

# LEXINGTON HAPPENINGS



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

MONDAY, MARCH 16, 2015



*Shannon DeMagistris and Douglas Lathrop received a Proclamation from the Fulton County Board of Supervisors declaring March Developmental Disabilities Awareness Month in Fulton County.*

## EVENTS THIS WEEK — MARCH 16 TO MARCH 22

Tuesday, March 17 | 12:00pm—1:00pm

**PARENT ROUNDTABLE SUPPORT GROUP: WHAT NOW? WHERE ARE WE HEADED IN EDUCATION—GRADUATION OPTIONS | The Center at Lexington, 465 N. Perry Street, Johnstown.** "What Now? Where Are We Headed in Education—Graduation Options" will be presented by Paula Mroz, Administrative Coordinator/Special Education School Improvement Specialist (SEIS) of HFM BOCES. All are welcome to attend any session. Please call Family Services at 773-2014 to RSVP. Transportation and Respite are provided upon request for all sessions.

Tuesday, March 17 | 5:30pm—7:30pm

**MUSIC THERAPY FOR SCHOOL-AGE CHILDREN DIAGNOSED ON THE AUTISM SPECTRUM | Lexington Family Services, 43 Harrison Street, Gloversville.** Fun-filled musical activities where music is used within a therapeutic relationship to address physical, emotional, cognitive and social needs. Every Tuesday in March. Ages 3-12 from 5:30pm to 6:30pm; ages 13-21 from 6:30pm to 7:30pm. 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 Lindsay Hinkle

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

Thursday, March 19 | 10:00am

**SELF-ADVOCACY COMMITTEE MEETING | Large Conference Room, 465 N. Perry Street, Johnstown.**

Thursday, March 19 | 12:00pm—1:00pm

**WEBINAR - GRIEF, LOSS, AND ADJUSTMENTS FOR PARENTS OF CHILDREN WITH SPECIAL NEEDS | The Center at Lexington, 465 N. Perry Street, Johnstown.** Please join Parent to Parent of NYS's Mary Jo Hebert, Regional Coordinator/ MSC Parent Trainer, as she presents on "Grief, Loss, and Adjustment for Parents of Children with Special Needs." Powerful and intense feelings are natural and common responses to parenting a child with exceptional needs. This training will provide an overview of common emotions experienced by parents and discuss how by sharing and acknowledging these emotions parents can find the inner strength needed to face and embrace their role as a parent of a child with special needs. All are welcome to attend any session. Please call Family Services at 773-2014 to RSVP. Transportation and Respite are provided upon request for all sessions.

Friday, March 20 at 6:00pm — Saturday, March 21 at 8:00am

**SIB STREET, SIBLING SUPPORT GROUP SLUMBER CAMP RETREAT | Lexington Family Services, 43 Harrison Street, Gloversville.** A support group for the siblings (ages 8-15) of individuals who have been diagnosed with developmental disabilities. Please call Family Services at (518) 773-2014 to RSVP. Transportation provided upon request.

Sunday, March 22 | 1:00pm—4:00pm

**ROCK THE SPECTRUM! AUTISM FAMILY FUN DAY! | The Center at Lexington, 465 N. Perry Street, Johnstown.** A free event for families, including a DJ, Autism Movement Therapy Session, Bounce House, Snacks, Crafts and more!

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## EVENTS NEXT WEEK — MARCH 23 TO MARCH 29

Tuesday, March 24 | 10:00am—12:00pm

**OPWDD'S NEW FRONT DOOR INITIATIVE PRESENTATION | The Center at Lexington, 465 N. Perry Street, Johnstown.** Join Jacqueline Abbaticchio, LMSW from OPWDD, for an informational session designed for both families who are just beginning to receive services and those who are already receiving services. All are welcome to attend any session. Please call Family Services at 773-2014 to RSVP. Transportation and Respite are provided upon request for all sessions.

Tuesday, March 24 | 5:30pm—7:30pm

**MUSIC THERAPY FOR SCHOOL-AGE CHILDREN DIAGNOSED ON THE AUTISM SPECTRUM | Lexington Family Services, 43 Harrison Street, Gloversville.** Fun-filled musical activities where music is used within a therapeutic relationship to address physical, emotional, cognitive and social needs. Every Tuesday in March. Ages 3-12 from 5:30pm to 6:30pm; ages 13-21 from 6:30pm to 7:30pm. All are welcome to attend. Please call Family Services at (518) 773-2014 to RSVP. Transportation and Respite are provided upon request.

Wednesday, March 25 | 5:00pm—6:00pm

**SENSORY SWIM FOR CHILDREN DIAGNOSED ON THE AUTISM SPECTRUM | Gloversville Middle School, 234 Lincoln Street, Gloversville.** Sensory Swim offers children with Autism and sensory processing difficulties the opportunity to work with trained therapists and other children to promote motor development and sensory processing skills through various aquatic activities. Socialization skills will be addressed by various group activities including sing-a-longs and games. This program serves children 3-21 years old who have an autism spectrum disorder or other sensory processing issues. The program will run for twelve weeks on Wednesday evenings at the Gloversville Middle School. Each child must be accompanied in the water by a responsible adult. No class April 8. RESERVATIONS ARE REQUIRED and are limited to 12 children per class/session. Please call Family Services at (518) 773-2014 to RSVP.

Thursday, March 26 | 10:00am—12:00pm

**GOOD NEIGHBOR WELLNESS MORNING | Good Neighbor Day Hab, 465 N. Perry Street, Johnstown.** Good Neighbor will be hosting a Wellness Morning. Try different wellness activities and training sessions.

Friday, March 27 | 6:30pm—8:30pm

**ROCK FOR ABILITIES CONCERT FT. FLAME | Gymnasium, 127 E. State Street, Gloversville.** *Please join us for a night of great music that celebrates ABILITIES as part of National Developmental Disabilities Awareness Month. This concert is part of the NYSARC Gives Back Initiative and all food donations will benefit local food pantries. The proceeds will go towards the Paul Nigra Center for Creative Arts. Anyone that brings a non-perishable food item will be entered to win a door prize. Admission is \$5. Pre-sale tickets available at: Lexington, 127 E. State Street, Gloversville; 465 N. Perry Street, Johnstown; and 405 County Highway 114, St. Johnsville; Encore Kids, 34 N. Main Street, Gloversville; Fulton-Montgomery Regional Chamber of Commerce, 2 N. Main Street, Gloversville; and Mohawk Harvest Cooperative Market, 30 N. Main Street, Gloversville.*

Saturday, March 28 | 11:00am—12:00pm

**AUTISM MOVEMENT THERAPY WITH ERIN HOLLENBECK | The Center at Lexington, 465 N. Perry Street, Johnstown.** *AMT 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 geared toward ages 5 through 18. Parent participation is required. Come dressed to move and have fun! All are welcome to attend. Please call Family Services at (518) 773-2014 to RSVP. Transportation and Respite are provided upon request.*

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## WELLNESS TOGETHER

### DANCE AEROBICS

*Come and have fun dancing your way into shape! No experience needed. This is Latin-based dance aerobics which is a fun way to get in shape and stay in shape. This program accommodates all fitness levels! Bring a hand towel, water and a smile. Eligible employees that attend will be awarded 10 Wellness Rewards Points.*



### DATES, TIMES & LOCATIONS

Tuesdays | 4:30pm—5:30pm | Gymnasium, 127 E. State Street, Gloversville

### TIPS FOR BETTER WEIGHT MANAGEMENT

*Attend this program to find out what it takes to stick with a fitness program. Each person that attends will have the opportunity to personally identify what motivates them to engage in fitness, what barriers they may have and what they can do about those barriers. Eligible employees that attend will be awarded 10 Wellness Rewards Points.*

### DATES, TIMES & LOCATIONS

Thursday, March 19 | 12:00pm—12:30pm | Training Room C, 465 N. Perry Street, Johnstown

Friday, March 20 | 3:30pm—4:00pm | Cafeteria, 405 County Highway 114, St. Johnsville

### WELLNESS WALK



*Walking is great exercise, may help someone lose weight but it also helps reduce stress, refocus and allow you time to socialize. Come join me for a walk. You can walk at your own pace. Bring a co-worker or someone you enjoy spending time with. Please be sure to wear appropriate shoes and bring water to drink. Eligible employees that attend will be awarded 10 Wellness Rewards Points.*

### DATES, TIMES & LOCATIONS

Thursday, March 19 | 3:30pm—4:00pm | Indoor Track, 465 N. Perry Street, Johnstown

Friday, March 20 | 7:30am—8:00am | Gymnasium, 127 E. State Street, Gloversville

## WEIGHT LOSS SUPPORT CHECK UP

Do you want to see how you are doing during Week 4? I will be available for weigh-ins as follows:



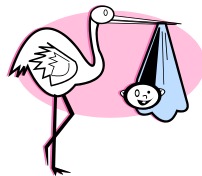
### DATES, TIMES & LOCATIONS

Thursday, March 19 | 1:00pm—3:00pm | Nursing Office, 465 N. Perry Street, Johnstown

Friday, March 20 | 8:00am—10:30am | Michelle Peryea's Office, 127 E. State Street, Gloversville

Friday, March 20 | 1:00pm—3:30pm | Donna Dineen's Office, 405 County Highway 114, St. Johnsville

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



### BIRTH ANNOUNCEMENT

Mark and Nicole Hubal welcomed Carter on February 28, 2015. Mark is a DSS at Cromer Road

### EMPLOYEE ANNIVERSARIES (10+ years)

**MARCH 16 TO MARCH 22 | Congratulations!**

Richard Boucher, Day Hab, 3/17, 35 years

Debra Voght, Maintenance, 3/20, 15 years

### SAVE THE DATE!



**Congressional Brain Injury Awareness Day | Wednesday, March 18 | Please Wear Green!**

**Developmental Disabilities Awareness Day | Sunday, March 29 | Make Plans To Go Out In Your Community**



### 2015 SELF-ADVOCACY COMMITTEE MEETING DATES

*All meetings will be held at 465 N. Perry Street in the large conference room and will begin promptly at 10am. The board members will meet right after.*

March 19	July 16	November 19
April 16	August 20	December 17
May 21	September 17	
June 18	October 22	

### GOOD NEIGHBOR

invites you to a

### WELLNESS MORNING

Thursday  
March 26

10am - 12pm

#### Wellness Morning Activities Offered

**Computer Room:** Wellness Games

**Gathering Area:** Pool Tournament  
\$1/game to benefit PNC

**Fitness Room:** Work out

**Wellness Room:** Yoga

**Ladies Group Room:** Reflexology of the hands

**Mens Group Room:** Wii and Foosball

**Learning Center:** Demo on serving size

**Walking Track:** Earn a bottle of water for 24 laps/1mile

### SPECIAL OLYMPICS UPDATE: BOWLING TEAM



**Special Olympics**

On March 8, the Special Olympics Bowling Team competed in a doubles tournament in Schenectady. A good time was had by all and the competition was awesome!

The excellent results were as follows:

Mark Nickolaus & Debbie Woodruff - 1st Place. Total Pins: 684. Mark's High Game: 203; Debbie's High Game: 173.

Dennis Hoyer & Ross Carangelo - 1st Place. Total Pins: 525. Dennis's High Game: 122; Ross's High Game: 158.

Greg Cliquennoi & Victor Colon - 3rd Place. Total Pins: 443. Greg's High Game: 110; Victor's High Game: 125.

Myron Monroe & Josh Brooks - 1st Place. Total Pins: 512. Myron's High Game: 130; Josh's High Game: 139.

Ana Pendlebury & Serina Stanton - 1st Place. Total Pins: 511. Ana's High Game: 164; Serina's High Game: 117.

Kim Stewart & Abby Tavalaro - 1st Place. Total Pins: 603. Kim's High Game: 118; Abby's High Game: 190.





## Build-a-Salad Fundraiser !

FRIDAY 3/27/15  
11:30A-1:30 PM  
COST: \$4.00  
465 CAFETERIA

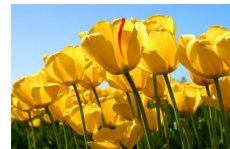
ALL PROCEEDS WILL BE DONATED TO THE PAUL NIGRA  
CENTER FOR CREATIVE ARTS.

IF YOU WANT TO PARTICIPATE IN THIS FUNDRAISER  
PLEASE CALL TINA OLYER AT 224-8650 OR PENNY  
ROPETER-WEBBER AT 736-3932.

## SENIOR DAY HAB FLOWER SALE

Seniors will be bringing catalogs home  
and coming to your site for orders soon!

Get ready for spring planting. Order  
ships directly to you. You pay no tax.  
Orders and payments due April 7. Cash  
preferred; Checks made payable to Lexington. 50% of all  
sales go towards the Paul Nigra Center for Creative Arts.



## POSTER AND ESSAY CONTESTS FOR STUDENTS

Lexington is sponsoring a poster contest and an essay con-  
test about attitudes toward people with disabilities. The  
poster contest is open to elementary students and the es-  
say contest is open to junior high or high school students in  
Fulton or Montgomery County. This year's theme is "Can  
Do! Like You!" Submissions are due March 18.

Top entrants in each division receive a prize presented at  
the Lexington "Rock for ABILITIES" Concert on March 27.  
For more information, guidelines and forms, contact Maria  
Nestle, Flame Manager at [nestlem@lexcenter.org](mailto:nestlem@lexcenter.org) or at  
518-736-3944.



## Rock for ABILITIES Concert featuring Flame

Please join us for a night of great music that celebrates ABILITIES as part of  
**National Developmental Disabilities Awareness Month.**

Friday, March 27  
6:30 pm — 8:30 pm  
127 East State Street  
Gloversville, NY 12078  
**Admission \$5.00**

Tickets available at:

Lexington, 127 E. State Street, Gloversville; 465 N. Perry Street, Johnstown;  
and 405 County Highway 114, St. Johnsville

Encore Kids, 34 N. Main Street, Gloversville

Fulton-Montgomery Regional Chamber of Commerce, 2 N. Main Street, Gloversville

Mohawk Harvest Cooperative Market, 30 N. Main Street, Gloversville



This concert is part of the NYSARC Gives Back Initiative and all food  
donations will benefit local food pantries. The proceeds will go to-  
wards the Paul Nigra Center for Creative Arts. Anyone that brings a  
non-perishable food item will be entered to win a door prize.

NYSARC, Inc. is America's largest non-profit organization supporting  
people with intellectual and other developmental disabilities and their  
families since 1949. NYSARC is the New York State Chapter of The Arc.



Three Races ~ Three Causes ~  
**ONE CHAMPION**

Glove Cities Rotary  
"Run For The Roses" 5K  
May 2, 2015

Mountain Valley  
Hospice 5K  
May 17, 2015

Lexington 5K  
June 6, 2015

**For More Information Visit our Facebook Page:**

<https://www.facebook.com/5ktriplecrown>

**All 3 Races for only \$50!** (If registered by April 17. Individual races \$20 each)

Register Online At: [www.Racewire.com](http://www.Racewire.com)

OR fill out and mail/fax application on back

**1st Prize \$100      2nd Prize \$75      3rd Prize \$50**

CASH PRIZES will be awarded to Triple Crown winners (Male/Female)  
in the following age groups: 20-39; 40-59; 60+

MEDALS will also be awarded in the following age categories:  
15 and under; 16-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70+

**ALL TRIPLE CROWN ENTRIES are automatically entered to win great PRIZES,**  
including: Gift Certificates ~ Runner's Gear ~ Day Trips ~ Activities and More!

**Free shirt and goody bag to all registered before April 17th**

(To be eligible for the Triple Crown, all entries must be received by 5 p.m. April 30, 2015)

**MAY 2:** 7:30 a.m. registration / 9 a.m. run, starting from Partner's Pub, 21 S. William St., Johnstown, NY

**MAY 17:** 9 a.m. registration / 10 a.m. run, starting from FMCC Campus, 2805 St. Hwy. 67, Johnstown, NY

**JUNE 6:** 8 a.m. registration / 9 a.m. run, starting from Lexington, 465 N. Perry St., Johnstown, NY

(Single race registration for any of the above races is also available at [5ktriplecrown.racewire.com](http://5ktriplecrown.racewire.com))

5K Triple Crown is  
Sponsored in part by  
the Fulton-Montgomery  
Regional Chamber  
of Commerce

## HR NEWS AND INFORMATION

### UPCOMING LEXINGTON JOB FAIR

Lexington will be holding the following job fair and we would like your help in promoting them.

FRIDAY, MARCH 27 | 3:30PM—7:30PM | 127 E. STATE STREET, GLOVERSVILLE

If you know people who would like to learn about the job opportunities at Lexington, encourage them to attend the job fair in Gloversville. Better yet, why not come with the person to the job fair to introduce us to them. If you personally come with a prospective candidate, then your name will be entered into a drawing for a raffle prize. Also, if we hire that person, then you will be eligible for the referral bonus!

### S.T.A.R.R. PROGRAM

**Share, Teach and Recruit Reward (S.T.A.R.R.)** is Lexington's employee referral reward program.

**What's in it for you?** Full-time, Part-time and Per Diem Referrals earn up to **\$500**. This special incentive for part-time and per diem referrals will run through **March 31, 2015!**

**How does it work?** Tell someone about the great employment opportunities available here at Lexington. When they put in an application, make sure they put your name on the form as the referring source. Should the candidate be hired, you'll receive payments after 30, 90 and 180 days of their employment. There is no limit to the number of qualified applicants an employee can refer.

**Exceptions?** Yes. Employees may not refer a single applicant more than once such as in the case of a rehire. Also, agency executives and Human Resources Department staff involved in the hiring process are not eligible to participate.

If you have any questions, contact the Human Resources Department at (518) 773-7931.



### Earned Income Tax Credits (EITC)

Earned income tax credits are for people who work and meet certain income guidelines. The amount of the credit varies, depending on your filing status, family's earned income, and the number of qualified children. You may get money back when you file your tax return, even if you do not owe any taxes.

The Internal Revenue Service (IRS), New York State, and New York City all offer earned income tax credits.

#### Are you eligible?

In order to qualify for any of the EITCs, you must meet certain requirements:

- earn wages from employment or self-employment;
- have a valid social security number (ITIN filers are not eligible to claim credits);
- have a qualifying child living with you for more than half the year, or, if you do not have a qualifying child, be at least 25 years of age and under age 65; and
- have investment income less than \$3,350.

**You can help  
your family  
make ends meet.**

Find your status to see how much  
you may qualify for →

Number of Children	Maximum Income*	EITC** (up to)
3+	\$52,427	\$8,293
2	\$49,186	\$7,371
1	\$43,941	\$4,462
0	\$20,020	\$670

Based on 2014 income levels.

\* These maximum amounts apply to joint filers.

\*\* Based on a combined total of maximum New York City, New York State, and federal credits.

#### How to apply

You must file an income tax return in order to receive the credit, even if you do not owe any taxes. Electronic filing is the easiest way to file your return and the fastest way to get your refund. If you cannot e-file, use these forms:

- Federal (IRS) EITC: file Form 1040 (or 1040A) and attach Schedule EITC
- New York State EITC: file Form IT-201 and attach Form IT-215
- New York City: city residents who qualify for the NYC EITC can claim it on their New York State returns

#### More good news

EITC money does not affect your

eligibility for:

- Public Assistance
- SNAP benefits
- Supplemental Security Income
- public housing
- Medicaid benefits



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



“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)

### CONTACT INFORMATION

Lindsay Hinkle, Community Engagement  
Specialist

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| [hinkle@lexcenter.org](mailto:hinkle@lexcenter.org)