

LEXINGTON HAPPENINGS



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

Lexington-Liberty Floor Hockey Team Takes Bronze!



The Lexington-Liberty floor hockey team, the Predators, recently attended the Special Olympic Winter Games in Rochester! The team started practicing together in November and worked hard to put together plays, practice skills and gain a sense of what it is to be a team. Our team members who attended the three-day event were Victor Colon, Ross Carangelo, Nakreesh Christman and Josh Brooks. Other team members Ralph Orapello, Stevie Rix and Justin Carpenter cheered the athletes on and were a huge part of the team and their overall success. The team came back with the bronze in their division after playing their last game in sudden death overtime!

Flame Wins Danny Award!



On March 8, Flame traveled to New York City for Daniel's Music Foundation's first annual Danny Awards! Daniel's Music Foundation is a music program where people with disabilities can explore, learn, celebrate and share the joy of music. The Foundation created a global platform for people with disabilities to showcase their musical talents, and the top 10 Danny Award recipients were chosen from video submissions to that platform. Flame won in the "Original Song" category for "Call This Home," which they performed at the ceremony! Their award was presented by Bob Kinkel, a keyboardist and music engineer most known for his work with Trans-Siberian Orchestra.

WEDNESDAY, MARCH 11, 2020

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

HOME BASE BASKET RAFFLE IN HONOR OF BRAIN INJURY AWARENESS MONTH

Please consider supporting Home Base's basket raffle fundraiser to benefit the Brain Injury Association of New York State! The prize includes a metal reusable basket, four champagne flutes, a bottle of sparkling cider, a "You + Me = Us" decorative sign and a \$30 gift certificate that can be used at Sam's or Romana's restaurants. The basket is a \$60 value. Tickets are \$5 each and can be purchased at Home Base, located in 465 N. Perry Street, Johnstown. The drawing will be held on **Tuesday, March 31**. Thank you for your support!

SPLASH THE SPECTRUM

Mondays, March 9 to May 18 (no April 13) | 5:00-6:00 p.m. | YMCA, 213 Harrison Street, Gloversville

Splash the Spectrum offers children with autism and sensory processing difficulties the opportunity to work with trained therapists and other children to promote motor development and sensory processing skills through various aquatic activities. Socialization skills will be addressed by various group activities, including sing-alongs and games. This Lexington Family Services program serves children ages 3-18 who have an autism spectrum disorder or other sensory processing issues. Each child must be accompanied in the water by a responsible adult. To participate, please contact Heather Garcia at (518) 773-2014 or garciah@thearclexington.org.

LEXINGTON ANNUAL TALENT SHOW WITH MC JOSE KEMP—POSTPONED

New Date TBA | 6-8:30 p.m. | Nigra Arts Center, 2736 NY-30, Gloversville

The annual Lexington Talent Show was postponed from its original date of Friday, February 21, due to illness concerns. The new date will be announced soon.

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 with autism learn social skills through sing-alongs and games. For more information and to sign up, please call Family Services at (518) 773-2014.

NURTURING ENVIRONMENT MEETINGS



Our Goal: In 2001, we began the Nurturing Environment Program. Our goal 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.

Next Meetings: Fulton County— ****March Meeting Postponed****

Thursday, April 30 | 10:00 a.m. | Training Center, 465 N. Perry Street, Johnstown

Albany County—Thursday, May 7 | 10:00 a.m. | Hampton Inn, 1442 Western Avenue, Albany

Can't make a meeting but would like to send us your input? Send a note to Terry Williams at 127 E. State Street, Gloversville, call the Nurturing Environment Hotline at 1-800-831-5602 or email nurture@thearclexington.org.

EMPLOYEE ANNIVERSARIES (10+ years)

MARCH 10 TO MARCH 23 | Congratulations!

Debra Voght, Maintenance, 3/20, 20 years

HR NEWS AND INFORMATION

DIRECT SUPPORT STAFF RECOGNITION

If you know a staff who has good understanding of Personal Outcome Measures and ensures the people we support, their families and staff are treated respectfully, please nominate them for recognition! Each month, a different POM will be recognized and an employee will be recognized for their commitment to that POM. Managers who want to honor staff should submit their name, a photo and a description of why they are being recognized to their AD!

NAME: Charlyn Moore

PROGRAM: Good Neighbor

POM: Best Possible Health

Charlyn does an outstanding job ensuring the people she supports have the best possible health. She is always encouraging people to walk the track or work out in the fitness room. She takes the time to work with them on their fitness goals and listens when they have a concern. She is not just their cheerleader—she also leads by example.

NAME: Shadae Hayles

PROGRAM: Emotional Support

POM: Best Possible Health, Respected

Emotional Support Specialist Shadae Hayles supports people with things that are meaningful to them. She always encourages people to look their best and recently spent time with Ihesha and Kim, styling their hair to make them look fabulous and feel great! She is also helping Davina explore healthy recipes. With Shadae's help, Davina is able to make healthy dinners for everyone in her house, which makes her feel "helpful and independent."



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 FEBRUARY:

Esther Carpenter
Shatasha Carter

Shelby Delos
Nathan Horning

Janet Kretser
Andrea Smeallie

Akeela Valace
Zoey Whitman

EXTRA \$250 REFERRAL BONUS

Lexington holds monthly drawings of \$250 for employees who refer new direct support staff! Each referral is entered, even if they aren't hired. For more information, contact Heidi Smith at smithhei@thearclexington.org or (518) 736-3965. The winners for February were Michelle Warner (East, pictured left), Dave Carpenter (West, pictured middle) and Jammaddal Smikle (Albany, pictured right). Congratulations!



WELLNESS TOGETHER

WALKING GROUPS

Looking for an exercise you can do regularly? Walking has many health benefits, including reducing the risk of heart disease, strengthening bones and improving balance, lung health, fitness, and management of weight, blood pressure, high cholesterol and diabetes. Join a walking group with your coworkers or Wellness Buddies to hold you accountable! We will walk outside if the weather permits. Wear appropriate shoes and bring water to drink. Bring a Wellness Buddy!

DATES, TIMES & LOCATIONS

Mondays | 10 a.m. | Gym, 127 E. State St., Gloversville
Thursdays | 10 a.m. | Track, 465 N. Perry St., Johnstown

Fridays | 7:30 a.m. | Gym, 127 E. State St., Gloversville

STRETCH FOR YOUR HEALTH!

Looking to reduce your stress, improve your energy level and prevent back pain or injuries? Join us for three minutes of stretching to music! This is a fun way to get rid of tight spots and stress! No special clothes needed. Yoga mat optional.

DATES, TIMES & LOCATIONS

Every Monday, Wednesday and Friday | 10:30 a.m. | Gymnasium, 127 E. State Street, 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.*

WELLNESS TOGETHER EAT RIGHT BITE-BY-BITE NUTRITION CHALLENGE

In recognition of National Nutrition Month, join us in a three-week Nutrition Challenge designed to help you band together with friends and co-workers to work toward a healthy eating plan! The challenge will run from **Monday, March 16 to Sunday, April 5**. To participate, simply eat two servings of fruits and two servings of vegetables four days a week for the duration of the Challenge. Register to participate by **Sunday, March 15!** [Click here for more information about the Challenge and how to sign up.](#)

NYS BUTT STOPS HERE (7-WEEK PROGRAM)

Quitting smoking will eliminate smoker's cough; lead to fewer colds and chest infections; give you fresher breath and hair, fewer wrinkles and whiter teeth; lower your risk of heart disease and lung cancer; and give you a better chance of living a long, healthy life. We would like to start a FREE seven-week program that includes one group meeting a week, where you will receive tools to help you quit smoking, understand addiction, create an action plan and change your mindset through behavior change, guided imagery, relaxation techniques and journaling. If you, a loved one or a person you support would like to quit smoking, please call Michelle Peryea at (518) 775-5420 for more information.

MARCH HEALTHLINK CALENDAR

If you are interested in community classes to help improve your health, check out what HealthLink at Nathan Littauer Hospital has to offer, from education to helping you manage your diabetes and weight! [Click here to view the calendar.](#)

FREE YEAR-LONG DIABETES PREVENTION PROGRAM

Wednesdays Starting April 29 | 5-6 p.m. | Room B/C, St. Mary's Hospital, 427 Guy Park Ave., Amsterdam
Have you, a family member or a friend been told you are at risk of developing diabetes or have prediabetes? If so, St. Mary's Healthcare is offering a FREE program to help you. [Please click here for more information.](#)

BROOK APP—RESOURCE FOR EMPLOYEES ENROLLED IN LEXINGTON'S MEDICAL PLAN

We are always looking for new ways to help you get and stay healthy! All employees enrolled in Lexington's Medical Plan are eligible to download a FREE personal health companion app on your smartphone. [For details, please click 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 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.



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 information and to buy your tickets, visit pncreativeartscenter.org/events. Tickets are reserved only when payment is made in full. Questions? Contact Lynette May at (518) 661-9932 ext. 126 or mayl@thearclexington.org.



MGM Studios Casino | 3/22
\$50/Lexington
\$55/Public



Boston, MA | 5/16
\$50/Lexington
\$55/Public



Bronx Zoo | 6/14
\$60/Lexington
\$65/Public



Mystic Aquarium | 7/18
\$70/Lexington
\$75/Public



LEGOLAND Resort | 8/8
\$115/Lexington
\$125/Public



Seafood Fest | 9/12
\$50/Lexington
\$55/Public



Salem, MA | 10/17
\$50/Lexington
\$55/Public



Buffalo Bills Game | 11/1
\$115/Lexington
\$125/Public



New York City | 12/12
\$50/Lexington
\$55/Public

SPRING BREAK CAMP

April 13-17 | 9 a.m.-4 p.m. | Cost: \$175/week or \$50/day

Kids ages 5-12 are invited back to the Nigra Arts Center for a week of activities involving the importance of everyone doing their part to maintain the planet! There will be STEAM projects, Trash to Treasure adventures, planning herb gardens, outside activities and more! **For more information and to register, please click here.**

ART SHOW CLOSING RECEPTION

Friday, March 27 | 6:00—8:00 p.m.

Join us for the Meet the Artists Closing Reception and Awards Ceremony for our current show, "Women's Movement: Art By, About and For Women" featuring sculptor Kristen Visbal as guest speaker!

FEATURED CLASS

For 1, 2 or Date Night: Chicken Parmesan | Denise Dickson, instructor | Thurs., March 19 | 5:30-7:30 p.m. | Cost: \$35
In this class, students will learn to make chicken parmesan with incredible taste in very little time. We will make a quick sauce, spaghetti and garlic bread, keeping in mind it's only for a few people. After we are done, we will enjoy our home-cooked meals. Great for singles or couples! All levels of cooking knowledge are welcome. [Click here to register online.](#)

CONTACT INFORMATION

Megan Balser
Lexington, Chapter of The Arc New York
2736 State Highway 30, Gloversville
balserm@thearclexington.org



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www.facebook.com/LexingtonARC
www.facebook.com/FlametheBand
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