

# LEXINGTON HAPPENINGS



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

TUESDAY, OCTOBER 2, 2018



*This summer, Chris Phelps and Doug Lathrop helped serve dinner and ice cream during the 9th Annual Backpack Giveaway in downtown Gloversville, which provides backpacks and school supplies to nearly 600 children in grades 6 and under in the Gloversville School District. Chris and Doug, alongside Good Neighbor staff member John Proske, Assistant Director of Psychology Services Maria Betts and many volunteers from local churches, provided dinner to nearly 1,000 people in just two hours. Thanks to Doug and Chris for this awesome act of community service, and thanks to John and Maria for making it possible for them to participate. Pictured above are Doug, Maria and Chris at the event.*

## FALLING LEAVES WALK

The third annual Falling Leaves Walk took place on September 14! Journey/Quest Day Hab hosted this activity at the Nigra Arts Center. The weather was as great as the turnout — 26 staff and 47 people from Adirondack, Gloversville, Journey, Quest II, STEP, Pine Hills and Oppenheim Day Habs! Everyone enjoyed a walk and scavenger hunt for leaves, feathers, pine cones and other forest items. Afterward, everyone enjoyed apple cider and donut holes inside.

Special thanks to Kim Moldt, Jen Spory, Hayla Cyr and Gabby Jacobs from STEP for helping out with refreshments, signage and scattering leaves. Thanks also to Devon Luft and Lexi Ryan from Wheaton for making it possible for Ricky, Anthony and Richard to participate in this fun day.

## 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)

### **13-WEEK PEERS® SOCIAL SUCCESS COURSE**

**Wednesdays, October 3 — January 2 | 5:00—6:30 p.m. | Transitions, 2736 NY-30, Mayfield | \$195 or \$15/week**

Is there a young adult in your life who could use some help in social situations? If so, Lexington Family Services is proud to present the Program for the Evaluation and Enrichment of Relational Skills (PEERS®), an in-depth, parent-assisted intervention aimed at helping young people succeed socially. Any young adult age 16 and up is welcome to register.

PEERS can help students hold conversations, choose friends, enter groups, build confidence in social situations, navigate teasing and bullying, and more. The instructors for this coach are Heidi Smith and Marla Lathers. For more information and to register, call Nancy DeSando at (518) 773-2050 or [click here](#).

### **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.

### **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!

### **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:** Kim Moldt

**PROGRAM:** STEP

**POM:** Community Involvement

Kim always takes the time to speak to the women at STEP about what they are doing outside of program and how they stay involved in their community. She talks with them about their volunteer roles and has helped them make new connections through their Community Outreach Program. Recently, the group toured the Goderie Tree Farm and Hayla expressed an interest in working there. Kim encouraged her to talk to the owner about a possible volunteer/intern role and she did. Hayla got his phone number and necessary information and brought it back to program. She then followed up with the owner and talked to him about specifics. Kim not only helps the women in the program make connections, but she also supports them to follow through with them to help increase their community involvement.

### EMPLOYEE ANNIVERSARIES (10+ years)

#### OCTOBER 2 TO OCTOBER 15 | Congratulations!

Wayne Treleaven, Residential, 10/5, 20 years

Melanie VanEvery, Residential, 10/6, 10 years

Christina Lynn, Residential, 10/6, 10 years

William Villanueva, Day Hab, 10/6, 10 years

Tammy Ruszkowski, Residential, 10/6, 15 years

Rebecca Brothers, Residential, 10/13, 15 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 many 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." Follow Lexington on Facebook for some stories of career success from the people we support!

### EARN A BONUS FOR RECOMMENDING EMPLOYEES!



Summer is almost here! If you know of great people who are looking for summer employment, please have them apply to work 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 that we hire!



Give an application to a friend or family member, or have them apply online at [www.lexingtoncenter.org](http://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 SEPTEMBER:

Francis Mayes

Kathleen Davey

Sue Matthews

Sandra Moynihan

Ann Marie Berenger

Gary Davis

Faith Cramer-Thomas

Thierno Diallo

## 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

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

Friday, October 5 | 7:30—8:00 a.m. | Gym, 127 E. State Street, Gloversville

Tuesday, October 9 | 12:00—12:30 p.m. | Gym, 127 E. State Street, Gloversville

Wednesday, October 10 | 7:30—8:00 a.m. | Indoor Track, 465 N. Perry Street, Johnstown

Monday, October 15 | 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

Thursday, October 11 | 3:30—4:00 p.m. | Large Conference Room, 465 N. Perry Street, Johnstown

### 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](mailto:peryeam@thearclexington.org).*

## 3-WEEK EMPLOYEE'S CHOICE TEAM CHALLENGE

Lexington Wellness is announcing the 3-Week Employee's Choice Team Challenge! Sign up by October 7 by assembling a team at your work site and registering on the sign-up list located at your site. Each employee must choose one of the following goals to meet over the course of the Challenge:

- Exercise 30 minutes a day for 4 days each week
- Eat breakfast 4 days each week
- Stretch for 10 minutes 4 days each week
- Complete 50 squats 4 days each week
- Drink 48 ounces of water 4 days each week.

This Challenge starts Monday, October 8, and ends Sunday, October 20. Employees who complete the Challenge goal will be eligible to win raffle prizes, including caps, insulated lunch bags, ear buds, water bottles and walking pouches. For more information, [click here](#) or contact Michelle Peryea at (518)775-5420 or [peryeam@thearclexington.org](mailto:peryeam@thearclexington.org).



## 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](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 October 27!



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

Coming November 9th:

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

*Shopping, Raffles, Food & Fun!*

**CLICK FOR DETAILS!**



Foothills Family Productions presents  
**Prince & Princess Holiday Tea**  
Saturday, November 24  
**CLICK HERE for details.**



Become part of  
**THE SACANDAGA SINGERS**  
the Nigra Arts Center's new choir!

**Click to learn more!**

### FEATURED CLASS

**Pumpkin/Snowman Wood Decoration | Delania Duncovich, instructor | Thursday, October 4 | 6:00—8:00 p.m. | \$25**

Join instructor Delania as she guides you to make your own reversible fall and winter wood slice decoration. You will give your 3-tier decoration your own style to take home. [Click here to register online.](#)

#### CONTACT INFORMATION

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