

# LEXINGTON HAPPENINGS



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

THURSDAY, SEPTEMBER 12, 2019



It's Direct Support Professional Recognition Week! Every year, we are honored to take this week to celebrate each and every one of the DSPs who dedicate every day to the people Lexington supports. For your hard work, compassion, caring, teamwork and selfless service, we say a sincere thank you — not just this week, but every day of the year. Pictured above are a few of the celebrations and tokens of appreciation that we have offered staff throughout the agency so far this week. We also held an event to recognize more than 160 employees who were nominated to receive special awards for going above and beyond on behalf of the people they support and their teams. Please enjoy the rest of DSP Week — you deserve all the recognition and more!

## 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)

## **FILM PREMIERE: HEY! I WAS WATCHING THAT! BY THE LEXINGTON PLAYERS**

**Thursday, September 12 | 6:30 p.m. | Training Room C, 465 N. Perry Street, Johnstown | Admission: \$3**

Please join the Lexington Players for the premiere of their first full-length original film! Refreshments are included in the price of admission. For more information, contact Tammy Miles at (518) 775-5475. Thank you for your support!

## **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**

**October 31 - 1:00 p.m.**

**November 21 - 10:00 a.m.**

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

### **ALBANY**

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

**November 13 - 10:00 a.m.**

## **LEXINGTON FAMILY SERVICES FAMILY SUPPORT GROUP**

**Wednesday, September 25 | 5:30-6:30 p.m. | Paul Nigra Center for Creative Arts, 2736 NY-30, Mayfield**

This group is open to parents, caregivers and adult siblings of people diagnosed with learning or developmental differences. The group is led by Jennifer Feagles, LMSW, director of Transitions, and coordinated by Nancy DeSando, Autism Resource Coordinator. Call (518) 773-2014 to RSVP and arrange for childcare/respite. Light meal provided.

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

All people we support are invited to submit to The Arc New York's 2019 Imagine Photo Competition! The entry form and competition guidelines can be found [here](#). Anyone from Lexington who wishes to submit should send an electronic copy of their entry, the completed 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!

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

**Monday, October 7 | 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. The rain date for this event is Thursday, October 10. For more information, please contact Faith MacLean at [macleaf@thearclexington.org](mailto:macleaf@thearclexington.org) or (518) 775-5364.

## **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.

## **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 questions and to sign up, call Family Services at (518) 773-2014.

## 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 AUGUST:

Kati Banovic  
Sirvasha Bell

Tatianna Curry  
Shelby Delos

Sara Goyette  
Julienne Hollins

Elizabeth Millan  
Maria Nestle

N'Cora Riggsbee

## 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.

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

Each year, The Arc New York presents scholarships to individuals pursuing degrees in special education, physical or occupational therapy, or a field related to intellectual or other developmental disabilities. Applications for all 2020 scholarships are currently being accepted and will be open 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 on the scholarship name below to access the fillable application for each opportunity. For questions or general information, email [scholarships@thearcny.org](mailto:scholarships@thearcny.org).

### ARTHUR W. PENSE SCHOLARSHIP

For physical or occupational therapy degree program students. One scholarship presented annually.

### JAMES F. REVILLE SCHOLARSHIP

For full-time college students in a program related to the intellectual and developmental disability field, such as behavioral sciences, social work, nursing, healthcare administration and management, or psychology. Two scholarships presented annually.

### JONATHAN WEINGOLD SCHOLARSHIP

For The Arc NY Chapter employees. This scholarship is presented annually to four full-time Chapter employees who wish to further their education with the intention of contributing to the field of intellectual and developmental disabilities.

### JOSEPH T. WEINGOLD SCHOLARSHIP

For students enrolled in a New York State degree program, leading to a special education certification. Two scholarships presented annually.

## EMPLOYEE ANNIVERSARIES (10+ years) | SEPTEMBER 10 TO 23 | Congratulations!

Jennifer Feagles, Transitions, 9/22, 20 years

## 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 Doug Blanc at [blancd@thearclexington.org](mailto:blancd@thearclexington.org) or (518) 775-5307. The winners for August were Kadi Morrison (East), Elizabeth Cionek (West) and Julienne Hollins (Albany). Congratulations!

## WELLNESS TOGETHER

### WALKING GROUPS

*Looking for an exercise you can do on a regular basis? Not only is walking a common activity, it also 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

Mondays | 3:30 p.m. | Gym, 127 E. State Street, Gloversville

Tuesdays | 7:30 a.m. | Indoor Track, 465 N. Perry Street, Johnstown

Wednesdays | 3:30 p.m. | Indoor Track, 465 N. Perry Street, Johnstown

Fridays | 7:30 a.m. | Gym, 127 E. State Street, 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 and there are a few changes we would like to show you. 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.*

#### DATES, TIMES & LOCATIONS

Monday, September 16 | 12:00 p.m. | Large Conference Room, 127 E. State Street, Gloversville

### STRESS LESS!

*Looking for ways to reduce your stress? Join us for a three-minute guided meditation, followed by a three-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).*

## A NEW WEIGHT WATCHERS AT WORK SERIES WILL BE STARTING OCTOBER 9! FURTHER DETAILS TO BE ANNOUNCED!

### LEXINGTON SEVEN-WEEK WELLNESS CLUB ANNOUNCEMENT

You are invited to join our first-ever "Weigh To Go" club! This weight loss and wellness club gives you the chance to lose weight, learn about fitness and nutrition, and get motivated with your coworkers by working toward a group goal! The club will run from **October 1 to November 15**. Members will get exclusive access to the private Weigh To Go group in Lexington's Facebook Workplace, where you can communicate with other members, share ideas and motivate each other. Participants will also have access to helpful tools, resources and activities on Workplace, including a weekly fitness activity planner, which lets you start each week by setting fitness goals to help you plan and stay on track; a weekly wellness information announcement of articles, videos and tips on fitness, wellness and nutrition; weekly 15-minute virtual group exercise tutorials posted every Wednesday, recordings of which can be accessed at all times; and 24/7 access to fitness activities, healthy recipes, meal planners, fitness and wellness articles, and more! To learn more about the club and to register, please contact Meredith Fritch at (518) 775-5422 or [fritchm@thearclexington.org](mailto:fritchm@thearclexington.org).



## PAUL NIGRA CENTER FOR CREATIVE ARTS

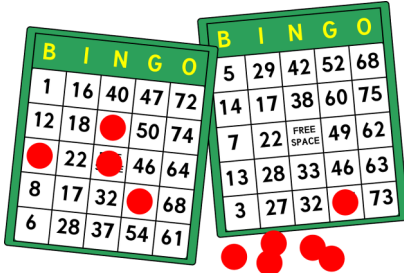
Lexington employees get a 10% discount at the Nigra Arts Center! Just enter the code **LEXEMPLOYEE** at checkout to redeem. We offer free classes to the people we support. If your house, program or someone you know wants to take a class, please call (518) 661-9932 or contact Maria Nestle at [nestlem@thearclexington.org](mailto:nestlem@thearclexington.org) 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).



### BINGO AT THE NIGRA ARTS CENTER!

Every Tuesday | 6:30-7:30 p.m. | \$10

Must be 18 to play | [Click here to register](#)



Meet new friends  
and win some great  
prizes!

Refreshments  
included with price  
of admission.

### CALL FOR ARTISTS: 2019 FALL ART SHOW

Show Dates: October 30, 2019 — January 7, 2020

Submission Deadline: October 6, 2019

[Click here to submit](#)

The Nigra Arts Center is seeking submissions for its 2019 Fall Art Show, open to works of any media! All are welcome to submit.



YOU ARE INVITED  
TO ATTEND  
**THE NIGHT OUT**  
THURSDAY,  
SEPTEMBER 19 | 6PM  
THE NIGRA ARTS CENTER

We are happy to invite employees to this event and offer a discounted price of \$75. Gift cards and payroll deduction are an option for payment for anyone that is interested in attending. It is a nice way for community members to see and get to know our dedicated employees. For more information or to RSVP call us at the Nigra Arts Center at (518) 661-9932 or email [mayl@thearclexington.org](mailto:mayl@thearclexington.org).

WE HOPE TO SEE YOU THERE!

### 2019 BUS TRIPS TO BENEFIT THE NIGRA ARTS CENTER

Join us on bus trips to fun East Coast locales! You can use your arts center gift cards to attend. For more info and to buy tickets, visit [www.pncreativeartscenter.org/events](http://www.pncreativeartscenter.org/events), call (518) 661-9932 or email [mayl@thearclexington.org](mailto:mayl@thearclexington.org).

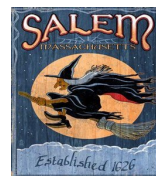


#### Mohegan Sun Casino & Resort

October 5

\$50/Lexington

\$55/Community



#### Salem, Massachusetts

October 26

\$50/Lexington

\$55/Community

### FEATURED CLASS

**Finger Labyrinth (Two-Part Class) | Beth Spraggs, instructor | Friday, September 20 and 27 | 6-7:30 p.m. | \$25**

*A labyrinth is not a maze, so what is it? Join Beth Spraggs to learn about labyrinths and the practice of "release, receive and return." You will make your very own finger labyrinth on a 10x10" canvas to take home. It turns out that making a labyrinth is almost as good as walking one for the "release, receive, and return" thing! [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)



"Like" us on Facebook!

[www.facebook.com/LexingtonARC](https://www.facebook.com/LexingtonARC)

[www.facebook.com/FlametheBand](https://www.facebook.com/FlametheBand)

[www.facebook.com/TransitionsUSA](https://www.facebook.com/TransitionsUSA)

[www.facebook.com/PaulNigraCenter](https://www.facebook.com/PaulNigraCenter)