

LEXINGTON HAPPENINGS



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

WEDNESDAY, MARCH 15, 2017



We just celebrated the graduation of the most recent class of PEERS, the Program for the Evaluation and Enrichment of Relational Skills! PEERS is a research-based 14-week program that teaches social skills to adults with developmental differences. Those who complete the program gain insights into increasing their participation and independence in the community. Pictured are PEERS instructor Mary Kaye Ormiston, Mike Rossi, Jose Kemp, Danielle Rector, Evelyn Morales and instructor Victoria Morrison. Not pictured are the Social Coaches, who assisted the participants in practicing activities outside of the weekly class: Amy Phelps, Kayla Mayer, Carly Mason and Gabrielle Armstrong.

EVENTS THIS WEEK — MARCH 14 TO MARCH 20

Saturday, March 18 | 10:00—11:00 a.m.

AUTISM MOVEMENT THERAPY AND CREATIVE MOVEMENT | Lexington Family Services, 43 Harrison Street, Gloversville. Autism Movement Therapy and Creative Movement is a movement and music integration strategy combining patterning, visual movement, calculation, audible processing, rhythm and sequencing for a "whole brain" cognitive thinking approach that can significantly improve behavioral, emotional, academic, social, speech and language skills. This session will be targeted toward individuals ages 5-18 and their parents and caregivers. Parent participation is required. Come dressed to move and have fun!

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

Thursday, March 16 | 10:00 a.m.—12:00 p.m.

ALBANY NURTURING ENVIRONMENT MEETING | Hampton Inn, 1442 Western Avenue, Albany. *Thirteen years ago, we began the Nurturing Environment Program. Our goal is to continually strive towards creating a more nurturing, caring, supportive and safe environment for everyone – 24 hours a day, seven days a week, in all Lexington locations – that, in addition to making Lexington an even better place for everyone, will eliminate the possibility of abuse. One aspect of the program is a monthly meeting where we share ideas and suggestions on how to make Lexington an even better place for people we support and our employees.*

EVENTS NEXT WEEK — MARCH 21 TO MARCH 28

Tuesday, March 21 | 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.*

Thursday, March 23 | 1:00—2:00 p.m.

WEBINAR — HEALTHCARE NOTEBOOK | The Center at Lexington, 465 N. Perry Street, Johnstown. *Please join Sharon Marrella, a regional coordinator at Parent to Parent of NYS, as she presents a webinar on the Healthcare Notebook. Participants will learn how a Healthcare Notebook can assist in organizing medical records. They will be given tips on how the notebook can assist with advocacy, save time, reduce stress and provide helpful information in the event of an emergency. This is a Parent Round Table. A light lunch will be provided.*

Thursday, March 23 | 5:00—7:00 p.m.

PARENTS AS PARTNERS: TIPS AND TOOLS FOR A SUCCESSFUL CSE/IEP ANNUAL REVIEW MEETING | Training Room C, The Center at Lexington, 465 N. Perry Street, Johnstown. *It's that time of year — the time when districts and parents meet to develop a new IEP for the next school year. Join us as we share tools and tips parents need to help prepare for their child's Annual Review CSE/IEP Meeting. This training, presented by the Parent Network of the Capital Region, will also cover all sections of the IEP and how they relate to the CSE meeting. [Click here to register for this event.](#)*

Friday, March 24 | 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.*

Sunday, March 26 | 1:00—4:00 p.m.

ROCK THE SPECTRUM: AUTISM FAMILY FUN DAY | The Center at Lexington, 465 N. Perry Street, Johnstown. *See page 3 for more information about this event.*

Tuesday, March 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 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.*

ROCK THE SPECTRUM: AUTISM FAMILY FUN DAY

On Sunday, March 26, from 1 to 4 p.m., Lexington will host Rock the Spectrum: Autism Family Fun Day! The event will take place at 465 N. Perry Street in Johnstown. Children with diagnoses of all kinds and their families are welcome to attend this day of fun and networking with professionals and likeminded people!

DID YOU KNOW?

- Autism now affects 1 in 68 children.
- Boys are four times more likely than girls to have autism.
- About 40% of children with autism do not speak. About 25-30% of children with autism have some words at 12 to 18 months of age and then lose them. Others might speak, but not until later in childhood.
- Autism varies greatly from person to person. No two people with autism are alike.
- The rate of autism has steadily grown over the last 20 years.
- Autism is the fastest growing developmental disorder.
- Children with autism do progress. Early intervention is key.
- Autism is treatable. It is not a hopeless condition.

ACTIVITIES WILL INCLUDE:

- Autism movement therapy
- Sensory activities
- Face painting
- A bounce house
- Networking
- Games
- Crafts
- Music
- Snacks
- AND MORE!

MARCH IS DEVELOPMENTAL DISABILITIES AWARENESS MONTH!

In honor of the many accomplishments and contributions of the people we support, Lexington has been sharing some of their stories throughout the month. Make sure to let the people we support know you appreciate them, not just this month but always!



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 21 | 4:30—5:30 p.m. | Gymnasium, 127 E. State Street, Gloversville

Tuesday, March 28 | 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 calling Michelle Peryea at (518) 775-5420.

DATES, TIMES & LOCATIONS

Friday, March 17 | 7:30—8:00 a.m. | Indoor Track, 465 N. Perry Street, Johnstown

Friday, March 17 | 3:30—4:00 p.m. | Gym, 127 E. State Street, Gloversville

Tuesday, March 21 | 1:00—1:30 p.m. | Reception Area, 405 County Highway 114, St. Johnsville

Thursday, March 23 | 3:30—4:00 p.m. | Indoor Track, 465 N. Perry Street, Johnstown

Friday, March 24 | 7:30—8:00 a.m. | Gym, 127 E. State Street, Gloversville

Monday, March 27 | 1:30—2:00 p.m. | Reception Area, 405 County Highway 114, St. Johnsville

Tuesday, March 28 | 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 16 | 3:30—4:00 p.m. | Conference Room, 405 County Highway 114, St. Johnsville

Tuesday, March 21 | 7:30—8:00 a.m. | Large Conference Room, 465 N. Perry Street, Johnstown

***Prior to attending any program, please ensure you have received approval from your medical practitioner. Eligible employees who attend these programs earn credit qualifying them for the “Make Prevention a Priority: Attend a Free Lexington Wellness on-site class” Bingo square.*



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 DRESS IN BLUE DAY ON MARCH 3!



Nursing and Administration Departments



Human Resources Department



Hab Coordination Department

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. They can help identify various health issues and allow you to work with your physician to lower your risks for certain conditions. You must sign up in advance by contacting the appropriate point person for the clinic you want to attend.

LOCATION	DATE	TIME	REGISTRATION	CONTACT	PHONE
Gloversville Gymnasium 127 E. State Street	April 5	12—6 p.m.	March 28	Bridgett Nestor	(518) 775-5422
	April 6	7:30 a.m.—1:30 p.m.	March 29		
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

2017 CDPHP WORKFORCE TEAM CHALLENGE

The 2017 CDPHP® Workforce Team Challenge, a 3.5 mile run/walk held at the Empire State Plaza in Albany, is scheduled for Thursday, May 18, at 6:25 p.m. We are once again putting together a Lexington team. Last year we had 20 participants and we would love to have an even larger team this year!

Those who have participated in this event in the past already know how much fun it is! Training for the Challenge is a great way to get in shape for the summer, and nothing beats running or walking in Albany with 10,000 of your closest friends! If you're concerned about training and feel you need support, Lexington Wellness will be offering a Couch to 5K Training Program starting the week of March 20. We are even having a 5K Fun Run and Walk Employee Challenge, where one of the goals is to complete a 5K! Participating in the 2017 CDPHP® Workforce Team Challenge will qualify you for that goal.

Our Lexington team will be broken down into co-ed and gender specific teams. When the race is over, we'll see how we did compared with all of the other corporations. We have done very well in past years! We try to carpool to the event, so if you are worried about getting there don't let this stop you. We will do our best to help.

If you'd like to join the Lexington team or have any questions, please email Toni Persch at perscht@lexcenter.org or call (518) 736-4131.

TO REGISTER FOR THE RACE:

1. Visit the event website, www.cdphpwtc.com.
2. Click on "Registration Info."
3. Click "Register" and select "Lexington Center."

Registration closed out last year and people were unable to participate, so do not wait until the last minute to sign up. It will fill up.

We hope to see you there!

SPECIAL NOTES:

- Employees enrolled in Lexington's Medical Plan who complete this Challenge can report it on their CDPHP Lifepoints account to earn 10 Lifepoints.
- Participation will help you complete the goal for the 5K Fun Run and Walk Employee Challenge.
- The second quarter Make Prevention a Priority Bingo card will have a square that you can fulfill by participating in this event.

GLOVE CITIES ROTARY ~ MOUNTAIN VALLEY HOSPICE ~ LEXINGTON

Three great regional organizations that care for and support people of all ages in our communities, have joined forces to multiply their impact.

With your help, we can do even more!



Glove Cities Rotary
"Run For The Roses" 5K
May 6, 2017

Mountain Valley
Hospice 5K
May 21, 2017

Lexington 5K
June 10, 2017

ANNOUNCING THE 5K FUN RUN & WALK EMPLOYEE CHALLENGE!

Challenge yourself to complete a 5K this spring! Complete this Challenge to get one step closer to becoming eligible for the Lexington Wellness GRAND PRIZE drawing in January 2018. No computer is needed to participate.

HOW DO I SIGN UP?

Complete the Pledge Card found at your worksite, the Human Resources office or on the Rkxchange Lexington Wellness Documents. Turn it in by Friday, March 17.

CHALLENGE DATES:

Monday, March 20 to
Sunday, June 12

GOAL:

- Complete six weeks of one of the following logs. You choose the log based on your ability and personal 5K goal. Logs may be found at your worksite or the HR office in Gloversville.
 - 5K Walk Program
 - 5K Running — Intermediate
 - 5K Walk-to-Run Program

You can complete the log and training on your own or join one of Lexington's Couch to 5K weekly training programs that will support you to reach your Challenge goal.
- Complete one organized 5K between March 20 and June 12, then submit proof from the event. Proof may be a printout of your finish results from the 5K organizational group.

HOW DO I LOG THE RESULTS?

You determine the weeks you complete training and enter those in the "Weeks" column of the log. Once you have completed the recommended training for each date, put a checkmark in the corresponding box.

HOW DO I SUBMIT MY CHALLENGE RESULTS?

Your log must be completed and submitted along with proof of participation in a 5K to Michelle Peryea, Lexington's Wellness Program Coordinator by Friday, June 16.

PRIZES:

- Make Prevention a Priority Bingo Square — All employees who complete the Challenge goal can complete the Challenge square on their Second Quarter Bingo card.
- Fitbit — All employees who complete the Challenge goal, return their log and submit proof of participation in a 5K will be entered into a raffle for a Fitbit. Four people will be chosen to receive this prize.

COUCH TO 5K TRAINING PROGRAM SCHEDULE

Join a Couch to 5K training group to stay on track to reaching your 5K Fun Run & Walk Challenge goal! Your coach will host a group meeting once a week from **Monday, March 20**, to **Sunday, June 12**. Choose the session that best works with your schedule and ability and attend as many meetings as you need to reach the goal. During the first meeting, you will meet your coach and receive training tips, a flexible beginner training schedule and information about weekly meetings. Be prepared to start training on the first day!

ACTIVITY LEVEL	DAY	TIME	LOCATION	COACH
Walk	Tuesday	11:00 a.m.	Gymnasium 127 E. State Street, Gloversville	Fran Schneider
Run/Run-Walk	Tuesday	12:00 p.m.	Training Center Lobby 465 N. Perry Street, Johnstown	Toni Persch Tres Nolett
Walk Mostly/Some Running	Wednesday	4:30 p.m.	Training Center Lobby 465 N. Perry Street, Johnstown	Ned Hirt
Walk/Run-Walk/Run	Thursday	4:00 p.m.	Gymnasium 127 E. State Street, Gloversville	Rene Dutcher Michelle Peryea

If you have not participated in a regular exercise routine before, check with your doctor before training. 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 and she will work with you to develop another way for you to qualify for these prizes.

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 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.
August 1	October 18	March 13	August 25
August 8	October 25	March 20	September 1
August 15	November 1	March 27	September 8
August 22	November 15	April 3	September 15
August 29	November 29	April 10	September 22
September 5	December 6	April 17	September 29
September 12	December 13	April 24	October 6

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.

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.

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

Saturday, March 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 for the March 18 class](#) or [here to register for the March 25 class](#).

Saturday, March 18 | 10:30 a.m.—12:00 p.m.



SONGWRITING 101. So you love music and want to start writing your own, but don't know where to begin. Every songwriter started somewhere. In this class, instructor Tom Simek will teach you the simplicity of songwriting and take you on a musical journey. You don't have to be able to play an instrument to write a song! Join us for this beginner level class. The cost is \$12. [Click here to register online](#).

Monday, March 20 | 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. Bring your friends, as this beauty bash will help empower woman. When you look good, you feel good! This class is open to all and is beginner level. Special accommodations are available. The cost is \$5. [Click here to register online](#).

Tuesday, March 21 | 6:00—8:00 p.m.



ART AROUND THE WORLD: RUSSIAN NESTING DOLLS. Join Annika Sams each month as she takes you on an artistic tour of the globe via art from around the world. Students will learn about the medium and the culture behind each craft. Embark on a journey of a lifetime to explore the world of art! Students in this class will learn about the Russian tradition of nesting dolls as Annika teaches them the art of miniature painting on these lovely little figures. These pre-made wooden beauties will make a fine addition to your home. The cost is \$25 for those who pre-register or \$35 for walk-ins. [Click here to register online](#).

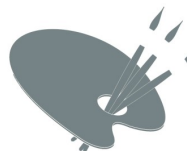
Thursday, March 23 | 6:00—8:00 p.m.



TIME TRAVEL WITH ART: GREEK/ROMAN MOSAIC HOT PAD. Imagine standing at the entrance of a Roman cathedral towering over you. You are in awe of the sheer scale and beauty of it all. Suddenly you spot a stunning mosaic. Upon closer investigation, you see tiny centimeter-sized ceramic squares.

These tiles were carefully crafted in a hot kiln and placed in perfect order to create this masterful work of art. Try your hand at this art with a simple mosaic piece to add some color to your home! The cost is \$8 for those who pre-register or \$10 for walk-ins. [Click here to register online.](#)

Friday, March 24 | 12:30—2:00 p.m.



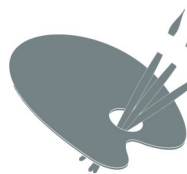
PAINT & SIP. Paint your own masterpiece using acrylics while enjoying a smoothie. No art experience necessary! This class is open to all and is beginner level. Special accommodations are available. The cost is \$25. Pre-registration is required. [Click here to register online.](#)

Monday, March 27 | 1:00—2:00 p.m.



ACOUSTIC CAFÉ. What a great way to take a break! Listen to live entertainment by Michelle King while enjoying a hot cup of java. The cost is \$5. Pre-registration is required. [Click here to register online.](#)

Wednesday, March 29 | 4:00—6:00 p.m.



BASKET WEAVING: JAPANESE ROUND BASKET. This class will teach students to make an interesting 4"x7" round basket with many twists and turns. It's easier than it looks! The final result will be a beautiful basket woven from natural flat oval reed. Add a glass bowl with potpourri for a pretty table accent. No prior weaving experience is needed. This class is suitable for ages 13 and up.

The cost is \$25, plus an additional \$5 for materials due to the instructor on the day of the class. [Click here to register](#)

UPSWING DUO CONCERT & BRUNCH



Sunday, 4/2

Join us for this special event on [Sunday, April 2, 11:00 a.m.—1:00 p.m.](#) [The Upswing Duo](#), a jazz group specializing in standards from the classic American Songbook, will provide music while attendees enjoy brunch.

MENU:

Quiche	Potatoes
Stuffed French Toast	Salad Greens
Bacon	Desserts
Sausage	Beverages

Tickets, which include both the concert and the meal, cost \$25 per adult and \$15 for children under 10. [Click here to buy tickets 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 food kiosk is run by people we support from Pathways to Employment and Kingsboro Catering. It will be open [every Tuesday and Thursday from 9 a.m. to 1 p.m.](#) Stop by for some tasty treats!

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

HR NEWS AND INFORMATION

EMPLOYEE ANNIVERSARIES (10+ years)

MARCH 14 TO MARCH 28 | Congratulations!

Frances Schneider, Administration, 3/19, 10 years

EARN A BONUS FOR RECOMMENDING EMPLOYEES!



Are you planning a vacation in the summer? Need extra money for a house project? 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.



Employees of Lexington have been doing a great job referring people to work with us and we appreciate it! Please remember, there is no limit to how much you can earn by referring good candidates that we hire.

For our employees with kids in college, it's not too early for them to start thinking about summer employment. Summer break is a great time for college students to earn money for school by becoming a Lexington employee. The time to apply is now, so they can be considered for the next available training session once the semester ends!

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!

MARCH IS BRAIN INJURY AWARENESS MONTH!

Home Base invites you to wear green and/or buy a green ribbon on **Wednesday, March 22**, National Brain Injury Awareness Day, to recognize and increase awareness! The ribbons will be on sale at the Training Center for \$1.

Home Base will also raffle off a health/wellness basket that focuses on dementia prevention and awareness for Brain Injury Awareness Month. You can purchase tickets and see the basket at Home Base SDP at the Training Center.

Basket items include ankle weights, resistance bands, a water bottle, a snack container, a cutting board, a book about good nutrition and a \$25 Price Chopper gift card.

The drawing will take place on **Friday, March 31**, and the winner will be announced then. Proceeds will be donated to the Brain Injury Association of New York State. Thank you for helping us increase awareness of brain injury!

TICKET PRICES: 1 for \$2

2 for \$3

5 for \$7

10 for \$10

20 for \$15

25 for \$20

CONTACT INFORMATION

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