

LEXINGTON HAPPENINGS



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

TUESDAY, JUNE 7, 2016



David LaGrange recently held a small ceremony at The Center at Lexington, 465 N. Perry Street, recognizing the work that went into the renovations there and celebrating the completion of the project. David said a prayer of thanks for the opportunities that are newly available as a result of the renovations.

Thank you, David, for hosting this special ceremony!

Pictured is David posing with receptionist Jessica Frye in the new reception area.

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)

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

EVENTS THIS WEEK — JUNE 7 TO JUNE 13

Tuesday, June 7, 14 and 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. The cost is \$49.

Tuesday, June 7 | 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 8 | 12:00—1:00 p.m.

WEBINAR — HEALTHCARE NOTEBOOK OVERVIEW | The Center at Lexington, 465 N. Perry Street, Johnstown. Please join Lin Perry, a project director at Parent to Parent of NYS's Family to Family Healthcare Information Center, as she presents a webinar on the Healthcare Notebook. Participants will learn how a HCN can assist in organizing medical records. They will be given tips on how the notebook can assist with advocacy, save time, reduce stress and provide useful information in the event of an emergency. The target audience for this webinar is parents/caregivers.

Saturday, June 11 | 8:00 a.m.

LEXINGTON 5K RUN | The Center at Lexington, 465 N. Perry Street, Johnstown. See Wellness section for details.

EVENTS NEXT WEEK — JUNE 14 TO JUNE 21

Tuesday, June 14 | 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 15 | 6:00—7:00 p.m.

WEBINAR — HEALTHY TRANSITIONS | The Center at Lexington, 465 N. Perry Street, Johnstown. Please join Lin Perry, a project director at Parent to Parent of NYS's Family to Family Healthcare Information Center, as she presents a webinar on health transitions. As youth with ID/DD or special healthcare needs transition from pediatric to adult health care systems, self-advocates and parents alike need to understand the importance of transitioning their healthcare effectively. The target audience for this webinar is parents/caregivers and professionals.

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. 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.

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 to make arrangements. We look forward to your donations!

The date for the sale is to be announced.



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 9 and 16 | 10:00—11:00 a.m. (Every Thursday in June)

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 10 and 17 | 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 13 and 20 | 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 14 and 21 | 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? Are you planning a vacation in the summer? Need extra money for a project? Lexington can help with some of those expenses and you can help Lexington by referring qualified candidates!

For our employees with kids in college, we are currently recruiting for summer employment. This is an excellent opportunity for a college student on summer break to earn money for school. The time for them to apply is now, so that they can be considered for the next available training session once the semester 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!

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 and going to “Events” or by calling Rene Dutcher at (518) 775-5429.

DATES, TIMES & LOCATIONS

Tuesday, June 14 | 4:30—5:30 p.m. | Gymnasium, 127 E. State Street, Gloversville

Tuesday, June 21 | 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 and going to “Events” or by calling Rene Dutcher at (518) 775-5429.

DATES, TIMES & LOCATIONS

Thursday, June 9 | 3:30—4:00 p.m. | Indoor Track, 465 N. Perry Street, Johnstown

Friday, June 10 | 7:30—8:00 a.m. | Gymnasium, 127 E. State Street, Gloversville

Monday, June 13 | 3:30—4:00 p.m. | Gymnasium, 127 E. State Street, Gloversville

Thursday, June 16 | 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, 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 and going to “Events” or by calling Rene Dutcher at (518) 775-5429.

DATES, TIMES & LOCATIONS

Wednesday, June 8 | 3:30—4:00 p.m. | Large Conference Room, 127 E. State Street, Gloversville

Tuesday, June 14 | 3:30—4:00 p.m. | Cafeteria, 405 County Highway 114, St. Johnsville

Wednesday, June 15 | 7:30—8:00 a.m. | Large Conference Room, 465 N. Perry Street, Johnstown

COUCH TO 5K TRAINING PROGRAM



This training will definitely help you reach your Challenge goal! Don’t forget to meet with your coach this week, as discussed at your first meeting. Let them support you to reach your goal. Remember, those who attend five of the seven scheduled training sessions with a coach will receive a Lexington Wellness gift. In addition, eligible employees who attend will receive 10 Wellness Rewards Points. If you were unable to attend a meeting in the past, don’t let that stop you from joining one of the programs listed below. Albany employees who are interested should contact Jim Yanno for information about a group close to them.

DATES, TIMES & LOCATIONS

Friday, June 10 | 12:00 p.m. | Reception Area by Training Center, 465 N. Perry Street, Johnstown

Monday, June 13 | 12:00 p.m. | Reception Area by Training Center, 465 N. Perry Street, Johnstown

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

THE SUMMER SLIM-DOWN CHALLENGE IS UNDERWAY

Summer is right around the corner! Do you want to feel confident this summer? Do you need a spark to get you going? If so, Lexington Wellness's two Summer Slim-Down Team Challenges began Monday, May 16, and will last until **Monday, June 13**. If you are participating, remember to meet the Challenge goals each week and log your progress on the [Lexington Wellness website](#). If you have questions, contact Michelle at (518) 775-5420 or peryeam@lexcenter.org or Rene Dutcher at (518) 775-5429 or dutcher@lexcenter.org.

WEIGHT LOSS CHALLENGE

GOALS: Lose one pound per week. Log into your Lexington Wellness Website each week and complete all tasks in your To-Do list.

WEIGH IN: Participants will weigh themselves and log their progress independently. Your weight and progress will not be visible to others. You will need to know your current weight before registering.

EXERCISE MINUTES CHALLENGE

GOALS: Exercise a total of at least 150 minutes a week over the duration of the challenge. Log into your Lexington Wellness Website each week and complete all tasks in your To-Do list.

EARN PRIZES WHEN YOU PARTICIPATE IN THE CHALLENGE!

30 WELLNESS REWARDS

POINTS for completing the Challenge goal.

RAFFLE FOR ADDITIONAL PRIZES for those who meet the Challenge goals, are members of winning teams or are Wellness Buddies but aren't eligible to earn Wellness Rewards Points.

30 MORE WELLNESS REWARDS POINTS for registering as a Wellness Buddy in the Wellness Together Weight Loss and Exercise Challenge and supporting an individual Lexington supports to reach the goal.

A RAFFLE for three teams per challenge in which each member completes the Challenge goal. The team will receive \$100 to spend on the team. Each eligible member will also receive 15 Wellness Rewards Points.



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.

5K TRIPLE CROWN RACE

This year's 5K Triple Crown is almost over! Sponsored by St. Mary's Healthcare, this event represents Lexington, Glove Cities Rotary and Mountain Valley Hospice coming together with support from the Fulton-Montgomery Chamber of Commerce to host three 5k races. Winners are awarded cash prizes and medals. Each entrant is automatically entered to receive prizes such as gift certificates, runner's gear, day trips and activities.

The final leg of the Triple Crown, Lexington's 12th annual run, will take place on **June 11**. Registration and packet pickup will be 7-8:45 a.m. at 465 N. Perry Street, where the race will start and end. This is a great way to complete your Summer Slim Down Challenge and push to meet your final goal! Anyone who would like to pre-register for the race should bring their application and payment to Ronnie Dona in the Johnstown Transportation office or Cathy Baxter at Burke by no later than **June 8** at noon. The cost is \$20 if you submit payment by then, but you can also register day-of-race for \$25. The morning of the event we would like to take a group picture of all Lexington participants. We will gather at 8:30 a.m. at the Johnstown Day Hab main entrance for our picture.

Eligible employees who attend the event and provide proof of attending will earn 10 Lexington Wellness Rewards Points, which will go toward the opportunity to be entered into the second quarter raffle for a \$50 Chamber Check! Employees eligible for Lifepoints can also enter their participation in the program titled "Community Outreach" to receive 5 Lifepoints. Employees who are not eligible to receive Rewards Points but still show proof of participation will have their name entered in a raffle for prizes. Eligible employees who provide proof of participation in all three races in the 5K Triple Crown will receive an additional 40 Wellness Rewards Points.

If you have any questions about the race or would like to volunteer to help, please give call Ronnie at (518) 736-3889. For more information about the 5K Triple Crown, visit facebook.com/5ktriplecrown, 5ktriplecrown.racewire.com or contact race coordinator Jessica Smrtic at (518) 770-7584 or smrticj@smha.org.



20 Lexington employees participated in this year's Workforce Challenge 5k, which took place on May 19! This marked the first 5k for eight of the athletes: Lynette May, Lori White, Fran Schneider, Karlene Rulison, Jill Cassaro, Heather Tomlinson, Jane Queeney and Sandy Hurlbert. Awesome turnout and great job, everyone! We would like to extend a special thank you to Toni Persch, for being the team captain once again and keeping everything organized.

Pictured, starting from top left: Lynette May, Bridgett Nestor, Jean Ginter, Christian Bridge, Rene Dutcher, Lori White and Keiley Cirillo. Bottom row: Fran Schneider, Karlene Rulison, Jennifer Monroe, Bernadette Williams, Andrea Shepard, Michelle Peryea, Jill Cassaro, Toni Persch, Heather Tomlinson, Brenda Smith and Sandy Hurlbert. Not pictured: Jane Queeney and Jim Yanno.

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 or call (518) 661-9932.



Paul Nigra Center
for Creative Arts

Wednesday, June 8 and 15 | 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.*

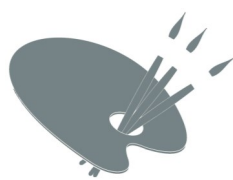
[Click here to register for the June 8 class](#) or [here to register for the June 15 class.](#)

Friday, June 10 and Wednesday, June 15 | 1:00—2:00 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 for June 10](#) and [here to register online for June 15.](#)*

Monday, June 13 | 3:00—5:00 p.m.



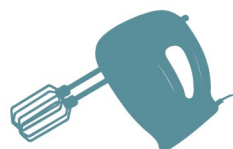
MAKEOVER MONDAY. *On Makeover Monday, instructor Kate Schwan will share hot tips, makeup tricks and beauty secrets to bring out each participant's natural beauty. Students will try makeup looks that pair perfectly with their eyes, skin tone and hair. This class is open to all and is beginner level. Special accommodations are available. The cost is \$10 if you pre-register or \$20 for walk-ins. [Click here to register online.](#)*

Tuesday, June 14 | 11:00 a.m.—12:00 p.m.



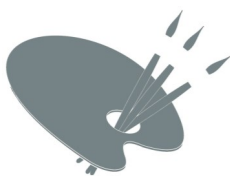
INTRO TO REIKI AND MEDITATION. *This class is a one-hour workshop explaining the origins of Reiki and meditation and how they both work, along with a guided meditation. The instructor, Heather Mattioni, will teach students how to keep a journal expressing their personal journey. Students should bring their favorite notebook to record the meditation experience. This class is open to all. The cost is \$15 if you pre-register or \$25 for walk-ins. [Click here to register online.](#)*

Tuesday, June 14 | 9:30—11:00 a.m.



CHOCOLATE JUMBLES COOKING CLASS. *In this class, instructor Maria Nestle will share her family recipe for the perfect chocolate jumbles with homemade frosting. This class is open to all and is beginner level. The cost is \$25. Pre-registration is required. [Click here to register online.](#)*

Thursday, June 16 | 4:00—5:00 p.m.



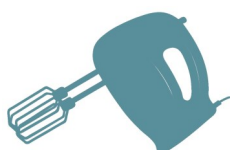
DADDY & ME HANDPRINT KEEPSAKE ART CLASS. During this class, dads will work with their children to make a colorful handprint keepsake out of molding dough. For ages 3-5. All materials are provided. The cost is \$30 per father and child if you pre-register or \$40 for walk-ins. [Click here to register online.](#)

Thursday, June 16 | 6:00—7:00 p.m.



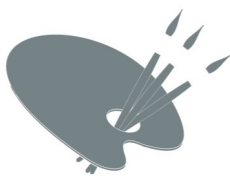
DANCE EXPLOSION! (SIX-WEEK KIDS WORKSHOP). Instructor Gretchen Salvione will teach students ages 4-18 of all skill levels, from beginner to experienced dancer, jazz, ballet and hip-hop dances. Classes take place on June 16, 23, 30, July 7, 14 and 21. The last day of class, July 21, will be dedicated to a mini recital for family and friends. No special equipment or shoes are required for participation. The fee is \$65 if you pre-register or \$75 for walk-ins. [Click here to register online.](#)

Thursday, June 16 | 6:00—8:00 p.m.



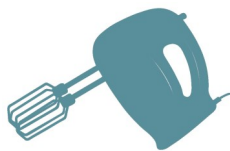
SUPPERS IN A SNAP: CHARGRILLED CHICKEN AND SPRINGTIME STRAWBERRY SALAD. Andrew Dench teaches the Suppers in a Snap series, where he shows students how to make the most of their time in the kitchen with quick and delicious meals. In this class, students will learn how to prepare Sembawang Chicken, a dish inspired by Singaporean cuisine. It incorporates ginger and chili-infused chicken thighs on bamboo skewers, served with mung beans and bok choy and topped with grated beets. This class is suitable for chefs of all levels. The cost is \$30 if you pre-register or \$40 for walk-ins. [Click here to register online.](#)

Thursday, June 16 | 6:00—8:00 p.m.



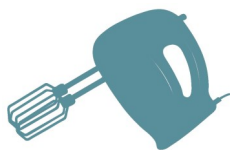
ABSTRACT GLASS ART CLASS. In this beginner-level class, instructor Beth Spraggs will teach students how to use layered stained glass, marbles, discs, tiles and mirrors to make a glass decorated frame. This class is open to all and is beginner level. Special accommodations are available. All materials are provided, but if you have broken jewelry or an accent piece, feel free to bring it to personalize your piece. The cost is \$25 if you pre-register or \$30 for walk-ins. [Click here to register online.](#)

Tuesday, June 21 | 10:30 am.—12:30 p.m.



PIZZA MAKING CLASS. Join instructor Salvatore Mannino as he teaches students how to make hand-tossed, Brooklyn-style pizza. This class is open to all and is beginner level. Special accommodations are available. The cost is \$25. Pre-registration is required. [Click here to register online.](#)

Tuesday, June 21 | 6:00—8:00 p.m.



ALL THINGS PASTRY COOKING CLASS. In this class, instructor Karen Bischoffberger will show students various ways to use prepared pastries such as turnovers, streusel and sticky buns to make delicious desserts. This class is open to chefs of all levels. The cost is \$30 if you pre-register or \$40 for walk-ins. [Click here to register online.](#)

All scheduled offerings are subject to change! Check our website at www.pncreativeartscenter.org for the most recent information on classes and events.



International Day of Yoga Celebration with Dori Daknis!

**Saturday, 6/18
1:30-2:30PM
\$5.00**

**Click here
for more
information!**

June 21 is International Yoga Day, so on Saturday, June 18, the Paul Nigra Center is hosting a special yoga event in celebration.

Join instructor Dori Daknis for an Outside Yoga class for only \$5! International Yoga Day aims to raise awareness worldwide of the many benefits of practicing yoga. Go home feeling refreshed, relaxed and centered after this peaceful class in the outdoors.

Click the image to the left for more information or [click here to register online.](#)

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

THE REVIVAL CONCERT



The Revival is a multi-genre cover band from Schenectady. They will be performing at the Paul Nigra Center for Creative Arts on Thursday, June 9, from 7-8:30 p.m.

Admission is \$15. Tickets are available in advance or at the door. [Click here to buy tickets online.](#)

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

Opening Day: June 15

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

LYTLE & LYTLE 401K/PENSION MEETINGS

Chuck Lytle from Lytle & Lytle Associates will be available by appointment on Wednesday, June 8, 10 a.m. to noon at the Oppenheim Day Hab cafeteria to answer any 401k questions you might have. To reserve a time slot with Mr. Lytle, please call Bridgett Nestor in Human Resources at (518) 775-5422. If you are not available during the times or at the location specified, please call Bridgett to coordinate a consultation with Mr. Lytle at a different date.

EMPLOYEE ANNIVERSARIES (10+ years)

MAY 30 TO JUNE 5 | Congratulations!

Lisa Edwards, Residential, 6/10, 20 years

Theresa Sieg, Residential, 6/14, 35 years

NUTURING ENVIRONMENT MEETINGS

The next Nurturing Environment Meetings will take place at the following dates:

- June 23 at 10:00 a.m. in Albany
- June 30 at 11:30 a.m. in Johnstown

REMINDER

2nd Quarter FSS Grant applications are due by June 15.

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.



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.

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.

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

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

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Lexington - Chapter of NYSARC, Inc.:
www.facebook.com/LexingtonARC
“Like” Encore Kids on Facebook:
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