkenstock products) 200 Amsterdam Commons, Amsterdam 843-5044	DUNKIN' DONUTS Buy 6 Donuts, Get 6 FREE (per visit) Johnston, Gloversville, Telford, Amsterdam, Rayfield, Amsterdam 73-5045
PERKY PINES Bowling 2 Paid Games, Get 1 FREE 1401 1 st Parkton Dr SE 1 Maple Ave. • Johnstown 762-8618	Classic Auto Wash Rt. 30 A - Johnstown Save 10% 215 N. COMBIE AVE. • JOHNSTOWN 762-3931	Pizza Hut \$1.00 OFF Lunch Buffet The Best Places Under One Roof Johnstown, Gloversville, Amsterdam, Palatka Bridge
OLYMPIC DINER 10% OFF Dinner Check over \$15.00 Open 7 Days a week 7am-10pm Rt. 30 North Amsterdam 212-8087	Romana's Italian Kitchen \$4.00 OFF A Large Pizza 215 N. COMBIE AVE. • JOHNSTOWN 762-3931	DIAMOND EXPRESS LUBE \$2.00 Off Oil Lube Rt. 30A, Gloversville 732-8885
Hot Dog Hut Cafe Buy 3 Hot Dogs Get 1 FREE 4 E Main St. Johnstown, NY 762-3678	OLYMPIA 15% OFF One Regular Priced Item (excludes shoes, socks, underwear, swimwear, etc.) All Locations • Johnstown 732-2009	DONNA'S DINER 10% Off (regular prices only) 315-866-1483 5619 St Route 58 • Herkimer

DISCOUNTS OFFERED AS SAVEDRANCY WALD WITH SALES OR OTHER DISCOUNTS • Need to raise money? Call CMT Fundraising (800) 724-6848



WEDDING ANNOUNCEMENT

Tracy Butts was wed to Joe Jurcsak
on July 4, 2015.

Tracy is Coordinator of Health
Education.

CO - OP REMINDER

Please remember to pick up your Co-Op orders:

Tuesday, July 28 | 3:30pm—5:00pm
Johnstown Day Hab

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 28 | 3:00pm—4:00pm | Dolgeville Firehouse, Helmer Ave, Dolgeville

Tuesday, August 4 | 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

Tuesday, July 28 | 4:30pm—5:30pm | Gymnasium, 127 E. State Street, Gloversville

Tuesday, August 4 | 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

Thursday, July 30 | 3:30pm—4:00pm | Reception Area, 405 County Highway 114, St. Johnsville

Friday, July 31 | 12:00pm—12:30pm | Gymnasium, 127 E. State Street, Gloversville

Monday, August 3 | 12:00pm—12:30pm | Gymnasium, 127 E. State Street, Gloversville

Tuesday, August 4 | 3:30pm—4:00pm | Indoor Track, 465 N. Perry Street, Johnstown

Thursday, August 6 | 3:30pm—4:00pm | Reception Area, 405 County Highway 114, St. Johnsville



ANNOUNCING THE EAT SMART TEAM CHALLENGE

This is a 3-week team nutrition Challenge from Monday, August 10 to Monday, August 31, focused on eating fruits and vegetables. The goal is to eat and log on your Lexington Wellness website at least one (1) serving of fruits and one (1) serving of vegetables, five (5) days each week during the challenge. Take this opportunity to enjoy fresh produce and try new fruits and vegetables. You also need to complete all required tasks on your “To-Do” list. Sign up on your [Lexington Wellness Website](#) Monday, July 27 to Sunday, August 9. (Instructions are posted at your site. If you continue to struggle, please ask your supervisor for assistance or contact Michelle Peryea, Wellness Program Coordinator, at (518) 775-5420 or Bridgett Nestor at (518) 775-5422.)



There needs to be at least four (4) employees per team. If you have less than four employees at your site that want to participate in this challenge, contact Michelle Peryea to be placed in an active team. Team size does not effect the end results. This challenge is based on average number of days (up to 5) with servings logged each week. See your Wellness website for prize information.

LEXINGTON HEALTHY VENDING MACHINE PROGRAM



In June of 2012, we started our Employee Wellness Program. 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.

August 20
September 17

October 22
November 19

December 17

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.

2015 SUMMER DAY TICKET SALES FOR AREA THEME PARKS AVAILABLE

THE GREAT ESCAPE

Ages 2 and Under Free
Adult and Child \$38.00
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

WATER SAFARI / ENCHANTED FOREST

Ages 2 and Under Free
Adult and Child \$24.00



DARIEN LAKE THEME PARK RESORT

Ages 2 and Under Free
Adult and Child \$28.00

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.

GO MOBILE AND GET THE EAP APP!

Now you can have many of your EAP benefits and services at your fingertips on your smartphone! Download the no cost EAP app for iOS (APPLE) and Android. Get 24-hour at-your-fingertips access to thousands of articles, videos, trainings and links on a variety of work-life issues and topics....here's a small sampling:

Wills & other legal templates • Home ownership & mortgages • Cancer, diabetes & other illnesses • Taxes & the IRS • Consumer rights & resources • Caregiving resources • Personal development & training • Wellness resource • Lifestyle benefits & discounts



TotalCare EAP
Public Safety EAP
Educators' EAP
Higher Ed EAP
HealthCare EAP
Union AP
TotalCare Wellness

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. 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.

S.T.A.R.R. PROGRAM - \$500 BONUS ENDS AUGUST 31!

We need your help recruiting part-time and per diem Direct Support staff for the Residential, Day Habilitation and Family Services Programs!

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 Human Resources Department to complete an application for immediate consideration. They may also visit our website at www.lexingtoncenter.org to complete an online application!

Please note: We have temporarily increased the monetary reward of our S.T.A.R.R. referral bonus program! For anyone referred and hired on or after November 15, 2014, you can now earn up to **\$500** for each person hired part-time, per diem or full-time. This special incentive will run through **August 31, 2015!** Give an application to a friend or family member today!

Exceptions? Yes. Employees may not refer a single applicant more than once such as in the case of a rehire. Also, agency executives and Human Resources Department staff involved in the hiring process are not eligible to participate.



Tim White received his S.T.A.R.R. check. Others who have received their checks this month are:

Samantha Gotto	Hadiatou Badle	Katherin Orlosky
Courtney Milonovitch	Josephine Parker	Abby Hayes
Gary Davis	Winsthony Garia	Barbara Valachovic
Kateerah Wall	Anjane Holton	Shelby Moore
Kayla Squires	Kanan Tyrell-Brooker	Robert Lockwood
Kelly Downing	Theresa Hernandez	
Gabrielle Armstrong	Marliee Marina	



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. ENDS WEDNESDAY!



“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

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