

LEXINGTON HAPPENINGS



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

TUESDAY, SEPTEMBER 18, 2018



On August 23, Lexington’s adaptive sports program teamed up with a nonprofit called Leap of Faith to offer a day of adaptive water skiing to 13 people we support! Everyone had a blast on the lake thanks to the work of the volunteers from Leap of Faith and staff from Lexington’s physical therapy and day hab departments. Pictured, clockwise from top left, are Michelle Watson giving a thumbs up as Casey Schweinsburg and Gary Davis help her into the water; Sherry Passero and Bonnie Reuss retrieving Andrew Barr from the lake after his turn on the skis; Becky Connor skiing with a Leap of Faith volunteer; and Maggie Harris skiing with a Leap of Faith volunteer. Pictured on the bottom is most of the group who participated. Thank you to everyone who helped make this amazing event happen!

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

DIRECT SUPPORT PROFESSIONAL RECOGNITION WEEK — THANK YOU!

Throughout the second week of September, we had a blast honoring YOU, our amazing direct support professionals! Each of our homes and programs spent the week celebrating you with banners, letters, walls of honor, raffles, snacks, gifts, breakfasts, picnics, parties, fun activities and more! We also held ceremonies for almost 300 employees who were nominated by their peers, people we support and families for special recognition. These are small tokens of thanks for the dedicated work you put toward improving the lives of the people we support every day. You make sure every person is always safe, happy and surrounded by compassionate supports. One week of celebration is not enough to show how grateful we are to have you all as part of our family. Thank you for all you do.

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

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

ALBANY

Hampton Inn, 1442 Western Ave., Albany

November 9 — 10:00 a.m.

November 29 — 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: Jacob Agüero

PROGRAM: Sacandaga

POM: Community/Personal Goals

Jacob has helped Robert have an amazing summer. Thanks to Jacob's support, Robert was able to attend a Foreigner concert and Country Fest. He also plans to attend a NASCAR race. These fun events were important personal goals of Robert's, and it meant so much to him to be able to attend. Thank you, Jacob, for helping him build these memories!

NAME: Cassandra Frasier & Christa Stuart

PROGRAM: Northampton

POM: Natural Supports

Thanks to continuous support from Cassandra and Christa, Matt is able to spend a lot of time with his family on a routine basis. These relationships are very important to Matt and his family, and they are all very grateful to Cassandra and Christa for the work they put in to keep the bonds alive. Thank you, Cassandra and Christa!

NAME: Melissa Murray, Jessica Brenan & Sara Becker

PROGRAM: 38/65 Grand

POM: Life of Community

Melissa and Jessica helped Nicole gain community independence and home alone time since she moved into 38 Grand. Thanks to their support, Nicole is now able to explore the community on her own terms and attend the events and activities that interest her without limitations. Jessica also worked with Sara to help Michael get his community independence reinstated. Thank you, Melissa, Jessica and Sara!

NAME: Dan Henry

PROGRAM: Sandhill

POM: Community/Respect

Dan does an excellent job supporting Richard to stay active by ensuring that he goes on lots of outings to the places he prefers. Dan and the rest of Richard's team work together to make him feel heard and respected every day. Thank you, Dan, for always letting Richard take the lead!

NAME: AJ Romeyn

PROGRAM: Sandhill

POM: Community/Personal Goals

This summer, AJ has given Kenny invaluable support with managing his finances. In part due to AJ's contributions, Kenny was able to budget his money to see Luke Bryan in concert as well as continue his game fly membership. Thank you, AJ, for helping Kenny reach these goals and have experiences that are important to him!

EMPLOYEE ANNIVERSARIES (10+ years)

SEPTEMBER 18 TO OCTOBER 1 | Congratulations!

Carly Nicolella, Residential, 9/22, 20 years

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

Friday, September 21 | 7:30—8:00 a.m. | Gym, 127 E. State Street, Gloversville

Wednesday, September 26 | 7:30—8:00 a.m. | Indoor Track, 465 N. Perry Street, Johnstown

Friday, September 28 | 12:00—12:30 p.m. | Gym, 127 E. State Street, Gloversville

Tuesday, October 2 | 10:00—10:30 a.m. | Reception Area, 405 County Highway 114, St. Johnsville

2018 LIFE POINTS WELLNESS INCENTIVE AND CAFEWELL 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

Tuesday, September 25 | 3:30—4:00 p.m. | Large Conference Room, 405 County Highway 114, St. Johnsville

Monday, September 28 | 3:30—4:00 p.m. | Large Conference Room, 127 E. State Street, Gloversville

BRING SALLY UP SQUAT CHALLENGE WITH WEIGHT RESISTANCE



If you are at Bishop Burke for a meeting or work in the building and have just four minutes, join us weekdays at 3:15 p.m. for this FUN but challenging short activity to build your core and leg strength. We have added weights to the four-minute Bring Sally Up workout. You can do this workout without having to change your clothes. Hope to see you there!

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.*

2018 30-DAY FITNESS CHALLENGE RESULTS

142 employees completed the 30-Day Fitness Challenge. In addition, there were five teams in which all member successfully completed the Challenge: Homebase Health Nuts, Pathfinders Recons, Sweet Hill, Adirondack Xtreme and Connections Day Hab. Great job, everyone! All participants had their name entered into a raffle to receive a Wellness cap. There were also raffle winners for a free class at the Nigra Arts Center and a team prize. [Click here for a list of all the winners!](#)

SEPTEMBER 2018 SAFETY AND WELLNESS NEWSLETTER

The 2018 Safety and Wellness Newsletter is now available! This month's issue includes information on National Preparedness Month and tips for how to be prepared for any kind of emergency as well as some facts and myths about the flu. [Click here to read the full newsletter!](#)

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 Nigra Arts Center is seeking auditions for its new adult choir, led by local musician Tom Simek! The choir will rehearse weekly and perform regularly. Click the image for more information.

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. The deadline to submit is September 20.

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

Sunflower Painting | Brenda Dwyer, instructor | Thursday, September 27 | 12:00—1:30 p.m. | \$25

Join instructor Brenda as she guides you step-by-step on how to make your own sunflower painting using acrylics. Make your own masterpiece to decorate any room! [Click here to register online.](#)

CONTACT INFORMATION

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www.facebook.com/TransitionsUSA
www.facebook.com/PaulNigraCenter