

LEXINGTON HAPPENINGS



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

TUESDAY, FEBRUARY 28, 2017



Pictured are Shannon DeMagistris, Asher Jacobs and Michael Johnson of Pathways to Employment preparing samples of smoothies to give out at the Nurturing Environment Meeting on February 23. The samples were an advance taste of what they offer at Groovy Smoothies & More, a new healthy snack resource run by the people we support! On their February 28 opening day, Groovy Smoothies & More sold 33 smoothies, eight bags of granola and one yogurt bar, for a total profit of \$142.50. For more information about this exciting new endeavor, see page 11.

EVENTS THIS WEEK — FEBRUARY 28 TO MARCH 6

Tuesday, February 28 | 5:30—7:30 p.m.

MUSIC THERAPY FOR SCHOOL-AGED 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 February and March. 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.

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

Saturday, March 4 | 9:00—11:00 a.m.

LEARN TO DO YOUR TAXES: INCOME TAX INSTRUCTION ASSISTANCE | The Center at Lexington, 465 N. Perry Street, Johnstown. *Come and receive free instruction on how to do your own taxes online. Specific requirements must be met to be able to take advantage of this wonderful opportunity. Call (518) 773-2014 for details. Appointments are required for this session. Reservations must be made by March 2.*

EVENTS NEXT WEEK — MARCH 7 TO MARCH 14

Tuesday, March 7 | 12:00—1:30 p.m.

ASK THE ADVOCATE | Lexington Family Services, 43 Harrison Street, Gloversville. *These are 15-minute phone appointments with Tina Beauparlant, an education specialist at Parent to Parent of NYS. Do you have any questions related to the IEP process? Do you know how to request information about your child/student? Do you understand your role at a CSE meeting? Do you know how to discuss your child's needs at a CSE meeting? If you are the parent, grandparent, caregiver, family member or Medicaid service coordinator of a child with differences, this is an opportunity to get the answers to all the above questions and more. Call Family Services at (518) 773-2014 to make an appointment.*

Tuesday, March 7 | 5:30—7:30 p.m.

MUSIC THERAPY FOR SCHOOL-AGED 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 March. 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.*

Friday, March 10 | 6:00—8:00 p.m.

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

Tuesday, March 14 | 5:00—6:30 p.m.

WEBINAR — NYS AUTISM INSURANCE REFORM | The Center at Lexington, 465 N. Perry Street, Johnstown. *Please join Lin Perry, a project director at Family to Family's Healthcare Information Center, as she presents a webinar on the Autism Insurance Reform. Autism Insurance Reform legislation became effective in 2013, but aspects of the bill related to Applied Behavior Analysis are still being worked on within the New York State government. This webinar will address the overall legislation, who it assists and how it assists them. The webinar will also provide an update on the current status of the Applied Behavior Analysis portion of the legislation. This webinar is targeted toward parents and caregivers.*

Tuesday, March 14 | 5:30—7:30 p.m.

MUSIC THERAPY FOR SCHOOL-AGED 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 March. 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.*

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. No experience needed. 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. Register today by logging on to your Lexington Wellness Website at lexingtonwellness.bepurewellness.com and going to “Events” or by calling Michelle Peryea at (518) 775-5420.

DATES, TIMES & LOCATIONS

Tuesday, March 7 | 4:30—5:30 p.m. | Gymnasium, 127 E. State Street, Gloversville

Tuesday, March 14 | 4:30—5:30 p.m. | Gymnasium, 127 E. State Street, Gloversville

WELLNESS WALK



Walking is great exercise! It helps refocus our thoughts and reduces stress. We will walk outside if the weather permits. Bring a co-worker or someone you enjoy spending time with, as well as appropriate shoes and water. Register today by logging into your Lexington Wellness Website at lexingtonwellness.bepurewellness.com and going to “Events” or by calling Michelle Peryea at (518) 775-5420.

DATES, TIMES & LOCATIONS

Wednesday, March 1 | 12:00—12:30 p.m. | Gym, 127 E. State Street, Gloversville

Thursday, March 2 | 3:30—4:00 p.m. | Indoor Track, 465 N. Perry Street, Johnstown

Tuesday, March 7 | 7:30—8:00 a.m. | Gym, 127 E. State Street, Gloversville

Tuesday, March 7 | 3:30—4:00 p.m. | Indoor Track, 465 N. Perry Street, Johnstown

Thursday, March 9 | 12:00—12:30 p.m. | Reception Area, 405 County Highway 114, St. Johnsville

Monday, March 13 | 3:30—4:00 p.m. | Gym, 127 E. State Street, Gloversville

Tuesday, March 14 | 7:30—8:00 a.m. | Indoor Track, 465 N. Perry Street, Johnstown

LIFEPOINTS WELLNESS INCENTIVE AND CAFEWELL PROGRAM OVERVIEW



There have been changes to the 2017 Lifepoints Incentive Program as well as Cafewell, which is hosted on the CDPHP website. Attend this program to learn about a new way to earn Lifepoints by registering for a program on Cafewell. If you are unfamiliar with this incentive program, we will complete an overview showing you how easy it is to earn Lifepoints in 2017 equal to up to \$365 in retailer gift cards. This program is open to employees enrolled in Lexington’s Medical Plan. Register by logging into your Lexington Wellness Website at lexingtonwellness.bepurewellness.com and going to “Events” or by calling Michelle Peryea at (518) 775-5420.

DATES, TIMES & LOCATIONS

Thursday, March 9 | 3:30—4:00 p.m. | Large Conference Room, 127 E. State Street, Gloversville

Tuesday, March 16 | 3:30—4:00 p.m. | Conference Room, 405 County Highway 114, St. Johnsville

***Prior to attending any program, please ensure you have received approval from your medical practitioner.*



DON'T WAIT TO GET YOUR WELLNESS REQUIREMENTS DONE!

Schedule an appointment with Rene Dutcher at 518-775-5429 on Wednesdays and Fridays or Bridgett Nestor at 518-775-5422 on Tuesdays and Thursdays to receive help in completing your requirements!

**THANK YOU TO EVERYONE WHO PARTICIPATED IN WEAR RED DAY ON
FEBRUARY 3!**



465 N. Perry Street, Multiple Departments



Residential Department

COMING SOON: 5K FUN RUN & WALK!

It's almost time for the 5K Fun Run & Walk! This employee Challenge will start on March 20.

More details will be announced on March 6. If you are interested in participating in the 5k training or in volunteering to be a trainer, please contact Michelle Peryea at (518) 775-5420 or peryeam@lexcenter.org.

EMPLOYEE SELF-DEFENSE COURSE

Lexington is offering all employees practical self-defense classes where they can learn how to protect themselves and their families. During these classes, students will learn techniques and tactics from experienced law enforcement professional and world-class martial artist Sheldon Howard. He is the wellness director at the Fulton County YMCA, a retired NYPD captain and a sixth degree black belt.

The course includes three hour-long classes over a three-week period. Classes are free to employees who have a Fulton County YMCA membership through Lexington. Employees who do not have a YMCA membership will be charged \$15 for all three classes. Eligible employees who complete the course may claim the Make Prevention a Priority Bingo box for a Lexington Wellness on-site class.

To provide the self-defense classes, we need at least 10 employees registered to attend for each time frame. If you would like to participate, please contact Bridgett Nestor at (518) 775-5422 or nestorb@lexcenter.org with your name, employee ID number, contact phone number and the session you would like to participate in by **March 6**. If you do not have a Fulton County YMCA membership through Lexington, you must also send Bridgett your payment of \$15. If you are paying by check, please make the check out to "Lexington."

SESSION 1	SESSION 2
Multipurpose Room 405 County Highway 114, St. Johnsville	Gymnasium 127 E. State Street, Gloversville
3:30—4:30 p.m.	12:00—1:00 p.m.
March 17	March 17
March 24	March 24
March 31	March 31

FREE BIOMETRICS SCREENINGS

Lexington has partnered with CDPHP® and St. Peter's Hospital Cardiac and Vascular Center to offer free on-site biometric screenings to employees and spouses enrolled in Lexington's Medical Plan. The screenings include blood pressure, body composition with body fat percentage, BMI, cholesterol levels and glucose levels. These screenings can help identify various health issues and allow you to work with your physician to lower your risks for certain conditions. To schedule a biometrics screening, you must sign up in advance by contacting the appropriate point person for the clinic you want to attend.

LOCATION	DATE	TIME	REGISTRATION DEADLINE	CONTACT	PHONE
Gloversville Gymnasium 127 E. State Street	April 5 April 6	12—6 p.m. 7:30 a.m.—1:30 p.m.	March 28 March 29	Bridgett Nestor	(518) 775-5422
St. Johnsville-Oppenheim Multi-purpose Room 405 County Highway 114	April 25	7:30 a.m.—12 p.m.	April 17	Donna Steenburgh Vicki Scheuerman	(518) 568-3102
Guilderland Conference Room 2301 Western Avenue	April 28	11 a.m.—1 p.m.	April 20	Diane Bellamy	(518) 218-7310 ext. 301

THE CDPHP MAKE PREVENTION A PRIORITY EMPLOYEE WELLNESS ACTIVITY



Make Prevention a Priority is a wellness activity for all employees! The goal of this activity is to provide you with additional knowledge and encouragement to make healthy decisions regarding your mental and physical health.

The Centers for Disease Control and Prevention states that over 75% of healthcare spending in the U.S. is attributable to preventable illnesses. Taking important steps to protect or improve our health now, such as getting recommended health screenings, avoiding tobacco, eating healthily and being physically active, will help lower a person's risk for developing certain medical conditions, such as heart disease, stroke and some types of cancer.

The first quarter wellness activity will run from February 1 to March 31. Participate and complete three of the quarterly BINGO activities in 2017 as well as one Employee Wellness Challenge to be entered into a raffle in January 2018 for a grand prize. Winners, announced via agencywide email, will be able to choose one of the following:

- 1-year gym membership
- Treadmill
- Elliptical
- Spin bike

HOW TO PLAY:

- Play BINGO for good health! Each BINGO card is identical and includes a series of boxes listing a task that contributes to good health. As you complete each task, initial the appropriate square on your BINGO card and list the date(s) you completed the activity. Achieve BINGO by crossing off all of the tasks in a row — horizontally, vertically or diagonally. BINGO cards are available at your worksite and in the Human Resources office.
- Check your email and keep an eye out for wellness activity communications at your worksite. Receive quarterly health messages. These messages will remind you to stay on track with your prevention goals and earn BINGO.
- Each person who gets BINGO in the first quarter will receive a water bottle! Once you get BINGO, submit a copy of the card to Michelle Peryea, Wellness Program Coordinator, at 127 E. State Street, Gloversville.

If it is unreasonably difficult for you to meet the requirements of this activity due to a medical condition, or if you have any questions, contact Michelle Peryea, RN, Wellness Program Coordinator, at (518) 775-5420 or peryeam@lexcenter.org. We will work with you as needed to develop an alternative path to qualify for the prize.

FILL OUT A PLEDGE CARD TODAY TO REGISTER! CARDS ARE AVAILABLE AT YOUR WORKSITE.



DRESS IN BLUE DAY

National Dress in Blue Day is the colon cancer community's day to unite for a future free of colon cancer! The Colon Cancer Alliance leads this charge to provide the community with all the resources and support they need to knock out colon cancer, honor a loved one and get people screened. Visit www.dressinblueday.org for more information.

Wear blue on **Friday, March 3**, and encourage a group to do so as well! If you participate, take a picture and send it to Michelle Peryea, Wellness Program Coordinator, to have it shared agencywide.

2017 NYS BUTT STOPS HERE SMOKING CESSATION CLASS SCHEDULE

Lexington's 2017 Wellness Premium Savings program includes a Tobacco-Free Requirement, so to support employees to fulfill this requirement, we will continue to offer the previous options for completing it as well as a third option: the NYS Butt Stops Here Smoking Cessation Class.

This class is a free seven-week program that you attend at a Lexington site. These 30-minute classes are open to anyone at Lexington who wants to try to quit smoking. The program is designed to help you identify your triggers, provide you with tools to quit smoking and give you the support of others trying to reach the same goal. This program is also open to family members of employees who wish to quit smoking.

You must attend class at least five of the seven weeks listed for the session to earn credit for the Tobacco-Free Requirement. Space is limited! Please contact Michelle Peryea at (518) 775-5420 or peryeam@lexcenter.org to register for a session or get more information. If these classes do not fit into a schedule that would work for you or your family member, please contact Michelle and she will attempt to accommodate your needs.

LARGE CONFERENCE ROOM 127 E. STATE STREET, GLOVERSVILLE		LARGE CONFERENCE ROOM 465. N. PERRY STREET, JOHNSTOWN	
SESSION 2 Mondays 3:30—4 p.m.		SESSION 3 Tuesdays 7—7:30 a.m.	SESSION 4 Thursdays 3:30—4 p.m.
September 25		April 4	October 26
October 2		April 11	November 2
October 9		April 18	November 9
October 16		May 2	November 16
October 23		May 9	November 30
October 30		May 16	December 7
November 6		May 23	December 14

CAFETERIA 405 COUNTY HIGHWAY 114 ST. JOHNSVILLE		DINING AREA BACON BROOK OPPENHEIM	LARGE CONFERENCE ROOM 2301 WESTERN AVENUE GUILDERLAND	
SESSION 5 Tuesdays 3:30—4 p.m.	SESSION 6 Tuesdays 7—7:30 a.m.	SESSION 7 Wednesdays 12—12:30 p.m.	SESSION 8 Mondays 11—11:30 a.m.	SESSION 9 Fridays 11—11:30 a.m.
February 14	August 1	October 18	March 13	August 25
February 21	August 8	October 25	March 20	September 1
February 28	August 15	November 1	March 27	September 8
March 7	August 22	November 15	April 3	September 15
March 14	August 29	November 29	April 10	September 22
March 21	September 5	December 6	April 17	September 29
March 28	September 12	December 13	April 24	October 6

FITNESS CONNECT!

CDPHP is offering a new FREE program called Fitness Connect! This program includes free fitness center utilization to all community members 18 and older, regardless of CDPHP membership. Each participating gym is located inside a Community Care Physician's office. They will all be open Monday through Friday from 5 a.m. to 11 p.m. and Saturday and Sunday from 7 a.m. to 7 p.m. You can register for this program at www.cdphp.com/fitnessconnect. Registration is free and no credit card information is required. Once registered, members will be mailed a CDPHP Fitness Connect key tag to access the gyms. If you have any questions about CDPHP Fitness Connect please, follow the registration link and submit your questions to them via email. CDPHP also has free wellness classes for all CDPHP members. You can find a schedule of the 2017 winter/spring CDPHP classes at www.lexingtoncenter.org/s/Winter-Spring-2017-Final.pdf.

PARTICIPATING FITNESS CENTERS ARE LOCATED AT THE FOLLOWING CAPITAL REGION LOCATIONS:

- Delmar: 250 Delaware Ave., Delmar, NY
- North Greenbush: 101 Jordan Rd., Suite 106, Troy, NY
- Latham: 711 Troy-Schenectady Rd., Latham, NY
- Saratoga Springs: 6 Mountain Ledge Dr., Gansevoort, NY

A fifth location will open soon in the Community Care Physician's office at 1783 Rte. 9, Suite 107, Clifton Park, NY.

2017 WELLNESS REQUIREMENTS FOR THE VOLUNTARY PREMIUM SAVINGS PROGRAM

Lexington Wellness is committed to providing you with the tools, education and guidance necessary for you and your family members to lead a healthy lifestyle. We will continue to do this in 2017 by offering a Voluntary Medical Plan Premium Savings Program and incentives. Log into your [Lexington Wellness Website](#) for instructions on how to complete these requirements. If you are a new enrollee in Lexington's Medical Plan, you will receive a letter at your home address providing information about your initial requirements for Lexington Wellness.

Employees and spouses enrolled must complete the following:

1. CDPHP Personal Health Assessment in 2017 by **December 31, 2017**.
2. Biometrics Screening completed in 2017 and submitted by **December 15, 2017**.
3. Routine Physical Exam- every two (2) years (2016 or 2017).

Employees enrolled must also complete the following two additional requirements:

1. Tobacco Use:

- **Option 1** — Tobacco Use Affidavit (if able to certify tobacco free) by **December 31, 2017**.
- **Option 2** — Reasonable Alternative Smoking Cessation Workshop (if unable to certify tobacco free). This requirement will take at least four weeks to complete. Therefore, you must start this requirement by **December 2, 2017**.
- **Option 3** — Attend the free Butt Stops Here smoking cessation seven-week program that will be offered at various Lexington locations throughout the year (if unable to certify tobacco free). The schedule can be found on your Lexington Wellness Website as of January 1, 2017, under Image #4, and in Lexington Happenings. Complete the class by **December 31, 2017**.

2. Blood Pressure:

- **Option 1** — Receive a verified blood pressure measurement (from a Lexington Free Biometrics Screening or via the "Physician's Screening Form) equal to or less than 119/79 by **December 15, 2017**.
- **Option 2** — If Option 1 is not possible, read the "Release the Pressure" document provided by CDPHP located on your Lexington Wellness Website, which will provide education to help you prevent or control the complications of hypertension. Then complete the corresponding quiz on the Lexington Wellness Website no later than **December 31, 2017**.

2017 LEXINGTON WELLNESS INCENTIVE PROGRAMS

There are two wellness incentive programs available to all employees enrolled in Lexington's Medical Plan.

In 2017, we will continue to offer CDPHP's Lifepoints program, through which employees and their family members 18 and older enrolled in Lexington's Medical Plan can earn a combined total of points worth up to \$365 in gift cards throughout the year. More information can be found on www.cdphp.com.

The Lexington Wellness Rewards Program has changed for 2017. Now, each quarter employees will receive a Make Prevention a Priority BINGO card, offered by CDPHP. There will be wellness activities to complete in each box of the BINGO card. As you complete each task, you will initial the appropriate square on the card and list the date(s) you completed the activity.

Any employees who utilize the Lexington Wellness Website Tools listed below during the quarter may write "Wellness Rewards" in any one (1) box of their choice on their Make Prevention a Priority BINGO card.

- Cardio Log
- Strength Training Log
- Weight Log
- Food Log
- Wellness Workshops
- View monthly recorded seminar and take the associated quiz

This box on your BINGO card will then be considered complete for obtaining BINGO along with the four other activities you have completed. Each quarter, employees who complete a BINGO will submit their completed card to the Wellness Program Coordinator and prizes will be awarded. The quarters are defined as follows:

- February 1 to March 31
- May 1 to June 30
- August 1 to September 30
- November 1 to December 31

GRAND PRIZE FOR 2017!

Every employee who completes a BINGO in 3 out of 4 of the quarters and participates in and completes one of the four employee Challenges that will be offered this year will be entered into a raffle for a Grand Prize in January of 2018. The winner will have the choice of one of the following:

- 1-year gym membership
- Treadmill
- Elliptical
- Spin Bike

Lexington is committed to helping you achieve your best health. Lexington's Wellness Medical Plan Premium Savings, wellness rewards and incentive program are available to all employees enrolled in Lexington's Medical Plan. If you think that, due to medical reasons, you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact Michelle Peryea at (518) 775-5420 or via email at peryeam@lexcenter.org and she will work with you (and, if you wish, with your doctor) to find a wellness program with the same reward that is right for you in light of your health status.

If you would like a more detailed description of the program, you can find this on your RKXchange and on the Lexington Wellness Website under My Incentives.

If you have any further questions, please contact Michelle Peryea, Wellness Program Coordinator, at (518) 775-5420 or Bridgett Nestor at (518) 775-5422.

CLASSES AND EVENTS AT THE PAUL NIGRA CENTER FOR CREATIVE ARTS

All Lexington employees get a 10% discount on classes at the Paul Nigra Center for Creative Arts! Just enter the code **LEXEMPLOYEE** at checkout to redeem. Lexington employees are also welcome to use the \$25 gift certificates issued to them at the holidays for free classes. To redeem these certificates and sign up for the free classes, call (518) 661-9932. These certificates cannot be redeemed online. Be ready to provide the number on the back of the certificate and bring the certificate to the class when you attend.

The center is located at 2736 State Highway 30 in Gloversville. For more information on the classes and events offered, visit www.pncreativeartscenter.org or call (518) 661-9932.



Paul Nigra Center
for Creative Arts

Thursday, March 2 | 6:00—8:00 p.m.



FROZEN DOLL CREATIONS. *“Frozen Charlotte” embodies seeing the perfection within the imperfection. These porcelain dolls were made in the late 1800s in Germany and were discarded because of their imperfections, such as a broken off hand or leg. They are now being excavated. Students will be provided with their very own pieces, which instructor Beth Spraggs will help them transform into beautiful “Frozen Charlotte” pieces of art. The cost is \$25 for those who pre-register or \$30 for walk-ins. [Click here to register online.](#)*

Saturday, March 4, 11, 18 and 25 | 9:00—10:15 a.m.



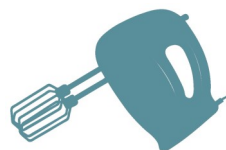
MEDITATION & SEVEN SPIRITUAL LAWS OF YOGA (FOUR-PART SERIES). *Join instructor Dori Daknis for an inward journey where you will learn meditation and practice the Seven Spiritual Laws of Yoga. Experience the power of meditation as you develop practices that will help you flourish. Chakra (energy) centering, candlelight and essential oils will add to this peaceful and refreshing class. This is an unforgettable experience, where you will establish a fulfilling meditation practice and leave with tools to create balance at home and work all year long. A single class costs \$15 and the full four-part series costs \$50. [Click here to register online for all four classes](#), [here to register for the March 4 class](#) or [here to register for the March 11 class](#).*

Monday, March 6, 13, 20, 27, April 3 and April 10 | 6:30—8:00 p.m.



LINE DANCING (SIX-WEEK CLASS). *Sue Kaupelis is back with her next series of line dancing classes! Starting with basic steps, you will learn simple line dances for fun and exercise. This six-week class explores a variety of music genres from country and pop to Celtic and Latin. Wear soft-soled, comfortable shoes. The cost is \$45 for those who pre-register or \$55 for walk-ins. [Click here to register online.](#)*

Wednesday, March 8 | 6:00—8:00 p.m.



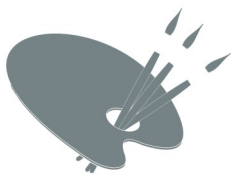
CREPES: SWEET & SAVORY. *Join instructor Nita Preddice to learn how to make crepes, homemade ricotta, and sweet and savory fillings from scratch. Next, you'll put it all together for a delectable dish you can eat morning, noon and night! The cost is \$25 for those who pre-register or \$30 for walk-ins. [Click here to register online.](#)*

Saturday, March 11 | 9:00—11:00 a.m.



SATURDAY KID ART: SOAPY SNOW CREATURES! *In this class, instructor Beth Spraggs will work with kids ages 5-10 to transform bars of soap into snowmen or any creature they can imagine! The artists will dress their creations up using items such as pompoms, sequins, felt and pipe cleaners. The cost is \$25 for those who pre-register or \$35 for walk-ins. [Click here to register online.](#)*

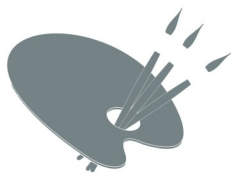
Saturday, March 11, 18 and 25 | 9:00—11:00 a.m.



MINI BARN QUILT (3-PART SERIES). *Back by popular demand! The history of barn decoration dates back to the mid 1800's. Painting symbols on barns originated from traditional folk art to celebrate their heritage and bring good fortune. Join Brenda Dwyer as she shows you how to create your very own mini barn quilt pattern on a piece of medium density overlay panel (MDO) board.*

Once you are finished, you'll be able to take home your own mini barn quilt! This is a three-part series. It is open to teens and adults. Materials provided. The cost is \$65. Pre-registration is required. [Click here to register online.](#)

Monday, March 13 and 20



INTRODUCTION TO BEEKEEPING. *This two-day class focuses on sustainable, natural and alternative beekeeping practices. This course is especially designed for hobbyist backyard beekeepers. Instructor Nicole Dench knows how intimidating beekeeping can be from the beginner's perspective, so she makes a big point of being friendly and accessible. You have nothing to fear! Our bee classes have*

limited seating to ensure that our students receive quality education vs. quantity so be sure to sign up in advance! This class is open to all and is beginner level. The cost is \$40 for those who pre-register or \$50 for walk-ins. [Click here to register online.](#)

GROOVY SMOOTHIES & MORE!

Groovy Smoothies & More, your new source for healthy breakfast, lunch and snack options at 465 N. Perry Street, is now open for business! This healthy food kiosk is run by people we support from Pathways to Employment and Kingsboro Catering and will be open **every Tuesday and Thursday from 9 a.m. to 1 p.m.** Stop by for some tasty treats and to support this new business!

MENU:

Fresh Smoothies — \$3.50

- Berrylicious
- Orange Dreamsicle
- Pina Colada
- Strawberry Banana
- Blueberry Pancake
- Banana Split
- Chocolate Peanut Butter

Homemade Granola — \$3.00

Yogurt Pops — \$2.00

- Orange Dreamsicle
- Tropical Coconut



Michael Johnson, Asher Jacobs, Shannon DeMagistris, Gabby Jacobs, and Shelby Kroup pose in front of the Groovy Smoothies & More kiosk on their opening day, February 28.

HR NEWS AND INFORMATION

JOHNSTOWN DAY HAB POT OF GOLD FUNDRAISER

Come to Johnstown Day Hab Room 3 or call (518) 736-3810 to buy tickets to win a pot of gold full of scratch-off tickets! All proceeds will go to benefit the Paul Nigra Center for Creative Arts.

One ticket costs \$1, five tickets cost \$3 and 20 tickets cost \$5. The drawing will be held on Friday, March 17, at 1 p.m.

Thank you for your support!

EARN A BONUS FOR RECOMMENDING EMPLOYEES!



If you find yourself in need of a financial boost, Lexington can help with your expenses and you can also help Lexington by referring qualified candidates. If we hire a person you referred, you could earn up to a \$500 bonus.

By referring someone, you're helping us recruit potential employees and you can make extra money! There's no limit to how much you can earn by referring candidates we hire.

Give an application to a friend or family member today, or have them apply online. Just make sure they list your name on the application as the referral source.

Apply online at www.lexingtoncenter.org!



EMPLOYEE ANNIVERSARIES (10+ years)

FEBRUARY 28 TO MARCH 14

Congratulations!

Edna Frederick, Residential, 3/2, 30 years

Cecilia Hazzard, Residential, 3/2, 30 years

Michelle Peryea, Administration, 3/2, 20 years

Carrie Person, Residential, 3/3, 20 years

Heather Kinney, Service Coordination, 3/6, 20 years

Jean Garhartt, Day Hab, 3/9, 30 years

CONTACT INFORMATION

Megan Balser

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