

LEXINGTON HAPPENINGS



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

TUESDAY, MAY 9, 2017



The programs that held fundraisers to benefit the Paul Nigra Center for Creative Arts' Capital Campaign were recognized for their generous efforts at the April 27 Nurturing Environment Meeting. Pictured, clockwise from top left, are Jennifer Grybos on behalf of S.T.E.P., Scott Stuart on behalf of Steele Avenue, Dennis Hoyer on behalf of Good Neighbor and Gabby Jacobs on behalf of the supportive apartments. Thanks also to Adirondack Day Hab, Cromer Road, Ferguson Road, Flame, Gloversville Day Hab, Johnstown Day Hab, Journey, Maple Avenue, the Mountain Views, Oppenheim Day Hab, Paradise, Phelps Street, Quest II, Ridge Road, 15 Lexington Avenue, 175 S. Main Street, 231 South Kingsboro Avenue and everyone else who participated in raising money for the arts center!

EVENTS THIS WEEK — MAY 9 TO MAY 15

Tuesday, May 9 | 5:30—7:30 p.m.

MUSIC THERAPY FOR SCHOOL-AGED CHILDREN DIAGNOSED ON THE AUTISM SPECTRUM | Lexington Family Services, 43 Harrison Street, Gloversville.

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@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
44lakes.com

ALBANY COUNTY:
albany.com/events/
events.timesunion.com

Tuesday, May 9 | 6:00—7:30 p.m.

WEBINAR: DISCIPLINE OF STUDENTS WITH DISABILITIES | Lexington Family Services, 43 Harrison Street, Gloversville.

Wednesday, May 10 | 6:00—7:00 p.m.

SENSORY SWIM | Gloversville Middle School, 224 Lincoln Street, Gloversville.

Thursday, May 11 | 11:30 a.m.—12:30 p.m.

PARENT ROUND TABLE: CENTRAL ASSOCIATION FOR THE BLIND | Lexington Family Services, 43 Harrison Street, Gloversville.

EVENTS NEXT WEEK — MAY 16 TO MAY 23

Tuesday, May 16 | 5:30—7:30 p.m.

MUSIC THERAPY FOR SCHOOL-AGED CHILDREN DIAGNOSED ON THE AUTISM SPECTRUM | Lexington Family Services, 43 Harrison Street, Gloversville.

Wednesday, May 17 | 6:00—7:00 p.m.

SENSORY SWIM | Gloversville Middle School, 224 Lincoln Street, Gloversville.

Friday, May 19 | 6:00—8:00 p.m.

SIB STREET | Lexington Family Services, 43 Harrison Street, Gloversville.

Saturday, May 20 | 10:00—11:00 a.m.

AUTISM MOVEMENT THERAPY AND CREATIVE MOVEMENT | Transitions/Paul Nigra Center for Creative Arts, 2736 State Highway 30, Mayfield.

Tuesday, May 23 | 12:00—1:00 p.m.

ASK THE ADVOCATE | Lexington Family Services, 43 Harrison Street, Gloversville.

Tuesday, May 23 | 5:30—7:30 p.m.

MUSIC THERAPY FOR SCHOOL-AGED CHILDREN DIAGNOSED ON THE AUTISM SPECTRUM | Lexington Family Services, 43 Harrison Street, Gloversville.

[CLICK HERE FOR DESCRIPTIONS OF THE ABOVE EVENTS AND INFORMATION ABOUT HOW TO PARTICIPATE.](#)

401K OPEN FORUM MEETING

The Open Forum meeting to introduce Strategic Benefit Services as Lexington's primary advisors for the 401K/Retirement benefit will be held on **Thursday, May 11, 3:30 p.m.**, at the Training Center, 465 N. Perry St. (Classroom C). The meeting will be video conferenced to Western Ave., the Bishop Burke upstairs large conference room and the Oppenheim conference room. You can speak to our new representatives from any of these locations. All Lexington employees may attend regardless of enrollment in the program. It is not necessary to sign up in advance.

Strategic Benefit Services is affiliated with the Healthcare Association of New York State. HANYS represents hospitals and healthcare providers throughout New York. Strategic provides pension advisory services to hospitals and many ARCs. Our primary contacts there, Chip Gamello and Kathleen Coonan, can be reached at (855) 882-9177.

Feel free to contact Bridgett Nestor with any questions or concerns at (518)775-5422 or nestorb@lexcenter.org.



GOOD NEIGHBOR LADIES GROUP MOTHER'S DAY SALE

The Good Neighbor Ladies Group will hold a Mother's Day sale on **Thursday, May 11, 9:30 a.m.** until they sell out. Stop by the cafeteria at 465 N. Perry Street to pick up something nice for a mother in your life!

Gifts available include:

- Roses — \$1.25/single, \$8/half dozen or \$14/dozen
- Crafts
- Jewelry
- Candy
- And more!

All proceeds from this sale will benefit organizations such as Change of 1 Ministries, SAC and the James A. Brennan Memorial Humane Society. Thank you for your support!

ANNUAL MOUNTAIN VIEW DINNER

Mountain View's annual dinner to benefit the Paul Nigra Center for Creative Arts will take place on **Friday, May 19, 10 a.m. to 2 p.m.** The meals cost \$5 and include ziti, salad, bread and a cookie.

Tickets are available by pre-sale only! Please call Amanda at (518) 725-1880 or Jess at (518) 725-0397 to secure your dinner.

On May 19, you will be able to pick up your dinner at Mountain View 2.

MOTHER'S DAY FLOWER SALE

Mother's Day is on Sunday, May 14, so Burke is holding a flower sale on **Friday, May 12, 10 a.m.** until they sell out.

They will offer an assorted spring mix for \$8/half dozen or \$14/dozen.

All proceeds go to benefit the Paul Nigra Center for Creative Arts. Come support the arts center while getting a little something special for your mother, wife or grandmother!

DONATIONS NEEDED FOR YARD SALE

231 South Kingsboro and Phelps Street are gathering donations for their annual yard sale! Please keep them in mind while you are spring cleaning.

Items can be dropped off at South Kingsboro. If you need them to pick up your items, call (518) 773-9156 or (518) 775-8160 to make arrangements.

All proceeds from the sale go to benefit the Paul Nigra Center for Creative Arts. Last year's sale raised more than \$500 for the arts center and we'd love to beat that this year! The sale will be held sometime in June. Exact date TBA. Thank you for your donations!

BINGO GAME AND LUNCHEON

Johnstown Day Hab is hosting a Bingo Game and Luncheon on **Friday, May 26, 10:30 a.m.—1:30 p.m.**, in Training Room Center C at 465 N. Perry Street. The cost is \$2 per card to play until prizes are gone. All proceeds go to benefit Adopt-A-Child!

Bring your own lunch or buy something there. Sandwiches (chicken or egg salad) are \$2/whole or \$1/half, salads (pasta, potato, macaroni or fruit) are \$1/bowl, desserts are \$1 and beverages are free.

Come have fun with us and help a great cause! Please call (518) 736-3834 to RSVP by **Friday, May 19.**

LEXINGTON IS HONORED TO BE NAMED ONE OF THE 2017 BEST COMPANIES TO WORK FOR IN NEW YORK STATE!



We will proudly continue to offer the most welcoming, nurturing and supportive environment possible for our employees to grow and thrive.

The vital supports we offer to 1,000 children and adults with developmental differences would not exist without the dedicated commitment of our generous and compassionate employees!

THANK YOU FOR EVERYTHING YOU DO!

EMPLOYEE ANNIVERSARIES (10+ years)

MAY 9 TO MAY 23 | Congratulations!

Holly Lynn Daley, Residential, 5/9, 10 years

Mary Kay Shultz-Wheeler, Residential, 5/9, 40 years

EARN A BONUS FOR RECOMMENDING EMPLOYEES!



Are you planning a vacation in the summer? Need extra money for a house project? 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 is no limit to how much you can earn by referring good candidates that we hire!



For our employees with kids in college, it's not too early for them to start thinking about summer employment. Summer break is a great time for college students to earn money for school by becoming a Lexington employee. The time to apply is now, so they can be considered for the next available training session once the semester ends! Give an application to a friend or family member today, or have them apply online. Just make sure they list your name on the application as the referral source.

Apply online at www.lexingtoncenter.org!

2017 GREAT ESCAPE/SIX FLAGS 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 to employees and their friends and families along with the people we support.

A season pass allows you unlimited visits to any of the Six Flags theme parks on regular operating days during the 2017 season. This is a Gold Pass, so holders will also receive free parking good for all of the 2017 season at any of the Six Flags locations.

The cost for a 2017 Season Pass is \$66 each, payable by cash or personal check. The passes will be available for purchase at the Human Resources Department in the Gloversville Day Hab building.

WELLNESS TOGETHER

DANCE AEROBICS



Come and have fun dancing your way into shape! This Latin-based dance aerobics 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

Tuesday, May 16 | 4:30—5:30 p.m. | Gymnasium, 127 E. State Street, Gloversville

Tuesday, May 23 | 4:30—5:30 p.m. | Gymnasium, 127 E. State Street, Gloversville

WELLNESS WALK

Walking is great exercise! It helps refocus our thoughts and reduces stress. We will walk outside if the weather permits. Bring a co-worker or someone you enjoy spending time with, as well as appropriate shoes and water.



DATES, TIMES & LOCATIONS

Tuesday, May 9 | 7:30—8:00 a.m. | Gym, 127 E. State Street, Gloversville

Wednesday, May 10 | 12:00—12:30 p.m. | Reception Area, 405 County Highway 114, St. Johnsville

Tuesday, May 16 | 7:30—8:00 a.m. | Indoor Track, 465 N. Perry Street, Johnstown

Wednesday, May 17 | 12:00—12:30 p.m. | Gym, 127 E. State Street, Gloversville

LIFEPOINTS WELLNESS INCENTIVE AND CAFEWELL PROGRAM OVERVIEW



There have been changes to the 2017 Lifepoints Incentive Program and Cafewell, which is hosted on the CDPHP website. Attend this program to learn about a new way to earn Lifepoints by registering for a program on Cafewell. If you are unfamiliar with this incentive program, we will complete an overview of how easy it is to earn Lifepoints in 2017 equal to up to \$365 in retailer gift cards. This program is open to employees enrolled in Lexington's Medical Plan. Space is limited! This class will be offered four times a month at various locations.

DATES, TIMES & LOCATIONS


Thursday, May 11 | 7:30—8:00 a.m. | Large Conference Room, 465 N. Perry Street, Johnstown

Tuesday, May 16 | 3:30—4:00 p.m. | Large Conference Room, 405 County Highway 114, St. Johnsville

Tuesday, May 23 | 3:30—4:00 p.m. | Large Conference Room, 127 E. State Street, Gloversville

***Prior to attending any program, please secure approval from your medical practitioner. Eligible employees who attend these programs earn credit qualifying them for the "Make Prevention a Priority: Attend a Free Lexington Wellness on-site class" Bingo square. Register to attend any of these events by logging on to your Lexington Wellness Website at lexingtonwellness.bepurewellness.com and going to "Events" or calling Michelle Peryea at (518) 775-5420.*

GLOVE CITIES ROTARY ~ MOUNTAIN VALLEY HOSPICE ~ LEXINGTON
Three great regional organizations that care for and support people of all ages in our communities, have joined forces to multiply their impact.
With your help, we can do even more!



**Glove Cities Rotary
"Run For The Roses" 5K
May 6, 2017**

**Mountain Valley
Hospice 5K
May 21, 2017**

**Lexington 5K
June 10, 2017**

DON'T WAIT TO GET YOUR WELLNESS REQUIREMENTS DONE!



Schedule an appointment with Rene Dutcher at 518-775-5429 on Wednesdays and Fridays or Bridgett Nestor at 518-775-5422 on Tuesdays and Thursdays to receive help in completing your requirements!

2017 CDPHP WORKFORCE TEAM CHALLENGE

The 2017 CDPHP® Workforce Team Challenge, a 3.5 mile run/walk held at the Empire State Plaza in Albany, is scheduled for **Thursday, May 18, at 6:25 p.m.** We are once again putting together a Lexington team. Last year we had 20 participants and we would love to have even more this year! Training for the Challenge is a great way to get in shape for the summer, and nothing beats running or walking in Albany with 10,000 of your closest friends. Lexington's team will be broken down into co-ed and gender specific teams. When the race is over, we'll see how we did compared with all of the other corporations. We have done very well in past years! If you'd like to join the Lexington team or have any questions, please email Toni Persch at perscht@lexcenter.org or call (518) 736-4131.

TO REGISTER FOR THE RACE:

1. Visit the event website, www.cdphpwtc.com.
2. Click on "Registration Info."
3. Click "Register" and select "Lexington Center."

Registration closed out last year and people were unable to participate, so do not wait until the last minute to sign up. It will fill up.

We hope to see you there!

SPECIAL NOTES:

- Employees enrolled in Lexington's Medical Plan who complete this Challenge can report it on their CDPHP Lifepoints account to earn 10 Lifepoints.
- Participation will help you complete the goal for the 5K Fun Run and Walk Employee Challenge.
- The second quarter Make Prevention a Priority Bingo card will have a square that you can fulfill by participating in this event.

COUCH TO 5K TRAINING PROGRAM SCHEDULE

Join a Couch to 5K training group to stay on track to reaching your 5K Fun Run and Walk Challenge goal! Your coach will host a meeting once a week until **Sunday, June 12**. Choose the session that best works for you and attend as many meetings as you need. Albany employees interested in training should contact Jim Yanno at (518) 218-7310 ext. 306. If you have never participated in a regular exercise routine, check with your doctor before starting. If it is unreasonably difficult for you to meet the Challenge requirements due to a medical condition, contact Michelle Peryea at (518) 775-5420 or peryeam@lexcenter.org to develop another way to qualify for these prizes.

ACTIVITY LEVEL	DAY	TIME	LOCATION	COACH
Walk	Tuesday	11:00 a.m.	Gymnasium 127 E. State Street, Gloversville	Fran Schneider
Run/Run-Walk	Tuesday	12:00 p.m.	Training Center Lobby 465 N. Perry Street, Johnstown	Toni Persch Tres Nolett
Walk Mostly/Some Running	Wednesday	4:30 p.m.	Training Center Lobby 465 N. Perry Street, Johnstown	Ned Hirt
Walk/Run-Walk/Run	Thursday	4:00 p.m.	Gymnasium 127 E. State Street, Gloversville	Rene Dutcher Michelle Peryea
Walk/Run-Walk/Run	Tuesday Saturday	3:30 p.m. 8:00 a.m.	20 Helmer Avenue Dolgeville	Jen Morse Erica or Rich Fahd

2017 NYS BUTT STOPS HERE SMOKING CESSATION CLASS SCHEDULE

Lexington is offering a free seven-week program to all employees and their family members who wish to quit smoking. Completing this program will fulfill the Tobacco-Free Requirement in Lexington's 2017 Wellness Premium Savings program. For more information, contact Michelle Peryea at (518) 775-5420 or peryeam@lexcenter.org.

[CLICK HERE TO VIEW THE 2017 BUTT STOPS HERE SMOKING CESSATION CLASS SCHEDULE](#)

PAUL NIGRA CENTER FOR CREATIVE ARTS

All 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. Lexington employees are also welcome to use the \$25 gift certificates issued to them at the holidays for free classes. To redeem these certificates and sign up for the free classes, call (518) 661-9932. These certificates cannot be redeemed online. Be ready to provide the number on the back of the certificate and bring the certificate to the class when you attend.

The center is located at 2736 State Highway 30 in Gloversville. For full listings of the classes and events offered, visit www.pncreativeartscenter.org or call (518) 661-9932.



Paul Nigra Center
for Creative Arts



Mother's Day Celebration at the Nigra Arts Center!

Saturday, May 13
11:00 AM – 2:00 PM
\$15 per person,
One mom per family is
admitted FREE!

Click for details and
to make a reservation!

Bring Mom and the whole family to the Nigra Arts Center for a delicious brunch buffet, live entertainment and special hand-made gifts! While moms relax and get pampered, children will make them something beautiful at each of our art stations, ranging from decorative jewelry and paintings to personalized Mother's Day coffee mugs and cards. The price of admission includes brunch and activities. Pre-registration is required. To reserve your family's place, [click here](#) or call (518) 661-9932.

ELECTRIC CITY CHORUS CONCERT

Saturday, May 20 | 3:00—4:15 p.m. | \$10/ticket



The [Electric City Chorus](#), a men's a cappella close harmony singing group based in Schenectady, is coming to the Nigra Arts Center! Electric City Chorus has been singing barbershop harmony since 1944. Their repertoire draws from Broadway musicals, pop music, big band standards, love songs, toe tappers and hits from across the decades. [Click here to buy tickets!](#)

FEATURED CLASS

Laughter Yoga | Maria Pantalone, instructor | Fridays, May 19 and 26 | 7:00—7:45 p.m. | \$15/class or \$25/both



Laughter yoga is a practice involving prolonged voluntary laughter. It is based on the belief that voluntary laughter provides the same physiological and psychological benefits as spontaneous laughter. Laughter yoga is done in groups, with jokes and playfulness shared between participants. Forced laughter soon turns into real and contagious laughter. Join instructor Maria Pantalone for this uplifting class! [Click here to register for the May 19 class](#), [here for the May 26 class](#) or [here to register for both classes](#).

CONTACT INFORMATION

Megan Balser
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2736 State Highway 30, Gloversville
balserm@lexcenter.org



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