

# LEXINGTON HAPPENINGS



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

TUESDAY, MAY 21, 2019

## Kelsey McCoy Reaches Fitness Milestone!



Amy VanNostrand, a direct support staff at Family Services, has been working with Kelsey McCoy on walking more to stay fit. They practiced for weeks in preparation for a 5K hosted by the American Heart Association in April, and through hard work and encouragement from Amy, Kelsey was able to finish the 5K and earn a medal! This is a huge accomplishment, as she had never walked such a long distance before. Congratulations to Kelsey and Amy!

## Pathfinders Day Hab Produces Trail Guide Book!



The men who attend Pathfinders Day Hab recently produced a Trail Guide Book detailing the hiking options in our area! They spent months researching, collecting and organizing information to put in the book. It includes 71 local trails, ranked from easy to difficult, and details about the accessibility of each. The printing of this book was sponsored by a grant from the Office of Public Health. Lexington participates in the five-year grant project along with five other Capital District chapters of The Arc. The grant aims to increase physical activity and awareness of nutrition and healthy eating. Pathfinders distributed the books to Lexington's day hab, residential, Transitions and Family Services programs as well as to other agencies that are part of the grant. They also gifted two copies of the Trail Guide book to Mark Kilmer, president of the Fulton Montgomery Regional Chamber of Commerce. One will be kept at the Chamber office in Gloversville and the other at the Fulton County Visitors Center in Broadalbin. Pictured, left to right, are Pathfinders program manager Sherry Passero, Ben Miller, Mark Kilmer and Mackenzie Walsh.

### 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](mailto: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](http://fultonmontgomeryny.org)  
[44lakes.com](http://44lakes.com)

ALBANY COUNTY:  
[albany.com/events/](http://albany.com/events/)  
[events.timesunion.com](http://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.

## SELF-CARE FOR THE CAREGIVER OF INDIVIDUALS WITH AUTISM SPECTRUM DISORDER

**Wednesday, May 22 | 6-8 p.m. | Transitions, 2736 NY-30, Mayfield | Free**

Join us for a training session presented by Jenna Bodisch, LMSW, education specialist at the Center for Autism and Related Disorders. In this session, participants will learn about stress, compassion fatigue and burnout and how these can affect them. The training will help them identify their own stress/triggers, begin self-care strategies and create their own self-care plan. To sign up, visit <http://bit.ly/2V2Q7SR> or call Family Services at (518) 773-2014.

## SPAGHETTI DINNER FUNDRAISER TO BENEFIT THE NIGRA ARTS CENTER

**Wednesday, May 29 | 3:30-7 p.m. | Plaza's Italian Bistro, 130 N. Pine St., Gloversville | \$8/meal**

Contact your AD or Dale Schermerhorn at (518) 736-4197 to buy tickets for this fundraiser from the Supportive Apartments! Each meal includes spaghetti, two meatballs and a roll from Plaza's Italian Bistro. Collect your food on May 29 by **going through the drive-thru** and presenting your ticket. Tickets will be on sale through **May 24**.

## 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.

Spring	Summer	Fall
Monday, June 3	Monday, August 12	Monday, November 11

## 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](https://facebook.com/5ktriplecrown) and register online at [zippyreg.com?event=1208](https://zippyreg.com?event=1208). If you have questions, contact Ronnie Dona at [donar@thearclexington.org](mailto:donar@thearclexington.org) or (518) 736-3889.

## 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.**

*\*Please note that the meeting scheduled for May 30 has been CANCELED.*

## HR NEWS AND INFORMATION

### 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](mailto: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!

### 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](http://www.lexingtoncenter.org). Make sure they list your name as the referral source!

### HERE ARE SOME EMPLOYEES WHO REFERRED NEW HIRES IN APRIL:

**Karla Brownell**  
**George Grosse**

**Ashlee Hazzard**  
**Nate Horning**

**Marla Lathers**  
**Joanne Merritt**

**Sam Onderdonk**  
**Laurie Stella**

**Jessica Wilson**

### 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](mailto:blancd@thearclexington.org) or (518) 775-5307. The winners for April were Jessica Darling (East), Eric Hastings (West) and Laurie Stella (Albany). Congrats!

### SUMMERTIME THEME PARK DISCOUNTED TICKET RATES

Lexington is pleased to announce discounted 2019 ticket rates for The Great Escape, Water Safari/Enchanted Forest, Six Flags New England and Darien Lake Theme Park Resort! Tickets can be purchased in the Human Resources Department, located at Bishop Burke, 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](mailto: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"><li>• Gold Season Pass: \$71 Unlimited visits and free parking</li><li>• One-Day Admission: \$43</li><li>• Meal Vouchers and One-Day Parking: \$17</li></ul>	<ul style="list-style-type: none"><li>• One-Day Admission: \$28</li><li>• Opening Day: June 12</li><li>• Not available for purchase until June 5</li></ul>	<ul style="list-style-type: none"><li>• Visit <a href="http://sixflags.com/partnerlogin">sixflags.com/partnerlogin</a>   UN: eticket6   PW: sixflags2</li><li>• Season Pass: \$59.99</li><li>• One-Day Admission: \$43</li><li>• Picnic in the Park: \$50.41</li></ul>	<ul style="list-style-type: none"><li>• Good Any One Day Admission Tickets: \$30 Includes free parking</li></ul>

### EMPLOYEE ANNIVERSARIES (10+ years) | MAY 21 TO JUNE 3 | Congratulations!

Donna Bergen, Med Services, 5/26, 20 years

## WELLNESS TOGETHER

### WALKING GROUPS

Looking for an exercise you can do on a regular basis? 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

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

Thursday, May 30 | 10:00—10:30 a.m. | Reception Area, 405 Co Hwy 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](http://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, May 23 | 12:00—12:30 p.m. | Large Conference Room, 127 E. State Street, Gloversville

Thursday, May 30 | 11:00—11:30 a.m. | Conference Room, 405 County Highway 114, St. Johnsville

### BRING SALLY UP SQUAT CHALLENGE WITH PLANKS

Join us on weekdays at 3:15 p.m. for this FUN but challenging four-minute activity to build your core strength. Yoga mats will be provided. You can do this workout without having to change your clothes.

#### DATES, TIMES & LOCATIONS

Weekdays | 3:15 p.m. | Gym, 127 E. State St., Gloversville

### A MOMENT FOR MEDITATION

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

#### DATES, TIMES & LOCATIONS

Weekdays | 3:30 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](mailto:peryeam@thearclexington.org).**

## COMING SOON: 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 TBA.

## COUCH TO 5K TRAINING PROGRAM FOR WALKERS AND RUNNERS

Get in shape for the Lexington 5K! Your coach will host a meeting at least once a week until **Friday, June 7**. They will provide training tips and a schedule to help keep you on track. Choose the session that best works with your schedule or attend all sessions each week. If you have not participated in a regular exercise routine before, check with your doctor before training. Questions? Contact Michelle Peryea at (518) 775-5420 or [peryeam@thearclexington.org](mailto:peryeam@thearclexington.org)

DAY	TIME	LOCATION	COACH/FITNESS LEVEL
Mondays	5PM	Gymnasium, 127 E. State St., Gloversville	Jean Ginter / Walkers & Runners
Tuesdays	12PM	Training Center, 465 N. Perry St., Johnstown	Toni Persch / Walkers & Runners
Tuesdays	3:30PM	Multipurpose Rm, 405 Co. Hwy 114, St. Johnsville	Jen Morse & Amanda Brandt / Walkers & Runners
Wednesdays	7:30AM	Gymnasium, 127 E. State St., Gloversville	Michelle Peryea / Walkers & Beginner Runners
Thursdays	3:30PM	Gymnasium, 127 E. State St., Gloversville	Fran Schneider / Walkers



## 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](mailto: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](http://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](http://www.pncreativeartscenter.org/events). Questions? Contact Lynette May at (518) 661-9932 ext. 126 or [mayl@thearclexington.org](mailto:mayl@thearclexington.org).



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



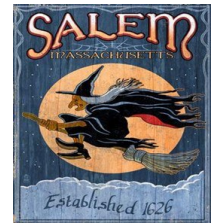
**Yankees v. Red Sox | 8/3**  
\$125/Lexington  
\$140/Community



**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

**Dying Silk Scarves | Brenda Dwyer, instructor | Thurs., May 23, 6-7:30 p.m. | Thurs., May 30, 12-1:30 p.m. | \$35**

*In this class, you will learn how to dye your own beautiful Habotai silk scarf using powered acid dyes. The right scarf can add the perfect finishing touch to an outfit, especially if you customize the scarf to match your wardrobe! [Click here to register for the May 23 class online](#) or [here to register for the May 30 class](#).*

#### CONTACT INFORMATION

Megan Balser  
Lexington, Chapter of The Arc New York  
2736 State Highway 30, Gloversville  
[balserm@thearclexington.org](mailto:balserm@thearclexington.org)



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