

LEXINGTON HAPPENINGS



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

TUESDAY, DECEMBER 15, 2015

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



Did you see us in the parades? Greg Cliquennoi and Michelle King had a great time riding on the back of Lexington's truck in Gloversville's Classic Image Holiday Parade, alongside dozens more Lexington staff and peers, spreading holiday cheer all over town! Lexington also marched in the Broadalbin Christmas Parade and the Johnstown "Home for the Holidays" parade.

EVENTS THIS WEEK — DECEMBER 15 TO DECEMBER 21

Tuesday, December 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 December. 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.*

Wednesday, December 16 | 10:00—11:30 a.m.

WEDNESDAY MORNING YOGA CLASS | Paul Nigra Center for Creative Arts, 2736 State Highway 30, Gloversville. *Join instructor Sheila Habla at the Paul Nigra Center for Creative Arts every Wednesday for an experience that will bring strength*

and flexibility to the body and stillness to the mind. Habla's 90-minute gentle flow yoga class will leave students feeling invigorated yet refreshed. Combining yoga postures, breathing and meditation, it will help students link breath with movement to create relaxation and a flowing meditation in motion. This class is suitable for all levels. The fee is \$10 for a single class or \$55 for a six-class pack. Lexington employees receive a 10 percent discount on all classes at the Paul Nigra Center for Creative Arts — just enter the code LEXEMPLOYEE at checkout. [Click here to register online](#) (walk-ins are also welcome). Visit www.pncreativeartscenter.org or call (518) 661-9932 for more information.

Wednesday, December 16 | 12:00—1:30 p.m.

WEBINAR — UNDERSTANDING THE REGULATION OF THE COMMISSIONER OF EDUCATION PART 200-201 | The Center at Lexington, 465 N. Perry Street, Johnstown. Please join Tina Beauparlant, regional manager and special education specialist at Parent to Parent of NYS, as she presents a webinar training that will take you through the NYS Special Education regulations step by step. Parents will learn the role they play on the CSE, the chain of command for the CSE, how to request information about your child's IEP or education, and how to communicate with their child's teachers and administrators.

Wednesday, December 16 | 6:00—8:00 p.m.

MINI CHEESECAKE BAKING CLASS | Paul Nigra Center for Creative Arts, 2736 State Highway 30, Gloversville. In this cooking class, mother-daughter team Lois Gulotta and Dawn Crankshaw will show you how to transform simple ingredients into magnificent mini cheesecakes that you can take home. The class fee is \$25. Lexington employees receive a 10 percent discount on all classes at the Paul Nigra Center for Creative Arts — just enter the code LEXEMPLOYEE at checkout. [Click here to register online](#). Visit www.pncreativeartscenter.org or call (518) 661-9932 for more information.

Friday, December 18 to Saturday, December 19 | 6:00 p.m.—8:00 a.m.

SIB STREET SLEEPOVER | Lexington Family Services, 43 Harrison Street, Gloversville. A support group for the siblings (ages 8-15) of individuals who are diagnosed with developmental disabilities.

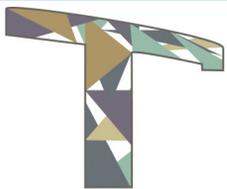
Monday, December 21 | 5:30—7:00 p.m.

MONDAY EVENING YOGA CLASS | Paul Nigra Center for Creative Arts, 2736 State Highway 30, Gloversville. Join instructor Sheila Habla at the Paul Nigra Center for Creative Arts for an experience that will bring strength and flexibility to the body and stillness to the mind. Habla's 90-minute gentle flow yoga class will leave students feeling invigorated yet refreshed. Combining yoga postures, breathing and meditation, this class will help students link breath with movement to create relaxation and a flowing meditation in motion. This class is suitable for all levels. The class fee is \$9. Lexington employees receive a 10 percent discount on all classes at the Paul Nigra Center for Creative Arts — just enter the code LEXEMPLOYEE at checkout. [Click here to register online](#). Visit www.pncreativeartscenter.org or call (518) 661-9932 for more information.

TEMPORARY SCHEDULE CHANGE FOR LEXINGTON HAPPENINGS

Due to the upcoming holidays, there will be a temporary change in Lexington Happenings' publication schedule. There will be another issue next week, published on December 22, and no issue on December 29. The regular schedule of publication every other week will resume on January 5, 2016. Please keep this in mind as you submit events and announcements for the next few weeks!

PEERS SOCIAL SKILLS COURSE FOR TEENS AND YOUNG ADULTS



TRANSITIONS
the evolution of you

Is there a young adult in your life who could use some help in social situations? If so, Lexington is offering a 16-week PEERS® course to high school students and young adults in the community that will help them navigate the complex realm of interacting with others.

The Program for the Education and Enrichment of Relational Skills (PEERS®) is a manualized social skills training intervention for teens and young adults. It was originally developed at UCLA by Dr. Elizabeth Laugeson, founder and director of the UCLA PEERS® Clinic, and Dr. Fred Frankel in 2005 and has expanded to locations across the United States and the world.

PEERS® has a strong evidence base for use with teens and young adults with autism spectrum disorders, but is also appropriate for teens and young adults with ADHD, anxiety, depression, and other socioemotional problems. It will take them through all aspects of developing relationships, from finding like-minded people to navigating bumps in the road. Each participant must also have a “coach,” a parent, caregiver, sibling or anyone committed to helping the person succeed socially, who attends sessions at the same times with a separate instructor. The coaches will learn how to develop and encourage the social skills learned. The instructors are Mary Kaye Ormiston, a behavioral communication specialist, and Victoria Morrison, a speech-language pathologist and certified PEERS® instructor.

WHEN

- January 5 to April 19
- Tuesdays 6:00 to 7:30 p.m.

LOCATION

Transitions
2736 State Highway 30
Gloversville

CLASS FEES

\$350 for student and coach.
Scholarships may be available upon request.

WHO CAN SIGN UP?

- High schoolers grades 9 to 12
- Young adults 18 to 26

REGISTRATION AND MORE INFORMATION

Terry Williams
(518) 775-5384
williat@lexcenter.org

IT'S SHOWTIME!



Come support the talented cast and crew of Showtime as they perform an original play, “Space Race: Batter Up, Up and Away!” on Tuesday, December 15 from 6:30 to 8:00 p.m. at the Gloversville Day Hab Gym. Tickets cost \$5.



MEET WITH SENSORY SANTA



Sensory Santa will hold free one-on-one meetings with children on Sunday, December 20, from 2-4 p.m. at the Paul Nigra Center for Creative Arts. Sensory Santa is ideal for children with special needs such as autism and sensory processing disorders who are overwhelmed by external stimuli. Children meet with Sensory Santa alone in a quiet, soothing atmosphere. Sensory Santa’s suit will be extra soft for a soothing experience and there will be no elves, colorful decorations or blinking lights to distract the children. For more information, call (518) 661-9932.

THE PAUL NIGRA CENTER FOR CREATIVE ARTS IS OPEN FOR BUSINESS!

And everyone is welcome to enjoy all the classes and events it has to offer! Yoga, cooking, music, painting — there is something for everyone here. Don’t forget to use the code **LEXEMPLOYEE** when you register for your next class to receive an employee discount! To see a calendar of events and sign up for classes, visit the website at pncreativeartscenter.org.



WELLNESS TOGETHER

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, December 22 | 4:30 p.m.—5:30 p.m. | Gymnasium, 127 E. State Street, Gloversville

***Prior to attending any exercise class or program, ensure you have approval from your medical practitioner.*

THE HEALTHY HOLIDAY EATING TEAM CHALLENGE IS UNDERWAY!

The Healthy Holiday Eating Team Challenge started Monday, November 16, and will continue until Monday, December 21. Remember to log your fruits and vegetables on the [Lexington Wellness website](#) to participate! If you have any questions about the challenge, call Michelle Peryea at (518) 775-5420.

REQUIREMENTS OF THE CHALLENGE:

1. Eat and log on your Lexington Wellness website at least two servings of fruits and two servings of vegetables five days per week during the challenge.
2. Complete ALL required tasks on your “To-Do” list.

EARN PRIZES WHEN YOU PARTICIPATE IN THE CHALLENGE!

15 WELLNESS REWARDS POINTS for each member of three teams selected from a raffle.

30 WELLNESS REWARDS POINTS for completing the challenge goals each week.

30 MORE WELLNESS REWARDS POINTS for registering as a Wellness Buddy in the Wellness Together Healthy Holiday Eating Challenge and supporting an individual Lexington supports to reach the challenge goal.

\$100 for one team selected from a raffle.

RAFFLE FOR ADDITIONAL PRIZES for employees who meet the challenge goals or are Wellness Buddies but aren't eligible to earn Wellness Rewards Points.

ANNOUNCING THE WINTER “FUNDERLAND” DAY CAMP FOR KIDS

Are you looking for a fun activity for your kids during the winter break? This December, the Paul Nigra Center for Creative Arts is offering a day camp from December 28 to December 30. From 8:30 a.m. to 4 p.m., campers ages 5 to 10 will enjoy crafts, games, snacks and fun activities. Send your kids for all three days for \$60 or send them for one or two days at \$25 per day. Use the code LEXEMPLOYEE at checkout to receive an additional 10% discount. For more information and to register, visit www.pncreativeartscenter.org/winter-funderland-camp or call (518) 661-9932.

DAY 1: BEACH PARTY!

We're turning up the heat! Kids will create their own special sand sculptures, snack on s'mores and compete in a dance-off.

DAY 2: OUTDOOR ADVENTURE

Outside, kids will build snowmen and do snow painting art. Inside, kids will paint winter scenes and warm up with hot chocolate.

DAY 3: IMAGINATION CELEBRATION

We will put on a mini production in one day using each child's skills and interests, from dancing to costumes.

HR NEWS AND INFORMATION

EARN A BONUS WHEN YOU REFER A NEW EMPLOYEE!

Did you know that if we hire a person you referred, you could earn up to a \$500 bonus? By referring someone, you are helping us recruit potential employees, and you could make some extra money as well! Do you know of someone who is kind-hearted, supporting and has the qualities we are looking for in employees? Then refer them! Do you know of a college student looking for a job on their break? Then refer them!

We are currently recruiting for the next training session, which begins on January 4. This is an excellent time for a college student on winter break to become an employee at Lexington. The time for them to apply is now so they can be considered for the January training session.

Employees of Lexington have been doing a great job so far referring people to work with us. Give an application to a friend or family member today, or have them apply online at www.lexingtoncenter.org. Make sure they list your name on the application as the referral source so you can receive your bonus if they are retained!

If you have any questions, contact the Human Resources Department at (518) 773-7931.

NOW ACCEPTING WINTER CLOTHES!



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. While you shop, Amazon gives! Through this program, Amazon donates 0.5% of the price of your eligible purchases to Lexington. To take advantage of the offer, start your next shopping experience at www.smile.amazon.com and select "The Lexington Foundation, Inc., NY" before you begin!



SCHOLARSHIP OPPORTUNITIES FOR LEXINGTON EMPLOYEES

Are you currently enrolled in a New York State college or university? Are you a full-time employee looking to further your education? If so, NYSARC, Inc., has opportunities for you to make paying for your education a little easier.

Lexington may nominate one staff for each of the scholarships listed to the right. If there is a staff you would like to nominate, send their name to Jill Cassaro in Human Resources at (518) 775-5423 or cassarj@lexcenter.org.

Nominations are due by Monday, January 4, 2016.
Good luck to the nominees!

JAMES F. REVILLE SCHOLARSHIP

This scholarship is available to students enrolled full-time in any year of their college training at a New York State institution. They must be studying in a field related to individual or other developmental disabilities. The scholarship awards \$3,000 per recipient, paid in installments of \$750 per semester for any two years the student is enrolled in college within a four-year period from the time the scholarship is awarded.

JONATHAN WEINGOLD SCHOLARSHIP

This scholarship is available to full-time employees of NYSARC, Inc., chapters who wish to further their education. The scholarship awards \$3,000 per recipient, which is paid throughout a four-year period in \$750 reimbursements.

GREAT ESCAPE / SIX FLAGS THEME PARKS 2015/2016 SEASON PASSES AVAILABLE



Lexington is pleased to offer season passes for The Great Escape / Six Flags Theme Parks at discounted rates. These tickets are available for employees and their friends and families along with the people we support.

A season pass allows unlimited visits on regular operating days during the 2015/2016 season. If your season pass is purchased through Lexington and activated at The Great Escape no later than December 31, 2015, you will receive free parking at any of the Six Flags locations for all of the 2016 season.

The cost is \$53 each, payable by cash or personal check. These Great Escape season passes will be available for purchase at the Human Resources Department in the Gloversville Day Hab building until December 31, 2015. If the pass is not activated at The Great Escape by December 31, it won't be upgraded to a gold pass but will grant free parking at The Great Escape location.

GO MOBILE AND GET THE APPS!



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 resources

RK Flex Mobile enables you to easily and securely access your healthcare spending accounts. You can view account balances and details, 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.

CONTACT INFORMATION

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