

# LEXINGTON HAPPENINGS



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

TUESDAY, DECEMBER 22, 2015



Last Tuesday, the talented ladies from the STEP program put on a puppet show at the Training Center! Adrienne Phillips, Misty Snell and Hayla Cyr were three of the actors who performed holiday songs with their handmade, personalized puppets.

## EVENTS THIS WEEK — DECEMBER 22 TO DECEMBER 28

Tuesday, December 22 | 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 23 | 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*

### 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](mailto: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](http://fultonmontgomeryny.org)  
[44lakes.com](http://44lakes.com)

**ALBANY COUNTY:**  
[albany.com/events/](http://albany.com/events/)  
[events.timesunion.com](http://events.timesunion.com)

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](http://www.pncreativeartscenter.org) or call (518) 661-9932 for more information.

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## EVENTS NEXT WEEK — DECEMBER 29 TO JANUARY 4

Tuesday, December 29 | 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 30 | 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](http://www.pncreativeartscenter.org) or call (518) 661-9932 for more information.

Sunday, January 3 | 11:00—11:45 a.m.

**INTRODUCTION TO YOGA CLASS | Paul Nigra Center for Creative Arts, 2736 State Highway 30, Gloversville.** Join instructor Dori Daknis on the first Sunday of every month for an introductory class in yoga. Daknis will pass along her wisdom and passion for yoga to beginners as she guides them through the basics. All are welcome to attend. The fee is \$5 per person. 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](http://www.pncreativeartscenter.org) or call (518) 661-9932 for more information.



**STAY CONNECTED  
ON FACEBOOK!**

"Like" the Paul Nigra Center for Creative Arts on Facebook:

<https://www.facebook.com/PaulNigraCenter>

"Like" Transitions on Facebook:

<https://www.facebook.com/TransitionsUSA>

### 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](http://pncreativeartscenter.org).

## 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, ADHD, anxiety, depression, and other socioemotional problems. It will take them through all aspects of developing relationships. 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

### CO-OP ORDER PICKUP REMINDER



Please remember to pick up your co-op orders!

Johnstown Day Hab | Tuesday,  
December 22 | 3:30—5:00 p.m.

Oppenheim Day Hab |  
Wednesday, December 23 |  
3:30—4:30 p.m.

### SUPPORT LEXINGTON THROUGH AMAZONSMILE

Support Lexington when you shop online with the AmazonSmile program. 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 [smile.amazon.com](https://smile.amazon.com) and select “The Lexington Foundation, Inc., NY” before you begin!



NOW ACCEPTING WINTER CLOTHES!

**ENCOREkids**  
CLOTHING & ACCESSORIES



34 N. Main Street, Gloversville, NY 12078 | (518) 773-4649  
Hours: Tuesday – Friday 10am – 6pm | Saturday 10am – 3pm  
[www.facebook.com/encorekidsconsignments](https://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.

**CANCELLED!!**

### ADJUST YOUR CALENDARS

The Nurturing Environment Meeting scheduled for December 31 in Johnstown has been cancelled.

## 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.*

## 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!

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

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!

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](http://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.

### 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](mailto: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.



## GRAM LORRAINE CHILDREN'S CHRISTMAS CLOTHING PROGRAM



Some Lexington staff and several people Lexington supports participated in the annual Gram Lorraine Children's Christmas Clothing Program, formerly known as the Adopt-A-Child Program, to provide local children in need with clothes, toys, books and games for Christmas. With the help of Lexington's volunteers, the program was very successful this year! Twenty children will be very happy on Christmas because of their generosity.

We would like to especially recognize Phylliss from Sweet Hill, who adopted two children herself this year. She was so excited about making sure they had everything they wanted. Thank you, Phylliss, for making a difference in their lives this holiday season.

And another big thank you to all the sponsors who dedicate themselves to this project every year. You are true Christmas angels!

## 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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Lexington - Chapter of NYSARC, Inc.:  
[www.facebook.com/LexingtonARC](http://www.facebook.com/LexingtonARC)  
"Like" Encore Kids on Facebook:  
Encore Kids: [www.facebook.com/encorekidsconsignments](http://www.facebook.com/encorekidsconsignments)