

# LEXINGTON HAPPENINGS



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

MONDAY, MAY 11, 2015



Our Albany individuals have been getting healthy - Together! They meet for exercise three Saturdays a month at Van Ren and Rapp Road. The sessions are open to all the houses in Albany. There are also three people working out one-on-one with a personal trainer. Everyone is doing a tremendous job and loving it. Susan Monscko, Kathy Smith, Erik Browne, Scott Goodrich, Sarah Hulett, David Schottenham, and Joan Mickles are all regular group exercise participants.

## EVENTS THIS WEEK — MAY 11 TO MAY 17

Tuesday, May 12 | 9:30am—11:00am

**AUTISM BASICS | The Training Center, 465 N. Perry Street, Johnstown.** Presented by Vickey Morrison, Lexington Speech Language Pathologist. Ideas for working with people on the autism spectrum. Contact the Training Center to enroll.

Tuesday, May 12 | 5:30pm—7:30pm

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

Tuesday, May 12 | 6:00pm—8:00pm

**ARTISTS RECEPTION: MULTI-MEDIA SVAN ART SHOW | Northville Library Gallery, 341 S. 3rd Street, Northville.** Lexington Creative Expressions Artists will have their artists reception for a Multi-Media Art Show put on by SVAN.

### 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 Lindsay Hinkle

([hinklel@lexcenter.org](mailto:hinklel@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)

Wednesday, May 13 | 5:00pm—6:00pm

**SENSORY SWIM FOR CHILDREN DIAGNOSED ON THE AUTISM SPECTRUM | Gloversville Middle School, 234 Lincoln Street, Gloversville.** *Sensory Swim 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-a-longs and games. This program serves children 3-21 years old who have an autism spectrum disorder or other sensory processing issues. The program will run for twelve weeks on Wednesday evenings at the Gloversville Middle School. Each child must be accompanied in the water by a responsible adult. RESERVATIONS ARE REQUIRED and are limited to 12 children per class/session. Please call Family Services at (518) 773-2014 to RSVP.*

Wednesday, March 13 | 6:30pm—8:00pm

**FULTON-MONTGOMERY CHAPTER OF THE AUTISM SOCIETY OF AMERICA AUTISM SUPPORT GROUP | The Center at Lexington, 465 N. Perry Street, Johnstown.** *Join us as we screen the film “Temple Grandin” and have a follow-up panel discussion about the film. Meetings are open at no cost to all individuals who have special needs, their family members and professionals. New members are always welcome! For more information or to register, please call (518) 773-2014. Respite is available.*

---

## EVENTS NEXT WEEK — MAY 18 TO MAY 24

Tuesday, May 19 | 5:30pm—7:30pm

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

Wednesday, May 20 | 9:30am—11:00am

**TRANSITIONS PRESENTS: “TRANSFORMING OBSTACLES INTO OPPORTUNITIES,” A PRESENTATION BY JOHN ROBINSON | The Training Center, 465 N. Perry Street, Johnstown.** *This event is open to the public and is a fundraiser for the Transitions Scholarship Fund. There will be limited seating available for employees to attend, free of charge. If you are interested in attending, please email [Terry Williams](#) and we will put your name on a list and notify you if we’re able to accommodate you.*

Wednesday, May 20 | 12:00pm—5:30pm

**TRANSITIONS PRESENTS: FOCUS ON AUTISM CONFERENCE | Transitions | 2736 State Highway 30, Gloversville.** *Because this is a widely publicized event that is open to the public, there will be limited seating available for employees to attend. Those who attend must have their registration paid for by their programs (\$99). If you are interested in attending, please email [Terry Williams](#) and we will put your name on a list and notify you if we’re able to accommodate you.*

Wednesday, May 20 | 5:00pm—6:00pm

**SENSORY SWIM FOR CHILDREN DIAGNOSED ON THE AUTISM SPECTRUM | Gloversville Middle School, 234 Lincoln Street, Gloversville.** *Sensory Swim 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-a-longs and games. This program serves children 3-21 years old who have an autism spectrum disorder or other sensory processing issues. The program will run for twelve weeks on Wednesday evenings at the Gloversville Middle School. Each child must be accompanied in the water by a responsible adult. RESERVATIONS ARE REQUIRED and are limited to 12 children per class/session. Please call Family Services at (518) 773-2014 to RSVP.*

Thursday, May 21 | 10:00am

**SELF-ADVOCACY COMMITTEE MEETING | Large Conference Room, 465 N. Perry Street, Johnstown.**

## WELLNESS TOGETHER

### GET FIT, GET HEALTHY!

Do you need help staying on track with reaching the steps Challenge goal? No problem! This program is designed to help you make healthy lifestyle changes such as losing weight, getting physically fit or whatever your personal goal is. All are welcome to attend. The program will be modified for all participants. If you have an exercise mat or dumbbells please feel free to bring them but they are not necessary. Any questions contact Jennifer Morse at (315) 429-3563. Eligible employees that attend will be awarded 10 Wellness Rewards Points.



### DATES, TIMES & LOCATIONS

Tuesday, May 12 | 3:00pm—4:00pm | Dolgeville Firehouse, Helmer Ave, Dolgeville

### DANCE AEROBICS



Come and have fun dancing your way into shape! Employees, wear your pedometers to count your steps. No experience needed. This is Latin-based dance aerobics which is 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.

### DATES, TIMES & LOCATIONS

Tuesdays | 4:30pm—5:30pm | Gymnasium, 127 E. State Street, Gloversville

### INTRO TO HOOPDANCE

Attend this new Healthlink program. Call 736-1120 to reserve your spot. Space is limited. Put a new spin on your day! Looking for a fun way to increase your activity, burn calories, improve your posture, and build core strength? Try 'hula hooping' in this introductory class for beginners. Janis Freeman, Certified Hoopdance Instructor. FREE (hoops provided)!



### DATES, TIMES & LOCATIONS

Wednesday, May 13 | 5:30pm—6:30pm | 2 Colonial Court, Johnstown

### UPCOMING 5K'S SCHEDULED IN YOUR AREA:

Mountain Valley Hospice 5K – FMCC Campus – Sunday, May 17\* @ 10am (5K Triple Crown Series) - See Ronnie Dona  
CDPHP Workforce Team Challenge – Empire State Plaza, Albany – Thursday, May 21 @ 6:25PM - See Toni Persch  
Lexington Family Services 5K – 465 N. Perry St., Johnstown – Saturday, June 6\* @ 9am (5K Triple Crown Series) - See Ronnie Dona. [Registration form found on Page 7.](#)

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



### 5K TRIPLE CROWN

### PRESENTED BY ST. MARY'S HEALTHCARE

Didn't sign up for the Triple Crown Series but still want to run in the last two races? You can register online at [5ktriplecrown.racewire.com](http://5ktriplecrown.racewire.com) for the Mountain Valley Hospice 5K (May 17) and the Lexington 5K (June 6).

## EMPLOYEE ANNIVERSARIES (10+ years)

**MAY 11 TO MAY 17 | Congratulations!**

Laura Empie, Day Hab, 5/14, 25 years

Bonnie Reuss, Clinical, 5/15, 20 years

## PLEASE RETURN ITEMS

Anyone who has Temple Grandin movies or books, please return to the Training Center. Thank you!

## SAVE THE DATE!

Lexington Annual Safety & Wellness Expo  
Wednesday, June 17 | 9am – 12pm | Bishop Burke

## STAFF RECOGNITION

The following Staff were recognized throughout April for their outstanding help in aiding people with their natural support relationships.



JDH - Theresa Austin

Good Neighbor - Rich Boucher

Senior Day Hab - Franklyn Whitney

Pathfinders - Pete Giblin

## WHITE ELEPHANT SALE - **CANCELLED**

The Medical Department's White Elephant Sale fundraiser has been cancelled.

## 2015 SELF-ADVOCACY COMMITTEE MEETING DATES

*All meetings will be held at 465 N. Perry Street in the large conference room and will begin promptly at 10am. The board members will meet right after.*

*May 21*

*August 20*

*November 19*

*June 18*

*September 17*

*December 17*

*July 16*

*October 22*



## HOT PRETZEL FUNDRAISER

On Wednesday, May 13, the Men's Group of Good Neighbor will be selling hot pretzels with warm cheese on the side in the hallway by the cafeteria at 465 N. Perry Street, Johnstown, from 9:30am—11:00am.

## HR NEWS AND INFORMATION



### BJ'S WHOLESALE CLUB DISCOUNT MEMBERSHIP RATE

Get \$10.00 off the regular \$50.00 Annual Membership Fee!

Your cost will be \$40.00 + tax = \$43.20 for a one year Membership.

Get a FREE second membership card for another household member.

Get an extra 3 months FREE. That's 15 months for less than the cost of a 12-month membership!

All renewals will have 15 months added onto their BJ's membership from their current expiration date.

A BJ's Club Representative will be available on Friday, May 22 at

Bishop Burke | Gymnasium | 9:00 am — 11:45 am

Johnstown Center | 465 N. Perry Conf. Room | 12:15 pm — 1:00 pm

If you are unable to attend one of the dates above, you can obtain a membership application by calling Bridgett Nestor in Human Resources at (518) 775-5422 beginning May 26 through June 5, 2015.

This special discount is not being offered at any BJ's location.



## S.T.A.R.R. PROGRAM - CALLING ALL LEXINGTON STAFF!

We need your help recruiting part-time and per diem Direct Support staff for the Residential, Day Habilitation and Family Services Programs!

If you know someone who is kind-hearted and would enjoy supporting an individual while helping them to reach their full potential, please refer them to the Lexington Human Resources Department to complete an application for immediate consideration. They may also visit our website at [www.lexingtoncenter.org](http://www.lexingtoncenter.org) to complete an online application!

**Please note:** We have temporarily increased the monetary reward of our S.T.A.R.R. referral bonus program! For anyone referred and hired on or after November 15, 2014, you can now earn up to **\$500** for each person hired part-time, per diem or full-time. This special incentive will run through **August 31, 2015!** Give an application to a friend or family member today!

**Exceptions?** Yes. Employees may not refer a single applicant more than once such as in the case of a rehire. Also, agency executives and Human Resources Department staff involved in the hiring process are not eligible to participate.

If you have any questions, contact the Human Resources Department at (518) 773-7931.



Toni Calderwood received her S.T.A.R.R. referral check from her supervisor Marie Gallup. Others who have received their checks this month are:

Kathy Adzic	Julia Kirk	Jenea Sweet
Hadiatou Balde	Karissa Kuebaugh	Belinda Tillery
Scott Cheetham	Rob Lockwood	
Nathan Cowles	Tina Mergel	
Teresa Edick	Johaana Perkins	
Cassandra Harrington	Susan Spagnola	
	Tonia Stockigt	

## 2015 SUMMER DAY TICKET SALES FOR AREA THEME PARKS NOW AVAILABLE

### THE GREAT ESCAPE

Ages 2 and Under Free  
 Adult and Child \$38.00  
 (Regular gate price: \$56.99)  
 Meal Vouchers \$12.00 each  
 1 Day Parking Pass \$15.00 each  
*Opening Day May 16, 2015*



### SIX FLAGS NEW ENGLAND

Ages 2 and Under Free  
 Adult and Child \$38.00  
 (Regular gate price: \$59.99)  
*Opened May 1, 2015*

### WATER SAFARI / ENCHANTED FOREST

Ages 2 and Under Free  
 Adult and Child \$24.00  
 (Regular gate price: \$30.95)  
*Open Daily beginning June 17, 2015*



### DARIEN LAKE THEME PARK RESORT

Ages 2 and Under Free  
 Adult and Child \$28.00  
 (Regular gate price: \$45.99)  
*Opened May 9, 2015*

Tickets may be purchased in the Human Resource Department located in the Bishop Burke Building or through Donna Dineen in the Oppenheim Day Hab. 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.



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 stocked with lots of great Summer items.  
We carry the best brands, in the best condition, all at  
affordable prices.**



“Like” Lexington on Facebook:  
Lexington - Chapter of NYSARC, Inc.:  
[www.facebook.com/LexingtonARC](http://www.facebook.com/LexingtonARC)  
“Like” Encore Kids on Facebook:  
Encore Kids: [www.facebook.com/encorekidsconsignments](http://www.facebook.com/encorekidsconsignments)

#### **CONTACT INFORMATION**

*Lindsay Hinkle, Community Engagement  
Specialist  
Lexington, Fulton County Chapter, NYSARC, Inc.  
465 N. Perry Street, Johnstown | (518) 736-3950  
| [hinklel@lexcenter.org](mailto:hinklel@lexcenter.org)*

# Lexington

Chapter of NYSARC, Inc.



## 11<sup>th</sup> Annual Family Services 5K Run & 1-Mile Walk



Saturday, June 6, 2015 @ 9:00am A 2015  Grand Prix Event

**Registration & Packet Pickup Time:** 7:00am–8:45am at Lexington, 465 N. Perry St., Johnstown NY

**Entry Fees:** Runners & Walkers: \$20.00 prior - \$25.00 day of race

**Course:** City of Johnstown streets (will be open to traffic); Start and End at Lexington, 465 N. Perry Street

**Race Information:** Contact: Ronnie Dona (518) 736-3889 or Cathy Baxter (518) 775-5340

Race Application: [www.fmrrc.org](http://www.fmrrc.org) | **Registration is also available at [5ktriplecrown.racewire.com](http://5ktriplecrown.racewire.com)**

**T-shirts:** Short sleeve T-shirts are available for the first 150 paid participants, runners or walkers

**Awards:** Male & Female overall & First 3 finishers, Male & Female, in each age group; no duplicates

————— CUT HERE & RETURN WITH ENTRY FEE —————

**Runners and Walkers:** Please make checks payable to Lexington and mail to Lexington, 465 N. Perry St., Johnstown, NY 12095 / Attn: Ronnie Dona

**Please Choose:** Age Group: 15 & under / 16-19 / 20-29 / 30-39 / 40-49 / 50-59 / 60-69 / 70 & over T-shirt size: S M L XL  
CIRCLE ONE: I will participate in the 5K I will participate in the 1-Mile Walk

Name \_\_\_\_\_ Age on Race Day \_\_\_\_\_

Address \_\_\_\_\_ Sex: Male Female

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

I know that running races is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with the race including, but not limited to, falls, contact with other participants, the effects of the weather, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release the race directors, Lexington Center, the City of Johnstown, and all sponsors, their representatives, and successors from all claims or liabilities of any kind arising from my participation in the race even though that liability may arise out of the negligence or carelessness on the part of the persons in this waiver.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent or Guardian Signature (if under 18) \_\_\_\_\_