

LEXINGTON HAPPENINGS



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

TUESDAY, OCTOBER 20, 2015



As part of National Disability Employment Month, we're highlighting the achievements of individuals who have jobs in the community and their employers. Chris Penrosa (left) is currently employed by the Country Farms store on South Main Street in Gloversville. Chris has been employed for 4 months and works a few hours each day. Some of his duties include answering the phone, taking food orders and working the cash register. Chris enjoys his job at Country Farms and gets along well with his coworkers. Chris's boss, Gary Patel (right), says what a good job Chris does and how much he enjoys having Chris work for him. Keep up the good work, Chris!

EVENTS THIS WEEK — OCTOBER 20 TO OCTOBER 25

Tuesday, October 20 | 5:30—7:30 p.m.

MUSIC THERAPY FOR SCHOOL-AGE CHILDREN DIAGNOSED ON THE AUTISM SPECTRUM | Lexington Family Services, 43 Harrison Street, Gloversville. *Fun-filled musical activities where music is used within a therapeutic relationship to address physical, emotional, cognitive and social needs. Every Tuesday in October. Ages 3-12 from 5:30 to 6:30 p.m.; ages 13-21 from 6:30 to 7:30 p.m. All are welcome to attend. Please call Family Services at (518) 773-2014 to RSVP. Transportation and respite are provided upon request.*

Friday, October 23 | 1:00—2:00 p.m.

WEBINAR — HOW TO HANDLE EMOTIONS UNDER PRESSURE | The Center at Lexington, Training Room C, 465 N. Perry Street, Johnstown. *This Leadership webinar training session will give attendees dozens of on-the-spot responses and*

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

techniques for taking control of tough situations. Attendees will also get tips for keeping stress and burnout at bay and learn the 3-step A.C.E. method of conflict resolution. If you would like to attend or send a staff member, please contact Jamie Wicklund at (518) 736-3882 or lamphej@lexcenter.org.

Friday, October 23 | 6:00—8:00 p.m.

SIB STREET, SIBLING SUPPORT GROUP | Lexington Family Services, 43 Harrison Street, Gloversville. *A support group for the siblings (ages 8-15) of individuals who have been diagnosed with developmental disabilities.*

Saturday, October 24 | 1:00 p.m.—1:45 p.m.

AUTISM MOVEMENT THERAPY WITH ERIN HOLLENBECK | The Center at Lexington, 465 N. Perry Street, Johnstown. *AMT is a movement and music integration strategy combining patterning, visual movement, calculation, audible processing, rhythm and sequencing for a “whole brain” cognitive thinking approach that can significantly improve behavioral, emotional, academic, social, speech and language skills. This session will be geared toward ages 5 through 18. Parent participation is required. Come dressed to move and have fun! All are welcome to attend. Please call Family Services at (518) 773-2014 to RSVP. Transportation and respite are provided upon request.*

EVENTS NEXT WEEK — OCTOBER 26 TO NOVEMBER 2

Monday, October 26 | 6:00—7:00 p.m.

SENSORY SWIM FOR CHILDREN DIAGNOSED ON THE AUTISM SPECTRUM | Johnstown High School, 1 Sir Bill Circle, Johnstown. *Sensory Swim offers children with autism and sensory processing difficulties the opportunity to work with trained therapists and other children to promote motor development and sensory processing skills through various aquatic activities. Socialization skills will be addressed by various group activities including sing-alongs and games. This program serves children 3-21 years old who have an autism spectrum disorder or other sensory processing issues. The program will be held each Monday from September 14 to December 7, except October 12. Each child must be accompanied in the water by a responsible adult. RESERVATIONS ARE REQUIRED and are limited to 12 children per class/session. Please call Family Services at (518) 773-2014 to RSVP.*

Tuesday, October 27 | 5:30—7:30 p.m.

MUSIC THERAPY FOR SCHOOL-AGE CHILDREN DIAGNOSED ON THE AUTISM SPECTRUM | Lexington Family Services, 43 Harrison Street, Gloversville. *Fun-filled musical activities where music is used within a therapeutic relationship to address physical, emotional, cognitive and social needs. Every Tuesday in October. Ages 3-12 from 5:30 to 6:30 p.m.; ages 13-21 from 6:30 to 7:30 p.m. All are welcome to attend. Please call Family Services at (518) 773-2014 to RSVP. Transportation and respite are provided upon request.*



HALLOWEEN HAUNTED HOUSE AND HARVEST LUNCHEON!

Join us at Johnstown Day Hab October 30 from 10 a.m. to noon for a free and spooky Halloween Haunted House! Afterward, from 11:30 a.m. to 1 p.m., there will be a Harvest Luncheon at Johnstown Day Hab. They will serve ham and potato soup, pumpkin rolls, apple crisp, iced tea, coffee, water and lemonade for \$5 per person.

All proceeds go to benefit Adopt-A-Family. Please RSVP by October 28 for the luncheon only.

CANCELLED!!

ADJUST YOUR CALENDARS

CANCELLED!!

The Nurturing Environment meeting scheduled for Thursday, October 29, in Johnstown has been cancelled.

SOCIAL SUCCESS COURSES FOR TEENS AND YOUNG ADULTS

Starting October 27, Transitions will be offering social skills classes to middle and high school students in the community. These courses are aimed at helping teens fit in at school, make friends, build self-esteem and navigate their changing identities. Do you know a teen who struggles with social situations and needs a little extra help to handle them safely and successfully? Consider recommending one of the following courses to them:



SCHOOL SURVIVAL SKILLS

Wednesdays 4—5 p.m. starting October 28 | Six sessions | Grades 6—9 | Max class size: 8 | \$16.50 per class

This course teaches students skills that will help them fit in with their peers and be accepted by groups. They make use of Social Thinking concepts that will help the students throughout their lives. The instructors are Molly Rulison, social skills specialist, and Mary Kaye Ormiston, supervising behaviorist and certified PEERS® instructor.

LIKING MYSELF, BEING MYSELF

Wednesdays 5:30—6:30 p.m. starting October 28 | Six sessions | Grades 7—9 and 10—12 | \$16.50 per class

This course arms students with tools for protecting their sense of identity and self-esteem, both of which can come under attack at school. Topics include dealing with the changes that come with adolescence, communication expectations of teenagers, protection from bullying and abusive relationships, and attaining self-betterment. The curriculum uses Social Thinking concepts that will benefit students throughout their lives. The instructors are Rulison and Ormiston.

PEERS®

Tuesdays 6:30—8:30 p.m. starting October 27 | 14 sessions | Grades 9—12 and ages 18—26 | Max class size: 8 | \$32 per class

The Program for the Education and Enrichment of Relational Skills (PEERS®) is a manualized social skills training intervention for adolescents and young adults. It was originally developed at UCLA by Dr. Elizabeth Laugeson, founder and director of the UCLA PEERS® Clinic, and Dr. Fred Frankel in 2005 and has expanded to locations across the United States and the world. PEERS® has a strong evidence base for use with teens and young adults with autism spectrum disorders, but is also appropriate for teens and young adults with ADHD, anxiety, depression, and other socioemotional problems. It will take them through all aspects of developing relationships, from finding like-minded people to navigating bumps in the road. Each participant must also have a “coach,” a parent, caregiver, sibling or anyone committed to helping the person succeed socially, who must attend sessions at the same times with a separate instructor. The coaches will learn how to develop and encourage the social skills learned. The instructors are Ormiston and Victoria Morrison, a speech-language pathologist and certified PEERS® instructor.

All classes will take place at Transitions, 2736 State Highway 30, Gloversville. For more information and to register, call Terry Williams at (518) 775-5384 or email williat@lexcenter.org.

FALL FORMAL FUNDRAISER RESULTS



The Fall Formal was a huge success! After minimal expenses, the dance raised \$830 for the Paul Nigra Center for Creative Arts.

Thank you to everyone who participated!

SAVE THE DATE

The Fulton County Safe Environment & Wellness meeting will take place November 12, 10 a.m. to noon, in Classroom C at the Lexington Training Center, 465 N. Perry Street, Johnstown.



WELLNESS TOGETHER

GET FIT, GET HEALTHY!

Do you need help staying on track with incorporating exercise into your daily routine? No problem! This program is designed to help you make healthy lifestyle changes such as losing weight or getting physically fit, whatever your personal goals are. All are welcome to attend. The program will be modified for all participants. If you have an exercise mat or dumbbells, please feel free to bring them, but they are not necessary. Questions? Contact Jennifer Morse at (315) 429-3563. Eligible employees that attend will be awarded 10 Wellness Rewards Points.



DATES, TIMES & LOCATIONS

Tuesday, October 20 | 6:00 p.m.—7:00 p.m. | Pavilion across from Dolgeville Firehouse, Helmer Ave, Dolgeville

Wednesday, October 21 | 6:00 p.m.—7:00 p.m. | Pavilion across from Dolgeville Firehouse, Helmer Ave, Dolgeville

Sunday, October 25 | 8:00 a.m.—9:00 a.m. | Pavilion across from Dolgeville Firehouse, Helmer Ave, Dolgeville

Tuesday, October 27 | 6:00 p.m.—7:00 p.m. | Pavilion across from Dolgeville Firehouse, Helmer Ave, Dolgeville

Wednesday, October 28 | 6:00 p.m.—7:00 p.m. | Pavilion across from Dolgeville Firehouse, Helmer Ave, Dolgeville

Sunday, November 1 | 8:00 a.m.—9:00 a.m. | Pavilion across from Dolgeville Firehouse, Helmer Ave, Dolgeville

WELLNESS WALK



Walking is great exercise. It helps refocus our thoughts and reduce stress. Bring a co-worker or someone you enjoy spending time with. Please be sure to wear appropriate shoes and bring water to drink. If the weather permits, we will walk outside. Eligible employees that attend will be awarded 10 Wellness Rewards Points.

DATES, TIMES & LOCATIONS

Thursday, October 22 | 3:30 p.m.—4:00 p.m. | Gymnasium, 127 E. State Street, Gloversville

Friday, October 23 | 7:30 a.m.—8:00 a.m. | Indoor Track, 465 N. Perry Street, Johnstown

Monday, October 26 | 3:30 p.m.—4:00 p.m. | Indoor Track, 465 N. Perry Street, Johnstown

Tuesday, October 27 | 7:30 a.m.—8:00 a.m. | Gymnasium, 127 E. State Street, Gloversville

LIFEPOINTS WELLNESS INCENTIVE: \$50 IN TWENTY MINUTES

Lifepoints, a wellness incentive program available through CDPHP, is available to employees enrolled in Lexington's medical plan. In the program, you are awarded points for healthy lifestyle actions such as going to routine physical exams. Enroll and earn your first 50 Lifepoints — 1 point equals \$1 — by completing your CDPHP Personal Health Assessment. You can earn an additional 315 Lifepoints in 2015. As you earn points, you redeem them online through CDPHP for a retailer gift card of your choice. You must redeem all of your Lifepoints for gift cards by December 31, 2015. Attend this program to learn how easy it is to earn Lifepoints and redeem them for gift cards. Space is limited — register to attend by calling Michelle Peryea at (518) 775-5420. Take advantage of the opportunity before it's too late!

DATES, TIMES & LOCATIONS

Thursday, October 22 | 7:30 a.m.—8:00 a.m. | Large Conference Room, 127 E. State Street, Gloversville

Thursday, October 22 | 12:00 p.m.—12:30 p.m. | Large Conference Room, 465 N. Perry Street, Johnstown

Friday, October 23 | 3:30 p.m.—4:00 p.m. | Conference Room, 405 County Highway 114, St. Johnsville

Monday, October 26 | 12:30 p.m.—1:00 p.m. | Conference Room, 405 County Highway 114, St. Johnsville

Wednesday, October 28 | 7:30 a.m.—8:00 a.m. | Large Conference Room, 465 N. Perry Street, Johnstown

Thursday, October 29 | 3:30 p.m.—4:00 p.m. | Large Conference Room, 127 E. State Street, Gloversville

***Prior to attending any exercise class or program, please ensure you have received approval from your medical practitioner.*

BIOMETRICS SCREENING FOR LEXINGTON HEALTH CARE PLAN SUBSCRIBERS

Reminder: Biometrics Screenings/Information are REQUIRED to be completed in 2015 by employees and spouses enrolled in Lexington's Medical Plan to receive their premium savings in 2016. To make an appointment, call:

Gloversville | Bridgett Nestor (518)775-5422

Guilderland | Diane Bellamy (518) 218-7310 extension 301

Oppenheim | Donna Dineen Mon., Wed., and Fri. or Vicki Scheuerman Mon.—Fri. (518) 568-3102

DATES, TIMES & LOCATIONS

Wednesday, November 4 | 12:00 p.m.—6:00 p.m. | Gymnasium, 127 E. State Street, Gloversville

Thursday, November 4 | 7:30 a.m.—1:30 p.m. | Gymnasium, 127 E. State Street, Gloversville

Wednesday, November 11 | 7:30 a.m.—12:00 p.m. | Multi-purpose Room, Oppenheim Day Hab, 405 County Highway 114, St. Johnsville

Tuesday, November 17 | 11:00 a.m.—1:00 p.m. | Conference Room, 2301 Western Avenue, Guilderland



DANCE AEROBICS CANCELLED

Dance Aerobics, which takes place Tuesdays 4:30 —5:30 p.m. at 127 E. State Street, is canceled until further notice.

EAT SMART TEAM CHALLENGE RESULTS

Congratulations to everyone who completed the Eat Smart Team Challenge requirements! We would like to recognize the one team in the agency in which all members completed the Challenge and met the goal. From Employment Resources, they are:



Stacy Asche
George Grosse
Amanda Chittenden
Sharon Diefendorf
Michael Schanthal
Katherine Simone
Elizabeth Leonard



Congratulations! These winners received 15 Wellness Rewards points and their supervisor received \$100 to spend on the team. We challenge you all to keep the healthy habits you developed during the Challenge going for the rest of the year!

Employees who weren't eligible to earn Wellness Rewards points but still completed the Challenge were entered into a raffle to receive a prize. The winner was Natasha Mamrosh from Stahl Road. Congratulations!

LEXINGTON HAPPENINGS HAS A NEW PUBLISHING DATE

Be advised that starting immediately, Lexington Happenings will be published every other Tuesday, as opposed to every other Monday. Please keep this in mind as you submit your events and announcements at least two weeks in advance!

HR NEWS AND INFORMATION

S.T.A.R.R. PROGRAM - \$500 BONUS THROUGH NOVEMBER 30!

Are you looking for a way to help us recruit and retain employees AND make some extra money for the holidays? Check out our employee referral program!

If you know someone who is kind-hearted and would enjoy supporting an individual while helping them to reach their full potential, please refer them to the Lexington Human Resources Department to complete an application for immediate consideration. They may also visit our website at www.lexingtoncenter.org to complete an online application!

Please note: We have temporarily increased the monetary reward of our S.T.A.R.R. referral bonus program! For anyone referred and hired on or after **November 15, 2014**, you can now earn up to **\$500** for each person hired part-time, per diem or full-time. This special incentive has been extended through **November 30, 2015**! Give an application to a friend or family member today!

If you have any questions, contact the Human Resources Department at (518) 773-7931.

Here are the names of some of those who received a S.T.A.R.R. check in October:

Kristina Austin	Jessica Dodson	Tonia Kane	Toni Persch	Tonia Stockigt
Robert Baird	Teresa Edick	Kristine Knapp	Stacy Pettit	Robert Taylor
Hadiatou Balde	Hayley Ferrara	Karissa Kuebaugh	Isaiah Philo	Michelle Tretola
Sirvasha Bell	Matthew Gordon	Rob Lockwood	Sue Rickard	Donald Wagoner
McKenzie Bellen	Clara Halloran	Lynette May	Stacey Rocas	Quianna Walker
Lona Bleyl	Anne Hanson	Nicole McAllister	Rachael Salvione	Hayli Walters
Jamie Calderwood	Cassandra Harrington	Jenifer Mills	Olivia Sanders	Stacia Williams
Toni Calderwood	Tammy Hart	Joslyn Mitchell	Charity Schuyler	Theresa Williams
Bobbielynn Cook	Bahja Helou Haddawi	Shelby Moore	Lori Semprevio	Mason Young
Mary Congdon	Nathan Henry	Jennifer Morse	Susan Spagnola	Michelette Zapata
Nathan Cowles	Jacob Hepner	Alexis Nolan	Jeremy Spagnuola	
Sherry Culver	Kasie Hext	Sandra Pearl	Heather Steves	

SPECIAL BJ'S WHOLESALE CLUB MEMBERSHIP OFFER!



Lexington is pleased to announce that BJ's Wholesale Club is offering our employees a discount membership rate.

Lexington employees can get \$10 off the regular \$50 annual BJ's membership fee! Your cost will be \$40 + tax = \$43.20 for a one-year membership.

You will also get a free second membership for another household member and an extra 3 months, also free. That's 15 months for less than the cost of a 12-month membership!

All renewals will have 15 months added onto their BJ's member from their current expiration date.

If you're interested in taking advantage of this offer, you can obtain a membership application by calling Bridgett Nestor in Human Resources at (518) 775-5422 until October 23, 2015.

TRAINING OPPORTUNITIES AT LEXINGTON

NYSACRA and NYSRA are offering the following two free training opportunities at Lexington in November:

DEMYSTIFYING THE PERFORMANCE EVALUATION PROCESS

Tuesday, November 10 | 9:00 a.m.—4:00 p.m. | 465 N. Perry Street, Johnstown

Starting April 2016, DSPs will be evaluated using the DSP Core Competencies evaluation tool as mandated by OPWDD. This training will focus on how to utilize the tools and give an evaluation that enhances the good to excellent worker's morale while also providing a clear message to underperforming staff on what they need to do to meet the competencies standard of performance. Very concrete strategies will be presented and attendees will have the opportunity to practice these strategies in small group role plays.

INFORMED DECISION MAKING

Wednesday, November 18 | 9:00 a.m.—12:30 p.m. OR 1:30 p.m.—4:30 p.m. | 465 N. Perry Street, Johnstown

This dynamic “train the trainer” workshop will feature information, role plays and practical skills for direct support professionals to use when supporting people in making informed decisions. Informed decision making is a process where an individual receiving supports has obtained information and knowledge about a situation, understands the choices available and the outcomes possible, and makes choices that reflect their personal values. It includes the acceptance by that individual of the associated responsibility and risk of their decision. The training will also feature important developments in federal regulations that guide HCBS services throughout New York State and the country and a training a video showing how IDM can be supported by DSPs with people of different cognitive abilities.

This counts toward MSC professional development hours and toward Broker professional development hours. We strongly encourage supervisory, management, and training and development staff to attend.

To register for either training opportunity, call Rene Dutcher at (518) 775-5429 or email dutcher@lexcenter.org.

EMPLOYEE ANNIVERSARIES (10+ years)

OCTOBER 20 TO NOVEMBER 2 | Congratulations!

Sandra Pearl, Day Hab, 10/20, 10 years

Candace Frasier, Clinical, 10/21, 10 years

Vicki DeNinno, Med Services, 10/29, 25 years

2015 SELF-ADVOCACY COMMITTEE MEETING DATES

All meetings will be held at 465 N. Perry Street in the large conference room and will begin promptly at 10 a.m. The board members will meet right after.

October 22 November 19 December 17

GREAT ESCAPE / SIX FLAGS THEME PARKS 2015/2016 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 for employees and their friends and families along with the people we support. A season pass allows unlimited visits on regular operating days during the 2015/2016 season. If your season pass is purchased through Lexington and activated at The Great Escape no later than December 31, 2015, you will receive free parking at any of the Six Flags locations for all of the 2016 season.

The cost is \$53 each, payable by cash or personal check. These Great Escape season passes will be available for purchase at the Human Resources Department in the Gloversville Day Hab building until December 31, 2015. If the pass is not activated at The Great Escape by December 31, it won't be upgraded to a gold pass but will grant free parking at The Great Escape location.



You may have noticed that the maintenance crew has been sporting pink lately. When it was time to order t-shirts for the year, Reggie Brooker suggested changing to pink and adding the breast cancer ribbon to the front for the summer. All that were in favor ordered a pink shirt and made a donation to the Breast Cancer Foundation. In total, the maintenance crew donated \$150.

GO MOBILE AND GET THE APPS!



Now you can have many of your **EAP** benefits and services at your fingertips on your smartphone! Download the no-cost EAP app for iOS (Apple) and Android. Get 24-hour at -your-fingertips access to thousands of articles, videos, trainings and links on a variety of work-life issues and topics. Here's a small sampling:

Wills & other legal templates • Home ownership & mortgages • Cancer, diabetes & other illnesses • Taxes & the IRS • Consumer rights & resources • Caregiving resources • Personal development & training • Wellness resources • Lifestyle benefits & discounts

RK Flex Mobile enables you to easily and securely access your healthcare spending accounts. You can view account balances and detail, submit healthcare account claims, and capture and upload pictures of your receipts anytime, anywhere on any iPhone, Android or tablet device. You can also sign up to receive account alerts via text message. Simply download the RK Insurance App for your Android or iPhone (also compatible with iPad® and iPod touch®) and log in using the same password you use to access the RK Flex consumer portal.



“Like” Lexington on Facebook:
Lexington - Chapter of NYSARC, Inc.:
www.facebook.com/LexingtonARC
“Like” Encore Kids on Facebook:
Encore Kids: www.facebook.com/encorekidsconsignments

CONTACT INFORMATION

Megan Balser
Lexington, Fulton County Chapter, NYSARC, Inc.
465 N. Perry Street, Johnstown
balserm@lexcenter.org

NOW ACCEPTING CLOTHES FOR FALL
AND WINTER!

ENCOREkids
CLOTHING & ACCESSORIES



34 N. Main Street, Gloversville, NY 12078 | (518) 773-4649
Hours: Tuesday – Friday 10am – 6pm | Saturday 10am – 3pm
www.facebook.com/encorekidsconsignments

We accept Chamber Checks * We participate in the Chamber of Commerce Member to Member discount program, offering a 10% discount * We offer a 10% discount to all Lexington employees every Friday * Gift certificates are available.