

# LEXINGTON HAPPENINGS



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

TUESDAY, JUNE 21 , 2016



*The Psych Department and the day hubs have collaborated to organize COMMIT activities, fun opportunities for the people we support that promote independence, wellness, developing friendships and enjoying the community! The first COMMIT outing was a hike to Beecher Creek Falls in Hadley. It was a huge success for everyone who participated, and staff witnessed lots of smiling, laughing, playing, splashing, coming out of shells and having fun in the group. We are very proud of everyone who participated and would like to encourage our individuals to explore beyond their backyards on a regular basis.*

## EVENTS THIS WEEK — JUNE 21 TO JUNE 27

Tuesday, June 21 | 5:00—5:45 p.m.

**CLASS SERIES — LET'S GET SOCIAL |** Transitions, 2736 State Highway 30, Gloversville. Certified social skills instructors Mary Kaye Ormiston, speech language therapist and supervising behaviorist, and Keiley Cirillo, MA in Special Education, CAGS BIA, will present this series of classes aimed at helping young people succeed socially. This session is the last in the series. The cost is \$49.

Tuesday, June 21 | 5:30—7:30 p.m.

**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.

### 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@lexcenter.org](mailto:balserm@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](http://fultonmontgomeryny.org)  
[44lakes.com](http://44lakes.com)

#### ALBANY COUNTY:

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

*Ages 3-12 from 5:30 to 6:30 p.m.; ages 13-21 from 6:30 to 7:30 p.m. All are welcome to attend. Please call Family Services at (518) 773-2014 to RSVP. Transportation and respite are provided upon request.*

Wednesday, June 22 | 5:30—7:00 p.m.

**WEBINAR — MEDICAID SERVICE COORDINATION FOR FAMILIES — GETTING THE MOST FROM YOUR CHILD’S PROGRAM | The Center at Lexington, 465 N. Perry Street, Johnstown.** *Please join Lindsey Pensabene, a regional coordinator at Parent to Parent of NYS, as she presents a webinar about getting the most out of your child’s Medicaid program. Under Medicaid Service Coordination, parents and family members are recognized as valuable participants in their child’s service coordination program. A light meal will be provided.*

Wednesday, June 22 | 12:00—2:00 p.m.

**ASK THE ADVOCATE | The Center at Lexington, 465 N. Perry Street, Johnstown.** *Do you understand your rights related to special education services? Do you have questions and do not know who to ask? Do you know how to request information about your child’s IEP or education? Do you understand the role of the parent at a CSE meeting? Do you have questions about how to communicate with your child’s teachers and administrators? If so, call Family Services to schedule an individual 15-20 minute appointment with education specialist Tina Beauparlant of Parent to Parent of NYS. These appointments are targeted toward parents and caregivers.*

Thursday, June 23 | 10:00 a.m.

**ALBANY NURTURING ENVIRONMENT MEETING | Holiday Inn Express, 1442 Western Avenue, Albany.** *Thirteen 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.*

Saturday, June 25 | 10:00—11:00 a.m.

**AUTISM MOVEMENT THERAPY AND CREATIVE MOVEMENT | Lexington Family Services, 43 Harrison Street, Gloversville.** *Autism movement therapy and creative movement 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! Parents, caregivers and professionals are all welcome.*

Monday, June 27 | 12:00—1:00 p.m.

**PARENT ROUNDTABLE — A LIFE WITH LAUGHTER! | The Center at Lexington, 465 N. Perry Street, Johnstown.** *This is a support group for parents. Please Join Carole Deyoe, RPh, as she helps participants relieve stress with laughter. This is guaranteed to be a fun and entertaining reprieve to the stress in life. Lunch will be provided.*

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## EVENTS NEXT WEEK — JUNE 28 TO JULY 5

Tuesday, June 28 | 5:30—7:30 p.m.

**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 5:30 to 6:30 p.m.; ages 13-21 from 6:30 to 7:30 p.m. All are welcome to attend. Please call Family Services at (518) 773-2014 to RSVP.*

*Transportation and respite are provided upon request.*

Wednesday, June 29 | 5:00—6:30 p.m.

**CLASS — BODY IMAGE | The Center at Lexington, 465 N. Perry Street, Johnstown.** *Christy O'Callaghan-Leue, an educator from Planned Parenthood, will conduct this class on how the media distortion of body images affects self-esteem in children. This class is designed for parents and their children to learn together how to handle the impact of the media on one's self-esteem. A light meal will be provided. This is a make-up from last month's session.*

Thursday, June 30 | 11:30 a.m.

**JOHNSTOWN NURTURING ENVIRONMENT MEETING | Training Center, 465 N. Perry Street, Johnstown.** *Thirteen 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.*

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## LEARNING ABOUT RESOURCES, GAINING EMPLOYMENT (L.A.R.G.E)

**Below are the dates and times for the Student Transitional Education Program (STEP)'s series of career classes for individuals who are employed and want to enhance their skills or who are interested in getting a job and want to build their skills. If you are employed, receive supported employment services or want to be employed, you are welcome to attend any session. Please call STEP at (518) 736-4169 to RSVP.**

Thursday, June 23 | 1:00—2:00 p.m. ; Thursday, June 30 | 10:00—11:00 a.m.

**RESPECT — IT'S ALL UP TO US! | STEP, 492 N. Perry Street, Johnstown.** *Join this class to learn how to best give respect to others and what you should expect in return. Respect is essential in the workplace.*

Friday, June 24 | 8:00—9:00 a.m. (Every Friday in June)

**CAREER COACHING FOR THE WORKPLACE | The Center at Lexington, 465 N. Perry Street, Johnstown.** *In school, students receive grades for math, English, science and social studies, but most likely not for dealing with difficult situations, showing compassion or solving an unexpected problem. In the workplace, these skills are a necessity. Come to these coaching sessions to network with others who also want to improve these skills, with the support of employment specialists from Employment Resources. This class will be held in the old CDT space at 465 N. Perry Street, Johnstown.*

Monday, June 27 | 9:00—10:00 a.m. (Every Monday in June)

**STRESS MANAGEMENT—HOW TO DEAL! | STEP, 492 N. Perry Street, Johnstown.** *Stress is a routine experience in everyday life, but it can overwhelm you if you're not careful. However, with successful stress management strategies, most people can overcome or at least minimize their stress levels to a significant extent. Effective stress management is all about taking charge of your lifestyle, emotions, thoughts and the approach you take to coping with problems. Join this class to learn how to deal with day-to-day stress!*

Tuesday, June 28 | 9:00—10:00 a.m. (Every Tuesday in June)

**BECOMING THE BEST ME! | STEP, 492 N. Perry Street, Johnstown.** *Nobody becomes great in a day. To become the best you in life, you need to start now. This class will focus on how to develop character, education and life skills for your career and future. Some topics addressed include communication, teamwork, honesty, responsibility, diversity and leadership.*



## EARN A BONUS FOR RECOMMENDING EMPLOYEES!



Did you know that if we hire a person you referred, you could earn up to a \$500 bonus? Do you have a family member or friend in the community graduating from high school in June? Are they looking to get started in a career, or will they be going to a local college in the fall? You can help them and Lexington by referring qualified candidates!

This is an excellent time for a high school graduate to connect into a career with Lexington or, if they're planning to go to a local college in the fall, to work while going to school. The time for them to apply is now so they can be considered for the next available training session once the school year ends.

Employees of Lexington have been doing a great job referring people to work with us and we appreciate it! Please note: there is no limit to how much you can earn by referring good candidates that we hire! Give an application to a friend or family member today, or have them apply online! Just make sure they list your name on the application as the referral source.

Apply online at [www.lexingtoncenter.org](http://www.lexingtoncenter.org)!

## "BRANCHING OUT" FULL-DAY SOCIAL SKILLS CAMP

If a young person you know could use some help branching out socially, emotionally and creatively, then refer them to this social skills day camp! Students will learn and use social skills in natural settings through games, arts, crafts and other fun activities. They will view movie clips with social learning morals and meet and socialize with new friends. The specialized instructors will help the students learn new skills and practice them in fun ways!

The cost of attendance includes a full day of supervised instruction and snacks. Students must bring their own lunch and should wear sneakers.

The camp will be taught by certified social skills instructors Mary Kaye Ormiston, MS Ed., speech-language therapist and supervising behaviorist; Victoria Morrison, speech-language pathologist.; and Kathy Simone, BA, director of Employment Services. Certified motivational interviewer and autism movement therapy instructor Erin Hollenbeck, PTA, BS, assistant director of Family Services and Creative Expressions, will also contribute instruction, as will Keiley Cirillo, MA Special Education, CAGS BIA, behaviorist.

### WHEN

Monday, June 27

9 a.m. to 4 p.m.

Registration, check-in and student drop-off 8:30 a.m.

### WHO CAN SIGN UP?

Students aged 11-20

### LOCATION

Transitions

2736 State Highway 30  
Gloversville, NY 12078

### REGISTRATION AND MORE INFORMATION

Terry Williams

(518) 775-5384

[admissions@transitionsusa.org](mailto:admissions@transitionsusa.org)

## ANNUAL GARAGE SALE

231 South Kingsboro and Phelps Street are currently gathering donations for their annual garage sale. Please think of them when you go through your homes for spring cleaning!

Items can be dropped off at Kingsboro. If you need someone to pick up your items, contact Eliza Lamphear at (518) 725-0022 or [lamphee@lexcenter.org](mailto:lamphee@lexcenter.org) to make arrangements. We look forward to your donations!

The date for the sale is to be announced.





## WELLNESS TOGETHER

### 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. Register today by logging on to your Lexington Wellness Website at [lexingtonwellness.bepurewellness.com](http://lexingtonwellness.bepurewellness.com) and going to “Events” or by calling Rene Dutcher at (518) 775-5429.*

### DATES, TIMES & LOCATIONS

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

### WELLNESS WALK



*Walking is great exercise. It helps refocus our thoughts and reduce stress. 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. Register today by logging on to your Lexington Wellness Website at [lexingtonwellness.bepurewellness.com](http://lexingtonwellness.bepurewellness.com) and going to “Events” or by calling Rene Dutcher at (518) 775-5429.*

### DATES, TIMES & LOCATIONS

Wednesday, June 22 | 7:30—8:00 a.m. | Indoor Track, 465 N. Perry Street, Johnstown

Thursday, June 23 | 1:00—1:30 p.m. | Gymnasium, 127 E. State Street, Gloversville

Friday, June 24 | 3:30—4:00 p.m. | Reception Area, 405 County Highway 114, St. Johnsville

Tuesday, June 28 | 7:30—8:00 a.m. | Gymnasium, 127 E. State Street, Gloversville

Wednesday, June 29 | 3:30—4:00 p.m. | Indoor Track, 465 N. Perry Street, Johnstown

### LIFEPOINTS WELLNESS INCENTIVE PROGRAM OVERVIEW



*Did you know that you can earn your first 50 Lifepoints, equal to \$50 in gift cards through [www.cdphp.com](http://www.cdphp.com), just by completing your CDPHP Personal Health Assessment? Attend this program to learn how easy it is to earn Lifepoints equal to \$365 in retailer gift cards during 2016. Space is limited. This program is for employees enrolled in Lexington’s Medical Plan and classes will be offered four times per month. The sooner you get started, the better chance you will have of earning the full \$365 in gift cards this year. Space is limited. Register for this program today by logging on to your Lexington Wellness Website at [lexingtonwellness.bepurewellness.com](http://lexingtonwellness.bepurewellness.com) and going to “Events” or by calling Rene Dutcher at (518) 775-5429.*

### DATES, TIMES & LOCATIONS

Friday, July 1 | 12:00—12:30 p.m. | Large Conference Room, 127 E. State Street, Gloversville

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



### DON'T WAIT TO GET YOUR WELLNESS REQUIREMENTS DONE!

**Schedule an appointment with Rene Dutcher at 518-775-5429 on Wednesdays and Fridays or Bridgett Nestor at 518-775-5422 on Tuesdays and Thursdays to receive help in completing your requirements!**

## LEXINGTON MEDICAL CARE PLAN REQUIREMENTS

To receive their premium savings in 2017, Lexington employees and spouses enrolled in Lexington's medical plan must complete a biometric screening, a CDPHP Personal Health Assessment in 2016, as well as a routine physical exam every two years. In addition, employees must:

- complete the Tobacco Free Affidavit or Reasonable Alternative Smoking Cessation Workshop by December 31
- receive a verified blood pressure measurement equal to or less than 119/79 by December 15
- read the "Release the Pressure" document provided by CDPHP and complete the corresponding quiz on the Lexington Wellness Website by December 31

If you have any questions, please contact Michelle Peryea, Wellness Program Coordinator, at (518) 775-5420.

## YMCA/FIT HAPPENS MEMBERSHIPS

Lexington is pleased to announce wellness incentives available to our employees through the local YMCA programs and the Fit Happens Personal Training and Fitness Studio. Employees with an existing membership through Lexington must re-enroll each year or your membership will be cancelled.

Memberships for the YMCA and Fit Happens may be purchased in full or through payroll deduction. If you are interested in purchasing a membership at this time, please contact Bridgett Nestor in the Human Resources Office at (518) 775-5422 by no later than Thursday, June 30. Bridgett will be pleased to provide you with the various membership fees, group discounts, enrollment forms, and payroll deduction authorization forms.

Please note that employees who leave employment before their membership expires must repay any outstanding membership fees to Lexington. There are no refunds with this offer.

## FIT HAPPENS PERSONAL TRAINING AND FITNESS STUDIO MEMBERSHIP

Fit Happens is offering Lexington employees three discounted membership packages:

- Package 1 — One-year membership, including weight room orientation, for \$275 (less than \$23 per month).
- Package 2 — One-year membership, including weight room orientation and two personal training sessions, for \$325 (less than \$28 per month).
- Family Membership — One-year membership for two adults and dependent children ages 13-18 living in the same household, including weight room orientation, for \$549 (less than \$46 per month).

Memberships for Fit Happens will begin on August 1.

## YMCA MEMBERSHIP

The Fulton County YMCA and Little Falls/Mohawk YMCA are once again offering Lexington employees the opportunity to purchase a discounted membership paid through payroll deduction. Fulton County YMCA branches offer annual memberships only. More information regarding the various memberships may be obtained from Bridgett Nestor.

Memberships for the YMCA will begin on July 1.

## CLASSES AND EVENTS AT THE PAUL NIGRA CENTER FOR CREATIVE ARTS

All Lexington employees get a 10% discount on classes at the Paul Nigra Center for Creative Arts! Just enter the code **LEXEMPLOYEE** at checkout to redeem. Lexington employees are also welcome to use the \$25 gift certificates issued to them at the holidays for free classes. To redeem these certificates and sign up for the free classes, call (518) 661-9932. These certificates cannot be redeemed online. Be ready to provide the number on the back of the certificate and bring the certificate to the class when you attend.

The center is located at 2736 State Highway 30 in Gloversville. For more information on the classes and events offered, visit [www.pncreativeartscenter.org](http://www.pncreativeartscenter.org) or call (518) 661-9932.



Paul Nigra Center  
for Creative Arts

Wednesday, June 22 | 6:30—8:00 p.m.



**SPRING INTO YOGA (SEVEN-PART SERIES).** *Begin the new season with a fresh start. Instructor Dori Daknis will help students rejuvenate their body and mind with an invigorating experience designed to leave them feeling fresh, energized and balanced. Chakra (energy) centering, candlelight and essential oils will add to this peaceful and refreshing class. This is an unforgettable experience where students establish a fulfilling meditation practice and leave with tools to create balance at home and work all year long. This class is suitable for participants of all fitness levels. It meets on May 4, 11, 25, June 1, 8, 15 and 22. The cost is \$15 per class. [Click here to register for the June 22 class.](#)*

Friday, June 24 | 12:30—1:30 p.m.



**ARTS WITH BRENDA.** *In this series of classes, instructor Brenda Dwyer will teach students how to capture their creative side and show self-expression through art projects. This class is open to all and is beginner level. Special accommodations are available. All materials are provided. The cost is \$25 if you pre-register or \$30 for walk-ins. [Click here to register online.](#)*

Sunday, June 26 | 1:30—2:30 p.m.



**OUTSIDE YOGA.** *Students are invited to step outside and breathe in the beautiful and refreshing Adirondack air while doing yoga on the gorgeous grounds of the Paul Nigra Center for Creative Arts. Instructor Dori Daknis will walk students through basic yoga postures and show them how to follow nature's lead by gradually lightening and opening physically, emotionally and mentally. Students will find their center by achieving harmony with nature's changing rhythms and bringing more balance to their lives. This class is suitable for participants of all fitness levels. NOTE: In the event of inclement weather, this class will take place inside the Nigra Arts Center's serene yoga room. It meets every Sunday. The cost is \$15 per class or \$40 for a four-class pack. [Click here to register for the June 26 class.](#)*

Monday, June 27 | 1:00—2:00 p.m.



**ACOUSTIC CAFÉ.** *What a great way to take a break! Enjoy live entertainment from Michelle King and Olivia Esposito while drinking a cup of java. The café will be open for refreshments. The cost is \$5. [Click here to register online.](#)*

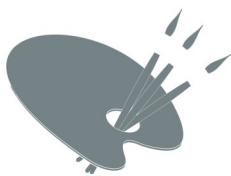
Tuesday, June 28 | 6:30—7:30 p.m.



**INTRO TO ESSENTIAL OILS.** *This class is a one-hour workshop explaining what essential oils are and where they come from. Heather Mattioni will explain the uses and benefits of the essential oils for mind, body and soul through aromatherapy. The cost is \$15 if you pre-register or \$25 for walk-ins. [Click here to register](#)*

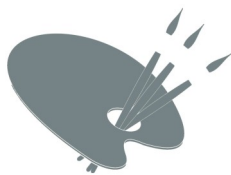
[online.](#)

Wednesday, June 29 | 12:30—1:30 p.m.



**SPARKLING SUNCATCHER CRAFT CLASS.** *Suncatchers add beauty to any home and now is your chance to create your very own! While sea glass, glass marbles, translucent glass tiles and other glass objects will be provided, you are encouraged to bring pieces of broken jewelry or small accent pieces to give your suncatcher a personal touch. This class is open to all and is beginner level. Special accommodations are available. The cost is \$15 if you pre-register or \$25 for walk-ins. [Click here to register online.](#)*

Wednesday, June 29 | 6:00—8:00 p.m.



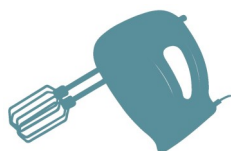
**SACANDAGA SPLENDOR PAINTING CLASS.** *In this class, instructor Ellen Lauziere will teach students how to use acrylic paint to capture the beauty of the Great Sacandaga Lake. This class is open to all and is beginner level. Special accommodations are available. All materials are provided. The cost is \$30 if you pre-register or \$40 for walk-ins. [Click here to register online.](#)*

Tuesday, July 5 to Thursday, July 7 | 9:00 a.m.—2:00 p.m.



**ROCK & ROLL KID CAMP.** *Does your kid want to be a rock star? We can help! Campers have VIP access to three days of fun-filled music education with professional musicians. Your young rockers will not only learn about songwriting, but also how to rock out in front of a live audience. On the last day of camp, they will perform a rock and roll song live for friends and family. Campers should bring their own lunch, snack and water bottle each day. Refrigeration is available. The cost is \$130 if you pre-register or \$150 for walk-ins. [Click here to register online.](#)*

Tuesday, July 5 | 6:00—8:00 p.m.



**HEALTHY EATING SERIES: GREAT GRAINS — COOKING CLASS.** *Each month, Janet Dunn teaches a beginner class on healthy eating with simple recipes that are not only easy to prepare but delicious! The focus in this class is grain. Many cultures consider grains to be the most complete food and look to them as the foundation of their diet. Grains are strengthening, grounding and rich in vitamins and minerals, fiber and protein. Janet will show you how to prepare four recipes using quinoa, mint, parsley, cucumber, tomatoes, lemon and jicama. The cost is \$30 if you pre-register or \$40 at the door. [Click here to register online.](#)*

Tuesday, July 5 | 6:00—8:00 p.m.



**SPARKLING SUNCATCHER CRAFT CLASS.** *Suncatchers add beauty to any home and now is your chance to create your very own! While sea glass, glass marbles, translucent glass tiles and other glass objects will be provided, you are encouraged to bring pieces of broken jewelry or small accent pieces to give your suncatcher a personal touch. This class is open to all and is beginner level. Special accommodations are available. The cost is \$15 if you pre-register or \$25 for walk-ins. [Click here to register online.](#)*

**All scheduled offerings are subject to change! Check our website at [www.pncreativeartscenter.org](http://www.pncreativeartscenter.org) for the most recent information on classes and events.**



Are you looking for something fun and enriching to fill your kids' time this summer? The Paul Nigra Center for Creative Arts is offering a variety of day camps this summer for kids interested in cooking, theater, fine arts, music and more!

There are opportunities available for children ages 4 to 15. All are welcome to participate.

Space is limited in these highly sought after day camps, so be sure to sign your child up today. Click the image to the right for more information about each camp and to register.

Click here to register today for our  
**2016 Summer Day Camps!**



Rock & Roll Kids Camp  
Kid's Cooking Camp  
Audition Ambition  
Fantastical Fairy Tales  
Pirates on Parade  
Foundations of Drawing Lines & Watercolor  
Rising Star Variety Showcase Camp  
Summer Stage Camp  
Musical Moppets  
Adirondack Adventure Camp  
Living Storybook Camp



## VINNY SAJ & DJ MIKE GARRASI CONCERT

Vinny Saj is a country music artist from Upstate New York who plays today's top country hits and made it through four rounds of American Idol in high school. DJ Mike Garrasi has been described as a fun, classy and cool entertainer who knows how to get people onto the dance floor by playing the "right" music at the "right" time.

Vinny and Mike will perform on Thursday, July 7, 7:00—8:30 p.m.

Tickets are available for pre-sale for \$10. They will also be available at the door for \$15. [Click here to buy tickets online.](#)

## GO MOBILE AND GET THE APPS!



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 resources

**RK Flex Mobile** enables you to easily and securely access your healthcare spending accounts. You can view account balances and details, 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.

## HR NEWS AND INFORMATION

### SUMMERTIME THEME PARK TICKETS

Lexington is pleased to announce ticket sales for the 2016 summer seasons at the theme parks listed below. Tickets may be purchased in the Human Resource Department at the Bishop Burke Building, 127 E. State Street, Gloversville, or through either Donna Steenburgh or Vicki Scheuerman in the Oppenheim Day Hab Building. 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.

#### THE GREAT ESCAPE

Ages 2 and Under: Free

Adult and Child: \$40

Regular Gate Price: \$58.99

Meal Vouchers: \$14 each

1-Day Parking Pass: \$17

#### WATER SAFARI/ ENCHANTED FOREST

Ages 2 and Under: Free

Adult and Child: \$25

Regular Gate Price: \$32.95

#### SIX FLAGS NEW ENGLAND

Ages 2 and Under: Free

Adult and Child: \$40

Regular Gate Price: \$61.99

#### DARIEN LAKE THEME PARK RESORT

Ages 2 and Under: Free

Adult and Child: \$28

Regular Gate Price: \$46.99

### EMPLOYEE ANNIVERSARIES (10+ years)

JUNE 22 TO JULY 2 | Congratulations!

Janet Kucel, Administration, 6/22, 35 years

Sandra Jacques, Family Services, 7/2, 30 years

### CHICKEN BARBECUE DINNER

We are holding a chicken barbecue dinner fundraiser to support the Paul Nigra Center for Creative Arts!

For only \$10, the dinners include half a chicken, a baked potato, a dinner roll and cole slaw. The dinner will take place July 8, 4-7 p.m., at Whitey's, 204 N. Perry Street, Johnstown.

Pre-orders are encouraged! Call Dale Schermerhorn at (518) 736-4197 for tickets.



### FLAG FOOTBALL

Quest II is organizing a flag football tournament! Six teams with 12 people per team will compete in games organized in a bracket, with a super bowl to finish off the season. Two teams will play per week, each team playing every other team once, and then the elimination playoffs will begin. Games will be Monday mornings at 10 a.m.

Schedules will be drawn up after enough people have signed up to fill the teams. If you are interested in participating or want more information, contact Quest II at (518) 775-5313.



## DIRECT SUPPORT STAFF RECOGNITION

For the rest of the year, we will be recognizing staff at staff meetings and cluster meetings who consistently show a solid understanding of Personal Outcome Measures and ensure that each person we support as well as their staff and families are treated respectfully. A different POM will be recognized each month, and each month at meetings, an employee will be recognized for their commitment to ensuring the featured POM is met. The honorees will receive a certificate and a gift card, and they will be recognized in Lexington Happenings. 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!

### JUNE DIRECT SUPPORT STAFF RECOGNITION

**NAME:** Donna Jodway

**PROGRAM:** Keyser Lake

**POM:** Intimate Relationships

Donna is recognized for her support of Hector and her efforts in helping him nurture healthy relationships with his family. Donna helps Hector keep in contact with his long-distance family by sending correspondence and making phone calls. It is important to Hector that he is connected with his family and Donna is supportive to this desire. Thank you, Donna, for working with him to ensure this need is met and for making a difference in his life.

#### MONTHLY POM THEMES

MARCH Respect	APRIL Natural Supports	MAY Rights	JUNE Intimate Relationships
JULY People Perform Different Social Roles	AUGUST People Can Fully Use Their Environments	OCTOBER People Are Safe	NOVEMBER People Have Friends

### SPECIAL EVENTS AND CELEBRATIONS

#### SEPTEMBER

DSP WEEK — Special recognition of employees at each work site and the Nurturing Environment Meeting.

#### DECEMBER

Holiday celebrations and thank-you gatherings at each work site.

Lexington's own upscale consignment store, **ENCORE KIDS** offers designer and brand name clothing and accessories in sizes Newborn through Children's 14/16.



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

Encore Kids is conveniently located next door to Mohawk Harvest Co-op Market and across the street from Castiglione Jewelers. It proudly employs individuals we support.

**We accept Chamber Checks \* We participate in the Chamber of Commerce Member to Member discount program, offering a 10% discount \* We offer a 10% discount to all Lexington employees every Friday \* Gift certificates are available.**

#### CONTACT INFORMATION

Megan Balser  
Lexington, Fulton County Chapter, NYSARC, Inc.  
465 N. Perry Street, Johnstown  
[balserm@lexcenter.org](mailto:balserm@lexcenter.org)



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