

LEXINGTON HAPPENINGS



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

WEDNESDAY, JUNE 28, 2023

#RISINGTOGETHER AT LEXINGTON!



- Thanks to everyone who helped make the Father's Day Luncheon such a success! We welcomed the dads, uncles, cousins, brothers, grandfathers, advocates and other father figures of the people we support for lunch provided by Kingsboro Catering and music by Kyle Rix.
- The Lexington Players put on a spectacular performance of *The Wizard of Oz*! The night was the result of weeks of hard work from the artists, who memorized lines, learned music and choreography, made props and scenery, decorated the stage and more. Congratulations to actors and crew Adrienne Phillips, Zen Anderson, Donald VanEtten, Mikyle Woodward, Myron Monroe, Debbie Woodruff, Ross Carangelo, Karl Blanchard, Jessica Betts, Joy Carpenter, Ana Pendlebury, Caroline Pendlebury, Nickey Christman, Josh Brooks, Roy Anderson and Greg Clicquennoi.
- It's National Safety Month, a time to learn about safety and encourage everyone to always be safe! Each week in June, people we support and staff have competed in the Safety Quiz promotion, where they can improve their safety knowledge by taking a quiz about safety best practices for the chance to win a gift card. Pictured is the winning team of week 2 from Schoharie Day Hab showing off their completed quiz!
- So many of our Lexington family enjoyed the Vintage Café Classic Car Show in Johnstown on June 15! Pictured is the Broadalbin Farm family gearing up to enjoy some browsing, food, music, shopping and fun in the community.
- With summer here, everyone is taking advantage of the nice weather to do some gardening and landscaping! Pictured are Jessica and Mark at Feura Bush, taking great pride in how beautiful their home looks with its porch flowers and well manicured plants!
- Joe, Tony and Matt went to a Valley Cats baseball game in Troy! They received the VIP treatment with great seats, delivered lunch and an autographed baseball for each of them. They were also eager to buy some merch to support the team. All three had a blast and are excited to go again. Thank you to Ronnie Dona for making this happen and to Jim Chittenden for taking them to the game and sharing the day with them!
- Elvis was in the building at Johnstown Day Hab on June 13! He gave a special concert to an excited crowd in the pavilion at 465 and took the time to meet and take photos with the fans afterward. Thank you to our wonderful Elvis and to everyone who made this show possible!
- Mike, Nick and Jill did a fantastic job planting flowers and laying down mulch to spruce up the outside of Cobleskill Day Hab!

INDIVIDUAL 401(K) MEETINGS WITH FINANCIAL ADVISORS

Wednesday, June 28 | 10 a.m.—4 p.m. | HR Offices, 127 E. State Street, Gloversville | [Register at this link](#)

Greg Reo and Kyle Chambers from Corebridge Financial (Formerly AIG Retirement Services) will be available at Bishop Burke on June 28 for individual meetings. Visit <https://bit.ly/3Nt1wiz> to set up an in-person or virtual appointment to review your retirement plans, receive financial planning services and get answers to questions you may have, such as:

- How do I start saving for retirement?
- How much should I be saving?
- Are my investments allocated correctly?
- Is my portfolio too risky/safe?
- What happens to my retirement plan if I leave or retire?

If you can't attend in-person on June 28, you can schedule a call with Greg or Kyle by visiting <https://bit.ly/46lAjQR> or calling their office at (603) 594-8340.

LEGACY OF LOVE OPPORTUNI-TEE GOLF TOURNAMENT

Friday, July 21 | Cobleskill Golf & Country Club

Registration: 10:30 a.m. | Lunch: 11 a.m. | Shotgun Start: 11:30 a.m.

Golfers, please join us at the Opportuni-Tee Golf Tournament, to benefit Legacy of Love—Schoharie County! The \$125 registration fee includes greens fees, golf cart, goodie bag, gift, snacks, lunch and dinner. The day will also include fun games and contests such as putting, Closest to the Pin and Longest Drive. Come spend a great day on the course while directly helping the people we support! For more information or to register, contact Tammy Ruise at ruiset@thearclexington.org or (518) 295-8130, ext. 256.

JOIN US AT OUR NEXT NURTURING ENVIRONMENT MEETINGS

The Nurturing Environment Program began in 2001 with the goal of continually striving 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 having agency-wide meetings where we share ideas and suggestions on how to make Lexington an even better place for people we support and our staff members.

Please plan to join us at one of the following upcoming meetings to share best practices, issues, concerns, suggestions, stories and successes!

- **FULTON: Thursday, July 13** | 2:00 p.m. | Training Center, 465 N. Perry Street, Johnstown
- **SCHOHARIE: Thursday, July 20** | 2:00 p.m. | TPI Space, 121 Opportunity Drive, Schoharie
- **ALBANY: September** | Date and Time TBA | Hampton Inn, 1442 Western Avenue, Albany

Please note that Nurturing Environment Meetings are meant to be accessible to everyone and are considered “work time.” If you are unable to attend a meeting but would like to share input, you can:

1. Leave a message at the Nurturing Environment Hotline (1-800-831-5602)
2. Send an e-mail to nurture@thearclexington.org
3. Send a written note to Nurturing at Gloversville Day Hab

FLAME ROCKS CAMBODIA!



Flame has embarked on their next big adventure—a weeklong tour in Cambodia! The band traveled across the world at the invitation of the U.S. Embassy in Phnom Penh as part of the Arts Envoy Program, in which American artists are invited to share the best of U.S. arts with the world to foster cross-cultural understanding and collaboration, demonstrate shared values and aspirations, and address foreign policy themes and objectives. Flame is proud to share their story of overcoming challenges and spread their message of ability, hope and changing the world through music to a wider international audience.

Flame held a press conference and “Bon Voyage” event at the Nigra Arts Center on June 21, where they invited friends, family members, supporters, press and local dignitaries to celebrate this once-in-a-lifetime opportunity and send them off with food, music and remarks from band members, Lexington CEO Shaloni Winston and The Arc New York CEO Erik Geizer. Fans lined the Nigra Arts Center’s driveway to bid them farewell with cheers and supportive signs!

Band members Michelle King, Andrew Carpenter, David LaGrange and Adrienne Phillips have made the trip to Cambodia alongside Lexington staff members Maria Nestle, Tim Carpenter and Wally Hart. They are already having a wonderful time touring the city, learning about the arts and culture in Cambodia, holding workshops with students and sharing their music with their new fans with a concert at the Hard Rock Café in Phnom Penh. We wish them all continued safe travels can’t wait to see more updates!



PRIYA WINSTON RECEIVES STATEWIDE AWARD



Transitions' Director of Curriculum and Clinical Supports, Priya Winston, was recently honored with the prestigious Future of Excellence Award as a Clinical Champion by The Arc New York's Executive Directors Association at their annual meeting that took place in June. This award is presented annually to professionals who have demonstrated exceptional commitment, competence and compassion in the field of clinical practice and support. Priya received this award for providing innovative clinical supports and programs for the Transitions students and their families.

Priya provides advisement and supports to our students and training and guidance to our staff and mentors. She works with our instructors to constantly expand our programs to ensure they are current and relevant. This ensures the outcomes we hope to gain for our students. The program's director shared that staff and students were super excited when they learned Priya was earning this award, and proud of the way that she represents Transitions and Lexington around the state. The students each shared something that Priya has helped them with or to achieve.

Priya has spoken at numerous conferences and events around the country and internationally, teaching people to change the way they view people who are diagnosed with disabilities and to look at people for the abilities they share and for their immense talents. Transitions' and Priya's goals are to change the way the world looks at people, the way professionals diagnose people with a disability, to ensure that they are not given limitations, but challenges to move well beyond a diagnosis.

One example is the course on self-advocacy and leadership that Priya developed in partnership with the Virginia Commonwealth University's Center for Autism Excellence. This supports students to reach beyond expectations, and to ensure that others see their value. It has been a critical component of Transitions' support for neurodiverse students.

Upon receiving the award, Priya expressed her gratitude, saying, "This recognition is not just about me, but also about the extraordinary students I have the privilege to work with and the exceptional team at Transitions. I am more committed than ever to empowering our students to achieve their fullest!"

ENGAGED AND EMPOWERED ZOOM ACTIVITY CALENDAR

The Engaged and Empowered day hab program offers daily social groups, activities, wellness exercises, games, crafts and more to the people we support. All are welcome! Find the July calendar and participation information at <https://bit.ly/3XiOulF>.

JUNE SAFE ENVIRONMENT AND WELLNESS MEETINGS

Thursday, June 29 | 10:00 a.m.—12:00 p.m. | TPI Room, 121 Opportunity Drive, Schoharie

Please join us for our June Safe Environment and Wellness Meetings! All are invited to attend, and Safety Ambassadors are especially encouraged to come. During these meetings, we will recognize Safety and Wellness successes, provide education and updates on Safety and Wellness topics, and address any Safety and Wellness questions or concerns from attendees. Your participation shows that you are taking an active role in ensuring a safe environment for everyone at Lexington. We hope to see you there!

SAFETY AND WELLNESS POSTER CONTEST

All are invited to make a Safety and Wellness Poster to celebrate Safety Month! Posters can cover any aspect of safety or wellness. Make a Safety Board with your team and bring it to display when you attend one of the Safe Environment and Wellness Meetings listed above. At the end of each meeting, members of the Safety Committee and Meeting Presentation Team will judge each entry based on the clarity of the meaning of “safety” and the creativity and artistry of displaying the agency’s best practices. There will be a winning team at each meeting, and that team’s supervisor will receive \$100 to spend on their group! Be creative and have fun!

SEE IT SAY IT SAFETY CAMPAIGN

Join in our #SeItSayIt Safety Campaign until **June 30** to recognize your coworkers for engaging in safe acts, ensuring the safety of themselves and everyone around them, and supporting others to do the same. This campaign encourages all of us to take safe actions and speak up when necessary to ensure safety! See It, Say It not only keeps us all on track to reducing employee injuries, but also encourages the correction of environmental safety issues. This campaign’s theme is **Summer Safety**, but you can recognize peers for any safe act.

EXAMPLES OF SUMMER SAFETY ACTIONS:

- Ensure sunscreen is worn properly—applied 30 minutes before going out and reapplied regularly, more frequently when the person is sweating excessively or engaging in outdoor water activities.
- Encourage the use of wide-brimmed hats when outdoors and wearing of light-colored and light-weight clothing that covers the extremities.
- Remember hydration! Stop to take a drink and offer the same to anyone you are supporting.
- Sweep walkways to clear away loose sand, stones, etc.
- Wear appropriate rubber-soled footwear that is supportive of the ankle and has a back around the heel of the foot and remind others to do the same.
- Work safely to avoid trip hazards while using vehicle wheelchair lifts.

HOW IT WORKS:

1. Each location will receive “See It, Say It” recognition cards via email and will print them out for employees to access.
2. If you see something that could cause an injury or accident, do something to prevent it from occurring.
3. If you see someone take an action to promote safety or prevent injuries or accidents, take every opportunity to acknowledge them on the spot! Then, complete a “See It, Say It” card for the staff or recognize them on the Lexington Happenings group in [Workplace](#) with their name, work location, the action they took and the hashtag #SeItSayIt.
4. On May 31 and June 30, each location/department’s supervisor will choose one staff who has been recognized during the campaign to win a prize of the supervisor’s choice.
5. On June 30, each location will send in one of their completed “See It, Say It” recognition cards to Michelle Peryea, Lexington’s Safety and Wellness Coordinator. Michelle will enter these nominees as well as each person recognized on Workplace into a raffle to win a pizza party for their location. Three locations/departments will be chosen on Thursday, July 13!

We need everyone’s help to reach our goal of beating last year’s campaign participation total of 10 locations! You can find See It, Say It recognition cards at any Lexington location. If you have any questions, please contact Michelle Peryea at peryeam@thearclexington.org or (518) 775-5420.

THE PAUL NIGRA CENTER FOR CREATIVE ARTS

Lexington employees get a 10% discount at the Nigra Arts Center! Just enter the code **LEXEMPLOYEE** at checkout to redeem. We offer free classes to the people we support. If your house, program or someone you know wants to take a class, please call (518) 661-9932 or contact Maria Nestle at nestlem@thearclexington.org to sign them up. The Arts Center is located at 2736 State Highway 30 in Gloversville. For full listings of the classes and events offered, visit www.pncreativeartscenter.org.



CLASSES AT THE NIGRA ARTS CENTER

See our monthly class calendars at pncreativeartscenter.org/adaptivearts! If you or the people you support would like to take a class, you can register online at <http://bit.ly/2RFC05K> with the promo code "giftcard" or call us at (518) 661-9932. Registration is required—first come, first served. We hope to see you there!

SOCIAL CLUBS HAVE RETURNED TO THE NIGRA ARTS CENTER

Every Monday | 3:30-4:30 p.m. | Paul Nigra Center for Creative Arts, 2736 State Highway 30, Gloversville

Get back together with your friends this summer with our new social opportunities! These special events for the people we support are a great chance to connect with peers over fun activities. We will alternate between the following clubs every Monday, with each meeting once a month. All are welcome at any activity! Bring or refer a friend to be entered into a raffle!

- **MONDAY NIGHT SPORTS—First Monday**
Perfect for all athletes and sports-lovers! Come play, watch and discuss your favorite games with friends.
- **CARDIO FITNESS DRUMMING—Second Monday**
Join us for a fun and accessible exercise experience! Drum and dance along to popular music for a great workout with friends.
- **SPA EXPERIENCE—Third Monday**
At this luxurious Spa Experience, we will learn about and practice the arts of aromatherapy, massage and other spa treatments.
- **DUNGEONS AND DRAGONS—Fourth Monday**
Step into a world of fantasy with monthly Dungeons and Dragons sessions! Participants will learn about the game, create their own characters and role-play through campaigns with an experienced dungeon master.

Pre-registration is required for each club! There is a \$5 admission fee for each session—cash, p-cards, gift cards and invoices are all accepted. To sign up, please contact Megan Balser at balserm@thearclexington.org or (518) 661-9932 or Heather Tomlinson at tomlinh@thearclexington.org or (518) 736-3930.

LEXINGTON'S MISSION

We empower people with autism and developmental disabilities to live their best lives, every day, by partnering with their families, our employees and our community.

LEXINGTON HAPPENINGS DIGITAL ARCHIVE

The online digital archive of Lexington Happenings, which includes active links to all the resources and documents highlighted, can be found at thearclexington.org/lexington-happenings. If you have questions or would like to submit information for a future newsletter, please contact Megan Balser at balserm@thearclexington.org or (518) 661-9932.

CONTACT INFORMATION

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