

# LEXINGTON HAPPENINGS



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

WEDNESDAY, JANUARY 31, 2017



Art Thompson dances while entertainer Guy Tono performs for the rehab patients at the Fulton Center in Gloversville.

## EVENTS THIS WEEK — JANUARY 31 TO FEBRUARY 6

Tuesday, January 31 | 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 January and February. 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](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)

## EVENTS NEXT WEEK — FEBRUARY 7 TO FEBRUARY 14

Tuesday, February 7 | 12:00—1:00 p.m.

**PUBLIC HEALTH 101 AND WHEN TO GO TO THE ER! | Lexington Family Services, 43 Harrison Street, Gloversville.**

*Please join Fulton County Public Health as they present on what services public health has to offer. They will also present on what conditions require a trip to the Emergency Room as well as some tips to prevent going to the E.R. This seminar is targeted toward parents and caregivers.*

Tuesday, February 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 February. 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, February 10 | 12:00—1:30 p.m.

**EXECUTIVE FUNCTIONING: WHAT IS ALL THE HYPE? | The Center at Lexington, 465 N. Perry Street, Johnstown.** *Please join Erin Hollenbeck, assistant director for Lexington Family Services and instructor for Marydee Sklar's Seeing My Time: Visual Tools for Executive Functioning Success program, as she explains the executive functioning process. Each participant will be guaranteed to discover at least two new things that can help them manage their time more effectively. This will be the first session of a series offered on this important topic. This program is targeted toward parents and caregivers.*

Friday, February 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, February 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 February. 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.*

### EARN A BONUS FOR RECOMMENDING EMPLOYEES!



The holiday season is finally over! If the expenses of gifts and travel left you a little strained, then Lexington can help with some of those 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](http://www.lexingtoncenter.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. 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](http://lexingtonwellness.bepurewellness.com) and going to “Events” or by calling Rene Dutcher at (518) 775-5429.*

### DATES, TIMES & LOCATIONS

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

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

### HEART SMARTS. KNOW THE FACTS.



*This class will introduce you to the risks of heart disease and teach you how you can reduce your chances of becoming a victim. Even if you know about heart disease and its risk factors, you should attend to refresh your knowledge and make sure you’re doing all you can to keep your heart healthy.*

*At the end of the class, you will develop your own heart healthy action plan. Employees who attend will receive credit for the “Make Prevention a Priority: Attend a Free Lexington Wellness on-site class” Bingo square.*

### DATES, TIMES & LOCATIONS

Friday, February 3 | 12:00—12:30 p.m. | Large Conference Room, 127 E. State Street, Gloversville

Wednesday, February 8 | 7:30—8:00 a.m. | Large Conference Room, 465 N. Perry Street, Johnstown

Friday, February 10 | 3:00—3:30 p.m. | Conference Room, 405 County Highway 114, St. Johnsville

Tuesday, February 14 | 7:30—8:00 a.m. | Large Conference Room, 127 E. State Street, Gloversville

Friday, February 24 | 12:00—12:30 p.m. | Large Conference Room, 465 N. Perry Street, Johnstown

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

### LET’S UNITE ON NATIONAL WEAR RED DAY



Join the American Heart Association’s [Go Red for Women®](http://www.go4red.org) movement to help raise awareness and save more lives. Let’s unite to prevent heart disease and stroke!

**Wear red on Friday, February 3, to participate, and encourage others to do the same!**

**Take a picture of yourself and a group of people you encouraged to participate wearing red and send your picture to Michelle Peryea, Wellness Program Coordinator, at [peryeam@lexcenter.org](mailto:peryeam@lexcenter.org) so that it may be shared agencywide. If you participate, be sure**

**to claim your Make Prevention a Priority “Go Red for Women” BINGO square.**

### FEBRUARY IS HEART HEALTH MONTH

In recognition of Heart Health Month, Lexington is offering free blood pressure checks at the locations below. Employees enrolled in Lexington’s Medical Plan may submit this measurement to Michelle Peryea as the verified reading for the 2017 Blood Pressure Premium Savings Requirement.

Friday, February 3 | 8:00—10:00 a.m. | Near the Training Center, 465 N. Perry Street, Johnstown

Friday, February 3 | 11:00 a.m.—12:30 p.m. | Near the Gymnasium, 127 E. State Street, Gloversville

Friday, February 10 | 10:30 a.m.—12:00 p.m. | Near the Reception Area, 2301 Western Avenue, Guilderland.

## 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. The winner 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.
- First quarter BINGO cards are due by April 7.

Winners will be announced via agencywide email.

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](mailto: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.**



### 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!

## 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](mailto: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 1 Thursdays 12—12:30 p.m.	SESSION 2 Mondays 3:30—4 p.m.	SESSION 3 Tuesdays 7—7:30 a.m.	SESSION 4 Thursdays 3:30—4 p.m.
January 5	September 25	April 4	October 26
January 12	October 2	April 11	November 2
January 19	October 9	April 18	November 9
January 26	October 16	May 2	November 16
February 2	October 23	May 9	November 30
February 9	October 30	May 16	December 7
February 16	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



## ANNOUNCING THE “NO ADDED SALT” EMPLOYEE TEAM CHALLENGE

Put away the salt shakers and challenge yourself and your teammates to not add salt to your meals! This is a four-week team nutrition Challenge. Completing it is one of the steps to becoming eligible for the Lexington Wellness GRAND PRIZE drawing in January 2018! No computer needed to participate.

Here’s how it works:

### HOW DO I SIGN UP?

Sign up on the “No Added Salt” Team Challenge Registration list located at your worksite between NOW and Sunday, February 5. If you cannot locate your signup list, contact Michelle Peryea for assistance.

### TEAMS:

All teams must include at least four people. If you have fewer than four people at your site who want to participate in this Challenge, contact Michelle Peryea to be placed in an active team. Team size does not affect the end results.

### CHALLENGE DATES:

Monday, February 6 to Sunday, March 5

### GOAL:

Eliminate added salt from all your meals for four weeks. This means that once your meal is prepared, you must not add salt before eating. You get most of the salt your body needs without adding table salt. Read “Why Should I Limit Sodium?,” posted at your work site, to learn more.

### HOW DO I LOG THE RESULTS?

Each day of the Challenge, document on your “No Added Salt” Employee Team Challenge log whether you added table salt to any of your meals that day. Logs may be found at your work site on in the HR office.

### HOW DO I SUBMIT MY CHALLENGE RESULTS?

Send your log to Michelle Peryea at 127 E. State Street, Gloversville, by March 8.

### PRIZES:

- **Make Prevention a Priority Bingo Square** — All employees who complete the Challenge goal can complete the Challenge square on their First Quarter Bingo card.
- **Wellness Rewards Points** — Eligible employees who complete the Challenge goal and/or register as a Wellness Buddy in the Wellness Together Healthy Eating Challenge and support a participant (not an employee) to reach the Challenge goal will receive Wellness Rewards Points. Rewards points also earn you an additional Bingo square.
- **\$100 to one team supervisor to spend on the team** will be selected through a raffle. In the true spirit of supporting each other and working as a team, to be eligible for the raffle, all of the team’s Challenge participants must complete the Challenge goals.
- **Raffle for Prizes** — All employees who meet the Challenge goal will be entered into a raffle. Four employees will be chosen to receive a prize.

If it is unreasonably difficult for you to meet the requirements of the Challenge because of a medical condition, contact Michelle Peryea, Wellness Program Coordinator, at (518) 775-5420 or [peryeam@lexcenter.org](mailto:peryeam@lexcenter.org) and she will work with you to develop another way for you to qualify for the rewards.

## WELLNESS TOGETHER HEALTHY EATING NUTRITION CHALLENGE

In 2017, Lexington Wellness will continue to encourage everyone to live a healthy lifestyle. February is heart health month and part of maintaining a healthy heart is eating healthy. To encourage this, we will start a four-week Challenge focused on eating fruits and vegetables.

### FOUR STEPS TO GET STARTED:

1. Find a staff member to review the activities below with you.
2. Decide if you would like to participate in the Challenge. Don't wait! Registration ends on Sunday, February 5.
3. Ask your staff member to sign up as your Wellness Buddy to support you as you reach your Challenge goal. They will encourage you to eat your fruits and vegetables as well as complete your Challenge log and submit the results at the end.
4. Sign up with your Wellness Buddy for this Challenge on the "Wellness Together 'Get More Out of Four' Sign Up List" posted at your site.

### SIGN UP:

NOW until Sunday, February 5

### CHALLENGE DATES:

Monday, February 6 to Monday, March 6

### DESCRIPTION:

This is a four-week nutrition Challenge focused on eating fruits and vegetables. Take this opportunity to try something new!

### GOALS:

1. Log at least two servings of fruits and two servings of vegetables, four days each week during the Challenge.
2. Submit your log to Michelle Peryea, Wellness Program Coordinator, at 127 E. State Street, Gloversville, by Friday, March 10.

### HOW TO PARTICIPATE:

1. Register for the Challenge by signing up with your Wellness Buddy (a Lexington employee) by Monday, February 6, on the "Wellness Together Healthy Eating Nutrition Challenge Sign-Up List" posted at your site.
2. Each week of the Challenge, your Wellness Buddy will help you document on your "Wellness Together Healthy Eating Log" each day that you ate at least two servings of fruit and two servings of vegetables.
3. At the end of the Challenge, with the help of your Wellness Buddy, send your log to Michelle Peryea.

### PRIZES:

- **Wellness Rewards Points** — Eligible employees who register as a Wellness Buddy in the Wellness Together Healthy Eating Challenge and support a participant (not an employee) to reach the Challenge goal will receive Wellness Rewards Points. Rewards points also earn you an additional Bingo square.
- **Select Retailer Card** — Each person receiving services who completes and submits their "Wellness Together Healthy Eating Log" showing they ate at least two servings of fruits and vegetables four days of each week will receive a gift card.
- **Raffle for Prizes** — All employees who are successful Wellness Buddies but are not eligible for Rewards Points will be entered into a raffle.

If it is unreasonably difficult for you to meet the requirements of the Challenge because of a medical condition, contact Michelle Peryea at (518) 775-5420 or [peryeam@lexcenter.org](mailto:peryeam@lexcenter.org) and she will work with you to develop another way for you to qualify for the rewards.

## 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](http://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](http://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](http://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

More details for the Make Prevention a Priority quarterly BINGO activity will be announced in January, when the first quarter BINGO cards are distributed.

### **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 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](mailto: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](http://www.pncreativeartscenter.org) or call (518) 661-9932.



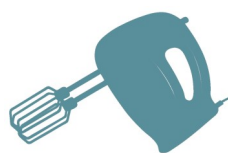
Paul Nigra Center  
for Creative Arts

Monday, February 6 and 13 | 6:00—8:00 p.m.



**INTRODUCTION TO BEEKEEPING.** *This two-day class focuses on sustainable, natural and alternative beekeeping practices specially 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.](#)*

Wednesday, February 8 | 6:00—8:00 p.m.



**SPICY COD & HEART BEETS.** *This is the perfect dish for Valentine's Day! Join instructor Nita Preddice as she shows you how to make spicy cod with fennel and orange en papillote with heart beets. This is a fun and tasty dish your sweetheart and you will love. The cost for this class is \$25 for those who pre-register or \$35 for walk-ins. [Click here to register online.](#)*



## 2017 Winter/Spring Art Show

*an exhibit of artwork by local and regional artists*

### MEET THE ARTISTS OPENING RECEPTION

Thursday, February 16, 2017

6:00 – 8:00pm

Light refreshments will be served.

### GALLERY HOURS

Monday – Friday | 9am - 6pm &

Saturday | 9am – 12pm

The show runs from February 2, 2017 – April 19, 2017.

The Paul Nigra Center for Creative Arts is unveiling its 2017 Winter/Spring Art Show! The show, which has an “Elements” theme, will officially open on February 2. A formal Meet the Artists opening reception will be held on Thursday, February 16, 6:00—8:00 p.m.

This show features artists from all over the region, state and country, including people we support. We encourage everyone to come and see the beautiful pieces on display at the opening reception or any time during normal gallery hours.

# Kid Cooking Camp!

February 21 - 23 | 9:00-1:00PM | Ages 8-12



The Paul Nigra Center for Creative Arts is hosting another day camp for children during school break! This creative culinary camp is very popular with kids. The young chefs will keep busy in our professional teaching kitchen preparing tasty treats, from pizza to mini chocolate delights. They will also create fun food-related art projects they can take home. Campers should bring a water bottle each day.

The cost is \$130 for kids who pre-register or \$155 for walk-ins. [Click here to register online.](#)



## Meet the Instructors Open House & Sensational Soup Cook-Off!

Saturday, 2/25 (snow date 2/26) | noon-3:00pm

Bring the whole family to our annual Meet the Instructors Open House & Sensational Soup Cook-Off! Our outstanding instructors will show you all the Nigra Arts Center has to offer in art, music, dance, culinary arts and much more. While you're here, explore our Community Art Gallery, listen to live music and satisfy your appetite at our cafe concessions stand. Admission is FREE!

PLUS: For just \$5 per person, you can sample delicious soups and help decide the winners of our Sensational Soup Cook-Off. If you want to enter your own soup into the competition, email Sue Nigra at [nigras@pnarts.org](mailto:nigras@pnarts.org) by February 14. Prizes will be given for 1st, 2nd and 3rd place. Competitors must provide one crock pot of soup.





*Shaloni Winston, Lexington's executive director, is pictured here accepting the Edward L. Wilkinson Award from Chair Elect Paul Connelie and Mark Kilmer, president and CEO of the Fulton Montgomery County Regional Chamber of Commerce.*

### LEXINGTON HAS RECEIVED THE EDWARD L. WILKINSON INDUSTRY OF THE YEAR AWARD!

At a ceremony on January 20, Lexington was honored by the Fulton Montgomery Regional Chamber of Commerce with the Edward L. Wilkinson Industry of the Year award. This award acknowledges the efforts of Lexington and the Paul Nigra Center for Creative Arts toward making the community a better and more prosperous place for everyone.

When she accepted the award, Lexington's executive director Shaloni Winston expressed gratitude for being recognized for all Lexington's staff and individuals do.

"We are very fortunate to have a community that welcomes the people we support," she said.

#### EMPLOYEE ANNIVERSARIES (10+ years)

JANUARY 31 TO FEBRUARY 14

Congratulations!

Theresa Stewart, Residential, 2/3, 25 years

Dennise Baker, Residential, 2/5, 10 years

Lauren Santangelo, Residential, 2/5, 10 years

#### COMING SOON TO 465: GROOVY SMOOTHIES & MORE!

Get ready for Groovy Smoothies & More, your new source for healthy breakfast, lunch and snack options at 465 N. Perry Street! Groovy Smoothies & More will feature fresh smoothies, homemade granola, breakfast pops and more. More information and the launch of this new resource, run by people we support, is coming soon.

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



34 N. Main Street, Gloversville, NY 12078 | (518) 773-4649  
Hours: Tuesday — Friday 9am—5pm | Saturday 9am—1:30pm  
[www.facebook.com/encorekidsconsignments](http://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

Lexington, Fulton County Chapter, NYSARC, Inc.

465 N. Perry Street, Johnstown

[balserm@lexcenter.org](mailto:balserm@lexcenter.org)



"Like" Lexington on Facebook:  
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)