

LEXINGTON HAPPENINGS



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

TUESDAY, MAY 7, 2019

Day Habs Spruce Up Their Community!



At the beginning of the month, several day habs, including Community, Kaleidoscope, Pathfinders and Quest, participated in a community-wide cleanup! Many people from each day hab ventured outside their buildings and beyond to celebrate spring and warmer weather by picking up trash, clearing walkways, sweeping parking lots, beautifying flower beds and more. Pictured, left to right are John Lane of Pathfinders picking up trash in the woods, Kelsey McCoy shoveling dirt off the sidewalk near Quest Day Hab and Ben Miller of Pathfinders laying down fresh mulch in the flower beds outside his day hab building. Thanks to everyone who participated in making their community a cleaner, nicer place!

Exploring Creativity at the Nigra Arts Center!



Amanda Cowles and Tiffany Rocklin are enthusiastic and creative with helping the women who live at Progress Road flourish and explore their interests. Each month, they look over the Nigra Arts Center’s calendar of events and select things to do based on everyone’s interests. At the arts center, the women have been able to socialize, relax, have fun and make personalized gifts and home décor items at social club events and art classes. Thank you, Amanda and Tiffany, for helping the people you support find new opportunities! They are pictured above with Evelyn Powell, Aggie Richards, Sandy LaRose and Debbie Mason.

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

SPLASH THE SPECTRUM

Mondays, March 11—May 20 | 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.

LEXINGTON FAMILY SERVICES FAMILY SUPPORT GROUP

Wednesday, May 22 | 5:30-6:30 p.m. | Paul Nigra Center for Creative Arts, 2736 NY-30, Mayfield

You are invited to Lexington's Family Support Group for parents, caregivers and adult siblings of people diagnosed with learning or developmental differences. The group is led by Jennifer Feagles, LMSW, director of Transitions, and coordinated by Nancy DeSando, Autism Resource Coordinator. Join us for a low stress, comfortable, supportive group for families. Please call (518) 773-2014 to RSVP and arrange for childcare/respite. Light meal provided.

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 purchase tickets for this fundraiser from the Supportive Apartments! Each ticket is good for a meal of spaghetti, two meatballs and a roll at Plaza's Italian Bistro. Collect your food on May 29 by going through the drive-thru and presenting your ticket — **you MUST pick up your meals at the drive-thru**. Tickets will be on sale through May 24. Thank you for your support!

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

May 30 - 11:30 a.m.	Aug. 29 - 11:30 a.m.	Nov. 21 - 10:00 a.m.
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.	

ALBANY

Hampton Inn, 1442 Western Ave., Albany

May 8 - 10:00 a.m.	Sept. 9 - 10:00 a.m.
July 10 - 10:00 a.m.	Nov. 13 - 10:00 a.m.

**Please note that this date has changed*

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: Kim Kilmartin and Deb Rasbach **PROGRAM:** Oppenheim DH **POM:** Different Social Roles

Kim and Deb have done an exemplary job helping the people they support perform different social roles through relationships with people from Lilah's Foster Home for Cats. The women in Kim and Deb's room have raised money to support the cats this organization cares for by making and selling brownie sundaes, bracelets and more. Lilah's came to Oppenheim with three kittens and everyone enjoyed visiting and playing with them. It was great for the women involved to see firsthand some of the cats they are helping. Through their team fundraising efforts, the women were able to donate a total of \$234 to Lilah's Foster Home for Cats. Great job to all involved, and thank you to Kim and Deb for helping these women to fulfill a meaningful social role within their community!



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 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 or (518) 775-5307. The winners for April were Jessica Darling (East), Eric Hastings (West) and Laurie Stella (Albany). Congrats!

BJ'S WHOLESALE CLUB DISCOUNT MEMBERSHIP OPPORTUNITY

BJ's Wholesale Club is offering Lexington employees discounted membership rates! New enrollees will pay \$27 for a one-year regular membership (regular: \$55) or \$54.50 for a one-year rewards membership (regular: \$110). Renewing members will pay \$43.20 for a regular membership or \$86.40 for a rewards membership. Renewals will have 13 months added onto their membership. BJ's will also provide a free second membership card for another household member, an extra month free and a \$50 gift card to Restaurant.com for new and renewing members. You can get a membership application by calling Meredith Fritch in Human Resources at (518) 775-5422 until **May 17**. You must enroll by then to be eligible for these promotions. This discount is not available at any BJ's location.

EMPLOYEE ANNIVERSARIES (10+ years) | MAY 7 TO MAY 20 | Congratulations!

Lindsay Boris, Clinical, 5/11, 10 years

Robert Kemper, Maintenance, 5/17, 15 years

Gary Culver, Maintenance, 5/14, 25 years

Linda Shaffer, Rehab, 5/18, 20 years

Celia Sleezer, Residential, 5/14, 25 years

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

Monday, May 13 | 3:30—4:00 p.m. | Large Conference Room, 465 N. Perry Street, Johnstown

Tuesday, May 14 | 3:30—4:00 p.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.**

COUCH TO 5K TRAINING PROGRAM FOR WALKERS AND RUNNERS

Get in shape for one of the upcoming 5Ks with Lexington's Couch to 5K program! Participating in a 5K can help with weight management, toning muscles, strengthening heart and lungs, lowering blood pressure and cholesterol, and more! 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, it is important that you check with your doctor before training. If you have questions, contact Michelle Peryea at (518) 775-5420 or 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

MAY 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 May schedule.

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. The deadline for online entry has passed, but you can also register at day-of-race. The fee for each race is \$20. 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.

Johnson Jog 5K Run/Walk	Lexington 5K Run
Saturday, May 18	Saturday, June 8
7:30 a.m. registration/9 a.m. run	8 a.m. registration/9 a.m. run
Johnson Hall 139 Hall Avenue, Johnstown	Lexington 465 N. Perry Street, Johnstown

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. **Please note that the date of the spring meeting has been changed.**

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

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 with questions.

The Great Escape	Water Safari/Enchanted Forest	Six Flags New England	Darien Lake Theme Park Resort
<ul style="list-style-type: none"> Gold Season Pass: \$71 Unlimited visits and free parking One-Day Admission: \$43 Meal Vouchers and One-Day Parking: \$17 	<ul style="list-style-type: none"> One-Day Admission: \$28 Opening Day: June 12 Not available for purchase until June 5 	<ul style="list-style-type: none"> Visit sixflags.com/partnerlogin UN: eticket6 PW: sixflags2 Season Pass: \$59.99 One-Day Admission: \$43 Picnic in the Park: \$50.41 	<ul style="list-style-type: none"> Good Any One Day Admission Tickets: \$30 Includes free parking

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.



THE LEXINGTON FOUNDATION'S ANNUAL SPRING INTO FASHION EVENT IS COMING!



Lexington's annual Spring Into Fashion event, featuring spring looks from Just Because ... Boutique and benefitting the Nigra Arts Center, will take place Thursday, May 9, 11 a.m.-2 p.m. Tickets are still available — click [here](#) for more information!

GET READY FOR 2019 SUMMER KID CAMPS!



DETAILS TBA!

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.



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



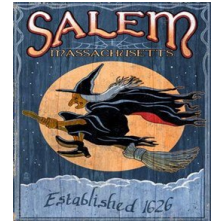
Yankees v. Red Sox | 8/3
\$125/Lexington
\$140/Community



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

Monday Gentle Yoga | Dori Daknis, instructor | Monday, May 13 and 20 | 10:30-11:30 a.m. | \$12

Ease into the practice of yoga with Gentle Yoga. It is great for people who want a gentle approach to flexibility. Sitting poses are done in a chair, lying down poses are supported by props and standing poses are available with support as well. This session is designed to reduce stress as you learn simple yoga postures. [Click here to register online.](#)

CONTACT INFORMATION

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balserm@thearclexington.org



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