



## Stress Less Challenge Results

Two hundred thirteen employees completed the Stress Less Challenge earlier this year. **GREAT JOB, EVERYONE!** Everyone who completed the Challenge is eligible to receive a tabletop phone stand or a safety whistle and light key chain.

To obtain your prize, please do the following:

- Verify your completion of the Challenge by locating your name on the Challenge Participant list.
- Contact Michelle Peryea at (518) 775-5420 or via email at [peryeam@thearclexington.org](mailto:peryeam@thearclexington.org) or Jean Ginter at (518) 775-5424 or via email at [knollj@thearclexington.org](mailto:knollj@thearclexington.org) to claim your prize.

Your prize choice will be honored on a first come, first served basis.

### Challenge Participant List:

Jen Ackerknecht  
Melissa Agne  
Deb Armlin  
Stacy Ashe  
Karri Atkins  
Josephine Bailey  
Robert Baird  
Yvonne Baird  
Doug Blanc  
Ayla Bock  
Edith Boehme  
Kayley Bonificio  
Lisa Booker  
Lindsay Boris  
Katlyn Boyer  
Emily Bradt  
Jessica Brenan  
Becky Brothers  
Beth-Anne Brown  
Daniel Brown  
Jerrie Brunell  
Amanda Bruyn  
Jaclyn Buelow  
Toni Calderwood  
Casey Carpenter  
Tim Carver  
Jill Cassaro  
Daniel Clemence  
Lori Collado

Jessica Constanza  
Stacy Cool  
Chris Cummings  
Virginia D'Amore  
Jessica Darling  
Laura Darling  
Emily Day  
Melanie Deming  
Sharon Diefendorf  
Elizabeth Dillenbeck  
Samantha Dingman  
Donna Dresser  
Tina Dreusike  
Elizabeth Dudar  
Jackie Dupuy  
Ashley Dwyer  
Michelle Dylong  
Mary Eaton  
Bobbilynn Edick  
Jessica Egelston  
Laura Empie  
Amanda Fairbanks  
Laura Famiglietti  
Ashley Faulkner  
Kayla Ferguson  
April Ferris  
Hillary Fitzpatrick  
Mark Foster  
Kiera Fountain

Monica Fox  
Dani Frasier  
Traci Frederick  
Kim Frenyea  
Joanne Frye  
Jennifer Fuller  
Marie Gallup  
Renee Gee  
Peter Giblin  
Sharon Gifford  
Jean Ginter  
Erin Glover  
Jade Grace  
Sharon Grace  
Janie Griffin  
George Grosse  
Kelsey Hagadorn  
Heather Hall  
Amanda Handy  
Jessica Harnish  
Laura Harper  
Cheryl Harrington  
Amy Hayes  
Jessica Hayes  
Jessica Healey  
Linda Heiser  
Deborah Hickey  
Aimee Hinderliter  
Lindsay Hinkle

Jessica Holmes  
Sandy Hurlbert  
Martha Hyde  
April Iannotti  
Heather Introne  
Heather Jambo  
Maria Kaczor  
Kimberly Kilmartin  
Melody King  
Heather Kinney  
Lisa Kiszka  
Theresa Kluge  
Stacie Klymkow  
Miranda Kniep  
Victoria Knowles  
Maria Kowal  
Michele LaGrange  
Chris Lail  
Sandy Lais  
Cherie Lamphear  
Cynthia Lanphere  
Tracy Lanphere  
Doreen Lavada  
Dilicia LeMoine  
Lisa Link  
BillieJo Loveless  
Tina MacMillan  
Rebecca Malagisi  
Nancy Mancini

Christie Maryea  
Sue Matthews  
Debra McFee  
Arturo McLeod  
Ashley Medina  
Keith Merrill  
Nikki Mesick  
Tammy Miles  
Shelly Miller  
Nicole Milo  
Mandy Moholland  
Darlene Monfils  
Sylvia Montalvo  
Brian Moore  
Laura Moore  
Theresa Morici  
Jennifer Morse  
Sean Nash  
Chris Novak  
Michele Null  
Victoriano Olmeda  
Aleen Olson  
Luke Olson  
Tracy Orr  
Patti Ortiz  
Amanda Ortlieb  
Sherry Passero  
Marie Paul  
Thaya Pekola  
Lisa Pepaj  
Kathleen Perry  
Chrissy Pilchen  
Kathy Ponte  
Brenda Purpura  
Patti Quigley  
Christine Randall  
Debra Rasbach  
Judy Rhodes  
Melissa Richardson  
Jodie Ritch  
Patricia Rix  
Tammy Roach  
Patricia Rorick  
Ellen Rowback  
Karlene Rulison  
Judy Sampson  
Kristina Savage

Terri Savlov  
Lori Scanlon  
Michael Schanthal  
Vicki Scheurman  
Kim Schutz  
Stacia Schuyler  
Tanya Scott  
Lori Semprevio  
Kristen Shafer  
Andrea Shepard  
Spring Shepard  
Dawn Shipley  
Teshia Shults  
Brenda Smith  
Terri Snell  
Patricia Stanton  
Gale Stott  
Diane Stowell  
Carissa Suits  
John Sullivan  
Chris Sutherland  
Rachel Sweet  
Maureen Sweet  
Shannon Sweet  
Rich Tallon  
Robert Taylor  
Elizabeth Thompson  
Melissa Toomer  
Reba Trumble  
Mike Turnbull  
Patty Tylutki  
Keather Tyrell-Brooker  
Tina Vannostrand  
Bill Villanueva  
Felicia Vogle  
Emma Vokins  
Nancy Walker  
Sandra Ward  
Gina Warsaw  
Terrie Wasson  
Amy Weaver  
Lisa Werner  
Tamie White  
Yvette Williams  
Jamie Witzke  
Tia Woodruff  
Jennifer Yates-Kincheloe

Ali Yorks  
Sharon Zaluski  
Amsyue Zemkin