

LEXINGTON HAPPENINGS



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

TUESDAY, OCTOBER 16, 2018



Brenda Dwyer, Lexington's Environmental and Creative Arts Specialist, received The Arc New York's Thomas A. Maul Direct Support Professional Excellence Award! She was one of only four DSPs in the state to receive this award. Brenda has changed many lives by cultivating arts enrichment at Lexington. She teaches art to the people she supports, takes them to art museums and helps them exhibit their work in galleries across the state. In part due to her work with Creative Expressions and the Paul Nigra Center for Creative Arts, 43 artists supported by Lexington have sold 151 pieces to date. This equals more than \$16,000 for the people we support. More importantly, Brenda has helped many people discover their creativity, talent and identities as artists. She could not be more deserving of this award. Congratulations, Brenda! She is pictured here with Judy Schelle, Lexington Board president; Thelma Senecal, artist; Shaloni Winston, Lexington Executive Director; and David Miller, Lexington Board member.

LIMITED TIME EXTRA REFERRAL BONUS

For a limited time, Lexington is offering a special extra bonus to employees who refer new hires in direct support staff positions. See page 3 for more information about this bonus and how you can be entered into this drawing for \$250. In September, the following employees were entered into the drawing:

Brittani Brown

Sandra Moynihan

Heather Lang

Frances Mayes

James Pearo

Tiffany MacMurray

Ann Marie Berenger

Mikala Sartin

Faith Cramer-Thomas

Gary Davis

Susan Wood

Robert Cobb

The winners were Robert Cobb (West) and Gary Davis (East). Congratulations!

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

HALLOWEEN WREATH RAFFLE

Gloversville Day Hab is raffling off a festive Halloween wreath! All proceeds will benefit the Paul Nigra Center for Creative Arts. Tickets are \$1 for one or \$5 for eight. See any Burke program manager for tickets!

SPLASH THE SPECTRUM — PRESENTED BY LEXINGTON FAMILY SERVICES

Mondays, October 15 — December 17 | 5—6 p.m. | Fulton County YMCA, 213 Harrison Street, Johnstown

Lexington Family Services is presenting a 10-week Splash the Spectrum program at the Fulton County YMCA.

Splash the Spectrum is a swim program designed for children on the autism spectrum and those with sensory processing disorders. The classes will focus on various activities for social skills and exposure to various sensory modalities. Call Lexington Family Services to sign up for classes today!

JOHNSTOWN DAY HAB CHILI & CORNBREAD FUNDRAISER

Johnstown Day Hab is hosting a chili and cornbread fundraiser lunch on Friday, October 19! Each \$5 meal includes chili, cornbread, a drink and dessert. Pre-sale tickets will be available October 8-17 in JDH Room 11.

All proceeds benefit Adopt-A-Child. For more information, call (518) 736-3809. Thank you for your support!

MUSIC THERAPY — PRESENTED BY LEXINGTON FAMILY SERVICES

Every Tuesday Evening | Ages 3-12: 5:30—6:30 p.m. | Ages 13-21: 6:30—7:30 p.m.

Family Services, 43 Harrison Street, Gloversville

Lexington Family Services is offering Music Therapy classes every Tuesday evening. These sessions are designed to help children on the autism spectrum focus on social skills through sing-alongs and games. For questions and to sign up, call Family Services at (518) 773-2014.

RAFFLE TO BENEFIT BREAST CANCER RESEARCH

October is Breast Cancer Awareness Month! In honor of this, Home Base Structured Day Program is selling raffle tickets for a 6-foot lighted inflatable turkey yard decoration. Tickets are \$5 for one, \$10 for three and \$20 for eight. Stop by Home Base at 465 N. Perry Street, Johnstown, or call (518) 736-3908 to buy tickets now! Proceeds will be donated to the Breast Cancer Research Foundation, a nonprofit organization. The drawing will take place on Friday, November 2. Thank you for your support!

2018 NURTURING ENVIRONMENT MEETINGS

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

JOHNSTOWN

Training Center, 465 N. Perry St., Johnstown

October 31 — 1:00 p.m. December 27 — 11:30 a.m.

ALBANY

Hampton Inn, 1442 Western Ave., Albany

November 9 — 10:00 a.m.

November 29 — 10:00 a.m.

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: Sue Rickard

PROGRAM: Kyser Lake

POM: People Are Safe

Sue does an amazing job every day to ensure the men and women at Kyser Lake are safe. She pays strict attention to those who receive nutrients through G-tubes to make sure they are receiving their full amount in the time allotted and the pumps are working appropriately. She also makes sure all medications are given within the allotted time frame. If there is a question or concern, she can answer it or refer to the proper people to call for more information.

EMPLOYEE ANNIVERSARIES (10+ years)

OCTOBER 16 TO OCTOBER 29 | Congratulations!

Gail Saracino, Med Services, 10/17, 30 years

Michele Pollard-Coons, Family Services, 10/20, 10 years

Ruby Conte, Residential, 10/19, 20 years

Rebecca Suchy, Family Services, 10/20, 10 years

Barbara Albrecht, Family Services, 10/20, 10 years

OCTOBER IS NATIONAL DISABILITY EMPLOYMENT AWARENESS MONTH!

This month, we celebrate the career success of the people we support with National Disability Employment Awareness Month! We also extend special thanks to our Employment Resources staff and every other Lexington employee who helps the people we support work at fulfilling jobs they love. Thanks also to the businesses in our community who employ people we support and treat them with respect as important members of the team. Employment is a great source of pride and meaning to the people we support, and it wouldn't be possible without your support! This year's theme is "America's Forces: Empowering All."

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. There's no limit to how much you can earn by referring candidates we hire! Give an application to a friend or family member or have them apply online at www.lexingtoncenter.org. Make sure they list your name on the application as the referral source!

HERE ARE SOME EMPLOYEES WHO REFERRED NEW HIRES IN SEPTEMBER:

Ann Marie Berenger
Faith Cramer-Thomas

Kathleen Davey
Gary Davis

Thierno Diallo
Sue Matthews

Frances Mayes
Sandra Moynihan

LIMITED TIME EXTRA BONUS

During October, November and December, Lexington will be holding monthly drawings for an extra \$250, awarded to employees who referred new hires that month. Each referral made during each month will be entered into the drawing to win — the referral does not need to be hired for their referee to be entered into the drawing. Only those who referred direct support staff are eligible. Monthly drawings will be completed by region: East, West, Albany and Day Program. For more information, please contact Doug Blanc at (518) 775-5307 or blancd@thearclexington.org.

WELLNESS TOGETHER

WALKING GROUPS



Join a walking group with your coworkers! If you chose the option to exercise 30 minutes a day four days a week for your 3-Week Employee's Choice Team Challenge, this will help you reach your goal. 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

Wednesday, October 17 | 3:30—4:00 p.m. | Indoor Track, 465 N. Perry Street, Johnstown

Friday, October 19 | 12:00—12:30 p.m. | Gym, 127 E. State Street, Gloversville

Tuesday, October 23 | 7:30—8:00 a.m. | Gym, 127 E. State Street, Gloversville

Thursday, October 25 | 7:30—8:00 a.m. | Indoor Track, 465 N. Perry Street, Johnstown

Thursday, October 25 | 10:00—10:30 a.m. | Reception Area, 405 County Highway 114, St. Johnsville

2018 LIFE POINTS WELLNESS INCENTIVE AND CAFEWELL PROGRAM OVERVIEW



There are more ways available to earn Life Points in 2018. 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. \$43,860 in CDPHP Life Points remain unclaimed, and there are even more to earn!

DATES, TIMES & LOCATIONS

Monday, October 22 | 12:00—12:30 p.m. | Large Conference Room, 127 E. State Street, Gloversville

BRING SALLY UP SQUAT CHALLENGE WITH WEIGHT RESISTANCE



If you chose the squats option for your 3-Week Employee's Choice Team Challenge, this activity will help you reach your goal! Join us weekdays at 3:15 p.m. for this FUN but challenging short activity to build your core and leg strength. We have added weights to the four-minute Bring Sally Up workout. You can do this workout without having to change your clothes. Hope to see you there!

DATES, TIMES & LOCATIONS

Every weekday | 3:15 p.m. | Gym, 127 E. State Street, 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.**

FREE FLU SHOT CLINICS FOR ALL LEXINGTON EMPLOYEES

Help prevent the spread of the flu and protect yourself, your family and the people we support from this serious illness! The CDC recommends a yearly flu vaccine for everyone 6 months and older. Seasonal flu can begin as early as October and continue as late as May. Lexington Wellness will be at the clinics to show employees enrolled in Lexington's medical plan how to report their vaccine to CDPHP to receive Life Points. If you have questions, please contact Elaine Jacksland at (518) 736-4111. See below for the dates and locations of the flu vaccine clinics.

Location	Date	Time	Location	Date	Time
127 E. State St., Gloversville Gymnasium	Fri., Oct. 19 Fri., Nov. 16	8—10 a.m. 10 a.m.—2 p.m.	2736 NY-30, Gloversville Transitions	Thurs., Oct. 25	2—3 p.m.
405 Co. Hwy 114, St. Johnsville Oppenheim Day Hab	Fri., Oct. 19 Mon., Oct. 22 Fri., Oct. 26	8—10 a.m. 1—3 p.m. 8—10 a.m.	465 N. Perry St., Johnstown CDT Space (across from Training Center)	Wed., Nov. 7	10:30 a.m.— 12:30 p.m.

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.



Coming October 27!



The Zombie Fun Run/Walk
to benefit the Nigra Arts Center
CLICK HERE for details!

HALLOWEEN-THEMED CLASSES!

Celebrate Halloween with some fun themed classes at the Nigra Arts Center! To sign up for any of these, call (518) 661-9932.

- Pumpkin Paint & Sip | October 22, 6-7:30 p.m.
- Hocus Pocus Paint & Sip | October 23, 6-8 p.m.
- Spooky Window Decorations | October 24, 10 a.m.—12 p.m.
- Mannequin Head Fright | October 25, 12-1:30 p.m.
- Mannequin Head Fright Night | October 25, 6-8 p.m.
- Costume Making | October 31, 10 a.m.-12 p.m.

Coming November 9th:

SHOP, SIP & SAVOR: AN EVENING FOR WOMEN!

Shopping, Raffles, Food & Fun!

Paul Nigra Center for Creative Arts
2736 NY-30, Gloversville
5:00—8:00 p.m.
Tickets: \$10 presale/\$15 at door



Join us to get a jump start on your holiday shopping! In addition to more than 30 local vendors, there will be raffles, drinks and hors d'oeuvres at this fun event. Lexington employees can use their Nigra Arts Center gift cards to attend. For more info and to register, please contact Lynette May at MayL@thearclexington.org or (518) 661-9932. Vendors that will attend include:

Arbonne	McLemon's Boutique
CAS Jewelry	P&D Farm Market & Brinery
Earth & Sky Glassworks	Studio Herbage
Just Because Boutique	SW The Spa
Lemongrass Spa	Whipperwill Candles
Libby's Natural Soap	Young Living Essential Oils
LuLaRoe Clothing	AND MORE!

FEATURED CLASS

Paint Your Pet | Gail Talmadge, instructor | Thursday, October 25 | 6:30—9:00 p.m. | \$45

Send a JPG format headshot of your pet and it will be pre-sketched on a 16x20" canvas ready for you to paint! The fee includes a pre-sketched customized canvas, all supplies and step-by-step instructions. [Click here to register online.](#)

CONTACT INFORMATION

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www.facebook.com/PaulNigraCenter