

LEXINGTON HAPPENINGS



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

WEDNESDAY, JANUARY 4, 2017



We hope you had a wonderful holiday! In the spirit of the season, the Employment Resources Department adopted a family for Christmas. The department pooled their resources to buy gifts for the mother and daughter as well as ingredients for a Christmas dinner. Santa Claus delivered all the donations to the family at their home, to the little girl's delighted surprise. We thank everyone who donated to this cause and hope your Christmas was as special as this family's was due to your generosity!

EVENTS THIS WEEK — JANUARY 4 TO JANUARY 10

Monday, January 9 | 5:00—7:30 p.m.

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

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

Tuesday, January 10 | 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. 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.*

EVENTS NEXT WEEK — JANUARY 11 TO JANUARY 17

Wednesday, January 11 | 6:00—7:00 p.m.

WEBINAR: EDUCATION RECORDS ORGANIZER | The Center at Lexington, 465 N. Perry Street, Johnstown. *Please join Trish Washburn, an advocate at Parent to Parent of NYS, in this workshop where parents, guardians and advocates of children who receive 504 and special education services take their educational records and organize them into a record-keeping binder. This workshop will help parents, guardians and advocates become more organized in planning a child's education, and it will teach them about the CPSE/CSE process.*

Tuesday, January 17 | 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. 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.*

LEXINGTON BELL CHOIR POST-HOLIDAY PERFORMANCE



The Lexington Bell Choir invites you to their post-holiday performance! You don't have to give up festive music as soon as the holidays are over. Take a break and join us for this fun concert!



DATE: Thursday, January 12, 2017

TIME: 10:30 a.m.

LOCATION: Training Center, 465 N. Perry Street, Johnstown

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!

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 Rene Dutcher at (518) 775-5429.

DATES, TIMES & LOCATIONS

Tuesday, January 10 | 4:30—5:30 p.m. | Gymnasium, 127 E. State Street, Gloversville

Tuesday, January 17 | 4:30—5:30 p.m. | Gymnasium, 127 E. State Street, Gloversville

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

ANNOUNCING THE CDPHP MAKE PREVENTION A PRIORITY EMPLOYEE WELLNESS ACTIVITY



More than 75% of U.S. healthcare spending is attributable to preventable disease. Safeguard your health by joining the Make Prevention a Priority Employee Wellness Activity!

The first quarter activity starts February 1 and ends March 31. Details will be announced in the next couple weeks.

ANNOUNCING THE 2017 FREE NYS BUTT STOPS HERE SMOKING CESSATION CLASSES

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.

You must attend class at least five of the seven weeks to earn credit for the Tobacco-Free Requirement. The full class schedule will be available at the beginning of January. Space is limited! Please contact Michelle Peryea at (518) 775-5420 or peryeam@lexcenter.org to register for the first session or get more information about the program.

THE FIRST AVAILABLE CLASS IS SCHEDULED AS FOLLOWS:

Large Conference Room 127 E. State Street, Gloversville	January 5	January 12	January 19	January 26
Thursdays 12:00—12:30 p.m.	February 2	February 9	February 16	



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 LEXINGTON 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.

The 2017 Lexington Wellness Requirements for Medical Plan Premium Savings in 2018 for employees and their spouses enrolled in Lexington's Medical Plan are outlined below.

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**.

Log into your [Lexington Wellness Website](#) for instructions on how to complete these requirements. The instructions can be found under the five images displayed at the top of your account page.

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.

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

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 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

Saturday, January 7, 14, 21 and 28 | 9:00—10:15 a.m.



NEW YEAR YOGA: MEDITATION & SEVEN SPIRITUAL LAWS OF YOGA (FOUR-PART SERIES). *Begin 2017 with the gift of yoga and meditation practice. Join instructor Dori Daknis for an inward journey where you will learn meditation and practice the Seven Spiritual Laws of Yoga, inspiring your heart and igniting your soul. Experience the power of meditation in a like-minded community 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. The cost is \$15 for a single class or \$50 for a four-class pack. [Click here to register for all four classes](#), [here to register for the January 7 class](#), [here for January 14](#), [here for January 21](#) and [here for January 28](#).*

Saturday, January 7 | 9:00—11:00 a.m.



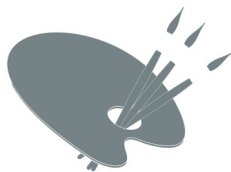
SATURDAY KID ART: WISH JARS! *Children ages 5 and up are welcome to join instructor Brenda Dwyer as she shows them how to make their very own wish jars! Wishes are written down on paper and then placed inside the jars. Their “magical powers” can help wishes come true! The cost is \$10 for those who pre-register or \$15 for walk-ins. [Click here to register online](#).*

Monday, January 9 and 30 | 1:00—2:00 p.m.



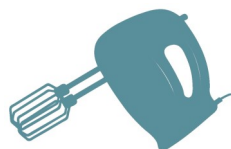
ACOUSTIC CAFÉ WITH MICHELLE KING. *Enjoy live entertainment by Michelle King while enjoying a hot cup of java. What a great way to take a break! The cost is \$5. Pre-registration is required. [Click here to register online for the January 9 Acoustic Café](#) and [here to register for January 30](#).*

Tuesday, January 10 and 17 | 12:30—2:00 p.m.



PAINT & SIP. *Paint your own masterpiece using acrylics while enjoying a smoothie. No art experience is necessary. This class is open to all and is beginner level. Special accommodations are available. The cost is \$25. Pre-registration is required. [Click here to register online for the January 10 class](#) and [here for the January 17 class](#).*

Wednesday, January 11 | 12:30—2:00 p.m.



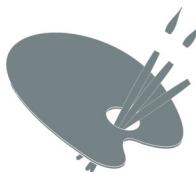
CREAM PUFF BAKING CLASS. *Join instructor Maria Nestle as she shares her family recipe for the perfect Cream Puffs with a sweet filling! This class is open to all and is beginner level. Special accommodations are available. The cost is \$15. Pre-registration is required. [Click here to register online](#).*

Friday, January 13 | 12:30—2:00 p.m.



PAINT & SIP. Paint your own masterpiece using acrylics while enjoying a smoothie. No art experience is necessary. This class is open to all and is beginner level. Special accommodations are available. The cost is \$25. Pre-registration is required. [Click here to register online.](#)

Saturday, January 14, 21 and 28 | 9:00—11:00 a.m.



MINI BARN QUILT (3-PART SERIES). 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 teaches you how to create your very own mini barn quilt pattern on a piece of medium density overlay (MDO) panel 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, January 16 | 10:00 a.m.—12:00 p.m.



MAKEOVER MONDAY. On Makeover Monday, instructor Kate Schwan will teach you tips and tricks to bring out your natural beauty! She will help you identify your skin tone and teach you the best application techniques. When you look good, you feel good! Bring your friends! This class is open to all and is beginner level. Special accommodations are available. The cost is \$5. [Click here to register online.](#)

FLAME IN CONCERT!



Flame, a group of talented musicians from upstate New York who happen to have disabilities, has been capturing the world's attention for a decade. This concert at the Paul Nigra Center for Creative Arts is the official kick-off of their 2017 ReKindle Tour! You will not want to miss this event!

The concert will take place on **Friday, January 13, 7:00—8:30 p.m.** Tickets are \$10. [Click here to purchase them online.](#)

PAUL NIGRA CENTER FOR CREATIVE ARTS GIFT CARDS

The Nigra Arts Center recently celebrated its first anniversary! It has been a wonderful year of new experiences and opportunities for the people we support. Many of you have participated in the fundraisers that helped raise over \$7,500 to support the programs at the arts center. This is amazing and we thank you for your contributions!

One year ago we provided each employee two \$25 gift cards for classes at the Nigra Arts Center. If you haven't used or given them away, it's not too late to redeem the cards. If you can't locate them, we just need your name so we can check you off the master list. If you don't think you will use the cards, you can give them to a co-worker or friend or return them to allow a person we support to take more classes. Please call 661-9932 or email nestlem@lexcenter.org if you want to transfer your gift card to another staff, friend or person we support.

Thank you again for your generosity and support of this amazing arts center, and please stop by to see all of the exciting things that are happening. Visitors are especially welcome in our gift shop, which is filled with affordable and creative pieces that will make great gifts this holiday season!



2017 GREAT ESCAPE/SIX FLAGS 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 to employees and their friends and families along with the people we support. A season pass allows you unlimited visits to any of the Six Flags theme parks on regular operating days during the 2017 season. This is a Gold Pass, so holders will also receive free parking good for all of the 2017 season at any of the Six Flags locations.

The cost for a 2017 Season Pass is now \$65 each, payable by cash or personal check. The passes will be available for purchase at the Human Resources Department, located in the Gloversville Day Hab building until December 31, 2016.

EMPLOYEE ANNIVERSARIES (10+ years)

JANUARY 4 TO JANUARY 16 | Congratulations!

Tamra Renzo, Residential, 1/6, 20 years

Rachael Salvione, Residential, 1/7, 15 years

Linda Sheppard, Residential, 1/7, 15 years

Patricia Stanton, Day Hab, 1/7, 15 years

Valerie Wilson, Administration, 1/7, 15 years

Elizabeth Veeder, Family Services, 1/8, 10 years

Stephanie Simonds, Residential, 1/14, 10 years

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

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

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www.facebook.com/LexingtonARC
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Encore Kids: www.facebook.com/encorekidsconsignments