

LEXINGTON HAPPENINGS



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

JULY 2025

#RISINGTOGETHER AT LEXINGTON!



- Some of the artists from Creative Expressions had the opportunity to see “Theatre People, or the Angel Next Door,” a stage production at Curtain Call Theatre in Latham! The play was directed by Brian Clemente, a member of the Creative Expressions team, so he arranged for them to meet the actors and explore the set and theater. Thank you, Brian, for making this special behind-the-scenes experience possible!
- It’s softball season! An awesome team of athletes are loving meeting up at Meco Ballpark on Wednesdays this summer to learn about softball and play the game together. Everyone is having a blast while getting some exercise and practicing their sportsmanship!
- Cutter Lane had the perfect idea for combating the recent heat wave: a lemonade stand! They set up shop outside and served ice cold, refreshing drinks to the friends and neighbors who passed by. Thanks to the staff who helped plan and run this event—see you next year!
- The Social Clubs at the Nigra Arts Center kicked off the start of summer with a Tie Dye Extravaganza! A great crowd showed up to enjoy the sunshine while transforming their own shirt, bandana, hat or other small item into a colorful accessory. See page 4 for a list of other upcoming Social Clubs scheduled at the arts center—all are welcome to come have fun and spend time with friends!
- Pathfinders recently volunteered their time to do some cleanup at Broadalbin Beach! The Department of Environmental Conservation joined them at the end and thanked them for their hard work while taking the garbage the volunteers collected.
- Two buses full of baseball fans traveled to Citi Field on June 14 to watch the Mets take on the Tampa Bay Rays! Sports lovers from all over Lexington braved the rain and had a fantastic time watching the game. Thanks to the team who arranged this outing and made it a success!
- Lexington’s bowling league marked the end of their season with a banquet in June! All the athletes gathered to celebrate their accomplishments and receive their awards from the season. Thank you to everyone who has made the bowling league such a success—see you next season!
- Several Our Voice officers visited day hubs in June to talk about self-advocacy and educate their peers on the resources offered by the NYS Council on Developmental Disabilities. The officers helped everyone fill out a survey that will guide the state’s 2027-2031 State Plan and gave them the knowledge to make informed decisions. Thank you to the officers for their outreach and the participants who made their voices heard!

JOIN US AT OUR NEXT NURTURING ENVIRONMENT MEETINGS

The Nurturing Environment Program began in 2001 with the goal of continually striving 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 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. Join us at one of the upcoming meetings to share best practices, stories, concerns and more!

- **ALBANY: Thursday, July 17** | 10:00 a.m. | 4 Executive Park, First Floor, Stuyvesant Plaza, Albany
- **FULTON: Thursday, July 24** | 2:00 p.m. | Training Center, 465 N. Perry Street, Johnstown
- **SCHOHARIE: Friday, August 22** | 10:00 a.m. | TPI Event Hall, 121 Opportunity Drive, Schoharie
- **FULTON: Thursday, August 28** | 10:00 a.m. | Training Center, 465 N. Perry Street, Johnstown

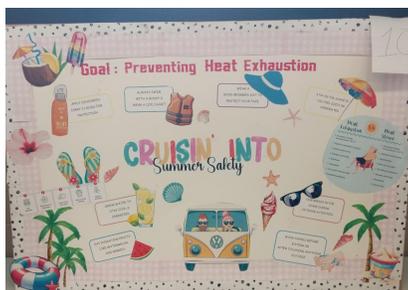
Please note that Nurturing Environment Meetings are meant to be accessible to everyone and are considered “work time.” If you are unable to attend a meeting but would like to share input, you can:

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

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/44u05IZ>.

SAFETY AND WELLNESS EXPO POSTER WINNERS



“Cruising into Summer Safety: Preventing Heat Exhaustion”
Anthony Circle

This summer’s Safety, Benefits and Wellness Expos took place on June 20 in Schoharie and June 27 in Gloversville! Both events had a fantastic turnout with great resources to help people we support and staff learn about safety, wellness and the benefits Lexington offers.

The expos also held a poster contest, where 36 teams submitted posters and displays covering safety themes. Congratulations to winners Anthony Circle and Oppenheim Day Hab Room 26, judged by the planning committee, OT/PT, Recruitment, Dietary and Transportation!



“Prevent: Slips, Trips and Falls”
ODH Room 26

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.

SAINTS TAKE HOME GOLD AT THE SPECIAL OLYMPICS SUMMER GAMES!



We are so thrilled to announce that the Lexington Saints basketball team brought home a gold medal at the 2025 Special Olympics New York State Summer Games!

Along with 21 other teams from throughout the state, the Saints traveled to Cornell University in Ithaca on June 21 to compete against the four other teams in their division. Thanks to their hard work, determination and team spirit, they overcame the competition to claim the top prize! Beyond a gold medal, each of the athletes have come away from this huge accomplishment with strong values of sportsmanship, perseverance and love of the game.

The athletes, who come from Lexington's Transitions, Creative Expressions and Residential programs, are Kaleb Aldrich, Victor Colon, Daniel Goyette, Joshua Maynard, Ralph Orapello, Jack Ryan, James Leon Swank, Andrew Thompson, Daniel Thompson and Donald VanEtten. The coaches who supported them all the way from training to their gold medal are Harvey VanAllen, Annie Stock and James Goyette. Congratulations to the team and thanks to their coaches and fans for making this win possible!

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.

FERGUSON ROAD GETS A MAJOR UPGRADE WITH BEAUTIFUL RENOVATION!



Ferguson Road has undergone a huge transformation! Thanks to the efforts of our builders, designers and consultants, the men who live at Ferguson have returned to a beautiful new space with that perfectly suits their lifestyles.

The renovation team spent weeks tearing out walls, building a new staircase and adding countless features to the home that make it safer and easier to navigate. From dimmable lighting to easier-to-open door handles to appliances with safety features, every detail was designed to fit their needs. The team also included sensory-friendly accessories throughout the home and a full sensory room for peaceful decompressing! The open living area makes support, engagement and socialization much easier, and the natural light that now fills the house makes it a warm, welcoming place to live.

The Ferguson family celebrated their return in June with a "Move That Bus!" reveal, accompanied by a special live performance from Flame. Then they toured their newly improved home and enjoyed refreshments alongside their staff, the renovation team and other members of the maintenance, clinical and residential teams who contributed to the project's success.

We are so grateful to the many people across Lexington's departments who pitched in to make this upgrade possible. Because of you, the Ferguson family has a home perfectly tailored to their needs. Thank you so much!

CONGRATULATIONS TO THIS YEAR'S ENGAGED & EMPOWERED GRADUATES!

On June 24, the Engaged & Empowered program hosted a ceremony for more than 80 graduates of the 12-week wellness programs offered in Lexington's day hubs!

- 38 people graduated from Health Matters, a program focused on exercise, nutrition and health education, where each participant developed their own personalized Wellness Plan and learned lifelong strategies for maintaining a healthy lifestyle.
- 30 people graduated from Health Messages, where peer leaders share knowledge and resources on making healthy choices, changing lifestyles and keeping new lifestyles so they can keep each other accountable for staying healthy and taking care of their bodies. This group's peer leaders were Alyssa Coons, Davina Gilliam, Susan Morse, Lucia Phelps and Peter Robillard!
- 19 people graduated from My Health My Choice My Responsibility, which focuses on helping people make healthy choices in daily life and speak up for good health, with topics including developing a health plan, self-advocating at the doctor's office, physical activity, nutrition, safety, cleanliness in the home, hygiene and emotional health.

Congratulations to all the graduates, and thank you to the ADs who taught the classes and supported each graduate!



Health Matters:

Karen All	Cynthia Dunham	Doug Lathrop	Lucia Phelps
Glenn Allen	Bernard Durocher	Megan MacClelland	Linda Quackenbush
Matthew Bailey	Lourdes Elias	Tammy Meese	Kristen Rice
Fred Barton	James Franqui	Jeffrey Miller	Barry Rucker
Paul Blanchard	Dan Goyette	Dara Monk	Nancy Soifer
Levi Bovee	Kim Greenwell	Nicole Mullin	John Tanner
Kendall Burgess	Jen Grybos	Donald Ostrander	Shawn Zukoski
John Carkner	William Hall	Lorinda Palmateer	Tony Zaba
Karen Carman	Mike Kile	Daryl Perkins	
Lisa Dandeneau	Thomas LaMontain	Donna Phelps	

My Health My Choice

My Responsibility:

Mike Brooks
 Chris Farquhar
 David Hallenbeck
 Antonio Hart
 Bridget Kennison
 Jonathan Kimball
 Faith LaFountain
 Chris LaMonica
 Rachel Lander
 Melody Lewis
 Jaiden Lopez
 Amy Marlitt
 Nancy Reynolds
 Zach Sitterly
 Valerie Snyder
 Mike Teale
 Kashyra Tomlinson
 Marcella Tomlinson
 Mikyle Woodward

Health Messages:

Rebecca Baryk	Chris Hutchins	Wanda Piparo	David Smith
David Bishop	Nathan Kentile	Nathan Reilley	Holly TenEyck
Helen Bush	Megan Luniewski	Peter Robillard	Stephen VanNostrand
Amy Chebetar	Nancy Mahar	Bea Salvi	Ralph White
Josie Cleveland	Ihesha Manette	Alyce Scheer	Travis Wissert
Alyssa Coons	Susan Morse	Lily Seeley	Paul Zuckerwar
Tim Durrin	Tahnesha Mott	Dorothy Shaul	
Davina Gilliam	Lucia Phelps	Carl Smith	

LEXINGTON ARTISTS WIN BIG AT ANNUAL VOICE! ART SHOW



Monica VanEtten, Joshua Brooks, Patrick Subik, Ross Carangelo and Melissa Frere showing off their award certificates.

The VOICE! 21 Art Show was a huge success for Lexington's artists! More than a dozen artists who take classes and produce art through the Creative Expressions and Transitions programs had their work selected for display in VOICE!, an annual juried art exhibition hosted by The Arc Otsego to celebrate the creative voices of artists with intellectual and other disabilities.

Five of the featured artists traveled to the Martin-Mullen Gallery at SUNY Oneonta on July 10 to attend the show's reception, where five pieces from Lexington won awards totaling \$600 combined! In addition, the collaborative piece "Mr. Merino" sold for \$165 during the reception.

Congratulations to the award winners and everyone whose work was chosen to be in this show, which reminds us of the power of art to transcend disability and stereotypes to reveal common ground and celebrate unique abilities!



Spirit Award #2
"Interconnected"
by Dylan Baker



Third Prize
"Magical Mystery Tour"
by Ross Carangelo



Fourth Prize
"Man Cave"
by Patrick Subik



Ross Carangelo accepting his Third Prize award.



Patrick Subik accepting his Fourth Prize award.



Best Collaborative Work
"Threads of Unity"
by Casey Battisti, Doreen Calhoun, Blake Callendar, Rhiannon Fralick, Kendall Lifgren and more



Heart Award
"Mr. Merino"
by Joshua Brooks, Patrick Subik and Monica VanEtten



Melissa Frere accepting the award for "Threads of Unity."



Dylan Baker receiving his Spirit Award.



Joshua Brooks with his mixed media piece "Static."



Melissa Frere with her mixed media piece "River Run."

**SAVE THE DATE FOR
THE LEXINGTON FOUNDATION'S 2025 NIGHT OUT GALA!**



Friday, September 19 | 5:30 p.m. | Nigra Arts Center, 2736 NY-30, Gloversville

Tickets: \$50 for Lexington Employees | \$125 General Admission

Mark your calendars for The Lexington Foundation's annual Night Out Gala on **Friday, September 19!**

All are welcome at this night of celebration for everything Lexington, our employees and the people we support have accomplished in the past year.

The festivities will include a celebratory program, food from Union Hall, drinks, music by Flame, dancing, raffle items, a silent auction and fun games and activities based on the theme of **"Jewels of the Desert."** This is the region's premier event of the year and you won't want to miss it!

General admission tickets go on sale **August 1**. For Lexington employees and people we support, tickets are only \$50. You can use Nigra Arts Center gift cards toward the cost of your ticket.

To buy tickets when they go live, please call (518) 661-9932 or visit thearclexington.org/2025-lexington-gala. For information about sponsorship and event details, please contact Jessica Hansen at hansenj@thearclexington.org or (518) 752-5759. We hope to see you there!

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. If your house, program or someone you know wants to take a class, please call (518) 661-9932 or contact Megan Balsler at balserm@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.



SUMMER BARBECUE DINNER FUNDRAISER

Tuesday, July 15 | 3:00-6:00 p.m. | Pick up or dine in | \$15 a meal

Don't feel like cooking on Tuesday, July 15? Then stop by the Nigra Arts Center and pick up dinner for you and your family! Each meal contains your choice of pulled pork, pulled chicken or a veggie burger with pasta salad, cole slaw and a cookie. Take your dinners home or stay and picnic on our grounds! Pre-orders are appreciated—call (518) 661-9932 to place your orders!

BUS TRIPS WITH BROWN COACH

Buses Depart From: 465 N. Perry St., Johnstown, 6:30 a.m. | Crossgates Commons, Albany: 7:30 a.m. | Tickets: \$75

BOSTON: Saturday, July 19 | Meeting Place: Quincy Market | Departure Time: 6:30 p.m.

NEW YORK CITY: Saturday, December 13 | Meeting Place: Bryant Park | Departure Time: 7:00 p.m.

Join the Nigra Arts Center and Brown Coach on excursions of some of the East Coast's most sought-after destinations! These bus trips take the worry of transportation and parking out of the equation so you can focus on having a fun day out with family and friends. Brown Coach buses include on-board lavatories, wi-fi, power outlets and televisions. Discounts are available for Lexington employees, people we support and Nigra Arts Center members. Please note that the tickets cover transportation only. If you, your family and friends, or someone you support would like to sign up for a bus trip, please call (518) 661-9932!

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 <https://bit.ly/PNCAEvents>, call (518) 661-9932 or email Megan Balsler at balserm@thearclexington.org. Pre-registration is required.

UPCOMING SOCIAL EVENTS

Paul Nigra Center for Creative Arts, 2736 State Highway 30, Gloversville | 4:00-5:00 p.m. | Free!

All people we support are invited to attend free social events at the Nigra Arts Center! We host a few a month that appeal to a variety of interests. All are welcome! Please RSVP by contacting Megan Balsler at (518) 661-9932 or balserm@thearclexington.org.

SPORTS CLUB: Wednesdays, July 9 and August 6— Watch sports and play trivia games with fellow fans!

RC CAR RACING: Mondays, July 14 and August 18— Bring your own RC car to race or just watch and learn about the hobby!

CRAFT CORNER: Wednesdays, July 16 and August 20— Work on a fun project while socializing with your crafty friends!

RED, WHITE & BLUE PATRIOTIC SHORTCAKE: Wednesday, July 23— Enjoy a delicious summer treat of shortcake with whipped cream, strawberries and blueberries!

HARRY POTTER CLUB: Thursday, July 24— Talk with peers about your favorite franchise and take part in Potter-themed activities!

BINGO: Mondays, July 28 and August 25— Meet new friends and win great prizes while playing your favorite game!

SUMMER BUBBLE WALK: Wednesday, August 13— Enjoy the summer weather with a fun run/walk through bubbles!

CONTACT INFORMATION

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