

LEXINGTON HAPPENINGS



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

TUESDAY, MAY 8, 2018



Transitions student Dylan Goomansingh recently worked at the Fulton-Montgomery Community College job fair, helping recruit new employees for Lexington as part of his internship with our Human Resources department. Dylan attends FMCC and has a second internship with Coldwell Banker. His goal is to work in human resources. As part of his internship, he participates in interviewing new employees and helps with the prescreening process. He is a valued member of the team with a successful future ahead of him. Also in attendance at the job fair were Dylan's Transitions peers! Each Apprentice prepared resumes ahead of time and visited booths, seeking summer employment options and speaking to future employers. Pictured, clockwise from top left, are Dylan at the Lexington table, Zen Anderson learning about a local business, Dylan assisting fellow student Joe Magliocca and Jason Ehrlich speaking to representatives from Hannaford.

MOTHER'S DAY RAFFLE BASKET TO BENEFIT ADOPT AN ANGEL

Johnstown Day Hab Room 3 is raffling off a Mother's Day Basket! Tickets are \$1 for one, \$3 for five or \$5 for 20. The drawing will be held on May 11 at 1 p.m. For more information and to buy tickets, call (518) 736-3810 or visit Room 3.

“LOTTO CASH” RAFFLE TO BENEFIT NIGRA ARTS CENTER

Oppenheim Day Hab is holding a raffle for \$40 worth of lottery tickets! Tickets are on sale now at Oppenheim Day Hab, Johnstown Day Hab or Bishop Burke for \$1 for one, \$2 for three or \$5 for ten. The drawing will be held May 18. If you have any questions, please contact Janet Kretser at (518) 568-3102.

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

MAY FAMILY CONNECTIONS EVENTS

All are welcome to attend any of these events. Call Family Services at (518) 773-2014 to RSVP. Transportation and respite are provided upon request. For more information about any of these sessions, [click here](#).

- **Splash the Spectrum**
Mondays, May 14 and 21 | 5:00—6:00 p.m. | Fulton County YMCA, 213 Harrison Street, Johnstown
- **Music Therapy for School-Aged Children Diagnosed on the Autism Spectrum**
Every Tuesday in May | 5:30—7:30 p.m. | 43 Harrison Street, Gloversville
- **Sib Street**
Friday, May 18 | 6:00—8:00 p.m. | 43 Harrison Street, Gloversville
- **Autism Movement Therapy (AMT) and Creative Movement**
Saturday, May 19 | 10:00—11:00 a.m. | 43 Harrison Street, Gloversville

LEXINGTON GOLF TOURNAMENT

Lexington invites you to participate in our second annual golf tournament on **Friday, June 8**, at Hales Mills Country Club! The tournament includes foursome teams, but individual registrations are accepted. The fee includes a gift, sandwich lunch, liquid refreshments and snacks, prime rib dinner and chances for prizes and raffles. Registration is 10:30-11:45 a.m. and shotgun at noon. The cost is \$100 per golfer or \$50 for non-golfers who plan to attend dinner. Proceeds benefit the Nigra Arts Center. The deadline for entry is Friday, June 1. To sign up, contact Lynette May at (518) 661-9932 or Tim White at (518) 775-5342.



SUMMER WREATH RAFFLE

Johnstown Day Hab is holding a summer wreath fundraiser raffle! What better way to brighten up your home for the summertime than with one of these beautiful wreaths?

Tickets are on sale now at Johnstown Day Hab! The cost is \$1 for one, \$3 for five or \$5 for 20. All proceeds benefit Adopt-a-Child.

The drawing will be held on **Friday, June 1**. Thank you for your support!

2018 NURTURING ENVIRONMENT MEETINGS

In 2001, we began the Nurturing Environment Program. Our goal is to continually strive towards 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 an even better place for people we support and our employees.

JOHNSTOWN

Training Center, 465 N. Perry St., Johnstown

May 30 — 3:00 p.m.	September 27 — 11:30 a.m.
June 28 — 11:30 a.m.	October 31 — 10:00 a.m.
July 26 — 10:00 a.m.	November 29 — 10:00 a.m.
August 29 — 10:00 a.m.	December 27 — 11:30 a.m.

ALBANY

Hampton Inn, 1442 Western Ave., Albany

May 9 — 10:00 a.m.
July 11 — 10:00 a.m.
September 12 — 10:00 a.m.
November 9 — 10:00 a.m.

NURTURING ENVIRONMENT MEETING RECAP — APRIL 26

GOAL OF THE NURTURING ENVIRONMENT COMMITTEE:

To create 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.

Do you have any suggestions to make Lexington an even better place for everyone? Let us know by contacting your supervisor, calling the Nurturing Environment Hotline (1-800-831-5602), sending an email to nurture@lexcenter.org or sending a note to Terry Williams at 127 E. State St., Gloversville.



A SPECIAL RECOGNITION

Bonnie Alessi, Lexington's most senior employee, was recognized for achieving her 45th work anniversary on April 12! Bonnie's many years of service have been invaluable to Lexington and the many people she has supported since she came to us. We have been very lucky to count on Bonnie's kind, caring support for so long. Congratulations, Bonnie!

FROM JUDY SCHELLE, BOARD PRESIDENT

We recently held our annual Celebrating Abilities event to honor the achievements of some of our men and women. We highlighted at least one ability for each person and shared their story with everyone. We learned of their goals, struggles, persistence, perseverance, patience and accomplishments. Hearing their stories made us feel so happy for and proud of them. They were able to reach their goals because you supported and encouraged them along the way.

Some parents and families attended the event as well. I saw a mom and dad watching their daughter as she walked to the front of the room to get her award. Everyone was applauding for her. She was beaming. As she returned to the table, her parents' faces were full of pride and happiness. They only had eyes for her. You could almost see the stardust sparkling around them. This special moment could never have happened if not for you and your caring support.

I hope you know how much you mean to our parents and families. I know they would want to thank you for special moments such as these and for all the opportunities you give to the men and women you support. Thank you for all you do every day to keep our environments safe, healthy, happy, caring and nurturing for all. We are proud of you! Our world is a better place because of you. May God bless you and your families.

WELLNESS TOGETHER RECOGNITIONS

We recognized 85 people we support for completing the No Sugar Added Wellness Together Challenge and 79 employees for supporting them as Wellness Buddies. Congratulations!



UPCOMING NUTURING ENVIRONMENT MEETINGS

Albany: Wednesday, May 9 | 10:00 a.m. | Hampton Inn, 1442 Western Ave., Albany

Johnstown: Wednesday, May 30 | 3:00 p.m. | Training Center, 465 N. Perry St., Johnstown

OPEN MIC STORIES/CELEBRATING ABILITIES

The Bishop Burke Autism Room at GDH shared a presentation on Autism Awareness Month.

Someone who used to come to respite at 69 Chestnut moved to a Lexington home full-time last year. He is thriving.

Linda has pursued friendships outside of Lexington at the Senior Center. She became a member last year and attends monthly meetings. Her picture was in the Senior Focus section of the Leader Herald. She is pen pals with a boy from the Wheelerville School, helped bake for a luncheon, helps raise money for trips and is volunteering on Election Day. She is excited about her new group of friends.

Lauren said she used to be miserable at her prior job, so she quit and found Lexington. She has never been happier and feels blessed to be an employee at Family Services.

Travis, a Transitions mentor, said that the students there created resumes and handed them to potential employers at a job fair. He sees a lot of growth in them!



Steven shared a story about overcoming his fear of walking on docks. He used to miss out on family events due to his reluctance to walk down the dock to get on their boat. Staff and a group of friends decided to help Steven by taking him to a dock regularly to practice walking on it and get over his fear. Nobody ever said anything mean to him; they only cheered him on. After months of trying, he finally conquered his fear! Then, last year, he suddenly became ill and had to go to rehab due to back surgery. He was stuck in a chair for quite a while, but he worked with physical therapy and finally got back to himself, stronger than he's ever been. He is looking forward to making his brother proud by walking to his boat this year!

Gale from Stratford said that Marty and Tracy began dating over 12 years ago. They still see each other and go to the movies and dinner. He buys her flowers and they are there for each other.

Zach lost 50 pounds by making healthy choices! He went from getting a soda and Danish every day to getting a diet drink and fruit instead.

Ray spoke about how much Zephiniah has grown over the years. Zephiniah's staff helped streamline his life by remodeling the house and moving his room, and they modified his behavior plan with positive incentives. Now, he loves to collect shiny things and go for massages. He is a very busy man! Shaloni said that she used to help him with his lunch 25 years ago and she has noticed the dramatic change in him.

Michael has a role in a production of "Oklahoma" with the Galway Players.

Gabby asked for a moment of silence for Carole Klingbeil, a former Lexington employee who recently passed away.

Konor has Asperger's syndrome. He said he used to be very uncomfortable at his previous job. He was very down and miserable. Karen, his job coach, encouraged him daily to apply for Lexington Family Services and he finally did. Now, he is loving it here! Staff are amazing. He went from a very hostile work environment to one that feels like a second home. He is doing very well in his new job. A Family Services staff said they were having some issues with a child there, but Konor knew exactly how to help him. They commended Konor for the great job he did.

Amanda shared that the people living at the Mountain Views live fulfilling lives. They're not just medically frail people — they get out regularly and do many fun things, like trips to NYC and Orange County Choppers. John fulfilled his dream of cooking by inviting his family to eat a meal he prepared.

Ella appreciates how everyone helps her when she is upset. Thanks to them, she is much happier.

Christine, a vendor at Creative Expressions, said she has never seen an agency like this before. She said we encourage creativity, independence and individuality in the people we support. This brings out imagination and confidence, inspiring each person to develop their own sense of style. They master techniques, which results in a personalized product. Staff are fully invested here and she asked everyone to give each other "a hand."

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: Deb Krom-Betler

PROGRAM: Physical Therapy

POM: Safety/Health



Deb Krom-Betler goes above and beyond every day. We can't thank her enough for all the support she gives the classrooms at Burke. She will jump in and help with anything they are doing. She is caring, supportive and genuine. Her constantly positive attitude motivates everyone around her. Deb has especially helped Room 114 in more ways than they can thank her for. She comes in to do standing group, and while she is there she will offer to stay so staff can get a break or help someone else with eating or drinking. In March, one of the women in the program had a medical event while Deb was in the room. Deb was quick to respond, supporting the staff, helping the person to the floor and talking to the EMTs and the person's family. Thank you, Deb, for everything you do!

EMPLOYEE ANNIVERSARIES (10+ years) MAY 8 TO MAY 21 | Congratulations!

LuAnn Danboise, Day Hab, 5/19, 15 years

Claudia Thompson, Residential, 5/19, 25 years

EARN A BONUS FOR RECOMMENDING EMPLOYEES!

 Are you looking for a way to help us recruit employees AND make some extra money? Lexington can help with your expenses and you can help Lexington by referring qualified candidates! If we hire a person you referred, you could earn up to a \$500 bonus. There's no limit to how much you can earn by referring candidates that we hire! Give an application to a friend or family member, or have them apply online at www.lexingtoncenter.org. Just make sure they list your name on the application as the referral source! 

HERE ARE SOME EMPLOYEES WHO REFERRED NEW HIRES IN APRIL:

Lindsey Stanzel

Elizabeth Petkovsek

Maggie Pelosi

Joslyn Mitchell

Crystal Frye

Valentino Garcia

SUMMERTIME THEME PARK TICKETS

Lexington is pleased to announce day ticket sales for the 2018 summer seasons at the theme parks listed below. Tickets may be purchased in the Human Resources Department at 127 E. State Street, Gloversville, or through Donna Steenburgh or Vicki Scheuerman in the Oppenheim Day Hab building. 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.

SIX FLAGS: THE GREAT ESCAPE

Ages 2 and Under: Free
Adult and Child: \$42
Regular Gate Price: \$61.99
Meal Vouchers: \$15 each
1-Day Parking Pass: \$17
Opening Day: May 12

WATER SAFARI/ ENCHANTED FOREST

Ages 2 and Under: Free
Adult and Child: \$27
Regular Gate Price: \$34.95
Opening Day: June 13

SIX FLAGS NEW ENGLAND

Ages 2 and Under: Free
Adult and Child: \$41
Regular Gate Price: \$67.99
Open Now

DARIEN LAKE THEME PARK RESORT

Ages 2 and Under: Free
Adult and Child: \$25
(Must purchase two tickets at a time)
Regular Gate Price: \$49.99
Open Now

WELLNESS TOGETHER

WALKING GROUPS



Do you need motivation to get moving? If you need help getting started, come join a walking group with your coworkers! We will walk outside if the weather permits. Please wear appropriate shoes and bring water to drink. Eligible employees who attend this program may earn 5 CDPHP Life Points by reporting their participation on CDPHP Life Points under "Employer Wellness Program."

DATES, TIMES & LOCATIONS

Wednesday, May 9 | 7:30—8:00 a.m. | Indoor Track, 465 N. Perry Street, Johnstown

Friday, May 11 | 7:30—8:00 a.m. | Gym, 127 E. State Street, Gloversville

Monday, May 14 | 7:30—8:00 a.m. | Gym, 127 E. State Street, Gloversville

Wednesday, May 16 | 3:30—4:00 p.m. | Indoor Track, 465 N. Perry Street, Johnstown

2018 LIFE POINTS WELLNESS INCENTIVE AND CAFEWELL PROGRAM OVERVIEW



Come see what's new in 2018! There are even more ways available to earn Life Points this year. Remember that every point is equal to \$1 in retailer gift cards of your choice through CDPHP. You and your family can earn a combined total of \$365 in gift cards. Come see how easy it is! This program is for employees enrolled in Lexington's Medical Plan. Space is limited. This class will be offered four times a month at various locations. The sooner you get started, the better chance you will have of earning all \$365 in gift cards this year.

DATES, TIMES & LOCATIONS

Monday, May 14 | 3:30—4:00 p.m. | Large Conference Room, 465 N. Perry Street, Johnstown

2018 COUCH TO 5K TRAINING PROGRAM

Your Couch to 5K coach will host weekly group meetings until June 8. 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.

DAY	TIME	LOCATION	COACH
Tuesday (starts April 3)	12:00 p.m.	Training Center, 465 N. Perry St. , Johnstown	Toni Persch
Wednesday (starts April 4)	5:00 p.m.	Gymnasium, 127 E. State St., Gloversville	Jean Ginter
Thursday (starts April 5)	3:30 p.m.	Gymnasium, 127 E. State St., Gloversville	Michelle Peryea

****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.**

2018 CDPHP WORKFORCE TEAM CHALLENGE

Lexington is putting together a team for the 2018 CDPHP® Workforce Team Challenge, a 3.5-mile run/walk held at the Empire State Plaza in Albany on **Thursday, May 17**, at 6:25 p.m. Our team will be broken down into co-ed and gender-specific teams. We carpool to the event, so if you are worried about getting there, don't let this stop you.

To join the team or ask questions, contact Toni Persch at (518) 736-4131 or perscht@thearclexington.org. To register, visit the event website, www.cdphpwtc.com, and click on "Registration Info." Then click "Register" and select "Lexington Center."



In HISTORIC JOHNSTOWN, NY
Three Races ~ Three Causes ~ ONE CHAMPION

Glove Cities Rotary
"Run For The Roses" 5K
May 5, 2018

Johnson Jog
5K Run/Walk
May 19, 2018

Lexington 5K
June 9, 2018



Rotary's
Run For
The Roses 5K
May 5, 2018



JOHNSON
JOG
5K Run/Walk
May 19, 2018



Lexington
5K Run
June 9, 2018

THREE RACES • THREE CAUSES • ONE CHAMPION

For More Information Visit our Facebook Page:
<https://www.facebook.com/5ktriplecrown>

Click the image for more info and to download the registration form for all three races. [Click here for the registration form for just the Lexington Family Services 5K Run & 1-Mile Walk.](#)

PAUL NIGRA CENTER FOR CREATIVE ARTS

Lexington employees get a 10% discount on classes at the Paul Nigra Center for Creative Arts! Just enter the code **LEXEMPLOYEE** at checkout to redeem. Through the end of the year, the Paul Nigra Center for Creative Arts is offering 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.



ANNIE AND THE HEDONISTS BRUNCH & CONCERT

Saturday, May 12 | 11:30 a.m.—1:00 p.m.

Tickets: \$35 — [click here to buy online](#)

A perfect Mother's Day outing! Have a delicious brunch while enjoying the sounds of Annie and the Hedonists. The brunch menu will include quiche, stuffed French toast, bacon, sausage, potatoes, salad greens, refreshments and desserts. The band features Annie Rosen on lead vocals; Jonny Rosen on guitar and vocals; Peter Davis on clarinet, tenor guitar, piano and vocals; and Don Young on bass and vocals. They play acoustic blues, vintage jazz and swing, and folk roots Americana music.

BUS TRIP TO BOSTON

Saturday, May 26 | Depart 465 N. Perry St. 6:30 a.m.

Tickets: \$50 Lexington family, PNCCA members | \$55 public

[Click here to buy tickets online](#)

Our Brown Coach bus will depart 465 N. Perry St., Johnstown, at 6:30 a.m. There will also be a pickup at Crossgates Mall (JC Penney entrance) at 7:30 a.m. The bus will drop passengers off at Quincy Market and depart Quincy Market at 5:30 p.m. to return home. There will be a comfort stop on the Mass Pike on the way there and a fast food dinner stop on the Mass Pike on the way home. Questions? Contact Lynette May at MayL@lexcenter.org.

NIGRA BROADWAY SHOWCASE

a talent show to benefit the Nigra Arts Center

Friday, June 1

**Click here to learn about
the show and auditions!**

FEATURED CLASS

Toxic Free Cleaning Workshop | Erica Darling & Carol Ann Hammons, instructors | Thurs., May 10 | 6—8 p.m. | \$10

In this workshop, you will learn how to replace hard chemicals with naturally derived ingredients for a happier, healthy home. The use of essential oils can support your mind, body and overall health! You can make your own 22 oz. multi-purpose cleaner, 22 oz. window cleaner or 2 oz. fresh room spray. Door prizes include bug spray, free essential oil samples and EO Keychain. \$5 for each additional cleaning product. [Click here to register online.](#)

CONTACT INFORMATION

Megan Balser

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www.facebook.com/TransitionsUSA

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