

LEXINGTON HAPPENINGS



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

MONDAY, MARCH 2, 2015



Ian Darling of the Holy Walkamolies tries to tear away the flag of Java Jrs. player David Barton as he carries the ball up field in last week's Quest II Flag Football game. The Holy Walkamolies defeated the Java Jrs. 27-18.

EVENTS THIS WEEK — MARCH 2 TO MARCH 8

Monday, March 2 | 12:00pm—1:00pm

WEBINAR - AUTISM INSURANCE REFORM | The Center at Lexington, 465 N. Perry Street, Johnstown. Please join Lara Turney, Regional Coordinator, as she presents a webinar on the Autism Insurance Reform. Autism Insurance Reform legislation became effective last year, however, aspects of the bill related to Applied Behavioral Analysis are still being worked on within the NYS government. This webinar will address the overall legislation, who it assists and how. It will also give an update on the current status of the ABA portion of the legislation.

Tuesday, March 3 | 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

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)

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

attend. Please call Family Services at (518) 773-2014 to RSVP. Transportation and Respite are provided upon request.

EVENTS NEXT WEEK — MARCH 9 TO MARCH 15

Monday, March 9 | 2:00pm—6:00pm

LEXINGTON JOB FAIR | The Center at Lexington, 465 N. Perry Street, Johnstown.

Tuesday, March 10 | 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 11 | 6:30pm—8:00pm

FULTON-MONTGOMERY CHAPTER OF THE AUTISM SOCIETY OF AMERICA AUTISM SUPPORT GROUP | The Center at Lexington, 465 N. Perry Street, Johnstown. Join us to learn about Lexington's new "Transitions" Program, which will be a Support for Young Adults for College and Careers. Our speakers will be Wally Hart and Nancy DeSando.

Friday, March 13 | 10:00am—12:00pm

NYS CITIZEN PREPAREDNESS TRAINING | The Center at Lexington, 465 N. Perry Street, Johnstown. Lexington will hold a training session provided by the NYS Army National Guard for the New York State Citizen Preparedness Corps. This training is available to all employees and people we support. It is a first to sign up basis and all attendees must sign up by March 11 by contacting Teshia Shults at 736-3882 or shultst@lexcenter.org.

Saturday, March 14 | 10:00am—2:00pm

NYSARC NORTHEAST REGION SPRING MEETING | The Center at Lexington, 465 N. Perry Street, Johnstown.

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.

DATES, TIMES & LOCATIONS

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



WELLNESS WALK

 Walking is great exercise, it may help someone lose weight and it also helps you reduce stress, refocus and allows you time to socialize. 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.

DATES, TIMES & LOCATIONS

Wednesday, March 4 | 7:30am—8:00am | Gymnasium, 127 E. State Street, Gloversville

Wednesday, March 4 | 3:30pm—4:00pm | Indoor Track, 456 N. Perry Street, Johnstown

WEIGHT LOSS SUPPORT CHECK UP

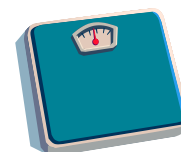
Do you want to see how you are doing during Week 1 of the Weight Loss Resolution Solution Challenge? Michelle Peryea will be available for weigh-ins as follows:

DATES, TIMES & LOCATIONS

Tuesday, March 3 | 10:00am—12:00pm | Nursing Office, 465 N. Perry Street, Johnstown

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

Wednesday, March 4 | 11:00am—1:30pm | Michelle Peryea's Office, 127 E. State Street, Gloversville



TIPS FOR BETTER WEIGHT MANAGEMENT

Need support in making changes to help you manage your weight? Attend to get some helpful ideas, identify your own personal obstacles and build strategies to overcome them and achieve success.

DATES, TIMES & LOCATIONS

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

Monday, March 9 | 12:00pm—12:30pm | Large Conference Room, 127 E. State Street, Gloversville

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

EMPLOYEE ANNIVERSARIES (10+ years)

MARCH 2 TO MARCH 8 | Congratulations!

Russell O'Connor, Residential, 3/5, 25 years

Melissa Agne, Residential, 3/6, 15 years

Karen Brittain, Day Hab, 3/6, 20 years

Denise Reid, Residential, 3/6, 30 years

Elizabeth Stanton, Residential, 3/6, 15 years

George Walker III, Residential, 3/6, 15 years

Nickole Wolfkiel, Med Services, 3/6, 20 years

Erica Hynd, Residential, 3/7, 10 years



FALL BACK

Remember to change the clocks forward 1 hour on March 8!

NYS CITIZEN PREPAREDNESS TRAINING



Are you and your loved ones prepared for the next hurricane? Do you have enough food and water to sustain your household for several days? Do you have an emergency "grab and go" bag in case you had to

evacuate your home?

Lexington will hold a training session provided by the NYS Army National Guard for the New York State Citizen Preparedness Corps on Friday March 13 from 10am – 12pm at the Training Center. This training is available to all employees and people we support. It is a first to sign up basis and all attendees must sign up by March 11 by contacting Teshia Shults at 736-3882 or shultst@lexcenter.org.

The local Fulton County Civil Defense Director/ Fire Coordinator should be present to answer questions you may have. Managers are asked to please encourage sign up for this training. This is an excellent and informative training opportunity.

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

April 16

May 21

June 18

July 16

August 20

September 17

October 22

November 19

December 17

SEND US YOUR POM STORIES!

Have a POM story you'd like highlight-
ed? If yes, please send your story to
Lindsay Hinkle at

hinklel@lexcenter.org.



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 towards 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.

VOLUNTEERING AND SPONSORSHIPS

Those interested in either volunteering their time and talents or sponsoring an individual from Recreation or Family Services for the Rock for ABILITIES concert, please contact Lindsay Hinkle at hinklel@lexcenter.org.

MARCH IS NATIONAL DEVELOPMENTAL DISABILITIES AWARENESS MONTH

POSTER AND ESSAY CONTESTS FOR STUDENTS

Lexington is sponsoring a poster contest and an essay contest about attitudes toward people with disabilities. The poster contest is open to elementary students and the essay 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 or at 518-736-3944.

CELEBRATING disabilities

Here at Lexington we have countless examples of the individuals we support celebrating their abilities. We want to feature those individuals. If you know of a great candidate, please submit their name, a photo of them showcasing their ability, and a couple of sentences describing the photo to Lindsay Hinkle at hinklel@lexcenter.org. Lindsay will also come to you if you do not have access to a camera to take the picture. If you need a Photo Consent Form or to check whether an individual has given consent, please feel free to contact her as well.

MARCH IS NATIONAL BRAIN INJURY AWARENESS MONTH

Through the month of March, Home Base Structured Day Program will be raising awareness about sports-related head injuries and safety! As a part of raising awareness Home Base is hosting 2 SPORTS SAFETY raffles!

Proceeds will be donated to the Brain Injury Association of New York State!



- A youth soccer ball size 4 (color: black) with a protective head band. The head band absorbs and dissipates up to 80% of impact forces in children!
- A youth Rawlings ball bat (29" 18oz.; -11) and Rawlings helmet size small (hat size 6 5/8 - 6 3/4)!

Tickets will be available through Home Base SDP located at the Center.

Tickets Cost: 1/\$2 2/\$3 3/\$5 10/\$10

Drawings will be on Tuesday, March 31



HR NEWS AND INFORMATION

UPCOMING LEXINGTON JOB FAIRS

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

THURSDAY, MARCH 5 | 9:00AM—11:00AM | JOHNSTOWN HIGH SCHOOL
 MONDAY, MARCH 9 | 2:00PM—6:00PM | 465 N. PERRY STREET, JOHNSTOWN
 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 Johnstown or 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



“Like” Lexington on Facebook:
 Lexington - Chapter of NYSARC, Inc.:
www.facebook.com/LexingtonARC

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 Encore Kids: www.facebook.com/encorekidsconsignments

CONTACT INFORMATION

Lindsay Hinkle, Community Engagement
 Specialist
 Lexington, Fulton County Chapter, NYSARC, Inc.
 465 N. Perry Street, Johnstown | (518) 736-3950
hinklel@lexcenter.org