

LEXINGTON HAPPENINGS



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



Ruben Rawls has been with mobile Work Crew since 2012. He said that since coming to Lexington, he has become much more independent than he would have been in the city. Ruben grew up in the Bronx and never gave up, even after all the obstacles he encountered. At his brother's encouragement, Ruben moved out of the Bronx. It's been a long struggle for him, but Ruben now can say, "I feel independent. It feels good to work and I have a feeling of accomplishment." Ruben has also said he attributes his success at work to his supervisor, for teaching him the skills he has today, and his coworkers, for their continued support. Ruben has stated that since he is working, he hopes others feel encouraged to work and find their independence as well. In future years, Ruben hopes to continue to live his dream of independence.

EVENTS THIS WEEK — SEPTEMBER 21 TO SEPTEMBER 27

Monday, September 21 | 5:00—6:00 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

MONDAY, SEPTEMBER 21, 2015

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

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-a-longs 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, September 22 | 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 September. 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.

Tuesday, September 22 | 6:00 p.m.—7:00 p.m.

WEBINAR — HOUSING OPTIONS FOR PEOPLE WITH DISABILITIES IN NYS | The Center at Lexington, 465 N. Perry Street, Johnstown. Please join Tanja Peters from Parent to Parent of NYS, a housing coordinator, as she presents a webinar on housing options for people with disabilities in New York State. This webinar is designed to give individuals with disabilities and their families a general understanding of what types of housing options are available in NYS. It will explain the differences between certified housing options and non-certified housing options.

Wednesday, September 23 | 10:00 a.m.—12:00 p.m.

ALBANY TEAM SAFE ENVIRONMENT & WELLNESS MEETING | Russian Orthodox Church, 617 Sand Creek Road, Colonie.

Friday, September 25 | 6:00 p.m.—8:00 p.m.

SIB STREET, SIBLING SUPPORT GROUP | Lexington Family Services, 43 Harrison Street, Gloversville. A support group for the siblings ages 8 to 15 of individuals who are diagnosed with developmental disabilities.

Saturday, September 26 | 11:00 a.m.—12:00 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 — SEPTEMBER 28 TO OCTOBER 4

Monday, September 28 | 5:00—6:00 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-a-longs 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, September 29 | 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 September. 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.



The Fulton-Montgomery Autism Society of America, in partnership with Lexington Family Services, hosted a fall hay ride event on Sunday, September 13. Tamara Healy and her horse team from Classic Carriage Services provided scenic tours for children and families in her “covered wagon.” Sensory room activities and crafts were also highlight of the day. And of course, donuts and cider were served as a special treat.

SAVE THE DATE!



The Fulton-Montgomery Autism Society of America’s next meeting will be on Wednesday, October 14 at 6:30 p.m. at 465 North Perry Street in Johnstown. A panel of educators, individuals on the autism spectrum and parents are scheduled to discuss their views of various issues encountered in daily life.

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, September 22 | 6:00 p.m.—7:00 p.m. | Pavilion across from Dolgeville Firehouse, Helmer Ave, Dolgeville
Wednesday, September 23 | 6:00 p.m.—7:00 p.m. | Pavilion across from Dolgeville Firehouse, Helmer Ave, Dolgeville
Sunday, September 27 | 8:00 a.m.—9:00 a.m. | Pavilion across from Dolgeville Firehouse, Helmer Ave, Dolgeville
Tuesday, September 29 | 6:00 p.m.—7:00 p.m. | Pavilion across from Dolgeville Firehouse, Helmer Ave, Dolgeville
Wednesday, September 30 | 6:00 p.m.—7:00 p.m. | Pavilion across from Dolgeville Firehouse, Helmer Ave, Dolgeville
Sunday, October 4 | 8:00 a.m.—9:00 a.m. | Pavilion across from Dolgeville Firehouse, Helmer Ave, Dolgeville

DANCE AEROBICS



Come and have fun dancing your way into shape! No experience needed. This is Latin-based dance aerobics, a fun way to get in shape and stay in shape. This program accommodates all fitness levels. Bring a hand towel, water and a smile! You do not need to attend for the full hour. Eligible employees that attend will be awarded 10 Wellness Rewards points.

DATES, TIMES & LOCATIONS

Tuesday, September 22 | 4:30 p.m.—5:30 p.m. | Gymnasium, 127 E. State Street, Gloversville

Tuesday, September 29 | 4:30 p.m.—5:30 p.m. | Gymnasium, 127 E. State Street, Gloversville

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

Wednesday, September 23 | 3:30 p.m.—4:00 p.m. | Gymnasium, 127 E. State Street, Gloversville

Friday, September 25 | 3:30 p.m.—4:00 p.m. | Indoor Track, 465 N. Perry Street, Johnstown

Tuesday, September 29 | 7:30 a.m.—8:00 a.m. | Gymnasium, 127 E. State Street, Gloversville

Tuesday, September 29 | 3:30 p.m.—4:00 p.m. | 405 County Highway 114, St. Johnsville

Thursday, October 1 | 3:30 p.m.—4:00 p.m. | Indoor Track, 465 N. Perry Street, Johnstown

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 is too late!

DATES, TIMES & LOCATIONS

Tuesday, September 22 | 7:30 a.m.—8:00 a.m. | Large Conference Room, 465 N. Perry Street, Johnstown

Thursday, September 24 | 3:30 p.m.—4:00 p.m. | Conference Room, 405 County Highway 114, St. Johnsville

Friday, September 25 | 7:30 a.m.—8:00 a.m. | Large Conference Room, 127 E. State Street, Gloversville

Monday, September 28 | 12:00 p.m.—12:30 p.m. | Large Conference Room, 127 E. State Street, Gloversville

Thursday, October 1 | 7:30 a.m.—8:00 a.m. | Large Conference Room, 465 N. Perry Street, Johnstown

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



SAVE THE DATE!

The Fulton County Safe Environment & Wellness meeting will take place November 10, 10:00 a.m. to noon, in Classroom C at the Lexington Training Center, at 465 N. Perry Street, Johnstown.

ANNOUNCING THE “WORK IT IN” TEAM CHALLENGE!



Have you been looking for the chance to exercise and spend time outside before it gets cold again? We have a fun solution. The Work It In Team Challenge is a 3-week team exercise minutes challenge focused on fitting exercise into your busy schedule. It's the perfect opportunity to exercise outside and enjoy the weather as we transition to fall. The Challenge will run from **Monday, September 28 to Monday, October 19**. To participate, you must exercise and log a total of at least 450 minutes of exercise on your Lexington Wellness Website over the duration of the challenge. That's about 150 minutes per week! You must also complete ALL the required tasks on your “To-Do” list on your Lexington Wellness Website.

There must be at least four employees per team. Team size doesn't affect end results, though—the Challenge is based on average minutes logged each week.

EARN PRIZES WHEN YOU PARTICIPATE!

30 WELLNESS REWARDS POINTS!

Eligible employees who complete all of the Challenge Goals each week will receive 30 Wellness Rewards Points.

30 MORE WELLNESS REWARDS POINTS!

Eligible employees who register as a wellness buddy in the Wellness Together Work It In Challenge AND support a non-employee participant to reach the Challenge Goal will receive an additional 30 Wellness Rewards Points.

15 MORE WELLNESS REWARDS POINTS AND \$100!

Eligible employees of three teams will be selected through a raffle to receive the points and \$100 to spend among them. To be entered, each team member must complete the Challenge Goals.

RAFFLE FOR PRIZES!

Employees that meet the Challenge Goals or are successful Wellness Buddies in the Wellness Together Challenge but aren't eligible to earn Wellness Rewards Points may be entered into a raffle for more prizes.

To sign up for the Challenge, long onto the Lexington Wellness Website at lexingtonwellness.bepurewellness.com between September 14 and 27. Instructions are posted on the site. Questions? Need to be placed in a team? Want to qualify for the rewards, but can't meet the Challenge's requirements due to a medical condition? Contact Michelle Peryea at (518) 775-5420 for help.

SIGN LANGUAGE CLASS

Cheryl Murphy from FMCC is teaching a sign language class at Lexington, Training Room B, 465 N. Perry Street. Classes began on September 14 and will run for 16 weeks on Mondays from 1 to 2:30 p.m. Registration is open, classes are free for staff and you can come to the first class without signing up.

While it is understood that you might miss occasionally, you should attend class regularly. This is a real language class and you will learn much more than just a group of signs, so you must make all classes to benefit the most.

This is primarily a class for staff, but if there are parents or individuals who you would like to have considered, call Beth Hudson at 518-705-7534.

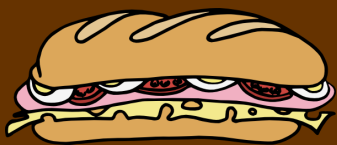
We look forward to seeing you there!



HR NEWS AND INFORMATION

LOCAL BUSINESSES RECOGNIZE YOU DURING DIRECT SUPPORT PROFESSIONALS RECOGNITION WEEK!

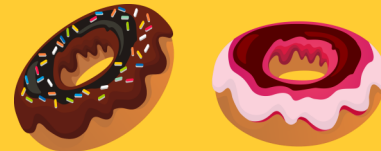
As a small token to recognize your efforts, local businesses are offering a discount for Lexington employees during direct support professionals recognition week! You will be asked to provide your employee ID.



The Johnstown Subway is giving Lexington employees 10% off of their order from now until 9/23/15. This offer can't be combined with the \$6 foot-longs.



Stewarts in Dolgeville is offering the first 150 Lexington employees that go there a 10% discount! You have until 9/26/15 to take advantage of this opportunity.



Dunkin' Donuts in Gloversville and Johnstown is offering a 5% discount for Lexington employees at the counter or the drive-thru until 9/23/15.

PLEASE REMEMBER TO THANK THE BUSINESSES ON BEHALF OF LEXINGTON!

SEND US YOUR POM STORIES!

Do you know of a great story illustrating the current POM that you want featured in the next Lexington Happenings? If you do, please send your story to Megan Balser at balserm@lexcenter.org.

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

EMPLOYEE ANNIVERSARIES (10+ years)

OCTOBER 2 AND OCTOBER 3 | Congratulations!

Melissa Ackernecht, MSC Department, 10/2, 15 years

April Ferris, Day Hab, 10/2, 20 years

Kelly Green, Residential, 10/2, 20 years

Tina MacMillan, Residential, 10/2, 20 years

Cathie Savage, Med Services, 10/2, 15 years

Diane Stowell, Residential, 10/2, 15 years

Mary Wilcox, Residential, 10/2, 20 years

Rachael Foster, Day Hab, 10/3, 10 years

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, a BJ's Wholesale Club representative will be available on Friday, October 9 at the Bishop Burke Gymnasium from 9 a.m. to 11:45 a.m. and at the 465 N. Perry Street Conference Room from 12:15 p.m. to 1 p.m.

If you are unable to attend one of the dates above, you can obtain a membership application by calling Bridgett Nestor in Human Resources at (518) 775-5422 beginning October 9th through October 23, 2015.

LAST WEEK WAS NATIONAL DIRECT SUPPORT PROFESSIONALS RECOGNITION WEEK!

Last week, we took a moment to honor the direct support professionals that keep Lexington running and thank them for their tireless care of the people we support. Whether you are a staff member in a home, an instructor in a day hab, a bus driver, a job coach, a provider of medical or emotional support, a member of the maintenance crew, we want you to know how much you are appreciated. And not just by Lexington — by the people you support. The people whose lives you work so hard to enrich every day. They, and we, would like to take the opportunity to say **THANK YOU!** And to illustrate how much you mean to them, here are a few stories of direct support professionals who went above and beyond for the people they support.

A SPECIAL TRIP

DSPs help the people we support maintain relationships that are meaningful to them.

Recently, Tyrone, a man who Lexington supports, was planning a trip to Florida to see his mother. He was looking forward to the visit very much, but his savings were low. He only had enough money for two airfares. Usually he has to buy three, so a staff can fly with him down to Florida and then go back and fly home with him.

It looked like Tyrone might not be able to make the trip. But then one of his staff, Matt, volunteered to fly to Florida with him. Matt has family near Tyrone's in Florida, so Matt stayed and spent time with his own relatives while Tyrone visited his mother. This way, Tyrone didn't have to buy three tickets. He had a wonderful visit with his mom and when it was time to fly back, Tyrone and Matt met up at the airport and flew home together.

It meant so much to Tyrone that someone was willing to help him spend time with a person he loves.

THANK YOU, MATT!

A SPECIAL SUMMER

DSPs understand how important planned outings and trips are for the people we support and will go to great lengths to make sure that they happen.

Chuck Alley looks forward to Camp Cloverpatch each year. He loves everything about it — going swimming, the fires, playing his guitar for everyone — the list goes on. This year, his brother was getting married the same weekend that camp was held on. Pete Hatch and Janie Griffin, the two DSPs that were coordinating camp, knew how important both of these events were for Chuck. His summer just wouldn't be complete without putting on a fireside concert for his many adoring fans at camp.

With careful planning, they were able to fit all the camp activities that Chuck loves into one day. The next afternoon, they helped him get to his parents' house in time to leave for the wedding looking very sharp. His mother said Chuck danced all night at the wedding and had a blast. He didn't want to miss either of these great events and thanks to Pete and Janie, he was able to enjoy them both to the fullest.

THANK YOU, PETE AND JANIE!

A SPECIAL DAY

DSPs make the people we support feel cared about.

At 175 South Main Street, there is a staff named Amy who goes out of her way to celebrate everyone's birthday. On the big days, she comes in on her own time and takes them out for a special lunch or dinner to a restaurant of their choice. Each of the men at the house look forward to this treat every year.

Amy doesn't have to take this extra step to make sure the people she supports feel special on their birthdays, but she does it happily.

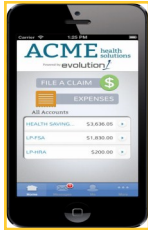
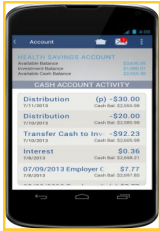
THANK YOU, AMY!



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 resource ▪ 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.

LEXINGTON HAPPENINGS HAS A NEW EDITOR

Starting in September, Lexington Happenings will be put together and edited by Megan Balser. Please forward your event and program information, recognition pieces, and success stories to her at balserm@lexcenter.org to ensure that your items are highlighted in a timely manner. Thank you!