

# LEXINGTON HAPPENINGS



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

## Fall Events at the Paul Nigra Center for Creative Arts



It has been a busy fall at the Nigra Arts Center! Every day has been full of classes, special events and social opportunities for the community as well as the people we support. Recent highlights include Quest II's annual Falling Leaves Walk, a Zombie Prom and a class where students made centerpieces for Lexington's Self-Advocacy Conference. Pictured in the top row are Mark Nikolaus, Modesta Schuyler and Charlie Clicquenoit collecting nature items and visitors from The Arc Schoharie enjoying refreshments during the Falling Leaves Walk. Pictured in the middle are Amy Sartin, Crystal White and Danielle Rector showing off their Halloween costumes and James Hallet dancing to Flame at the Zombie Prom. Pictured at the bottom are Levi Bovee and Taneesh Mannion making mugs out of clay at a class this week. See page 5 for more about the Nigra Arts Center!

WEDNESDAY, NOVEMBER 6, 2019

### 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](mailto: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](http://fultonmontgomeryny.org)  
[44lakes.com](http://44lakes.com)

ALBANY COUNTY:  
[albany.com/events/](http://albany.com/events/)  
[events.timesunion.com](http://events.timesunion.com)

## FUNDRAISER TO SUPPORT THE PAUL NIGRA CENTER FOR CREATIVE ARTS

Do your Christmas shopping at Yankee Candle and the Nigra Arts Center will receive 40% of the profits! To participate, visit [yankeecandlefundraising.com](http://yankeecandlefundraising.com) and enter Group # 990067349 in the "Start Shopping" box, then shop as normal, or see one of the sellers below to browse a catalogue and order in person. The sale goes until **November 8**.

BURKE	NIGRA ARTS CENTER	OPPENHEIM DAY HAB	465 N. PERRY ST.
Taneesh Mannion or Faith MacLean macleaf@thearclexington.org (518) 775-5364	Lynette May mayl@thearclexington.org (518) 661-9932 ext. 126	Theresa Kluge volkt@thearclexington.org (518) 568-3102	Toni Persch perscht@thearclexington.org (518) 736-4131

## 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.

## 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**

**Thursday, December 19 - 11:30 a.m.**

### ALBANY

**Hampton Inn, 1442 Western Ave., Albany**

**Wednesday, November 13 - 10:00 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, please contact the Psychology Department at (518) 775-5381.

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

The Arc NY presents annual scholarships to students seeking degrees in fields related to intellectual or developmental disabilities. Applications are open now 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](mailto:scholarships@thearcny.org).

<u>ARTHUR W. PENSE SCHOLARSHIP</u>	<u>JAMES F. REVILLE SCHOLARSHIP</u>	<u>JONATHAN WEINGOLD SCHOLARSHIP</u>	<u>JOSEPH T. WEINGOLD SCHOLARSHIP</u>
For physical or occupational therapy degree program students. One presented annually.	For full-time college students in a program related to I/DD, such as behavioral sciences, social work, healthcare administration and management, psychology or nursing. Two presented annually.	Presented annually to four full-time Arc Chapter employees who wish to further their education with the intention 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. Two presented annually.

## 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](http://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**

### MONTHLY IN GRATITUDE AWARDS — GRATEFUL FOR OUR EMPLOYEES AND COWORKERS

Lexington's In Gratitude Awards allow you to recognize the actions of your co-workers. If you notice a colleague doing something that makes you grateful, please nominate them for recognition! All nominations will be recognized at Nurturing Environment Meetings, and four who stand out will be selected for an award by senior management. Please contact Terry Williams at (518) 775-5382, [williat@thearclexington.org](mailto:williat@thearclexington.org) or Gloversville Day Hab for a nomination form.

### 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](mailto:dupuyj@thearclexington.org) or (518) 775-5439. The winners for November were Alexandra Barrant (East), Jennifer Morse (West) and Gwendolynn Thompson (Albany).

### EMPLOYEE ANNIVERSARIES (10+ years) | NOVEMBER 6 TO 18 | Congratulations!

Michele Delsavio, Residential, 11/8, 15 years  
Nicole Milo, Administration, 11/13, 30 years

Deana Wheeler, Day Hab, 11/14, 20 years  
Connie Walton, Residential, 11/15, 20 years

### OUTPATIENT FACILITY PREFERRED PROVIDERS

Use one of Lexington's CDPHP Preferred Provider lab and radiology locations OR St. Mary's Healthcare in Amsterdam to receive specific outpatient facility services at no out-of-pocket cost! Please note: not all services are covered under this agreement. Only billed covered outpatient facility services will apply to the \$0 out-of-pocket cost. Other services that do not apply will be subject to the applicable deductible and/or copayment.

St. Mary's Healthcare - Amsterdam Memorial Hospital	Preferred Providers	Deductible/Copay
<ul style="list-style-type: none"><li>Diagnostic Testing (x-ray, blood work)</li><li>Diagnostic Lab Services and Radiology</li><li>Diagnostic High-Tech Imaging (CT/PET scans, MRIs)</li><li>Outpatient Surgery Facility, Ambulatory Surgery Center</li><li>Physical, Occupational and Speech Therapy (30 per year)</li><li>Obstetrical and Gastrointestinal Procedures</li></ul>	<ul style="list-style-type: none"><li>Diagnostic Testing (x-ray, blood work)</li><li>Diagnostic Lab Services and Radiology</li><li>Diagnostic High-Tech Imaging (CT/PET scans, MRIs)</li></ul>	<ul style="list-style-type: none"><li>Emergency Room Visits</li><li>Urgent Care Visits/Services</li><li>Primary Care Office Visits</li><li>Specialist Office Visits</li><li>Any Other Professional Services not outlined above</li></ul>

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

Human Services interns will work with DSPs to support people at home and in the community, ensuring they are safe, respected, having fun and engaging in activities that increase their quality of life. Interns will provide companionship and encourage interests in arts, sports, games and other hobbies. They will also help with household errands and special projects. Applicants must possess required NYS Working Papers, be 16-17 years old, have excellent written and oral communication skills, use good judgment and have a positive attitude. To learn more, please call (518) 773-7931.

## 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 — 2019 CHANGES

*We are continuing to offer the CDPHP Life Points Program to employees enrolled in Lexington's medical plan. It's not too late to get started! Each Life Point equals \$1 in retailer gift cards of your choice when you log into your account at [cdphp.com](http://cdphp.com) and complete your Personal Health Assessment. You and your eligible family members may earn a total of 365 points in 2019. We will offer four Overview classes each month to help you learn more about earning Life Points.*

#### DATES, TIMES & LOCATIONS

Tuesday, November 12 | 12:00 p.m. | Large Conference Room, 465 N. Perry St., Johnstown

### 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](mailto: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](mailto:peryeam@thearclexington.org) or (518) 775-5420.

### 2019 FALL SAFE ENVIRONMENT AND WELLNESS PROGRAM MEETING

**Monday, November 11 | 10:30 a.m.—12:30 p.m. | Training Room C, 465 N. Perry Street, Johnstown**

All are invited to attend, especially Safety Liaisons and Wellness Champions! These meetings recognize safety and wellness successes and provide education and updates on safety and wellness. This is also a time to bring up safety and wellness questions or concerns. Mid-morning snacks will be served. At this meeting, we will review the safety and wellness trends of 2019. Come learn what you can do to improve your health and prevent injuries in the new year! We will also recognize the Safety Liaisons and announce the winning team of the "See It, Say It!" safety initiative.



## 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](mailto: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](http://www.pncreativeartscenter.org).



Coming December 14!

### The Polar Express Celebration!

**CLICK HERE FOR DETAILS!**

Coming November 15:

### SHOP, SIP & SAVOR: AN EVENING FOR WOMEN!

*Shopping, Raffles, Food & Fun!*

**CLICK FOR DETAILS!**



### SVETLANA & THE DELANCEY FIVE CONCERT



Thursday, Nov. 14 | 7-9 p.m. | **Tickets: \$10**

Join us for music, dancing and a cash bar! This critically acclaimed NYC-band is known for shows that move from sophisticated and sultry retrospection to a rowdy, joyous dance party. Learn more about them at [svetlanajazz.com](http://svetlanajazz.com).

### 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](http://carogaarts.org/clmf). There will be a beer/wine cash bar.

### 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.

### PLEASE PARTICIPATE IN OUR SURVEY!

Help us plan for 2020! Employees who fill out the survey will be entered into a drawing to win a Fulton County YMCA family membership. To enter, type your name in the zip code box. The survey is open through November 15 and can be found at [surveymonkey.com/r/IQZNX85](https://surveymonkey.com/r/IQZNX85).

## FEATURED CLASS

**The Art of Royal Icing | Denise Dickson, instructor | Saturday, November 9 | 10 a.m.-12 p.m. | \$30 pre-registration**

*This class will give you skills, techniques and projects for using royal icing to decorate everything from cookies to cakes. Take home six beautiful cookies to impress your family and friends! [Click here to register online.](#)*

### CONTACT INFORMATION

Megan Balser  
Lexington, Chapter of The Arc New York  
2736 State Highway 30, Gloversville  
[balserm@thearclexington.org](mailto:balserm@thearclexington.org)



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