

LEXINGTON HAPPENINGS



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

TUESDAY, SEPTEMBER 8, 2015



Kristopher Bickmeyer, the self-appointed "assistant manager" of Indian Road, moved into that house about a year ago and is very proud of the accomplishments he has made there. His duties include keeping track of the food budget, filling out work order requests, filing papers and helping the manager with payroll. He also enjoys helping with cooking and a variety of other jobs around the house. Like other young men his age, Kris has a variety of hobbies he enjoys in his free time, such as playing video games and building his Lego city.

EVENTS THIS WEEK — SEPTEMBER 8 TO SEPTEMBER 13

Tuesday, September 8 | 5:00—7:00 p.m.

PRESENTATION — OPWDD'S NEW FRONT DOOR INITIATIVE | The Center at Lexington, 465 N. Perry Street, Johnstown. Join a representative from OPWDD for an informational session designed for families who are just beginning to receive services as well as those who are already receiving services.

Tuesday, September 8 | 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

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

respite are provided upon request.

Thursday, September 10 | 11:30 a.m.

JOHNSTOWN NURTURING ENVIRONMENT MEETING | The Training Center, 465 N. Perry Street, Johnstown. *Fourteen years ago, we began the Nurturing Environment Program. Our goal is to continually strive towards 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. Employee recognition will take place at this meeting, which includes lunch.*

Friday, September 11 | 12:00 p.m.—1:00 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. Ways to purchase a home are also discussed.*

EVENTS NEXT WEEK — SEPTEMBER 14 TO SEPTEMBER 20

Monday, September 14 | 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 15 | 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.*

Thursday, September 17 | 6:00 p.m.

GRAND OPENING OF THE PAUL NIGRA CENTER FOR CREATIVE ARTS | The Paul Nigra Center for Creative Arts, 2736 State Highway 30, Gloversville. *Join us in celebrating the birth of our new community arts center. The evening will include cocktails, dinner, dancing, a silent auction and more surprises as we honor the memory of Paul Nigra, the former executive director of Lexington, and launch the facility. See below for more information.*

SAVE THE DATE!

Mark your calendars for this quarter's Safe Environment & Wellness meetings.

The Albany team will meet September 23, 10:00 a.m. to noon, at the Russian Orthodox Church at 617 Sand Creek Road, Colonie.

The Fulton County team will meet November 10, 10:00 a.m. to noon, at the Lexington Training Center, Classroom C, at 465 N. Perry Street, Johnstown.





THE GRAND OPENING OF THE PAUL NIGRA CENTER FOR CREATIVE ARTS

Join us at the Paul Nigra Center for Creative Arts Thursday, September 17, 2015 at 6:00 p.m.

You're Invited! We are thrilled to announce the grand opening of the Paul Nigra Center for Creative Arts on Thursday, September 17, 2015. Come join us at 2736 State Highway 30, Gloversville, to celebrate the birth of this new home for the arts in our community, a gathering place for people of all ages, levels of ability and artistic passions. The Paul Nigra Center is named for Lexington's former executive director, who worked tirelessly to support people with disabilities and believed that every person could achieve success and fulfillment.

We'd like to invite you to join us on September 17 at 6:00 pm for an evening of cocktails, dinner, dancing, unique silent auction items and surprises as we make the Paul Nigra Center a reality and recognize Paul for his years of service and dedication to our community.

This event will be the first opportunity for the public to come and experience this spectacular, state-of-the-art facility. Join us when the Paul Nigra Center for Creative Arts changes its community forever.

The Grand Opening will be emceed by Paul Nigra's daughter, television personality Sue Nigra.

\$40 of the ticket price is tax-deductible. All proceeds go to the development of the Paul Nigra Center for Creative Arts. R.S.V.P. by Friday, September 4, 2015. To purchase tickets or for more information, go to <http://www.pncreativeartscenter.org/events/>



EMPLOYEE ANNIVERSARIES (10+ years)

SEPTEMBER 10 TO SEPTEMBER 20 | Congratulations!

Tara Goliber, MSC Department, 9/10, 25 years

Vicki Fuller, Admin, 9/11, 25 years

Renee Gee, Residential, 9/11, 15 years

Vicki Scheuerman, Day Hab, 9/11, 15 years

Kim Schutz, MSC Department, 9/20, 25 years

FISHING DERBY



On Wednesday, September 16, Pine Hills Day Hab is having their second annual Fishing Derby. The event will be held from 10:00 a.m. to 1:00 p.m. at Wohlfarth's Pond at McNab Ave., Gloversville.

Everyone is welcome to come and have fun. There will be a \$1 entry fee.

HOT PRETZEL FUNDRAISER



Want something different for lunch? On Wednesday, September 9, the Men's Group of Good Neighbor will be selling hot pretzels with warm cheese on the side in the hallway by the cafeteria at 465 N. Perry Street, Johnstown.

Pretzels will be on sale from 9:30 to 11:00 a.m. They cost \$1.50 each or \$1.75 with cheese.

STAFF RECOGNITION

The following staff were recognized throughout August for their outstanding help in aiding people with their natural support relationships.

Pathfinders: Nick Bartholoma

Johnstown Day Hab: Lori Collada

Senior Day Hab: Jan Weidman

Good Neighbor: Bonnie Frasier



SIGN LANGUAGE CLASS

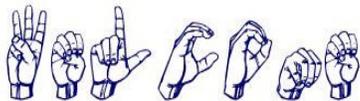
Cheryl Murphy from FMCC will be teaching a sign language class at Lexington, Training Room B, 465 N. Perry Street.

Classes begin on September 14 and run for 16 weeks on Mondays from 1-2:30pm. 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!



FREE FAMILY HAY RIDE

Please join the Fulton-Montgomery chapter of the Autism Society of America on Sunday, September 13, for a Sensory-Friendly Family Hayride. This event, a great opportunity to meet other local families affected by autism, marks the kickoff of the society's 2015-16 schedule.

All Autism Society events are free of charge. People ages and abilities are welcome, including siblings and extended families. Cider and are doughnuts provided! Time and place to be announced. For more information, call Carole Schwed at 518-773-2012.



LEXINGTON HAPPENINGS HAS A NEW EDITOR

Starting in September, Lexington Happenings will be put together and edited by Megan Balsler. 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!

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 8 | 6:00 p.m.—7:00 p.m. | Dolgeville Firehouse, Helmer Ave, Dolgeville

Wednesday, September 9 | 6:00 p.m.—7:00 p.m. | Dolgeville Firehouse, Helmer Ave, Dolgeville

Sunday, September 13 | 8:00 a.m.—9:00 a.m. | Dolgeville Firehouse, Helmer Ave, Dolgeville

Tuesday, September 15 | 6:00 p.m.—7:00 p.m. | Dolgeville Firehouse, Helmer Ave, Dolgeville

Wednesday, September 16 | 6:00 p.m.—7:00 p.m. | 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 8 | 4:30 p.m.—5:30 p.m. | Gymnasium, 127 E. State Street, Gloversville

Tuesday, September 15 | 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

Thursday, September 10 | 3:30 p.m.—4:00 p.m. | Gymnasium, 127 E. State Street, Gloversville

Friday, September 11 | 3:30 p.m.—4:00 p.m. | Indoor Track, 465 N. Perry Street, Johnstown

Wednesday, September 16 | 3:30 p.m.—4:00 p.m. | Gymnasium, 127 E. State Street, Gloversville

Friday, September 18 | 3:30 p.m.—4:00 p.m. | Indoor Track, 465 N. Perry Street, Johnstown

MAKE A PLAN FOR EATING WELL

Join us for this interactive workshop, hosted by CDPHP, that will lead you through a self-assessment activity to give you a snapshot of what is currently "filling your plate." Identify areas for improvement and make a personalized plan for eating well based on your current nutritional intake. Space is limited. Please register for the program by logging into your Lexington Wellness Website at <https://lexingtonwellness.bepurewellness.com> and going to Events and Classes or by calling Michelle Peryea at (518) 775-5420. Eligible employees that attend will receive 10 Wellness Rewards Points.



DATES, TIMES & LOCATIONS

Thursday, September 17 | 3:30 p.m.—4:00 p.m. | Large Conference Room, 405 County Highway 114, St. Johnsville

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 your routine physical exam. 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

Wednesday, September 9 | 3:30 p.m.—4:00 p.m. | Large Conference Room, 465 N. Perry Street, Johnstown

Thursday, September 10 | 7:30 a.m.—8:00 a.m. | Conference Room, 405 County Highway 114, St. Johnsville

Friday, September 11 | 7:30 a.m.—8:00 a.m. | Large Conference Room, 127 E. State Street, Gloversville

Monday, September 14 | 3:30 p.m.—4:00 p.m. | Conference Room, 405 County Highway 114, St. Johnsville

Tuesday, September 15 | 3:30 p.m.—4:00 p.m. | Large Conference Room, 127 E. State Street, Gloversville

Wednesday, September 16 | 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.*



Ned Hirt, Director of Human Resources, congratulating (left to right) Laurie Close, Tina Roice, Bonnie Alessi and Bonnie Frasier for engaging in healthy actions to earn their Lifepoints and receiving retailer gift cards.

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 10am. The board members will meet right after.

September 17
October 22

November 19
December 17

MAKE A PLAN FOR EATING WELL

CANCELLED!!

The CDPHP Make a Plan for Eating Well program scheduled for Thursday, September 10, noon to 12:30 p.m., at 465 North Perry Street, Large Conference Room is canceled. If you are registered to attend and would still like to participate, the same program is scheduled for Thursday, September 17. See above for details.

THERE'S STILL TIME TO BECOME A MEMBER OF LEXINGTON!

Until September 15, employees can renew their membership or become a new member for just **\$3**. As a thank you, employees will receive a membership card with discounts to area businesses. To become a member, you can sign up online at www.lexingtoncenter.org/membership or fill out the attached form and return to the Lexington Foundation at 465 N. Perry Street. Checks should be made out to Lexington with Membership in the memo line. Other new membership levels are also in place this year:

Individual - \$5

\$15 for 5-year membership
\$25 for 10-year membership

Additional Household Member - \$3

\$15 for 5-year membership
\$25 for 10-year membership

Supporting - \$100

Sponsor - \$250

Patron - \$500

Lifetime - \$1000

Lexington program participant - \$1

<p>McDonald's Buy an Extra Value Meal & Receive a FREE Pie or Cone Pulaski, Putnam Bridge, Johnson, Gloversville, & Amsterdam</p>	<p>Super SHOES 10% OFF Total Purchase (excludes all shoes, socks, Merrell, Ariat, and Birkenstock products) 280 Amsterdam Common, Amsterdam 813-5024</p>	<p>DUNKIN' Donuts Buy 6 Get 6 FREE It's worth the trip (over 150!) Johnson, Gloversville, Putnam, Amsterdam, Westfield Amsterdam 813-5024</p>
<p>PERRY LANNES Buy 2 Paid Games, Get 1 FREE 1 Maple Ave. - Johnsontown 762-8618</p>	<p>Classic Auto Wash Rt. 30A Johnson Wash 12 @ Oil The Philanthropist 762-3931</p>	<p>PIZZA \$1.00 OFF Lunch Buffet 10% Off Pizza Under One Hour! Dine & Enjoy - Pie Plus + Special Deal! Gloversville, Johnson, Amsterdam, Putnam Bridge</p>
<p>OLYMPIC DINER 10% OFF Diner Check over \$15.00 Open 7 Days a week 7am-10pm Rt. 30 North Amsterdam 212-6057</p>	<p>Romaria's Italian Kitchen \$1.00 OFF A Large Pizza 219 N. COMMERCE AVE. - JOHNSTOWN 762-3931</p>	<p>ADIRONDACK EXPRESS LUBE \$2.00 OFF Oil Lube Rt. 30A, Gloversville 725-8885</p>
<p>Hot Dog Hut Cafe Buy 3 Hot Dogs Get 1 FREE 4 E. Main St. Johnsontown, NY 762-3678</p>	<p>OLYMPIA 15% OFF One Regular Price Item Johnsontown 736-2009</p>	<p>DONNA'S DINER 10% Off (regular prices only) 315-866-1483 8616 St. Route 98 Herkimer</p>

DISCOUNTS OFFERED AS SALES/NOT VALID WITH SALES OR OTHER DISCOUNTS - Need to use money? Call C&H Fundraising (800) 724-8668

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 Balsler at balserm@lexcenter.org.



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

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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.

NOW ACCEPTING CLOTHES FOR FALL
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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

SUPPORT LEXINGTON THROUGH AMAZONSMILE

Support Lexington when you shop online through the AmazonSmile program. Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to Lexington. Start your next shopping experience at www.smile.amazon.com and select "The Lexington Foundation, Inc., NY" before you



CONTACT INFORMATION

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