

LEXINGTON HAPPENINGS



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

WEDNESDAY, JUNE 5, 2019

Cornell Cooperative Extension Offers Healthy Eating Class



A group of women came to Oppenheim Day Hab recently to complete a six-week nutrition and cooking class sponsored by Cornell Cooperative Extension. The course taught healthy cooking and dietary standards, including reading labels, following recipes, food prep skills and grocery shopping. During class, they made smoothies, mini pizzas, parfaits, bean salad and fruit on English muffins as a healthy option for breakfast. The women who participated have continued to use what they learned in the class every day to make better health and wellness choices. In fact, the class has sparked an interest in them and they are working on continuing the ideas behind the course within their program and sharing what they learned with others. Pictured are Donna Phelps and Helen Bush receiving their certificates; Donna Phelps, Rose McConley and Helen Bush enjoying a meal they prepared in class; and Serina Stanton and Rose McConley receiving their certificates.

Congratulations to Canine Companions Graduates



Hayla Cyr (far left), Danielle Rector (left) and Tracy Lee recently became the second class to graduate from the Canine Companions Pet Therapy program! Hayla, Danielle and Tracy have demonstrated their training, obedience and dog handling skills and successfully met the qualifications to be considered an expert dog handler. They are now able to independently handle trained dogs during the weekly Canine Companions pet therapy visits at Lexington's day hubs and the Wells House in Johnstown. This program is offered in conjunction with Jen DeCuyke, Certified Dog Trainer Level II, of Paws Up Dog Training.

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.

PROACTIVE CARING STRESS REDUCTION SERIES FOR PARENTS AND FAMILY CAREGIVERS

Thursdays, June 6, 20 and 27 | 5:30-7:30 p.m. | 465 N. Perry Street, Johnstown | FREE

This six-session training is for parents and caregivers raising children or caring for family members with disabilities. The series teaches coping mechanisms for stress management. There will be three face-to-face group meetings, supplemented by three podcasts or videos accessible from home. A light meal will be provided. Free childcare is available upon request. Register by calling Family Services at (518) 773-2014 or emailing Nancy DeSando at desandn@thearclexington.org.

RED CROSS BLOOD DRIVE

Friday, June 7 | 10:30 a.m.—3:30 p.m. | Gymnasium, 127 E. State Street, Gloversville

Lexington is pleased to host an upcoming Red Cross Blood Drive! Schedule your appointment to give online at www.redcrossblood.org or by contacting Meredith Fritch at (518) 775-5422. All presenting donors will receive a coupon for a pint of Stewart's ice cream or gelato! Thank you for your support.

LEXINGTON FAMILY SERVICES 5K RUN AND 1-MILE WALK

Saturday, June 8 | 8 a.m. Registration, 9 a.m. Run | 465 N. Perry Street, Johnstown | Fee: \$20

Join us for the 15th annual Lexington Family Services 5K Run and 1-Mile Walk! This run, part of the 5K Triple Crown, features prize money, raffle drawings, medals and merchandise. The deadline for pre-registration is June 5. The fee is \$20 or \$25 after the deadline. Find more info at facebook.com/5ktriplecrown and register online at zippyreg.com?event=1208. If you have questions, contact Ronnie Dona at donar@thearclexington.org or (518) 736-3889.

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. Light meal provided.

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!

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

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 parking One-Day Admission: \$43 Meal Vouchers and One-Day Parking: \$17 	<ul style="list-style-type: none"> One-Day Admission: \$28 Opening Day: June 12 	<ul style="list-style-type: none"> Visit sixflags.com/partnerlogin UN: eticket6 PW: sixflags2 Season Pass: \$59.99 One-Day Admission: \$43 Picnic in the Park: \$50.41 	<ul style="list-style-type: none"> Good Any One Day Admission Tickets: \$30 Includes free parking

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

July 10 - 10:00 a.m. Nov. 13 - 10:00 a.m.

Sept. 9 - 10:00 a.m.

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

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: Sheri Hanna

PROGRAM: Good Neighbor DH

POM: Choose Where They Work

Sheri is devoted to helping the people she supports reach their goals of finding meaningful work. She has taken the Job Shadow class to the next level, going above and beyond to find new opportunities at businesses that each person in the class is interested in learning about. Thank you, Sheri, for all you do to help people find fulfillment in their employment opportunities!

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 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 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. 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 1 TO JUNE 17 | Congratulations!

Amanda Cowles, Residential, 6/1, 10 years
Rebecca Malagisi, Administration, 6/1, 15 years
Donald Rajter, Day Hab, 6/1, 10 years
Jennifer Monroe, Residential, 6/4, 20 years
Yvonne Baird, Residential, 6/5, 30 years

Amanda Brandt, Clinical, 6/7, 15 years
Kristine Knapp, Day Hab, 6/7, 15 years
Kati Sartin, Med Services, 6/7, 15 years
Kristen Shafer, Day Hab, 6/7, 15 years
Brian Towne, Residential, 6/7, 15 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. | Rail Trail, St. Johnsville Marina (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 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

Thursday, June 13 | 12:00—12:30 p.m. | Large Conference Room, 465 N. Perry Street, Johnstown

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.

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.*

SAVE THE DATE! SAFETY AND WELLNESS EXPO—FRIDAY, JUNE 28, 10AM-1PM, BURKE

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 take place **June 7 to July 18**. [More details here.](#)

PAUL NIGRA CENTER FOR CREATIVE ARTS

Lexington employees get a 10% discount on classes at the Nigra Arts Center! Just enter the code **LEXEMPLOYEE** at checkout to redeem. The Nigra Arts Center offers free classes to the people we support. If your house, program or someone you know would like 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.



LEXINGTON GOLF TOURNAMENT

Friday, June 7, 2019 | Hales Mills Country Club
Registration: 10:30—11:45 a.m. | Shotgun: Noon



Call Lynette May at (518) 661-9932 to sign up!

SAFE, FUN, EDUCATIONAL SUMMER DAY CAMPS FOR KIDS!

Art - Baking - Cooking -
Crafts - Design - Drawing -
Exploration - Games



Music - Nature -
Photography - STEAM -
Theater - AND MORE!

CLICK IMAGE FOR MORE INFO!

2019 BUS TRIPS TO BENEFIT THE NIGRA ARTS CENTER

Join us for these bus trips to a variety of fun East Coast locales! All proceeds benefit the Nigra Arts Center. You can use your arts center gift cards to attend! For more info and to buy your tickets, visit www.pncreativeartscenter.org/events. Questions? Contact Lynette May at (518) 661-9932 ext. 126 or mayl@thearclexington.org.



Bronx Zoo | 6/15
\$65/Lexington
\$70/Community



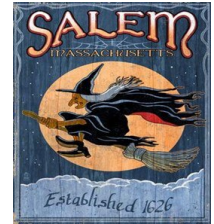
Yankees v. Red Sox | 8/3
\$125/Lexington
\$140/Community



Seafood Fest | 9/7
\$50/Lexington
\$55/Community



Mohegan Sun | 10/5
\$50/Lexington
\$55/Community



Salem, MA | 10/26
\$50/Lexington
\$55/Community

FEATURED CLASS

Aroma Soap Making | Heather Mattioni, instructor | Tuesday, June 11 | 10:00—11:00 a.m. | \$25

Looking to make your own soap with essential oils? Look no further! This hands-on class will show you step-by-step how to make custom soap from scratch. Join instructor Heather Mattioni as she teaches you how to make your own all-natural soap fragrances with essential oils! [Click here to register online.](#)

CONTACT INFORMATION

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