

LEXINGTON HAPPENINGS



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

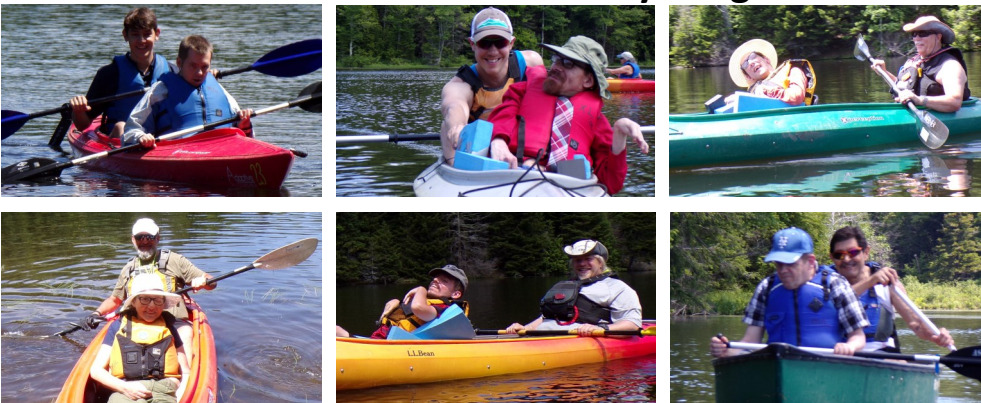
WEDNESDAY, JULY 3, 2019

Kaleidoscope Day Hab Celebrates Veterans!



Kaleidoscope Day Hab hosts an annual Veteran's Celebration to honor local vets for their service! In attendance this year was Stephen Willette, a photographer and Air Force veteran who takes portraits of New York vets. Gary VanSlyke also gave a presentation of history and songs. Pictured, from top left, are Brooke Caraco; Amber Gunzburg and Dennis Hoyer dancing; Timothy VanAuken; Dee Kot manning the greeter table; and the veterans honored at the event: Tim Williams, Erich Kuhl, Ray Follett and Dave Kiskel (seated); Stephen Willette, Bill Roe, Frank Craven, Beth Brown and Jim England (standing).

L Cubed Athletes Go Kayaking!



Lexington's L Cubed adaptive sports club went kayaking! The Adaptive Sports Foundation in Windham, which does downhill skiing with the athletes, approached them with a chance to go kayaking at no cost thanks to a grant they received. Six athletes were happy to accept and had a perfect afternoon on the water! Thanks to all the staff who helped make this possible. Pictured, clockwise from top left, are Peter David, Levi Bovee, Matt Bailey, Erik Browne, Andrew Platt and Susan Agat on the water.

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

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

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

231 S. Kingsboro Avenue has set the dates for their annual Garage Sale! They are collecting items now through July 16. Do you have any items you would like to donate? If so, please call South Kingsboro at (518) 773-9156 or Kristina Savage at (518) 369-7302 to set up a time to drop off your items. No clothing, please! 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

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. *This date has changed

EMPLOYEE ANNIVERSARIES (10+ years) | JULY 2 TO JULY 15 | Congratulations!

Gary Davis, Clinical, 7/5, 20 years
Michele LaGrange, Residential, 7/5, 25 years
Maria Nestle, Administration, 7/5, 25 years
Jerrie Brunell, Day Hab, 7/6, 10 years

Nancy Orlosky, Med Services, 7/6, 20 years
Jennifer Yates-Kincheloe, Residential, 7/6, 10 years
Cindy Leotta, Residential, 7/10, 30 years
David Hine, Administration, 7/11, 25 years

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. Make sure they list your name as the referral source!

HERE ARE SOME EMPLOYEES WHO REFERRED NEW HIRES IN JUNE:

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

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 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 with questions.

The Great Escape	Water Safari/Enchanted Forest	Six Flags New England	Darien Lake Theme Park Resort
<ul style="list-style-type: none">Gold Season Pass: \$71 Unlimited visits, free parkingOne-Day Admission: \$43Meal Vouchers and One-Day Parking: \$17	<ul style="list-style-type: none">One-Day Admission: \$28	<ul style="list-style-type: none">Visit sixflags.com/partnerlogin UN: eticket6 PW: sixflags2Season Pass: \$59.99One-Day Admission: \$43Picnic in the Park: \$50.41	<ul style="list-style-type: none">Good Any One Day Admission Tickets: \$30 Includes free parking

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 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.*

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 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.



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)! Visit pncreativeartscenter.org/camps for more info and to sign up.

Week 1 (July 8-12):

- Culinary Kids
- IRL (In Real Life) Minecraft
- Music Video Workshop
- Percussion Discussion

Week 2 (July 15-19):

- Animation Creation
- Clay Pottery
- Nature Arts
- 1, 2, 3 & Van Gogh!

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, call (518) 661-9932 or email mayl@thearclexington.org.



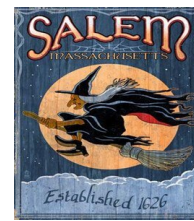
Hampton Beach Seafood Festival

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

Open Studio/Art Therapy | Brenda Dwyer, instructor | Thursday, July 11 | 6:00—7:30 p.m. | \$25

Relax and enjoy an evening using our studio space and supplies to work on a painting of your choosing. Brenda will oversee the class, answering questions and secure the necessary tools for your project. [Click here to register online](#).

CONTACT INFORMATION

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balserm@thearclexington.org



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www.facebook.com/TransitionsUSA
www.facebook.com/PaulNigraCenter