

LEXINGTON HAPPENINGS



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

TUESDAY, SEPTEMBER 4, 2018



Top Row: Thanks to everyone who joined us for our drive-through chicken barbecue events on August 22 and 23! Our senior staff served more than 2,000 complementary chicken dinners to Lexington employees as a small token of thanks for everything they do for the people we support. Lexington's work would not be possible without you! Thanks also to Winner's Circle Restaurant for preparing the delicious chicken. Pictured on the left is Lexington Executive Director Shaloni Winston delivering a chicken dinner to an employee's car. On the right are Division Director for Health and Clinical Services Chris Relyea, Director of Innovations and Community Supports Nancy DeSando, Director of IT Mike Butler and Controller Jamie Petrin assembling dinners for waiting employees.

Bottom Row: Thirteen people participated in Lexington's Journey Along the Erie Canal bike ride on August 15! They rode 34 miles from St. Johnsville to Amsterdam to celebrate abilities and community inclusion. This ride echoes the annual Journey Along the Erie Canal put on by John Robinson of Our Ability, Inc. to raise awareness for the benefit of employment for all New Yorkers and fundraise for building employment opportunities and empowering people with disabilities. Pictured on the left is Becky Connor riding with her father. On the right are Lauren Repholz, Coty Rulison, Ben Kane and Garrett Jacobs of the Transitions program. Others who participated included Andrew Barr, Curtis Churchill, Michael Getch, John Lane, Doug Lathrop and Ralph Orapello.

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)

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

SEPTEMBER FAMILY CONNECTIONS EVENTS

All are welcome to attend any of these events. Call Family Services at (518) 773-2014 to RSVP. Transportation and respite are provided upon request. For more information about any of these sessions, [click here](#).

- **Music Therapy for School-Aged Children Diagnosed on the Autism Spectrum**
Every Tuesday in September | 5:30—7:30 p.m. | 43 Harrison Street, Gloversville
- **Can I Afford My Life?**
By appointment — day and evening spots available
- **Webinar: Living with Fetal Alcohol Spectrum Disorders (FASD)**
Wednesday, September 12 | 6:00—7:30 p.m. | 465 N. Perry Street, Johnstown
- **Autism Movement Therapy (AMT) and Creative Movement**
Saturday, September 15 | 10:00—11:00 a.m. | 43 Harrison Street, Gloversville

JOHNSTOWN DAY HAB SUMMER EVENT

Johnstown Day Hab is holding a special summer event on Wednesday, September 12, to benefit the Nigra Arts Center! \$5 admission includes light refreshments, such as drinks, cookies and rice crispy treats. There will be flow painting, a bead table, a portrait station, basket raffles and more!

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

September 13 — 11:30 a.m. November 29 — 10:00 a.m.

October 31 — 1:00 p.m. December 27 — 11:30 a.m.

ALBANY

Hampton Inn, 1442 Western Ave., Albany

September 12 — 10:00 a.m.

November 9 — 10:00 a.m.

PINE HILLS 5TH ANNUAL FISHING DERBY

Pine Hills Day Hab will hold its 5th annual Fishing Derby on Thursday, September 20, 10:00 a.m.—1:00 p.m. at Wohlfarth's Pond on McNab Avenue, Gloversville! There is a \$2 entry fee — proceeds benefit the Paul Nigra Center for Creative Arts. Pack a lunch and fish the day away!

JOHNSTOWN DAY HAB FUNDRAISER BINGO

Friday, September 21 | 10:00 a.m.—1:00 p.m. | Room 11, JDH, 465 N. Perry St., Johnstown

Johnstown Day Hab's Room 11 is holding a fundraiser bingo to benefit Adopt-A-Child! Lunch will be available for \$5. The menu includes pasta salad, macaroni salad, chicken and egg salad sandwiches, drinks and desserts. Get pre-sale tickets in Room 11 Monday, September 10, to Wednesday, September 19. For more info, call (518) 736-3809.

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!

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: Melissa Murray

PROGRAM: 38 Grand

POM: Best Possible Health

Melissa recently supported Kristen to finally agree to get much-needed cataract surgery done on both of her eyes. Thanks to Melissa's encouragement, Kristen's vision is much better and she can enjoy her life that much better. Thank you, Melissa!

NAME: Lisa Passero-Holden

PROGRAM: Bridge Street

POM: People Are Respected

Lisa has been a constant support to Levi. She empowers him to be a better advocate for himself. Thanks to her support and guidance, Levi feels more respected and understood by the people around him. He can communicate his thoughts and feelings freely and confidently because of her. Thank you, Lisa!

EMPLOYEE ANNIVERSARIES (10+ years)

SEPTEMBER 4 TO SEPTEMBER 17 | Congratulations!

Gina Warsaw, Day Hab, 9/5, 10 years

Judy Sampson, Residential, 9/8, 10 years

Ethel Smith, Residential, 9/7, 25 years

Patricia Tylutki, Day Hab, 9/8, 20 years

Maria Kaczor, Day Hab, 9/8, 20 years

Susan Murray, Clinical, 9/9, 20 years

Marie Paul, Day Hab, 9/8, 20 years

NURTURING ENVIRONMENT PROGRAM — RECOGNIZING OUR EMPLOYEES

Do you know someone who exemplifies the goal of our Nurturing Environment program? Please nominate them for recognition! Recognizing Our Employees is a chance to highlight the actions of your coworkers. Any staff member who goes beyond the expectations of their job to create, build and maintain a nurturing environment is eligible. All nominees will be recognized at Nurturing Environment Meetings in Albany on September 12 and in Johnstown on September 13. Employees who stand out will be selected for special awards. If you would like to nominate someone, contact Terry Williams at williat@thearclexington.org or (518) 775-5382 for a nomination form. Submissions are due to Terry at the Bishop Burke building by September 7.

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. Just make sure they list your name on the application as the referral source!

HERE ARE SOME EMPLOYEES WHO REFERRED NEW HIRES IN AUGUST:

Fri Annoh

Jamie Dingman

Candi Rowback

Janet Steenburg

Alicia Tooley

Carrie Barnes

Brittany Gallt

Desiree Santana

Amanda Sweet

Christina Wilson

Shawn Carpenter

Lauren Handy

Bridget Seeley

Anna Syzdek

WELLNESS TOGETHER

WALKING GROUPS



Join a walking group with your coworkers! 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. Eligible employees who attend this program may earn 5 CDPHP Life Points by reporting their participation on CDPHP Life Points under "Employer Wellness Program."

DATES, TIMES & LOCATIONS

Wednesday, September 5 | 7:30—8:00 a.m. | Indoor Track, 465 N. Perry Street, Johnstown

Thursday, September 6 | 7:30—8:00 a.m. | Gym, 127 E. State Street, Gloversville

Tuesday, September 11 | 10:00—10:30 a.m. | Reception Area, 405 County Highway 114, St. Johnsville

Tuesday, September 11 | 3:30—4:00 p.m. | Gym, 127 E. State Street, Gloversville

Wednesday, September 12 | 3:30—4:00 p.m. | Indoor Track, 465 N. Perry Street, Johnstown

2018 LIFE POINTS WELLNESS INCENTIVE AND CAFÉWELL 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

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

Monday, September 10 | 3:30—4:00 p.m. | Large Conference Room, 127 E. State Street, Gloversville

BRING SALLY UP EXERCISE ACTIVITY



Join us weekdays at 3:15 p.m. in the gym at 127 E. State Street for a fun but challenging short activity to build your core and leg strength! It will take just 10 minutes out of your day, but you will get a great workout! The idea is to work your way up to finish this 10-minute workout without needing a break. Wear comfortable, loose-fitting clothes and sneakers, and bring a yoga mat if you have one.

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.**

Welcome to Your New Life Points® Experience!

Life Points® is now part of CaféWell®, an interactive health and wellness website. With CaféWell, you'll get a unique experience while still earning Life Points that can be redeemed for gift cards at a variety of retailers.

Here's what you need to know:

- If you need to register, go to www.cdphp.com/register and enter your user ID from your CDPHP member ID and choose a password.
- Look for the Life Points logo to navigate to or register with CaféWell. You'll only need to complete the registration process once.
- Learn how to navigate the CaféWell website, add programs, view your active itinerary, and more, by selecting **Menu → Resources → Welcome to CaféWell**.
- Activities completed and points earned prior to the transition will not reset.

Questions? Contact CaféWell 1-877-868-2003 or cdphp@cafehell.com.



Discrimination is Against the Law
Capital District Physicians' Health Plan, Inc. (CDPHP®) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Multi-language Interpreter Services
ATENCIÓN: Si habla otro idioma que no es el inglés, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número que figura en su tarjeta de identificación de miembro (TTY: 711).

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 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.



THE USUAL SUSPECTS CONCERT



The Usual Suspects will perform a concert at the Nigra Arts Center on **Friday, September 14**, at 7 p.m.

This five-piece Schenectady band performs original music and uniquely interpreted covers of contemporary pop, country, classic rock, blues, jazz and oldies tunes. Their repertoire includes songs by Wilson Pickett, Zac Brown, The Grateful Dead, Van Morrison, Ed Sheeran, OneRepublic and more.

Tickets cost \$15. [Click here to buy online.](#)



Coming October 27!



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

2018 FIBER, TEXTILE ART AND QUILT SHOW

The Nigra Arts Center invites all artists to submit to their first Fiber, Textile Art and Quilt Show! This show will feature works made of fiber, fabric, textiles and related materials such as hand-dyed silk, felting, weaving, fiber sculpture, fashion, crochet, lace and quilts.

To enter work in this show, contact Brenda Dwyer at dwyerb@thearclexington.org for a submission form or find the show on www.OnlineJuriedShows.com.

FEATURED CLASS

Leaf Mobiles | Melanie Fay, instructor | Monday, September 10 | 10:00 a.m.—12:00 p.m. | \$25

Come and celebrate the fall by making one of these beautiful leaf mobiles. Leaves will be provided, but feel free to gather and bring your own for extra Fall joy! This is a beginner class. All are welcome. [Click here to register online.](#)

CONTACT INFORMATION

Megan Balser
Lexington, Chapter of The Arc New York
2736 State Highway 30, Gloversville
balserm@thearclexington.org



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www.facebook.com/LexingtonARC
www.facebook.com/FlametheBand
www.facebook.com/TransitionsUSA
www.facebook.com/PaulNigraCenter