

# LEXINGTON HAPPENINGS



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

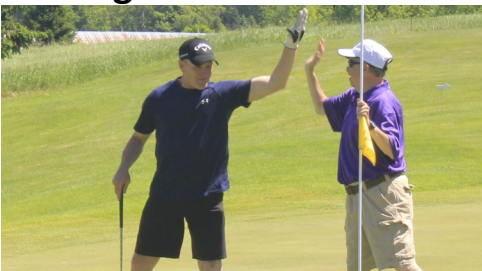
WEDNESDAY, JUNE 19, 2019

## Celebrating Wellness at Annual Lexington Run



The 15th annual Lexington Family Services 5K Run and 1-Mile Walk, the final leg of the St. Mary's Healthcare 5K Triple Crown, took place on June 8. More than 100 athletes competed in this race, which benefited Lexington's Family Services program! Thank you to all the runners, sponsors and volunteers who joined us to support local children and families served by Lexington's Family Services team. Pictured, from left to right, are Ronnie Dona and Danielle Rector selecting a raffle winner; Crystal White approaching the finish line; and everyone from the Lexington family who ran or walked the course.

## Lexington Golf Tournament Benefits Nigra Arts Center



The third annual Lexington Golf Tournament took place on June 7. Sixty-four golfers competed in this fundraiser for the Paul Nigra Center for Creative Arts at Hales Mills Country Club. Many represented vendors and business partners who work with Lexington, and we appreciate their support in this event and everything else we do. Thank you to all the sponsors, donors, volunteers and golfers who made this day possible! Pictured above is Doug Lathrop, who volunteered at the event to help welcome golfers at the registration table, thank sponsors and donors, and cheer golfers on at the hole in one contest.

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

## LEXINGTON FAMILY SERVICES FAMILY SUPPORT GROUP

**Wednesday, June 26 | 5:30-6:30 p.m. | Paul Nigra Center for Creative Arts, 2736 NY-30, Mayfield**

You are invited to Lexington's 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 group for families! Please call (518) 773-2014 to RSVP and arrange for childcare/respite. A light meal will be provided.

## 2019 LEXINGTON SAFETY AND WELLNESS EXPO

**Friday, June 28 | 10:00 a.m.—1:00 p.m. | Gym, 127 E. State Street, Gloversville**

Please join us in recognizing National Safety Month and Lexington Wellness at this fun and informative event! It will include outdoor activities, a State Police vehicle rollover simulator, information on vehicle safety and Lyme disease, St. Mary's Healthcare dietician and cancer peer education, CDPHP with case management, raffle prizes and more!

Teams are invited to submit to a poster contest with entries that express the meaning of safety in creative ways. The winning entry will get \$100 to spend on the team! Managers who attend are also asked to select and bring an employee's "If you see it, say it" entry to submit to a raffle prize competition.

**WE HOPE TO SEE YOU THERE!**

## 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 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**

## NIGRA ARTS CENTER FUNDRAISER: HANNAFORD HELPS REUSABLE BAG PROGRAM

The Paul Nigra Center for Creative Arts has been chosen as a beneficiary of the Hannaford Helps Reusable Bag Program! Throughout June, they will receive \$1 for every Community Bag sold at the Gloversville Hannaford location. Bags are only \$2.50 each, so please consider buying one to support the arts center!

## 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>

## 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**

**June 27 - 1:00 p.m.    Sept. 11 - 11:30 a.m.    Dec. 19 - 11:30 a.m.**

**July 25 - 10:00 a.m.    Oct. 31 - 1:00 p.m.**

**Aug. 29 - 11:30 a.m.    Nov. 21 - 10:00 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.**

*\*Please note that this date has changed*

## SUMMER FITNESS CENTER DISCOUNTS — FIT HAPPENS AND YMCA

Lexington is pleased to offer wellness incentives to our employees through the local YMCAs, Fit Happens Personal Training and Fitness Studio, and CDPHP. Employees with an existing membership must re-enroll each year. One-year memberships can be paid for in full or via payroll deduction. If you are interested in purchasing one, please contact Meredith Fritch in Human Resources at (518) 775-5422 by **Friday, June 28**. Membership applications, enrollment forms and payroll deduction authorization forms can also be found in the “Documents” section on the RKXchange. Employees can also use CDPHP’s Fitness Connect program for free! Visit the RKXchange or [click here](#) for details.

FIT HAPPENS PERSONAL TRAINING—STARTS JULY 1	FULTON COUNTY YMCA—STARTS AUGUST 1
<ul style="list-style-type: none"> <li>Package 1: \$275 (under \$23/month), includes weight room orientation.</li> <li>Package 2: \$325 (under \$28/month), includes Weight Room Orientation and two personal training sessions.</li> <li>Family: \$549 (under \$46/month) for two adults and dependent children 13-18 living in the same household. Includes weight room orientation.</li> </ul>	<ul style="list-style-type: none"> <li>New Adult: \$530 (\$480 + \$50 new member fee) or \$20.38 biweekly deduction</li> <li>New Family: \$795 (\$720 + \$75 new member fee) or \$30.58 biweekly payroll deduction</li> <li>Renewing Adult: \$480 or \$18.46 biweekly payroll deduction</li> <li>Renewing Family: \$720 or \$27.69 biweekly payroll deduction</li> </ul>

## HR NEWS AND INFORMATION

### DIRECT SUPPORT STAFF RECOGNITION

If you know of a staff who consistently shows a solid understanding of Personal Outcome Measures and ensures that each person we support, their staff and families are treated respectfully, then please nominate them for recognition! A different POM will be recognized each month, and each month an employee will be recognized for their commitment to ensuring the featured POM is met. If you are a manager who would like to honor one of your staff, please submit their name, a photo and a description of why they are being recognized to your AD!

**NAME:** Hannah Snell

**PROGRAM:** Kaleidoscope Day Hab

**POM:** Participate in Community

Ever since Hannah supported Linda to join the Nick Stoner Senior Center, her non-stop dedication has allowed Linda to take part in as many activities as possible with her new friends and associates. Because of Hannah's support, Linda has kept in touch with a pen pal from a local elementary school for a few years in a row. She has also been able to meet the children in person, which she thoroughly enjoyed. With Hannah by her side, Linda has taken bus trips with her new friends and attended various luncheons at local restaurants, creating new relationships along the way. Linda always looks forward to going to meetings at the Senior Center, and to Hannah accompanying her. Thank you, Hannah, for the extra effort you put into making sure these experiences happen for Linda!

### 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! 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. Lexington employees are a family. We depend on one another, we help and support one another, and we are grateful for each other!

### 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 the candidate is not hired. For more info, contact Doug Blanc at [blancd@thearclexington.org](mailto:blancd@thearclexington.org) or (518) 775-5307. The winners for May were Niki Olmstead (East) and Paige Wood (West). Congratulations!

### 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 MAY:

Shelby Baker	Megan Fudger	Jonathan James	Kiara Stuart	Raquel Zabawczuk
Donald Bruce	Eric Hastings	Sheyenne May	Elizabeth Thompson	
Josh Clemens	Bahja Helou-Haddawi	Shawn McCullough	RJ Town	
Jessica Darling	Rhonda Holland	Dalton McManus	Leslie Zabawczuk	

### EMPLOYEE ANNIVERSARIES (10+ years) | JUNE 18 TO JULY 1 | Congratulations!

Margaret Cannell, Clinical, 6/22, 40 years

Julie Jennings, Residential, 6/26, 20 years

## 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

### CDPHP LIFE POINTS OVERVIEW — 2019 CHANGES

*We are continuing to offer the CDPHP Life Points Program to employees enrolled in Lexington's medical plan and there are a few changes we would like to show you. Each Life Point equals \$1 in retailer gift cards of your choice when you log into your account at [www.cdphp.com](http://www.cdphp.com) and complete your Personal Health Assessment. You and your eligible family members may earn a total of 365 points in 2019. We will offer four of these Overview classes each month.*

#### DATES, TIMES & LOCATIONS

Wednesday, June 26 | 12:00—12:30 p.m. | Large Conference Room, 127 E. State Street, Gloversville

### 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@theardlexington.org](mailto:peryeam@theardlexington.org).*

## ST. MARY'S HEALTHCARE DIABETES PREVENTION PROGRAM

If you have been diagnosed with prediabetes or have been told you are at risk of diabetes, St. Mary's Healthcare is offering a FREE Diabetes Prevention Program you may be interested in. [Click here for more details.](#)

## JUNE HEALTHLINK CALENDAR

If you are looking for exercise opportunities, nutrition guidance and ways to manage health conditions such as COPD, diabetes or heart disease, check out the programs HealthLink has to offer! [Click here](#) to see their June schedule.

## HEALTH SUPPORT VISITS — AVAILABLE TO EMPLOYEES AND FAMILY MEMBERS

For those struggling with diabetes, hypertension or obesity, Lexington is offering private and confidential health support visits with our on-site registered nurse, Michelle Peryea. For more information, please [click here](#).

## 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)! Visit [pncreativeartscenter.org/camps](http://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](http://www.pncreativeartscenter.org/events), call (518) 661-9932 or email [mayl@thearclexington.org](mailto:mayl@thearclexington.org).



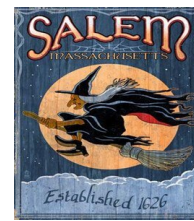
#### Hampton Beach Seafood Festival

**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

**Paint Like the Masters: Kandinsky Landscape | Melanie Fay, instructor | Friday, June 28 | 6:00—8:00 p.m. | \$25**

Melanie will guide you step by step on how to paint this classic Kandinsky landscape. Take home your very own masterpiece! [Click here to register online](#).

#### CONTACT INFORMATION

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



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