

LEXINGTON HAPPENINGS



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

TUESDAY, JANUARY 19, 2016



Lexington's Employment Resources Department donated 23 bags of grocery items to the St John's Episcopal Church Food Pantry on December 16. Several members of Senior Day Hab, including Larry Kenyon, Myron Monroe and Richard Freeman, helped bring the items to the pantry. They are pictured here with food pantry director Lori Sterns and Senior Day Hab staff Franklyn Whitney.

EVENTS THIS WEEK — JANUARY 19 TO JANUARY 25

Tuesday, January 19 | 5:00—7:00 p.m.

SEMINAR — EFFECTIVE PARENT-CHILD COMMUNICATION | The Center at Lexington, 465 N. Perry Street, Johnstown. Please join a health educator from Planned Parenthood as she presents tips for communicating with your child about challenging health topics. We all know that certain topics are easier than others to discuss with your child. For parents of children with disabilities, these talks can be even more stressful. We want you to know that there is help for you.

Tuesday, January 19 | 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 January.

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

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, January 22—Saturday, January 23 | 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 to 15) of individuals who are diagnosed with developmental disabilities.*

EVENTS NEXT WEEK — JANUARY 26 TO FEBRUARY 1

Tuesday, January 26 | 5:00—7:00 p.m.

SEMINAR — COMMUNICATION STRATEGIES FOR PEOPLE WITH DUAL DIAGNOSES AND DEPRESSION | The Center at Lexington, 465 N. Perry Street, Johnstown. *In this seminar, Renee Carr of the Mental Health Association will provide information on communication techniques while supporting a person with a dual diagnosis and/or depression. Supporting a person with depression or with mental health issues as well as disability can be challenging, so learning effective communication skills is very important.*

Tuesday, January 26 | 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 January. 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.*

Thursday, January 28 | 5:00—6:00 p.m.

SEMINAR — STRESS MANAGEMENT | The Center at Lexington, 465 N. Perry Street, Johnstown. *Please join Denise Benton, CPP-G, the director of Youth Services for Catholic Charities of Fulton and Montgomery Counties, as she provides information on stress management techniques and ways to decompress. Recognizing our stressors is very important, but learning how to handle the effects of these stressors is critical to overall mental and physical health.*

2016 SAFE ENVIRONMENT & WELLNESS PROGRAM MEETINGS

All are invited to attend these meetings. Safety liaisons and wellness champions are especially encouraged to attend. Fulton County meetings are held at the Lexington Training Center at 465 N. Perry Street, Johnstown, in the large Classroom C. Albany meetings are held at the Russian Orthodox Church on 617 Sand Creek Road in Colonie.

FULTON COUNTY MEETING DATES:

- Wednesday, February 10 | 10:30 a.m.—12:30 p.m.
- Thursday, May 5 | 10:30 a.m.—12:30 p.m.
- Tuesday, August 9 | 10:30 a.m.—12:30 p.m.
- Wednesday, October 12 | 10:30 a.m.—12:30 p.m.

ALBANY MEETING DATES:

- Wednesday, February 24 | 10:30 a.m.—12:30 p.m.
- Wednesday, May 11 | 10:30 a.m.—12:30 p.m.
- Wednesday, August 17 | 10:30 a.m.—12:30 p.m.
- Wednesday, October 19 | 10:30 a.m.—12:30 p.m.

Fulton County's Safety & Wellness Expo! will take place on Tuesday, June 21, at Bishop Burke, 127 E. State Street. Albany's Expo! will take place on Wednesday, May 11 at the regular meeting on that date. More details will come as those events get closer.

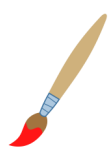
CLASSES AND EVENTS AT THE PAUL NIGRA CENTER FOR CREATIVE ARTS

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 pncreativeartscenter.org or call (518) 661-9932.



Tuesday, January 19 | 6:00—8:00 p.m.



WINTER LANDSCAPE ESCAPE (PAINTING CLASS). Artist Ellen Lauziere teaches this class, where students learn how to paint a beautiful winter scene with acrylics on canvas. This class is suitable for painters of all skill levels and open to teens and adults. All materials provided. The fee is \$25. Advance registration is required. [Click here to register online.](#)

Wednesday, January 20 | 10:00—11:30 a.m.



WEDNESDAY MORNING YOGA CLASS. 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. [Click here to register online](#) (walk-ins are also welcome).

Wednesday, January 20 | 6:00-8:00 p.m.



MARVELOUS MEATBALLS (COOKING CLASS). Mother-daughter instructor team Lois Gulotta and Dawn Crankshaw will teach students step by step how to make meatballs from scratch. This class is suitable for chefs of all levels. Advanced registration is required. The fee is \$25. [Click here to register online.](#)

Thursday, January 21 and 28 | 6:00—8:00 p.m.



MINI QUILTING DESIGN (TWO-WEEK WORKSHOP). Brenda Dwyer will teach this class on creating a mini barn quilt. Barn quilts are painted squares fashioned on boards and then mounted on a barn or building. Students will be provided with a pre-primed 2' X 2' piece of MDO board, paint and patterns. This two-part series is suitable for artists of all skill levels and open to teens and adults. The fee is \$55. [Click here to register online.](#)

Saturday, January 23 | 10:30 a.m.—12:00 p.m.



DANCE EXPLOSION! (SIX-WEEK KIDS WORKSHOP). Dance instructor Gretchen Salvione is bringing her six week dance workshop, Dance Explosion!, to the Paul Nigra Center for Creative Arts. Young students ages 4-18 of all levels, from beginner to experienced dancer, are welcome to come learn jazz, ballet and hip-hop steps. Dancers will be divided into appropriate groups so they get the most "move from their groove." The last day of class, February 27, will be dedicated to a mini recital for family and friends. Dancers get 2 free tickets to the show. No special equipment or shoes are required for participation. The fee is \$50. The workshop occurs on January 23, 30, February 6, 13, 20 and 27. [Click here to register online.](#)

Saturday, January 23 | 1:00—2:00 p.m.



INTRODUCTION TO ACOUSTIC GUITAR (SIX-WEEK CLASS). Instructor Bill Ackerbauer will teach this six-week beginner-level course in the acoustic guitar. Students must bring their own nylon or steel string acoustic guitar. The fee is \$125. Advance registration is required. The class meets January 23, 30 February 6, 13, 20 and 27. [Click here to register online.](#)

Monday, January 25 | 6:30—8:00 p.m.



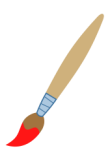
BEGINNER LINE DANCING (SIX-WEEK CLASS). Starting with basic steps, instructor Sue Kaupelis will teach simple line dances for fun and exercise at the same time. This six-week class explores a variety of music genres, from country and pop to Celtic and Latin. This class is suitable for dancers of all skill levels. Students should wear smooth-soled, comfortable shoes. The fee is \$35. The class meets on January 25, February 1, 8 15, 22 and 29. [Click here to register online.](#)

Wednesday, January 27 | 10:00—11:30 a.m.



WEDNESDAY MORNING YOGA CLASS. 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. [Click here to register online](#) (walk-ins are also welcome).

Friday, January 29 | 6:30—8:30 p.m.



DATE NIGHT PAINT NIGHT. Looking for something different to do on date night? Connect as a couple as you spark your inner artists and create a beautiful pair of paintings to hang in your home! Paint two pictures together in just one night while you enjoy one-on-one encouraging guidance from professional artist and educator Deborah Deming. Walk away with finished masterpieces to hang on your wall side by side. All materials included. The fee is \$40 per couple. [Click here to register online.](#)

ANNOUNCING THE "RED, WHITE AND YOU" DAY CAMP FOR KIDS



Back by popular demand: another three-day camp at the Paul Nigra Center for Creative Arts! Campers ages 5 to 10 are invited to celebrate Presidents' Week, February 16 through 18, from 8:30 a.m. to 4 p.m., with lots of fun through music, arts and crafts, baking and American history. Our instructors will present a different theme every day, with hands-on activities designed to let creativity shine. The cost is \$90 per child for all three days. Use the code LEXEMPLOYEE at checkout to receive a 10 percent discount. For more information, visit www.pncreativeartscenter.org/red-white-and-you-day-camp or call (518) 661-9932. To

register online, visit <http://conta.cc/1SxPQTa>.

FEB. 16: RED, WHITE AND BLUE

Campers will dress in red, white and blue for red, white and blue themed arts and crafts and activities, from painting to baking cookies. They'll learn to sing the "Star-Spangled Banner" and hear its history as well.

FEB. 17: YOU'RE A GRAND OLD FLAG

"Flag fun" will dominate activities as campers learn about Betsy Ross and the history of the American flag, make their own flags, decorate a flag cake, and perform "You're a Grand Old Flag."

FEB. 18: FIRST FAMILY FUN

This day is about first families through history — first ladies' fashion, favorite presidential snacks and popular first pets. Campers will also make their own Lincoln hats and White House magnets.

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, January 26 | 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.*

NATIONAL WEAR RED DAY

Friday, February 5 is the American Heart Association's National Wear Red Day! Ask as many people at your site as possible to wear red on that day to raise awareness for heart disease and stroke prevention. If you participate, take a photo of your group



wearing red and send it to Rene Dutcher at dutcher@lexcenter.org. Include the names of everyone in the photo and a description of any wellness accomplishments the group has made. The group with the most people who participate in National Wear Red Day will be featured in the Lexington Wellness Newsletter. Each eligible person in the featured group will receive 10 Wellness Rewards points. For more information, contact Rene at (518) 775-5429.



American Heart Association®
life is why™

DISCOUNTED FITNESS MEMBERSHIPS FOR LEXINGTON EMPLOYEES

Wellness incentives are now available to Lexington employees through memberships at the local YMCAs and Fit Happens Personal Training and Fitness Studio. Employees who have an existing membership through Lexington must re-enroll each year or their membership will be cancelled. Memberships may be purchased in full or through payroll deduction. If you are interested in purchasing one, please contact Bridgett Nestor in the Human Resource Office at (518) 775-5422 no later than **Friday, January 22**. Bridgett will provide you with the membership fees, group discounts, enrollment forms and payroll deduction authorization forms. Memberships for both venues will begin February 1.

YMCA MEMBERSHIP



The Fulton County YMCA and Little Falls/Mohawk YMCA is offering Lexington employees an opportunity to purchase a discounted membership paid through payroll deduction.

Fulton County YMCA branches offer annual memberships only. More information about the various memberships available may be obtained from Bridgett Nestor at (518) 775-5422.

FIT HAPPENS MEMBERSHIP



Fit Happens in Gloversville is offering Lexington employees three discounted membership packages:

- Package #1 – One-year membership for \$275 (less than \$23/month). Includes weight room orientation.
- Package #2 – One-year membership for \$325 (less than \$28/month). Includes weight room orientation and two personal training sessions.
- Family Membership – One-year membership for two adults and dependent children ages 13 through 18 living in the same household for \$549 (less than \$46/month). Includes weight room orientation.

HR NEWS AND INFORMATION

BIRTH ANNOUNCEMENT



Brianna Perez, daughter of James and Joslyn Mitchell, welcomed her son Raymond III on January 2, 2016.

He was the first baby of the new year born at Nathan Littauer Hospital.

Brianna is a direct support relief staff, James is a DSC at Bishop Burke and Joslyn is the residential manager of Rapp Road.

EMPLOYEE ANNIVERSARIES (10+ years)

JANUARY 1 TO JANUARY 30 | Congratulations!

Sharon Diefendorf, Employment Resources, 1/1, 40 years

Scott Chirichio, Transportation, 1/22, 30 years

Debbie Armlin, Administration, 1/30, 10 years

WEDDING ANNOUNCEMENT

Angel and Samantha Lopez were wed on December 4, 2015. Angel is a weekend quality and support admin in the Residential Department.



NEW SIGN IN/SIGN OUT PROCESS AT 465 N. PERRY STREET

The 465 N. Perry Street building is implementing a simple visitors sign in/out process, effective immediately. We ask that everyone not employed by Lexington be directed to one of the receptionists at each of the three front entrances to sign in with their name and the purpose of their visit. They will be given a temporary visitor's pass to wear during their visit. Before they leave, they will sign out at the receptionist desk and return their pass.

As 465 N. Perry Street is a large facility with multiple entrances, we ask that you be courteous and helpful by asking people who appear to be looking for someone or someplace if they need assistance. All visitors should be directed to a receptionist to sign in and retrieve their pass. Escort the visitors throughout their stay. If you are expecting a visitor, please greet them at the receptionist area and assist them with signing in and out. Alternately, expect a phone call from the receptionist alerting you that your visitor is present and waiting for someone to escort them to the meeting location.

Exceptions to this process include visitors who will be staying for a very short time and are not there for a meeting with an employee. For example, those who deliver or pick up food, beverages and mail do not need to sign in and receive a visitor's pass. Scheduled events that take place in the building such as craft shows, dances, concerts, day hab events and conferences also do not require visitor sign in.

If you have any questions, contact Bill Roe, safety manager, at (518) 775-5473 or roeb@lexcenter.org.

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.



HOT PRETZEL FUNDRAISER



On Wednesday, January 20, the Men's Group of Good Neighbor will be selling hot pretzels with warm cheese on the side in the hallway by the cafeteria at 465 N. Perry Street, Johnstown. Pretzels will be on sale from 9:30 to 11:00 a.m. They cost \$1.50 each or \$1.75 with cheese.

Lexington's own upscale consignment store, **ENCORE KIDS** offers designer and brand name clothing and accessories in sizes Newborn through Children's 14/16.

NOW ACCEPTING WINTER CLOTHES!

ENCORE KIDS
CLOTHING & ACCESSORIES

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

Encore Kids is conveniently located next door to Mohawk Harvest Co-op Market and across the street from Castiglione Jewelers. It proudly employs individuals we support.

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.

CONTACT INFORMATION

Megan Balser, Communications Intern
Lexington, Fulton County Chapter, NYSARC, Inc.
465 N. Perry Street, Johnstown
balserm@lexcenter.org



"Like" Lexington on Facebook:
Lexington - Chapter of NYSARC, Inc.:
www.facebook.com/LexingtonARC
"Like" Encore Kids on Facebook:
Encore Kids: www.facebook.com/encorekidsconsignments