

# LEXINGTON HAPPENINGS



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

WEDNESDAY, OCTOBER 9, 2019



The Lexington Players group at Creative Expressions is composed of actors Zen Anderson, Karl Blanchard, Justin Carpenter, Alice Cummings, Gavin Eggeston, Dennis Hoyer, Larry Kenyon, Ana Pendlebury, Caroline Pendlebury, Joy Pendlebury, Adrienne Phillips, Lily Seeley, Taylor Skinner, Debbie Woodruff and Mikyle Woodward. The group recently spent four months writing, filming and producing their first full-length feature film! Upon its completion, the Players screened “Hey! I Was Watching That!” at a September premiere at 465 N. Perry Street, Johnstown. The premiere drew a huge crowd of supporters who joined them for red carpet pictures and to watch the film! Afterward, the Players received awards and enjoyed a social hour with the audience. This celebration marked the pinnacle of months of work for the Players, and they were all beaming with pride at their accomplishment! Congratulations to the Players on their success with this project! We look forward to their next creative pursuits. Pictured, clockwise from top left, are Justin Carpenter and Joy Pendlebury on the red carpet; Lily Seeley with her friend Kim Robbins; the Players on the red carpet with their director Brian Clemente and videographer Sierra Berger; and the crowd watching the film with the Players in the front row.

## 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)

## **PROACTIVE CARING STRESS REDUCTION COURSE**

**Tuesdays, September 24, October 8 and 22 | 5:30—7:30 p.m. | 465 N. Perry Street, Johnstown**

Don't let stress win! Learn to beat it at our next ProActive Caring Stress Reduction course, designed by the Center on Aging and Disability Policy at Mount Saint Mary College and free for parents and other caregivers raising children or caring for family members with intellectual or developmental disabilities. The course will cover mindfulness, self-care and stress reduction techniques that can help you keep your stress under control. The classes also include podcasts and other materials that can be accessed from home between sessions. A light meal will be provided at each session, and childcare can be provided upon request (must pre-register for this). For more information, please visit [msmc.edu/proactiveFC](https://msmc.edu/proactiveFC). To register, please call Lexington Family Services at (518) 773-2014 or contact Nancy DeSando at (518) 775-5479 or [desandn@thearclexington.org](mailto:desandn@thearclexington.org). Pre-registration is required.

## **LIFE SKILLS GROUPS AVAILABLE**

The Article 16 clinic is offering life skills groups to people we support! The Woman's Group will meet on Wednesdays, 3-4 p.m., starting October 9. The Men's Group will meet on Thursdays, 3-4 p.m., starting October 10. Both groups meet at 465 N. Perry Street, Johnstown. If you know of someone who might benefit from these groups, please contact Maria Betts at (518) 921-8817/[bettsm@thearclexington.org](mailto:bettsm@thearclexington.org) or Sue Banks at (518) 448-4067/[bankss@thearclexington.org](mailto:bankss@thearclexington.org) for more information. More groups will also be available in the future.

## **QUEST II DAY HAB 5TH ANNUAL FALLING LEAVES WALK**

**Thursday, October 10 | 10:30 a.m.—12:00 p.m. | Paul Nigra Center for Creative Arts, 2736 NY-30, Mayfield**

Come join Quest II for their fifth annual Falling Leaves Walk! Enjoy a scavenger hunt and a nice walk in the fall air on the Nigra Arts Center's beautiful grounds. Cider and donuts will be provided. For more information, please contact Faith MacLean at [macleaf@thearclexington.org](mailto:macleaf@thearclexington.org) or (518) 775-5364.

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

## **PROACTIVE CARING: GOT STRESS? WE CAN HELP!**

**Tuesdays, October 15, 29 and November 12 | 10:00 a.m.—12:00 p.m. | 465 N. Perry Street, Johnstown**

Families of children and adults with disabilities are invited to join us to learn coping skills that have been shown to reduce stress and anxiety. Session I is titled "Let's Talk About Stress," Session II is about "Happiness and Positivity," and Session III is "Gratitude and Collaboration." Participants must attend all sessions. Limited spots are available. To reserve your spot today, please call Lexington Family Services at (518) 773-2014 or contact Nancy DeSando at (518) 775-5479 or [desandn@thearclexington.org](mailto:desandn@thearclexington.org). Childcare is available. To provide for your child's individual needs, reservations for childcare are required by the Friday prior to the meeting.

## **BUILD-A-SALAD FUNDRAISER**

**Friday, November 1 | 11:30 a.m.—1:30 p.m. | Classroom A, Training Center, 465 N. Perry St., Johnstown**

Stop in and get your healthy on at this fundraiser! Build your own salad for \$8. All proceeds benefit the Paul Nigra Center for Creative Arts. Thank you for your support!

## 2019 FLU CLINICS

Lexington will provide FREE flu vaccines to employees on **Friday, October 18** at the locations listed below. The flu shot is the most effective way to prevent infection. Take advantage of this no-cost offering! By protecting ourselves, we protect each other. CDPHP members can earn Life Points® for the flu shot, and each employee who receives a vaccine at one of the clinics listed above will be entered into a drawing for a Stewart’s gift card!

LOCATION	TIME	LOCATION	TIME
Large Conference Room, 465 N. Perry St., Johnstown	8-11 a.m.	Gym, 127 E. State St., Gloversville	8-11 a.m.
Multipurpose Room, 405 Co. Hwy 114, St. Johnsville	8-11 a.m.	5 Washington Square, Albany	10 a.m.-12 p.m.

## THE ARC NEW YORK SEEKS ENTRIES FOR ITS 2019 IMAGINE PHOTO COMPETITION

All people we support may submit to The Arc New York’s 2019 Imagine Photo Competition! [Click here](#) for entry form and guidelines. Submitters should send a digital copy of their entry, the form, a photo of the artist and a brief bio to Terry Swierzowski at [swierzt@thearclexington.org](mailto:swierzt@thearclexington.org) by **October 18**. For more information, call Terry at (518) 661-9932!

## 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**  
**Oct. 23 - 10:00 a.m.\***

### ALBANY

**Hampton Inn, 1442 Western Ave., Albany**  
**November 13 - 10:00 a.m.**

**\*Please note  
that this date  
has changed**

## 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 Safe Environment and Wellness Program Meetings! Safety Liaisons and Wellness Champions are especially encouraged to attend. 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.

## 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 SEPTEMBER:

Esean Brown    Sharon Gifford    Melissa Krick    Tanya Naple    Stacy Peck    Felicia Vogle  
Delania Duncovich    Heaven Jackson    Kadi Morrison    Mercedes Ortell    Serena VanNostrand    Caitlyn Winchell

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

Lexington's In Gratitude Awards give you the opportunity to recognize the actions of your co-workers. If you notice a colleague doing something that makes you feel grateful to be working with them, please nominate them for recognition! All nominations will be recognized at the monthly Nurturing Environment Meetings, and four employees 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 the Gloversville Day Hab building to obtain 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 September were Stacy Peck (East), Laurie Carpenter (West) and Destinee Flores (Albany). Congratulations!

### EMPLOYEE ANNIVERSARIES (10+ years) | OCTOBER 8 TO OCTOBER 21 | Congratulations!

Joanne Frye, Service Coordination, 10/9, 30 years

### TWO SUCCESS STORIES FROM OUT WEST!

The teams at Wohlgemuth Road and Oppenheim Day Hab have been doing a particularly great job supporting two people recently! Thank you to everyone who supports these two to be successful in every aspect of life:

- **Chris Fox** has done a great job with self-initiating tasks that need to be completed around the house. When he sees a job that needs to be done, he jumps right in to do it. The staff at the house have worked very hard with including Chris in the routine of the home, and he takes great pride in helping them keep everything running smoothly. At day program, staff have assisted Chris in becoming more independent. He enjoys being able to visit from one classroom to another on his own. He always lets staff know where he is going and what he is going to do. He helps distribute lunches to all the classrooms and goes out daily to check the mail and bring it back to Vicki or Donna. He also helps Vicki do the mail run to Burke several days of the month. Chris is very excited to have gained this level of independence and loves to share it with everyone he comes into contact with!
- **Vanessa Rhodes** has flourished at Wohlgemuth. She helps out around the house and enjoys spending time with staff. The staff at the house have done a great job engaging Vanessa when she gets home in the afternoon. Vanessa loves to visit Oppenheim Day Hab on Holiday Fun Days and share presentations for the groups. So far, she has presented about dinosaurs and her hedgehog, Rosie. She also shares videos and enjoys socializing with everyone in the building. It is wonderful to see Vanessa plan presentations and share the things she loves with all her peers!

## 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

Wed. | 3:30 p.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 family members may earn a total of 365 points in 2019. \$43,980 in CDPHP Life Points remains unclaimed for 2019! You must redeem your points by December 31, 2019. We will offer four Overview classes each month to help you learn more about earning Life Points.

#### DATES, TIMES & LOCATIONS

Monday, October 21 | 3:30 p.m. | Large Conference Room, 465 N. Perry Street, 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).*

## LEXINGTON SEVEN-WEEK "WEIGH TO GO" WELLNESS CLUB: OCTOBER 1 TO NOVEMBER 15

This club gives you the chance to lose weight, learn about fitness and nutrition, and get motivated with your coworkers! Members get access to the Weigh To Go group in Facebook Workplace, where you can communicate with other members and share ideas. Members will also get helpful tools, resources and activities on Workplace, including a fitness activity planner; a weekly wellness information announcement of articles, videos and tips; 15-minute virtual group exercise tutorials; and access to fitness activities, healthy recipes, meal planners, fitness and wellness articles, and more! To learn more and register, contact Meredith Fritch at (518) 775-5422 or [fritchm@thearclexington.org](mailto:fritchm@thearclexington.org).

### GROCERY STORE GUIDE: 10 STEPS TO SUCCESS

Come learn 10 simple yet life-changing ways to navigate the supermarket! During this interactive workshop, you will discover ways to make your grocery trips healthier while saving money and time. To sign up, contact Michelle Peryea at (518) 775-5420 or [peryeam@thearclexington.org](mailto:peryeam@thearclexington.org). CDPHP members can earn up to 10 Life Points for attending.

DATE	TIME	LOCATION
Wednesday, October 16	10:00-10:30 a.m.	Rapp Road, Albany
Thursday, October 17	3:30-4:00 p.m.	Large Conference Room, 127 E. State Street, Gloversville
Friday, October 18	12:00-12:30 p.m.	Large Conference Room, 465 N. Perry Street, Johnstown
Thursday, October 24	3:30-4:00 p.m.	Large Conference Room, 405 Co. Hwy 114, St. Johnsville

## 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).



### FALL AND HALLOWEEN EVENTS AT THE NIGRA ARTS CENTER

Find more information about these events and register online at [www.pncreativeartscenter.org](http://www.pncreativeartscenter.org)!

#### FAMILY FUN EVENTS

##### **Hocus Pocus Kid's Fun Event**

*Sunday, October 13 | 10AM-12PM | \$25*

Kids will decorate witch hats, brew up yummy drinks in the cauldron, paint pumpkins and have fun with Winnie!

##### **Bus Trip to Salem, Massachusetts**

*Saturday, October 26 | 6:30AM-10:30PM | \$55*

Join us for some Halloween fun in one of the U.S.'s spookiest towns!

##### **Zombie Fun Run & Walk**

*Saturday, October 26 | 8:30AM-2:30PM | \$25*

Dress up as a zombie for this fun event! Runners get a free t-shirt if they register by 10/20. Kids 5 and under are free. On the course, monsters will shower runners with sweet treats. After the run/walk, there will be a party with music, a costume contest, face painting and food for sale.

##### **Kid's Harry Potter Fun Event**

*Sunday, October 27 | 10AM-12PM | \$25*

Kids will pick their house, make a scarf and wand, and learn spells while enjoying Butterbeer and cauldron cakes!

##### **Hallows Eve Reading**

*Wednesday, October 30 | 6-8PM | \$25*

Take part in a sacred fire ritual, learn about the mystical powers of mugwort and get guidance from the cards!

#### CLASSES

##### **DIY Leaf Mason Jar Class**

*Wednesday, October 16 | 6-8PM | \$25*

Transform mason jars and colorful leaves into beautiful autumn décor items!

##### **Pumpkin Pillows**

*Wednesday, October 16 | 6-8PM | \$25*

Get ready for the season by making your own pumpkin pillow!

##### **Pumpkin Centerpieces**

*Monday, October 21 | 6-8PM | \$30*

Make a unique pumpkin centerpiece for your table!

##### **Pumpkin Chocolate Chip Cookies**

*Wednesday, October 23 | 6-8PM | \$30*

Learn to make delicious pumpkin chocolate chip cookies!

##### **Pumpkin Paint & Sip**

*Friday, October 25 | 6-8PM | \$25 pre-registration*

Sip on a pumpkin spice latte as you paint a pumpkin with acrylics!

##### **Pumpkin/Snowman Wood Decoration**

*Wednesday, October 30 | 6-8PM | \$25*

Come make a reversible fall and winter three-tier wood slice decoration to adorn your home for the holidays!

### FEATURED CLASS

**Paint Like a Master | Melanie Fay, instructor | Friday, October 11 | 10:00 a.m.—12:00 p.m. | \$25**

*Paint like the masters! Come and learn to paint like Monet! You will be guided step by step to make your very own Impressionist painting with a fun and inspiring approach. [Click here to register online.](#)*

#### CONTACT INFORMATION

Megan Balser  
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2736 State Highway 30, Gloversville  
[balserm@thearclexington.org](mailto:balserm@thearclexington.org)



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