

LEXINGTON HAPPENINGS



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

MONDAY, JUNE 15, 2015



In late March, Jennifer Grybos learned about the Lexington 5K Run/1K Walk. During a routine physical therapy session with her therapist Lindsay Boris, she mentioned that she wanted to do it, but then said something like "it will never happen." Lindsay challenged Jen and asked her why not. Thus began their commitment to making Jen's goal a reality. They started training on April 1 when Jen could only walk for 5 minutes at a time without rest. But she committed to the goal, and with Lindsay's help, was able to walk for the entire mile without stopping (more than 53 minutes)! When she crossed the finish line, she told Lindsay that her new goal is to do the full 5K next year. They're starting their training sessions soon. Congratulations on your awesome accomplishment, Jen!

EVENTS THIS WEEK — JUNE 15 TO JUNE 21

Tuesday, June 16 | 10:30am—12:30pm

PARENT ROUNDTABLE SUPPORT GROUP | The Center at Lexington, 465 N. Perry Street, Johnstown. Follow-up regarding New York State CSE Laws and Rights with Tina Beauparlant, Education Specialist from Parent to Parent of NYS. All are welcome to attend. Please call Family Services at (518) 773-2014 to RSVP. Transportation and Respite are provided upon request.

Tuesday, June 16 | 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

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

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.

Tuesday, June 16 | 6:30pm—7:30pm

WEBINAR — PREVENTING PARENT BURNOUT FOR PARENTS OF CHILDREN WITH SPECIAL NEEDS | The Center at Lexington, 465 N. Perry Street, Johnstown. Please join Mary Jo Hebert, Regional Coordinator, Parent to Parent of NYS, as she presents a webinar on Preventing Parent Burnout for Parents of Children with Special Needs. Extraordinary parenting responsibilities create extraordinary pressures on parents. At the same time, parenting a child with special needs requires energy, focus and enthusiasm to be effective in our role. The better off we are emotionally and physically, the better off our families will be. Join us for this webinar on Preventing Parent Burnout and discover positive ways to cope with and effectively manage stress.

Wednesday, June 17 | 9:00am—12:00pm

LEXINGTON SAFETY AND WELLNESS EXPO | Gymnasium, 127 E. State Street, Gloversville. Please join us in recognition of National Safety Month and Lexington Wellness for this fun and informative event! Event highlights are outdoor field day events; reflexology, paraffin dip, and a massage chair; a dunk-tank to raise money for the Paul Nigra Center; and the Agency Vehicle Safety Challenge. All attendees will receive the “Expo Scavenger Hunt” to be completed and submitted for the raffle prize of their choice. Eligible employees that complete the scavenger hunt may also earn 10 Wellness Rewards Points for their participation.

Wednesday, June 17 | 12:00pm—2:00pm

WEBINAR — TRANSITIONING FROM HIGH SCHOOL TO THE ADULT WORLD AFTER GRADUATION TO THE SERVICES SIDE OF THINGS | Lexington Family Services, 43 Harrison Street, Gloversville. Parent to Parent of NYS, is pleased to collaborate with Nora Osuchowski, Director of Community Services, Community Living and Advocacy Supports & Tina Beauparlant, Parent to Parent of NYS, Regional Program Manager/ Education Specialist, for this wonderful webinar. This workshop will help parents of children with disabilities understand how to use the special education transition process to help plan for life after high school. Parents of students in ninth grade and beyond are encouraged to attend.

Wednesday, June 17 | 5:00pm—6:00pm

SENSORY SWIM FOR CHILDREN DIAGNOSED ON THE AUTISM SPECTRUM | Gloversville Middle School, 234 Lincoln Street, Gloversville. Sensory Swim offers children with Autism and sensory processing difficulties the opportunity to work with trained therapists and other children to promote motor development and sensory processing skills through various aquatic activities. Socialization skills will be addressed by various group activities including sing-a-longs and games. This program serves children 3-21 years old who have an autism spectrum disorder or other sensory processing issues. The program will run for twelve weeks on Wednesday evenings at the Gloversville Middle School. Each child must be accompanied in the water by a responsible adult. RESERVATIONS ARE REQUIRED and are limited to 12 children per class/session. Please call Family Services at (518) 773-2014 to RSVP.

Thursday, June 18 | 10:00am—11:00am

WEBINAR — PREVENTING PARENT BURNOUT FOR PARENTS OF CHILDREN WITH SPECIAL NEEDS | The Center at Lexington, 465 N. Perry Street, Johnstown. Please join Mary Jo Hebert, Regional Coordinator, Parent to Parent of NYS, as she presents a webinar on Preventing Parent Burnout for Parents of Children with Special Needs. Extraordinary parenting responsibilities create extraordinary pressures on parents. At the same time, parenting a child with special needs requires energy, focus and enthusiasm to be effective in our role. The better off we are emotionally and physically, the better off our families will be. Join us for this webinar on Preventing Parent Burnout and discover positive ways to cope with and effectively manage stress.

Thursday, June 18 | 10:00am

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

Thursday, June 18 | 6:00pm—8:00pm

POSITIVE ADULT STRESS REDUCTION PROGRAM | The Center at Lexington, 465 N. Perry Street, Johnstown. Lexington Family Services, in cooperation with the Vanderbilt Kennedy Center for Research on Education and Human Develop-

ment, presents this second of three sessions for parents, caregivers and adult siblings of people diagnosed with Developmental Disabilities. This series is led by two parents who have been trained by Vanderbilt University's Kennedy Center. Vanderbilt's strategies have been proven to reduce stress levels and have had a positive impact on the ability of parents to support family members with disabilities. June 11, 18, and 25. Please call Family Services at (518) 773-2014 to RSVP and to make arrangements for childcare/respite and transportation.

Saturday, June 20 | 11:00am—12:00pm

AUTISM MOVEMENT THERAPY WITH ERIN HOLLENBECK | The Center at Lexington, 465 N. Perry Street, Johnstown.

AMT is a movement and music integration strategy combining patterning, visual movement, calculation, audible processing, rhythm and sequencing for a "whole brain" cognitive thinking approach that can significantly improve behavioral, emotional, academic, social, speech and language skills. This session will be geared toward ages 5 through 18. Parent participation is required. Come dressed to move and have fun! All are welcome to attend. Please call Family Services at (518) 773-2014 to RSVP. Transportation and Respite are provided upon request.

EVENTS NEXT WEEK — JUNE 22 TO JUNE 28

Tuesday, June 23 | 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.

Wednesday, June 24 | 9:00am—4:00pm

Transitions Presents: Dr. Mooney on "Understanding and Supporting Students with Nonverbal Learning Disabilities: Practical Interventions for the Classroom, Workplace and Planning for Future Success" | Transitions, 2736 State Highway 30, Gloversville. Presented by Dr. Dean J. M. Mooney, Ph.D. NCSP, Psychologist/Founder, Maple Leaf Clinic, Wallingford, VT. "Nonverbal learning disabilities (NLD)" describes a specific pattern of neuropsychological assets and deficits that impacts an individual's success in academic and social settings. While this colors all aspects of the person's life, it does not limit who he or she can become. Dr. Mooney will provide participants with an overview of nonverbal learning disabilities and how this diagnosis can affect a student in the classroom setting, at home and at work. He will provide ideas, strategies, models and interventions that are comprehensive and proactive to maximize the potential of diagnosed students. The presentation will include developmental manifestations and identification and will place particular emphasis on interventions for the classroom and workplace and planning for future success. A discussion of challenges faced by a person with NLD with regard to relationships and social skills will be presented and Dr. Mooney will share practical suggestions and present case studies. A question and answer session will follow the presentation. The registration fee is \$65. Individuals with NLD and their families may register for \$25 per person. Lunch is included. To register for this conference and join our mailing list, visit www.transitionsusaevents.org, email info@transitionsusa.org or call (518) 775-5384. Rooms have been reserved for 6/23 and 6/24 at the following hotels for a discounted rate: Holiday Inn | \$107.95 | (518) 762-4686 and Microtel | \$79.00 | (518) 762-5425.

Thursday, June 25 | 10:00am—12:00pm

JOHNSTOWN NURTURING ENVIRONMENT MEETING | The Training Center, 465 N. Perry Street, Johnstown. Fourteen years ago, we began the Nurturing Environment Program. Our goal is to continually strive towards 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 an even better place for people we support and our employees.

Thursday, June 25 | 12:00pm—1:00pm

WEBINAR — GRIEF, LOSS, AND ADJUSTMENT FOR PARENTS OF CHILDREN WITH SPECIAL NEEDS | The Center at Lexington, 465 N. Perry Street, Johnstown. Please join Parent to Parent of NYS's Mary Jo Hebert, Regional Coordinator/

MSC Parent Trainer, as she presents on Grief, Loss, and Adjustment for Parents of Children with Special Needs. Powerful and intense feelings are natural and common responses to parenting a child with exceptional needs. This training will provide an overview of common emotions experienced by parents and discuss how by sharing and acknowledging these emotions parents can find the inner strength needed to face and embrace their role as a parent of a child with special needs. All are welcome to attend. Please call Family Services at (518) 773-2014 to RSVP. Please be advised that only the first 100 participants who log on will be able to attend. After registering, you will receive a confirmation email containing information about joining the webinar. Transportation and respite are provided upon request for all sessions.

Thursday, June 25 | 6:00pm—8:00pm

POSITIVE ADULT STRESS REDUCTION PROGRAM | The Center at Lexington, 465 N. Perry Street, Johnstown. Lexington Family Services, in cooperation with the Vanderbilt Kennedy Center for Research on Education and Human Development, presents this final of three sessions for parents, caregivers and adult siblings of people diagnosed with Developmental Disabilities. This series is led by two parents who have been trained by Vanderbilt University's Kennedy Center. Vanderbilt's strategies have been proven to reduce stress levels and have had a positive impact on the ability of parents to support family members with disabilities. June 11, 18, and 25. Please call Family Services at (518) 773-2014 to RSVP and to make arrangements for childcare/respite and transportation.

EMPLOYEE ANNIVERSARIES (10+ years) JUNE 15 TO JUNE 21 | Congratulations!

Steven Kenyon, Maintenance, 6/19, 15 years

LEADERSHIP WEBINAR TRAININGS

The following Leadership webinar trainings will be provided at 465 North Perry. If you are interested, please call (518) 736-3882 to register. Webinars are provided by National Seminars.

6/30/15

How to Be an Inspirational Leader | 2pm-3pm
Training Center | 465 N. Perry St. Johnstown |
Classroom B

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!



SAVE THE DATE!

Lexington Sensory Fun Day | Tuesday, June 30 |
9am – 3pm | The Center at Lexington

Albany Nurturing Environment Meeting | Thursday, August 13 | 10am-12pm | Holiday Inn Express

TRANSITIONS PRESENTS: DR. DEAN MOONEY ON NONVERBAL LEARNING DISABILITIES

What: "Understanding and Supporting Students with Nonverbal Learning Disabilities: Practical Interventions for the Classroom, Workplace and Planning for Future Success"

Who: Presented by Dr. Dean Mooney, Ph.D. NCSP, psychologist and founder of Maple Leaf Clinic in Wallingford, VT

When: WEDNESDAY, JUNE 24th 9 AM – 4 PM
Includes lunch

Where: TRANSITIONS - 2736 State Hwy 30, Gloversville, NY 12078 (45 minutes west of Albany)

Cost: Standard rate: \$65
Rate for individuals with NLD and their families: \$25

Contact and Registration Info:
www.transitionsusaevents.org
Info@transitionsusa.org

WELLNESS TOGETHER

GET FIT, GET HEALTHY!

Do you need help staying on track with reaching the steps Challenge goal? No problem! This program is designed to help you make healthy lifestyle changes such as losing weight, getting physically fit or 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. Any questions contact Jennifer Morse at (315) 429-3563. Eligible employees that attend will be awarded 10 Wellness Rewards Points.



DATES, TIMES & LOCATIONS

Tuesday, June 16 | 3:00pm—4:00pm | Dolgeville Firehouse, Helmer Ave, Dolgeville

Tuesday, June 23 | 3:00pm—4:00pm | Dolgeville Firehouse, Helmer Ave, Dolgeville

DANCE AEROBICS



Come and have fun dancing your way into shape! Employees, wear your pedometers to count your steps. No experience needed. This is Latin-based dance aerobics which is 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, June 16 | 4:30pm—5:30pm | Gymnasium, 127 E. State Street, Gloversville

Tuesday, June 23 | 4:30pm—5:30pm | Gymnasium, 127 E. State Street, Gloversville

WELLNESS WALK

Walking is great exercise, may help someone lose weight but it also helps reduce stress, refocus and allow you time to socialize. 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, June 17 | 3:30pm—4:00pm | Indoor Track, 465 N. Perry Street, Johnstown

Thursday, June 18 | 12:00pm—12:30pm | Gymnasium, 127 E. State Street, Gloversville

Tuesday, June 23 | 12:00pm—12:30pm | Gymnasium, 127 E. State Street, Gloversville

Wednesday, June 24 | 3:30pm—4:00pm | Indoor Track, 465 N. Perry Street, Johnstown

SEASONAL ALLERGY FACTS AND TIPS



Many of us suffer from allergies. Attend this program to test your knowledge of seasonal allergies as we take a quiz together. Then get some tips on what you can do to decrease your symptoms allowing you to better enjoy the weather and your environment. Bring a healthy meal to enjoy while you learn. Eligible employees that attend will be awarded 10 Wellness Rewards Points.

DATES, TIMES & LOCATIONS

Thursday, June 25 | 3:30pm—4:30pm | Cafeteria, 405 County Highway 114, St. Johnsville

****Prior to attending any exercise class or program, please ensure you have received approval from your medical practitioner.**

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

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.

June 18

July 16

August 20

September 17

October 22

November 19

December 17

YOU'RE INVITED TO THE WOHLGEMUTH SUMMER BASH

SATURDAY, JUNE 27

1PM-4PM

Come enjoy the fun and games!

Food

Games

Raffles

A Dunk Tank

Hat Contest

and Music



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!

Don't miss it! Free
fun for all ages!

TUESDAY JUNE 30, 2014 SENSORY FUN DAY

Please come and encourage your child to play and interact with various sensory equipment and materials! This 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.

Transportation and childcare can be arranged, if needed.

Please call Family Services at 773-2014 to RSVP.

Lexington
Fulton County Chapter, NYSARC, Inc.
Nurturing and Achieving Together

THE CENTER AT LEXINGTON

465 N. Perry St.
Johnstown, NY 12095

www.lexingtoncenter.org

Tuesday June 30, 2015
9-11 AM
1-3 PM

ATTENTION: HIGH SCHOOL SENIORS!

Area High Schools are winding down and students are getting ready for the summer break. Some high school senior students may be eager to work during their summer break to gain valuable experience and earn money at the same time.

Do you know of a high school senior student looking for summer employment? Then refer them to Lexington! Attached is a flyer specific to high school seniors. We offer flexible schedules including Monday through Friday shifts. Interested student should contact the Human Resources Department today for an application or complete an application online at www.lexingtoncenter.org. The time to apply is NOW, because the next scheduled training begins on July 6th.

FSA/HRA BENNY CARD SUBSTANTIATION WORK FLOW

Following 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



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 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.

If you have any questions, contact the Human Resources Department at (518) 773-7931.

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

Opened May 16, 2015



SIX FLAGS NEW ENGLAND

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

Opened May 1, 2015

WATER SAFARI / ENCHANTED FOREST

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

Open Daily beginning June 17, 2015



DARIEN LAKE THEME PARK RESORT

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

Opened May 9, 2015

Tickets may be purchased in the Human Resource Department located in the Bishop Burke Building or through Donna Dineen 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.



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

**Encore Kids is stocked with lots of great Summer items.
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
Lexington, Fulton County Chapter, NYSARC, Inc.
465 N. Perry Street, Johnstown | (518) 736-3950
| hinklel@lexcenter.org*