

LEXINGTON HAPPENINGS



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

WEDNESDAY, NOVEMBER 20, 2019



Lexington's Self-Advocacy group, "Our Voice," held their annual Self-Advocacy Conference on November 7! Attendees enjoyed presentations from Helen Charland of Disability Rights New York, who spoke about the right to vote, and Cynthia Gilchrist of the Self-Advocacy Association of New York, who talked about diversity. The afternoon concluded with a performance from Flame and one last presentation from Care Design New York on how to navigate Care Coordination. Several self-advocates registered to vote through Charland at the conference! The conference also included the announcement of the winners of Our Voice's new officers for 2020. The winners of the election, pictured at the top middle from left to right, were Zack Durkee (president), Ross Carangelo (vice president), Taneesh Mannion (public relations) and Myron Monroe (treasurer). Not pictured is Lucia Phelps (secretary). They will assume their new roles on January 1. Congratulations!

OPEN ENROLLMENT — ELECT YOUR BENEFITS FOR 2020!

Even if you are not planning on participating in any of the benefit offerings for 2020, all benefit eligible employees are required to complete the election/decline process. The Benefit Portal will be open until **Monday, December 2**. Please visit rkinsurance.com, click "LOGIN," click the RKXchange login link under "BENEFITS," and enter your username and password. For help accessing your account, please contact (518) 244-4323 or rkhchange@rkinsurance.com. For other questions, contact Meredith Fritch at (518) 775-5422 or fritchm@thearclexington.org.

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

CHILDREN'S BREAKFAST WITH SANTA FOR ALL LEXINGTON EMPLOYEES

Saturday, December 14 OR Sunday, December 15 | 9:00-11:00 a.m.

Paul Nigra Center for Creative Arts, 2736 State Highway 30, Gloversville

Join us with your children, grandchildren and the entire family for our annual Breakfast with Santa! This event is FREE to all Lexington employees. Please note that Breakfast with Santa will take place at a different venue this year. There will be holiday music, photos with Santa, holiday crafts, spin art, hands-on musical entertainment for the children and a breakfast of French toast sticks, eggs, bagels, fruit, sausage, mini muffins, coffee and juice. If you would like to attend, please **RSVP to the Recreation Department** at (518) 775-5475 by no later than **Friday, December 6**. Please choose only one day to attend. We hope to see you there!

DECEMBER 2019 JOHNSTOWN NURTURING ENVIRONMENT MEETING

Thursday, December 19 | 11:30 a.m. | Training Center, 465 N. Perry St., Johnstown

All are invited to share success stories, best practices, ideas and suggestions on how to make Lexington a better place for the people we support and employees.

2020 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		ALBANY Hampton Inn, 1442 Western Ave., Albany
Thursday, Jan. 30 - 10 a.m.	Thursday, July 30 - 10 a.m.	Thursday, January 9 - 10 a.m.
Thursday, Feb. 27 - 10 a.m.	Thursday, Aug. 27 - 10 a.m.	Thursday, March 12 - 10 a.m.
Thursday, Mar. 26 - 11:30 a.m.	Thursday, Sept. 10 - 11:30 a.m.	Thursday, May 7 - 10 a.m.
Thursday, April 30 - 10 a.m.	Thursday, Oct. 29 - 1 p.m.	Thursday, July 9 - 10 a.m.
Thursday, May 28 - 1 p.m.	Thursday, Nov. 19 - 10 a.m.	Thursday, September 17 - 10 a.m.
Thursday, June 25 - 11:30 a.m.	Thursday, Dec. 31 - 11:30 a.m.	Thursday, November 5 - 10 a.m.

LIFESKILLS GROUPS AVAILABLE FOR PEOPLE WE SUPPORT

The Psychology Department is offering weekly LifeSkills groups for the people we support. A Women's Group will meet every Wednesday, 3:00-4:00 p.m., starting **January 8, 2020**. A Men's Group will meet every Thursday, 3:00-4:00 p.m., starting **January 9, 2020**. Both groups will meet at 465 N. Perry Street, Johnstown. If you know someone who might be interested in or benefit from participating in one of these groups, please contact the Psychology Department at (518) 775-5381.

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 with autism learn social skills through sing-alongs and games. For more information and to sign up, please call Family Services at (518) 773-2014

HR NEWS AND INFORMATION

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 OCTOBER:

Fri Annoh
Billie Jo Baird

Dan Henry
Theresa Kluge

Nyzire McCray
Alex Rose

Gwendolynn Thompson

EMPLOYEE ANNIVERSARIES (10+ years) | NOVEMBER 19 TO DECEMBER 2 | Congratulations!

Vicki Arceri, Residential, 11/23, 10 years
Tracy Jurcsak, Med Services, 11/23, 10 years
Jeremy Higgins, Rehab, 11/30, 10 years

Susan Morse, Rehab, 11/30, 10 years
Shepherd Spring, Day Hab, 11/30, 10 years

EXTRA \$250 REFERRAL BONUS

Lexington holds monthly drawings of \$250 for employees who refer new direct support staff! Each referral is entered, even if they aren't hired. For more info, contact Jackie Dupuy at dupuyj@thearclexington.org or (518) 775-5439. The winners for November were Alexandra Barrant (East), Jennifer Morse (West) and Gwendolynn Thompson (Albany).



DO YOU KNOW A HIGH SCHOOL STUDENT LOOKING FOR A MEANINGFUL PAID INTERNSHIP?

Human Services interns will support people at home and in the community, ensuring they are safe, respected, having fun and doing things that increase their quality of life. Interns will help with household errands and special projects and encourage interests in arts, sports, games or hobbies. Applicants must have NYS Working Papers, be 16-17 years old, have great communication skills, use good judgment and have a positive attitude. To learn more, call (518) 773-7931.

THE ARC NY SCHOLARSHIPS FOR DEGREE-SEEKING STUDENTS IN I/DD FIELDS

Applications for these scholarships are open through **January 13, 2020**. Each \$3,000 scholarship is paid in two installments of \$1,500 per semester and must be claimed within four years of being awarded. Click the scholarship name to view its application. For questions or more information, email scholarships@thearcny.org.

<u>ARTHUR W. PENSE</u> <u>SCHOLARSHIP</u>	<u>JAMES F. REVILLE</u> <u>SCHOLARSHIP</u>	<u>JONATHAN WEINGOLD</u> <u>SCHOLARSHIP</u>	<u>JOSEPH T. WEINGOLD</u> <u>SCHOLARSHIP</u>
For physical or occupational therapy degree program students. One presented annually.	For full-time students in programs such as behavioral sciences, social work, healthcare administration and management, psychology or nursing.	For full-time employees furthering their education with the intent of contributing to the field of intellectual and developmental disabilities.	For students enrolled in a New York degree program leading to a special education certification.

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

Mon. | 3:30 p.m. | Gym, 127 E. State St., Gloversville
Tues. | 7:30 a.m. | Track, 465 N. Perry St., Johnstown

Fri. | 7:30 a.m. | Gym, 127 E. State St., Gloversville

CDPHP LIFE POINTS OVERVIEW

In 2019, you can still earn up to 365 Life Points from CDPHP when you log into your account at cdphp.com, complete your Personal Health Assessment and complete other healthy activities for you and your eligible family members. Each Life Point equals \$1 in retailer gift cards of your choice. The below class is the last which you can learn valuable information about CDPHP Life Points in 2019.

DATES, TIMES & LOCATIONS

Friday, November 22 | 1:00 p.m. | Large Conference Room, 127 E. State St., Gloversville

STRESS LESS!

Looking for ways to reduce your stress? Join us for a 3-minute guided meditation, followed by a 3-minute stretching song. This is a fun way to stretch away tight spots and stress! No special clothes are needed, yoga mat optional.

DATES, TIMES & LOCATIONS

Weekdays | 3:30 p.m. | Outside Near Exit D (weather permitting) OR 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.*

YOU MUST REDEEM YOUR CDPHP LIFE POINTS BY DECEMBER 31, 2019!

\$43,980 in Life Points remains unclaimed for 2019! It's not too late to start! Learn more about how to earn Life Points by attending the Life Points Overview classes above. If you need help, call Michelle Peryea at (518) 775-5420.

DIABETES PREVENTION & MANAGEMENT WEBINAR W/CDPHP LIFE POINTS OPPORTUNITY

Are you or a loved one at risk for or struggling with diabetes? Would you like education to help prevent or manage diabetes, but can't fit it into your busy schedule? From **October 22 to November 22**, CDPHP is offering a webinar on Diabetes Prevention and Management to provide helpful information on taking charge of your health and preventing or managing diabetes. This course can be taken whenever is convenient for you in the comfort of your own home! If you are a member of Lexington's CDPHP Choice PPO Medical Coverage, you can receive 10 Life Points for completing the class! For more information, contact Michelle Peryea at peryeam@thearclexington.org or (518) 775-5420.

COMING SOON: MAINTAIN NO GAIN WELLNESS CHALLENGE

At a time when schedules are packed with increased responsibilities and holiday gatherings, it can be hard to sustain physical activity and a healthy weight. However, avoiding excess weight gain is an important health goal since excess weight can contribute to an increased risk of heart disease, diabetes, hypertension and certain types of cancers. The Maintain No Gain Wellness Challenge will equip you with tips, tools and support to fend off holiday weight gain.

Further details to be announced next week.

PAUL NIGRA CENTER FOR CREATIVE ARTS

Lexington employees get a 10% discount at the Nigra Arts Center! Just enter the code **LEXEMPLOYEE** at checkout to redeem. We offer free classes to the people we support. If your house, program or someone you know wants 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.



Coming December 14!

The Polar Express Celebration!

CLICK HERE FOR DETAILS!

Friday, December 20 | 4-6 p.m. | **FREE!**



CLMF HOLIDAY CONCERT



Thursday, Dec. 19 | 6:30-8:30 p.m. | **Tickets: \$10**

Join us for a holiday classics concert from the Caroga Lake Music Festival! This show features world-renowned chamber musicians. To learn more about the CLMF, visit carogaarts.org/clmf. There will be a beer/wine cash bar.



WOMEN'S MOVEMENT: ART BY, ABOUT AND FOR WOMEN

CALL FOR ARTISTS

Featuring works from all artists and media that celebrate women

BLACK FRIDAY KID CAMP

Friday, November 29 | 9 a.m.—4 p.m. | **Register**

Get your holiday shopping done while your kids learn valuable kitchen skills! Campers will create a three-course meal (appetizer, entrée and dessert) for three to take home at the end of the day.

WINTER BLUES CAMP

December 30-January 3 | 9 a.m.—4 p.m. | **Register**

Campers will get to choose from making their own stuffed snowmen to take home, snowman bowling or creating Stone Soup to chase the winter blues away, plus plenty of other fun camp classes, projects, games and activities!

FEATURED CLASS

Pumpkin Roll | Denise Dickson, instructor | Monday, November 25 | 6-7 p.m. | \$30 pre-registration or \$45 at door

Join Chef Denise to learn how to make a pumpkin roll, which is a soft pumpkin cake covered with cream cheese filling, rolled, chilled and sliced. Take home your own to impress your family and friends! [Click here to register online.](#)

CONTACT INFORMATION

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