

LEXINGTON HAPPENINGS



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

TUESDAY, MARCH 12, 2019



The Engaged and Empowered Adaptive Sports Club takes on martial arts! In January, ten people visited the Paul Nigra Center for Creative Arts for a martial arts presentation from representatives of Pai's Tae Kwon Do in Schenectady. The presentation included a demonstration of the fundamentals of martial arts as well as a focus on the mind to approach life with a "Yes I Can" attitude. Thank you to Pai's Tae Kwon Do for this great event! Pictured, clockwise from top left, are the group practicing the proper technique for punching; Michelle Watson channeling her energy to split a board in half with her fist; Lori Collado, Michael Tybor, Andrew Barr, Luke Olson, Thomas Levielle and Ihesha Manette attending the event; and Taneesh Mannion, Bill Mannion, Jean Garhartt, Michelle Watson and Mary Kaye Ormiston with their teachers from Pai's Tae Kwon Do.

ROCK FOR ABILITIES CONCERT FEATURING FLAME

Friday, March 15 | 6—8 p.m. | Gym, 127 E. State St., Gloversville | \$5

Join us for a night of great music that celebrates ABILITIES as part of National Developmental Disabilities Awareness Month! Anyone who brings a food donation to benefit food pantries will be entered into a raffle to win a door prize. All proceeds will go to the Elmore Transitions Scholarship Fund.

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

MARCH IS BRAIN INJURY AWARENESS MONTH

Traumatic brain injury (TBI) is a major cause of death and disability in the United States. TBIs contribute to about 30% of all injury deaths. Every day, 153 people in the United States die from injuries that include TBI. Those who survive a TBI can face effects that last a few days, or the rest of their lives. Help us raise awareness for TBIs and honor those affected by wearing green on Brain Injury Awareness Day, **Wednesday, March 13!**

BRAIN INJURY AWARENESS FUNDRAISER

Home Base is raffling off a 7-foot inflatable Easter Bunny yard decoration! All proceeds will be donated to the Brain Injury Association of New York State, a nonprofit organization, in honor of Brain Injury Awareness Month. Visit Home Base at 465 N. Perry Street, Johnstown, or call (518) 736-3908 for tickets, which cost \$5 for 1, \$10 for 3 and \$20 for 8.

SPLASH THE SPECTRUM

Mondays, March 11—May 20 (no 4/23) | 5-6 p.m. | Fulton County YMCA, 213 Harrison Street, Johnstown

This free program offers children ages 3-18 with autism and sensory processing issues the chance to improve motor development and sensory processing skills through aquatic activities. Socialization skills will be addressed by group activities, including sing-a-longs and games. Each child must be accompanied in the water by an adult. RESERVATIONS ARE REQUIRED. To sign up, contact Erin Hollenbeck at (518) 773-2014 or hollene@thearclexington.org.

MUSIC THERAPY — PRESENTED BY LEXINGTON FAMILY SERVICES

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.

FAMILY SUPPORT GROUP

Wednesday, March 20 | 5:30—6:30 p.m. | Nigra Arts Center, 2736 State Highway 30, Mayfield

Join us for a low-stress, comfortable and supportive monthly group for parents, caregivers and adult siblings of people diagnosed with autism or intellectual/developmental disabilities. This group is led by Jennifer Feagles, LMSW, director of Transitions, and Nancy DeSando, Autism Resource Coordinator. A light meal will be provided. If you are interested in attending, please call Family Services at (518) 773-2014 to RSVP and arrange for childcare/respite if needed.

TRAINING: SUPPORTING INDIVIDUALS THROUGH SELF-HARM BEHAVIORS

Tuesday, March 26 | 7:30—8:00 a.m. | Classroom A, 465 N. Perry Street, Johnstown

Tuesday, March 26 | 10:00—10:30 a.m. | Training Basement, 127 E. State Street, Gloversville

The Psychology Department is offering this training session on supporting people through self-harm behaviors. The training will be presented by Marla Lathers, mental health specialist. If you have any questions, please contact Maria Betts at (518) 775-5381 or bettsm@thearclexington.org.

TRAINING: UNDERSTANDING STRESS IN THE INDIVIDUALS WE SUPPORT WHILE MONITORING YOUR OWN STRESS LEVELS

Tuesday, April 2 | 7:30—8:30 a.m. OR 10:00—10:30 a.m. | Classroom C, 465 N. Perry Street, Johnstown

When we are faced with a challenge, the body activates biological resources to prepare us to address the challenge or shift away from it. Individuals we support may not always utilize healthy coping mechanisms, requiring us to assist. Managing one's own stress levels is imperative to preventing burnout while still providing nurturing support to others. If you have any questions, please contact Maria Betts at (518) 775-5381 or bettsm@thearclexington.org.

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: Kindy Peaslee

PROGRAM: Krumkill

POM: Best Possible Health

March is Nutrition Month and we can't thank our Dietary Department enough for all they do! Kindy works with Krumkill. Some of the people there have trouble eating certain foods, and Kindy always takes the time to talk with them and help them try new things. She has taken the lead with helping develop a new system for Julia to get her daily nutrition that will create less waste and still be safe and healthy for Julia. This is a sensitive job with little room for error, but Kindy is dedicated to doing it to help Julia!

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:

Greg Garguilo Brittnie Nicosia Lisa Palumbo Morgan Phillips Alicia Simmons Niki Thompson Sarah Wilson

EMPLOYEE ANNIVERSARIES (10+ years) | MARCH 12 TO 25 | Congratulations!

Christine Potter, Clinical, 3/22, 25 years

Kyle Rix, Residential, 3/23, 15 years

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

March 28 - 10:00 a.m.

Aug. 29 - 11:30 a.m.

April 25 - 11:30 a.m.

Sept. 26 - 10:00 a.m.

May 30 - 10:00 a.m.

October 31 - 1:00 p.m.

June 27 - 1:00 p.m.

Nov. 21 - 10:00 a.m.

July 25 - 10:00 a.m.

Dec. 19 - 11:30 a.m.

ALBANY

Hampton Inn, 1442 Western Ave., Albany

March 13 - 10:00 a.m.

May 8 - 10:00 a.m.

July 10 - 10:00 a.m.

September 11 - 10:00 a.m.

November 13 - 10:00 a.m.

EXTRA \$250 REFERRAL BONUS

Lexington is holding monthly drawings of \$250 for employees who refer new direct support staff! Each referral will be entered into the drawing, even if the candidate is not hired. For more info, contact Doug Blanc at (518) 775-5307 or blancd@thearclexington.org. The winners for February were Destinee Flores (Albany) and Alexis Douglas (East).

WELLNESS TOGETHER

WALKING GROUPS

Looking for an exercise you can do on a regular basis? Not only is walking a common activity, it also 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 help hold you accountable! We will walk outside if the weather permits. Please be sure to wear appropriate shoes and bring water to drink. The walks will be held as listed below.

DATES, TIMES & LOCATIONS

Every Friday | 7:30—8:00 a.m. | Gym, 127 E. State Street, Gloversville

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

CDPHP LIFE POINTS OVERVIEW — 2019 CHANGES

To employees enrolled in Lexington's medical plan: we are continuing to offer the CDPHP Life Points Program in 2019 and there are a few changes we would like to show you. Every one Life Point is equal to \$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 combined total of 365 points in 2019. Attend one of the following Overview classes to learn about this year's changes to the program! We will offer four of these classes each month.

DATES, TIMES & LOCATIONS

Tuesday, March 19 | 3:30—4:00 p.m. | Large Conference Room, 465 N. Perry Street, Johnstown

BRING SALLY UP SQUAT CHALLENGE WITH PLANKS

Join us on weekdays at 3:15 p.m. for this FUN but challenging short activity to build your core strength. Yoga mats will be provided. You can do this workout without having to change your clothes. Hope to see you there!

DATES, TIMES & LOCATIONS

Every weekday | 3:15 p.m. | Gym, 127 E. State Street, Gloversville

A MOMENT FOR MEDITATION

Meditation has many health and wellness benefits, including reducing stress, increasing blood flow, and maybe even helping reverse heart disease. Join us for 3 minutes of guided meditation. No equipment needed.

DATES, TIMES & LOCATIONS

Every weekday | 3:30 p.m. | Gym, 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.*

WEIGHT WATCHERS AT WORK

The next Weight Watchers at Work series starts on **March 20**. Sign up or renew between March 13 and 20 and pay only \$217.80 for the 26-week series, as opposed to the regular price of \$242. Payroll deduction over 4 paychecks is available if you sign up by March 20. Attend the meetings on March 13 and 20 to see what the program is about and sign up if it is right for you. Meetings will take place Wednesdays starting March 20, with weigh-ins at 11:15 a.m. and meetings 11:30 a.m.—12 p.m., at 465 N. Perry Street, Johnstown, in the former Employment Resources/CDT area. Please contact Michelle Peryea at (518) 775-5420 with any questions.

MARCH 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 March schedule.

RESULTS OF LEXINGTON BLOOD DRIVE

Lexington's blood drive on February 22 was a huge success! We had 34 presenting donors, 26 whole blood donors, 2 Power Red donors and 30 total units collected! This represents 90 lives potentially saved by your donations. Thank you to everyone who participated! If you missed this drive, we will hold another on **Friday, June 7**.

2019 SAFE ENVIRONMENT AND WELLNESS PROGRAM MEETINGS

All are invited to attend the 2019 Safe Environment and Wellness Program Meetings. Safety Liaisons and Wellness Champions are especially encouraged to attend! These meetings focus on recognizing safety and wellness successes as well as providing education and updates on safety and wellness topics. This is also a time to bring up any safety and wellness questions or concerns. Below is the schedule for the Fulton County meetings. They will each be held at **465 N. Perry Street, Johnstown, Training Center Classroom C**, from 10:30 a.m. to 12:30 p.m.

Spring	Summer	Fall
Monday, May 13	Monday, August 12	Monday, November 11

2019 CDPHP WORKFORCE TEAM CHALLENGE

Registration is open! The 2019 CDPHP® Workforce Team Challenge, a 3.5-mile run/walk held at the Empire State Plaza in Albany, is scheduled for **Thursday, May 16**, at 6:25 p.m. We are once again putting together a Lexington team. Last year we had 44 participants, and we would love to have an even larger team this year! You do not have to run to participate. Our team always has a group of people with a variety of abilities, including runners and walkers.

Here are some health benefits you may gain from participating in this program:

- Lower blood pressure
- Reduce stress
- Reduce or maintain weight
- Help control blood sugar
- Improve sleep
- Improve mood

Lexington's team will be broken down into co-ed and gender-specific teams. When the race is over, we'll see how we did compared with other corporations. We have done well in past years! We carpool to the event, so if you are worried about getting there, don't let this stop you. If you need support with training, Lexington Wellness will offer a Couch to 5K Training Program starting at the end of March. Details TBA. If you would like to join the Lexington team or have any questions, please contact Toni Persch at (518) 736-4131 or perscht@thearclexington.org. To register for the race, visit www.cdphpwtc.com and click on Registration Info. Then click Register and select Lexington Center. Registration closed out last year and people were unable to participate, so do not wait until the last minute to sign up!

LEXINGTON 5K RUN/5K TRIPLE CROWN

Registration is open for the annual Lexington 5K Run and the 5K Triple Crown! This series of runs features prize money, raffle drawings and race-specific medals and merchandise. All participants are guaranteed a free shirt and goody bag if they sign up before **Monday, April 1**. Entries for the Triple Crown must be received online by **Wednesday, May 1**, or at day-of-race on Saturday, May 4. Pre-registration for the individual races is \$20 each, or \$50 for all three. Find more information at facebook.com/5ktriplecrown and register online at zippyreg.com?event=1208. If you have any questions about the Lexington Run, please contact Ronnie Dona at donar@thearclexington.org or (518) 736-3889.

Rotary's Run for the Roses 5K	Johnson Jog 5K Run/Walk	Lexington 5K Run
Saturday, May 4	Saturday, May 18	Saturday, June 8
7:30 a.m. registration/9 a.m. run	7:30 a.m. registration/9 a.m. run	8 a.m. registration/9 a.m. run
Partner's Pub, 21 S. William St., Johnstown	Johnson Hall, 139 Hall Ave., Johnstown	Lexington, 465 N. Perry St., Johnstown

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.

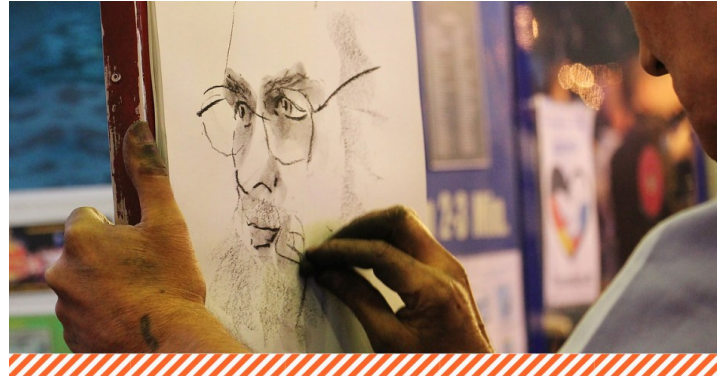


Registration Open! 2019 Kid Camps



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2019 FULTON MONTGOMERY ART SHOW

CALL FOR ARTISTS

Featuring work from artists in New York's Fulton and Montgomery Counties

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.



Boston, MA | 4/20
\$50/Lexington
\$55/Community



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



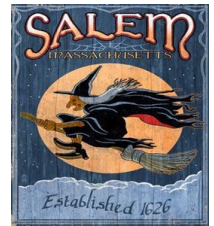
Yankees/Red Sox | 8/3
\$125/Lexington
\$140/Community



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

Paper Marbling | Melanie Fay, instructor | Friday, March 22 | 10:00 a.m.—12:00 p.m. | \$25

Paper marbling is so much fun! Come and make your own papers! We will float paint in water and dip and dip our papers to create amazing designs. This craft is perfect for making cards, stationary or just beautiful pieces of art to take home. [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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