

# LEXINGTON HAPPENINGS



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

MONDAY, MAY 4, 2015



Sam Millington, Carol Miller, Tammy Finkle and Sabrina Breyo were among the recipients of "Above and Beyond" volunteering awards presented at Lexington's 7th Annual Volunteer Recognition Event. Well done, Volunteers!

## EVENTS THIS WEEK — MAY 4 TO MAY 10

Tuesday, May 5 | 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 5 | 6:00pm—8:00pm

**POSITIVE ADULT STRESS REDUCTION PROGRAM** | The Center at Lexington, 465 N. Perry Street, Johnstown. *Lexington Family Services, in cooperation with the Vanderbilt Kennedy Center for Research on Education and Human Development, presents this final of three sessions for parents, caregivers and adult siblings of people diagnosed with Developmental Disabilities. This series is led by two parents who have been trained by Vanderbilt University's Kennedy Center. Vanderbilt's*

### 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)

strategies have been proven to reduce stress levels and have had a positive impact on the ability of parents to support family members with disabilities. Please call Family Services at (518) 773-2014 to RSVP and to make arrangements for childcare/respite and transportation.

Wednesday, May 6 | 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.

Friday, May 8 | 10:30am—3:15pm

**RED CROSS BLOOD DRIVE | Gymnasium, 127 E. State Street, Gloversville.** Lexington is pleased to host an upcoming Red Cross Blood Drive. Our goal for this drive is to have 40 donors. Please sign up by stopping by or calling Bridgett Nestor in the Human Resource Department at (518) 775-5422.

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## EVENTS NEXT 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 Teshia Shults at [shultst@lexcenter.org](mailto:shultst@lexcenter.org) 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.

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.

## WELLNESS TOGETHER

### DANCE AEROBICS

*Come and have fun dancing your way into shape! 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

### WELLNESS WALK



*Walking is great exercise, may help someone lose weight but it also helps reduce stress, refocus and allow you time to socialize. Come join Michelle for a walk. You can walk at your own pace. 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.*

### DATES, TIMES & LOCATIONS

Tuesday, May 5 | 3:30pm—4:00pm | Indoor Track, 465 N. Perry Street, Johnstown

Thursday, May 7 | 12:00pm—12:30pm | Gymnasium, 127 E. State Street, Gloversville

### 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.*



### DATES, TIMES & LOCATIONS

Tuesday, May 5 | 3:00pm—4:00pm | Dolgeville Firehouse, Helmer Avenue, Dolgeville

### “SPRING” INTO SHAPE TEAM STEPS CHALLENGE - BEGINS TODAY!!



*This is a 6-week team steps Challenge focused on increasing physical activity. As Spring kicks in, let's take advantage of the great outdoors and exercise outside. The Challenge Dates are Monday, May 4 to Monday, June 15, 2015. THE GOAL: Complete at least 21,000 steps each week (3,000 steps per day) of the Challenge. ALL employees that sign up for the Challenge will be eligible to receive a free pedometer after they complete registration for the Challenge on their website.*

### 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



### 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).

## TRANSITIONS IS PROUD TO PRESENT TWO UNIQUE AND EXCITING EVENTS ON WEDNESDAY, MAY 20

**"TRANSFORMING OBSTACLES INTO OPPORTUNITIES," A PRESENTATION BY JOHN ROBINSON**  
The Center at Lexington | 465 N. Perry St., Johnstown | 9:30am – 11:00am

*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](mailto:Terry Williams) and we will put your name on a list and notify you if we're able to accommodate you.*

### FOCUS ON AUTISM CONFERENCE

Transitions | 2736 State Highway 30, Gloversville | 12:00pm – 5:30pm.

*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](mailto:Terry Williams) and we will put your name on a list and notify you if we're able to accommodate you.*



### LEADERSHIP WEBINAR TRAININGS

The following Leadership webinar trainings will be provided at 465 North Perry. If you are interested, please contact Teshia Shults at [shultst@lexcenter.org](mailto:shultst@lexcenter.org) or 736-3882 to register for the course. Webinars are provided by National Seminars.

5/4/15

**Breaking Bad Communication Habits** | 2pm-3pm

465 N. Perry St. Johnstown | Large Conference Room

6/8/15

**Developing Your Leadership Voice** | 2pm-3pm

Training Center- 465 N. Perry. Johnstown | Classroom C

6/30/15

**How to Be an Inspirational Leader** | 2pm-3pm

Training Center, 465 N. Perry St. Johnstown | Classroom B

### SAVE THE DATE!

Lexington Creative Expressions Artists | Multi-Media  
SVAN Art Show | Artists Reception: Tuesday, May 12  
| 6 - 8pm | Northville Library Gallery (341 S. 3rd  
Street)

### CONGRATULATIONS TO OUR RUNNERS!

A job well done to Lexington's Jessica Egelston and Marion Smith for their achievements in the Glove Cities Rotary's "Run for the Roses" 5K, a part of the 5K Triple Crown Series on Saturday. Jessica came in 3rd in her age group and Marion ran her first race! Both plan to complete the remaining two races in the Triple Crown series, including the Lexington 5K on June 6. Congratulations to all of Lexington's runners!



### RED CROSS BLOOD DRIVE

**Appointment times available!!**



**WHEN:** FRIDAY, MAY 8, 2015

**WHERE:** BISHOP BURKE GYMNASIUM

**TIME:** FROM 10:30 AM UNTIL 3:15 PM

Please sign up by stopping by or calling Bridgett Nestor in the Human Resource Department (518) 775-5422.



## LEXINGTON ALL-STARS VS. STAFF BASKETBALL TOURNAMENT



### 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*

### MOTHER'S DAY ROSE SALE

There will be a Mother's Day Rose Sale at Bishop Burke this Friday, May 8 at 9:00am until the roses are sold out. All proceeds will be donated to the Paul Nigra Center for Creative Arts.



### 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.

### LEXINGTON'S MEDICAL DEPARTMENT WHITE ELEPHANT SALE

Date: Wednesday, May 13, 2015

Time: 9:00AM – 4:00PM

Place: The Gym at Burke

Come and see what great treasures await you at our "White Elephant Sale". We have all been busy gathering lots of "next to new" household items, decorations, books, wall art, and jewelry that we no longer need or have room for in our homes and will be accepting donations for them with all proceeds going to:

The Paul Nigra Center for Creative Arts

*Hope you'll stop in and shop our sale tables for items that need new homes.*



## HR NEWS AND INFORMATION

### 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?** 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.

### GREAT ESCAPE / SIX FLAGS THEME PARKS 2015 SEASON PASSES AVAILABLE

Lexington is pleased to offer Season Passes for The Great Escape / Six Flags Theme Parks at discounted rates. These tickets are available for employees and their friends and families along with the people we support.

A season pass allows unlimited visits on regular operating days during the 2015 season. If your Season Pass is purchased through Lexington and activated at The Great Escape no later than July 15, 2015, you will receive free parking at the Great Escape location for the 2015 season.

The cost is \$62.00 each, payable by cash or personal check. These Great Escape Season Passes will be available for purchase in the Human Resources Department located at Burke until July 15, 2015.



### 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.



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.**



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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)*