

# LEXINGTON HAPPENINGS



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

TUESDAY, MARCH 29, 2016



The Northville Public Library is featuring an exhibition of artwork by some of Lexington's Creative Expressions artists! There was a Meet the Artists opening reception on March 15 and the show will run through April 28. Be sure to stop by and see the beautiful paintings before they are taken down. Pictured, from left to right, are Dennis Hoyer, Doreen Calhoun, Steve Garwatoski, Jamie Hayner, Robert Carr, Alice Cummings, Serina Stanton, Thelma Senecal, Barbara Morgan, Richard Freeman and Brenda Dwyer.

## EVENTS THIS WEEK — MARCH 29 TO APRIL 4

Tuesday, March 29 | 5:00—7:00 p.m.

**BODY IMAGE TRAINING | The Center at Lexington, 465 N. Perry Street, Johnstown.** This training, presented by Planned Parenthood educator Christy O'Callaghan, addresses the topic of a person's body image. It will help people, especially teens and their parents, accept their image. This training is designed for parents/caregivers and their children to attend together. Light meal provided.

Tuesday, March 29 | 5:30—7:30 p.m.

**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 5:30 to 6:30 p.m.; ages 13-21 from 6:30 to 7:30 p.m. All are

### MANAGERS:

Please post/share this information with your staff.

Does your program have an event/information you'd like listed here? Please send all information to Megan Balser ([balserm@lexcenter.org](mailto:balserm@lexcenter.org)) at least two weeks in advance of the event. For community events in Fulton or Albany Counties, please visit the links below.

### COMMUNITY EVENTS

**FULTON COUNTY:**  
[fultonmontgomeryny.org](http://fultonmontgomeryny.org)  
[44lakes.com](http://44lakes.com)

**ALBANY COUNTY:**  
[albany.com/events/](http://albany.com/events/)  
[events.timesunion.com](http://events.timesunion.com)

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

Wednesday, March 30 | 6:00—7:00 p.m.

**SENSORY SWIM FOR CHILDREN DIAGNOSED ON THE AUTISM SPECTRUM | Gloversville Middle School, 224 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-alongs and games. This program serves children 3-17 years old who have an autism spectrum disorder or other sensory processing issues. The 12-week program will be held each Wednesday from March 9 to May 25. Parent/caregiver participation is required. RESERVATIONS ARE REQUIRED and are limited to 12 children per class/session. Please call Family Services at (518) 773-2014 to RSVP.

Thursday, March 31 | 11:30 a.m.—1:30 p.m.

**JOHNSTOWN NURTURING ENVIRONMENT MEETING | The Training Center, 465 N. Perry Street, Johnstown.** Fourteen years ago, we began the Nurturing Environment Program. Our goal is to continually strive toward 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 the people we support and for our employees.

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## EVENTS NEXT WEEK — APRIL 5 TO APRIL 11

Tuesday, April 5 | 5:30-7:30 p.m.

**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 April. 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.

Tuesday, April 5 | 6:00—7:00 p.m.

**SEMINAR — VISION SKILL DEFICITS RELATED TO LEARNING | The Center at Lexington, 465 N. Perry Street, Johnstown.** Dr. Howard Kushner and Sherry Sherlock, from Integrative Vision Therapy in Saratoga, will present on common learning deficits directly related to poor vision skills. This deficit is most common with kids who have a learning disability, ADHD or autism. The target audience for this seminar is parents, caregivers and professionals.

Wednesday, April 6 | 6:00—7:00 p.m.

**SENSORY SWIM FOR CHILDREN DIAGNOSED ON THE AUTISM SPECTRUM | Gloversville Middle School, 224 Lincoln Street, Gloversville.** Sensory Swim offers children with autism and sensory processing difficulties the opportunity to work with therapists and other children to promote motor development and sensory processing skills through aquatic activities. Socialization skills will be addressed by group activities, including sing-alongs and games. This program serves children 3-17 years old who have an autism spectrum disorder or other sensory processing issues. The 12-week program will be held each Wednesday from March 9 to May 25. Parent/caregiver participation is required. RESERVATIONS ARE REQUIRED and are limited to 12 per class/session. Please call Family Services at (518) 773-2014 to RSVP.

Friday, April 8 | 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.

## LEARNING ABOUT RESOURCES, GAINING EMPLOYMENT (L.A.R.G.E)

Below are the dates and times for the Student Transitional Education Program (STEP)'s series of career classes for individuals who are employed and want to enhance their skills or who are interested in getting a job and want to build their skills. If you are employed, receive supported employment services or you want to be employed, you are welcome to attend any session. Please call STEP at (518) 736-4169 to RSVP.

Tuesday, March 29 | 9:00—10:00 a.m.

**BECOMING THE BEST ME! | STEP, 492 N. Perry Street, Johnstown.** *Nobody becomes great in a day. To become the best you in life, you need to start now. This class will focus on how to develop character, education and life skills for your career and future. Some topics addressed include communication, teamwork, honesty, responsibility, diversity and leadership. This class meets every Tuesday in March.*

Tuesday, March 29 | 1:00—2:00 p.m.

**NINE HABITS OF HAPPY PEOPLE | STEP, 492 N. Perry Street, Johnstown.** *This class is designed to provide students with everything they need to be their best and develop a happiness lifestyle. It meets every Tuesday in March, except March 22.*

Thursday, March 31 | 10:00—11:00 a.m.

**RESPECT — IT'S ALL UP TO US! | STEP, 492 N. Perry Street, Johnstown.** *Join this class to learn how to best give respect to others and what you should expect in return. Respect is essential in the workplace. This class meets every Thursday in March.*

### HELP SUPPORT A STUDENT'S EXPERIMENT IN SPACE

Gloversville High School senior Austin Reese, who is the son of Lexington's Training and Development Manager Heidi West, has an opportunity to be part of the ground crew of a team of scientists conducting experiments at suborbital altitudes, but he needs help to get there. He and his science teacher, Christopher Murphy, have set up a GoFundMe page to raise \$8,000 for Austin to travel to Nevada and Argentina to help prepare the experiments and retrieve data.

Austin is one of 10 students across the country whose experiments have been chosen to be sent to altitudes of up to 90,000 feet on a suborbital space glider, but he is the only one who was chosen to be on the ground crew. With the support of Teachers in Space, Perlan aircraft company and local electronics expert Edgar Barranco, Austin created an experiment that explores the correlation between altitude and radiation levels. His results could help produce a material that protects pilots and others who spend long periods of time at high altitudes from the higher radiation levels up there.

Consider helping this future bio-molecular engineer represent his community and make his mark in science ! To donate, visit [gofundme.com/qf2rr85w](https://gofundme.com/qf2rr85w). For more about the project, [click here](#).

### CO-OP REMINDER

Please remember to pick up your co-op orders!

Johnstown Day Hab

Tuesday, March 29

3:30 — 5:00 p.m.

Oppenheim Day Hab

Wednesday, March 30

3:30—4:30 p.m.



## “LET’S GET SOCIAL!” CLASSES FOR YOUNG ADULTS

If you or a young adult you know regularly has trouble coping with social situations, we have a solution. This spring, we are presenting Let’s Get Social!, a series of classes aimed at helping young people succeed socially.

The social skills classes will be held for three weeks each month in March, April and May. Topics will vary each month and will include social skills that are critical to a young person’s social survival and ability to form and maintain relationships in all aspects of life. Examples of topics that will be covered are social skills in the classroom, emotional regulation, handling and avoiding bullying, building self-esteem and social media survival skills. The classes will also build in lessons that pair well with events happening in the students’ lives, such as test-taking anxiety or seasonally based skills.

The classes will be taught by certified social skills instructors Mary Kaye Ormiston, speech-language therapist and behaviorist, and Victoria Morrison, speech-language pathologist. Additional information about these classes and other social skills classes can be found at [www.transitionsusa.org](http://www.transitionsusa.org).

<p style="text-align: center;"><b>WHEN</b></p> <ul style="list-style-type: none"> <li>April 5, 12, 19   5-5:45 p.m.</li> <li>May 3, 10, 17   5-5:45 p.m.</li> </ul>	<p style="text-align: center;"><b>WHO CAN SIGN UP?</b></p> <ul style="list-style-type: none"> <li>Group A: Ages 11-14</li> <li>Group B: Ages 15-18</li> </ul> <p style="text-align: center;"><b>CLASS FEES</b></p> <p>\$49 per monthly series</p>	<p style="text-align: center;"><b>LOCATION</b></p> <p style="text-align: center;">Transitions</p> <p>2736 State Highway 30 Gloversville, NY 12078</p>	<p style="text-align: center;"><b>REGISTRATION AND MORE INFORMATION</b></p> <p style="text-align: center;">Terry Williams (518) 775-5384 <a href="mailto:admissions@transitionsusa.org">admissions@transitionsusa.org</a></p>
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### GO MOBILE AND GET THE APPS!



Now you can have many of your **EAP** benefits and services at your fingertips on your smartphone! Download the no-cost EAP app for iOS (Apple) and Android. Get 24-hour at-your-fingertips access to thousands of articles, videos, trainings and links on a variety of work-life issues and topics. Here’s a small sampling:

Wills & other legal templates ▪ Home ownership & mortgages ▪ Cancer, diabetes & other illnesses ▪ Taxes & the IRS ▪ Consumer rights & resources ▪ Caregiving resources ▪ Personal development & training ▪ Wellness resources

**RK Flex Mobile** enables you to easily and securely access your healthcare spending accounts. You can view account balances and details, submit healthcare account claims, and capture and upload pictures of your receipts anytime, anywhere on any iPhone, Android or tablet device. You can also sign up to receive account alerts via text message. Simply download the RK Insurance App for your Android or iPhone (also compatible with iPad® and iPod touch®) and log in using the same password you use to access the RK Flex consumer portal.

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

NOW ACCEPTING SPRING CLOTHES!

**ENCORE KIDS**  
CLOTHING & ACCESSORIES



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)

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.**



## 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. Bring a hand towel, water and a smile! You do not need to attend for the full hour. Eligible employees that attend will be awarded 10 Wellness Rewards points. Register today by logging on to your Lexington Wellness Website at [lexingtonwellness.bepurewellness.com](http://lexingtonwellness.bepurewellness.com) and going to “Events” or by calling Rene Dutcher at (518) 775-5429.*

### DATES, TIMES & LOCATIONS

Tuesday, March 29 | 4:30 p.m.—5:30 p.m. | Gymnasium, 127 E. State Street, Gloversville

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

### TASTE THE DIFFERENCE!



*Come see if you can tell the difference between store bought foods and homemade fresh foods in this delicious class. Eligible employees who attend will be awarded 10 Wellness Rewards Points. Space and supplies are limited, so register today by logging on to your Lexington Wellness Website at [lexingtonwellness.bepurewellness.com](http://lexingtonwellness.bepurewellness.com) and going to “Events” or by calling Rene Dutcher at (518) 775-5429.*

### DATES, TIMES & LOCATIONS

Tuesday, March 31 | 12:00—12:30 p.m. | Large Conference Room, 405 Co. Highway 114, St. Johnsville

Friday, April 1 | 12:30—1:00 p.m. | Gymnasium, 127 E. State Street, Gloversville

### WELLNESS WALK



*Walking is great exercise. It helps refocus our thoughts and reduce stress. Bring a co-worker or someone you enjoy spending time with. Please be sure to wear appropriate shoes and bring water to drink. If the weather permits, we will walk outside. Eligible employees that attend will be awarded 10 Wellness Rewards Points. Register today by logging on to your Lexington Wellness Website at [lexingtonwellness.bepurewellness.com](http://lexingtonwellness.bepurewellness.com) and going to “Events” or by calling Rene Dutcher at (518) 775-5429.*

### DATES, TIMES & LOCATIONS

Friday, April 1 | 7:30—8:00 a.m. | Gymnasium, 127 E. State Street, Gloversville

Monday, April 4 | 3:30—4:00 p.m. | 405 Co. Highway 114, St. Johnsville

Thursday, April 7 | 3:30—4:00 p.m. | Indoor Track, 465 N. Perry Street, Johnstown

### LEXINGTON WELLNESS INCENTIVE PROGRAM OVERVIEW



*Did you know that you can earn your first 50 Lifepoints, equal to \$50 in gift cards through [www.cdphp.com](http://www.cdphp.com), just by completing your CDPHP Personal Health Assessment? Attend this program to learn how easy it is to earn Lifepoints equal to \$365 in retailer gift cards during 2016. Space is limited. This program is for employees enrolled in Lexington’s Medical Plan and classes will be offered four times per month. The sooner you get started, the better chance you will have of earning the full \$365 in gift cards this year. Register for this program today by logging on to your Lexington Wellness Website at [lexingtonwellness.bepurewellness.com](http://lexingtonwellness.bepurewellness.com) and going to “Events” or by calling Rene Dutcher at (518) 775-5429.*

### DATES, TIMES & LOCATIONS

Wednesday, April 13 | 3:30—4:00 p.m. | Large Conference Room, 127 E. State Street, Gloversville

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

## THE WAIST WATCHER NUTRITION TEAM CHALLENGE IS UNDERWAY!

Let's clean our bodies from all the junk over the holidays! This four-week challenge encourages participants to rebuild healthy eating habits that may have subsided over the holidays. The challenge runs from **March 7** to **April 4**.

To meet the requirements of the challenge, you must:

1. Eat and log on your Lexington Wellness website at least two servings of fruits and two servings of vegetables five days per week during the challenge.
2. Complete ALL required tasks on your "To-Do" list.

### EARN PRIZES WHEN YOU PARTICIPATE!

#### 30 WELLNESS REWARDS POINTS

Eligible employees who complete the challenge goals each week will receive 30 Wellness Rewards Points.

#### 30 MORE WELLNESS REWARDS POINTS

Eligible employees who register as a Wellness Buddy in the Wellness Together Waist Watcher Nutrition Challenge and support an individual to reach the challenge goal will receive 30 Wellness Rewards Points.

#### 15 WELLNESS REWARDS POINTS AND \$100

Three teams will be selected from a raffle to receive 15 Wellness Rewards Points per member and one team will be selected from a raffle to receive \$100 for a supervisor to spend on the team. In the true spirit of supporting each other and working as a team, all of the team's participants must complete the challenge goals to be eligible for this raffle.

### RAFFLE FOR PRIZES

Employees who meet the challenge goals or are successful Wellness Buddies in the Wellness Together Challenge but are not eligible to earn Wellness Rewards Points will be entered into a raffle for additional prizes.

If you have any questions about the challenge, contact Rene Dutcher at (518) 775-5429, Michelle Peryea, Wellness Program Coordinator, at (518) 775-5420 or Bridgett Nestor at (518) 775-5422.

## ANNOUNCING THE 2016 CDPHP® WORKFORCE TEAM CHALLENGE

It's time to start preparing for the CDPHP® Workforce Team Challenge! The Challenge is a 3.5 mile run/walk held at the Empire State Plaza in Albany. It is scheduled for Thursday, May 19 at 6:25 p.m. Lexington is putting together co-ed and gender specific teams and we need as many members as we can get! Training for the Challenge is a great way to get in shape for the summer. Lexington Wellness will offer a Couch to 5K Training Program in April.

Employees enrolled in Lexington's Medical Plan who participate in this Challenge will earn 10 Wellness Rewards Points. Employees who participate but aren't eligible to earn Wellness Rewards Points will have their name entered into a raffle for prizes. If you would like to join the Lexington team or have questions, contact Toni Persch at [perscht@lexcenter.org](mailto:perscht@lexcenter.org) or (518) 736-4131. To register for the race, visit [www.cdphpwtc.com](http://www.cdphpwtc.com) and click on Registration Info. Then click Register and select Lexington Center.



### 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 assistance in completing your requirements!

## BIOMETRIC SCREENINGS FOR LEXINGTON MEDICAL PLAN SUBSCRIBERS

Lexington employees and spouses enrolled in Lexington's medical plan must complete a biometric screening in 2016 to receive their premium savings in 2017. Take advantage of these free screenings provided by CDPHP and St. Peter's Cardiac and Vascular Center. The screenings will measure blood pressure, cholesterol, glucose, body composition with body fat percentage and BMI. To schedule an appointment, contact the point person for the clinic you want to attend.

LOCATION	DATE	TIME	DEADLINE TO REGISTER	CONTACT	PHONE
<b>Guilderland</b> Conference Room 2301 Western Avenue	April 5	11 a.m.— 1 p.m.	March 29	Diane Bellamy	218-7310 Ext. 301
<b>Gloversville</b> Gymnasium 127 E. State Street	April 6	12—6 p.m.	March 30	Bridgett Nestor	775-5422
<b>Gloversville</b> Gymnasium 127 E. State Street	April 7	7:30 a.m.—1:30 p.m.	March 31	Bridgett Nestor	775-5422
<b>St. Johnsville-Oppenheim</b> Multi-purpose Room 405 Co. Hwy 114	April 27	7:30 a.m.—12 p.m.	April 20	Donna Dineen or Vicki Scheuerman	568-3102

## LEXINGTON MEDICAL CARE PLAN REQUIREMENTS

To receive their premium savings in 2017, Lexington employees and spouses enrolled in Lexington's medical plan must complete a biometric screening, a CDPHP Personal Health Assessment in 2016, as well as a routine physical exam every two years. In addition, employees must:

- complete the Tobacco Free Affidavit or Reasonable Alternative Smoking Cessation Workshop by December 31
- receive a verified blood pressure measurement equal to or less than 119/79 by December 15
- read the "Release the Pressure" document provided by CDPHP and complete the corresponding quiz on the Lexington Wellness Website by December 31

If you have any questions, please contact Michelle Peryea, Wellness Program Coordinator, at (518) 775-5420.

## 5K TRIPLE CROWN RACE

It's time to sign up for the 5K Triple Crown! Sponsored by St. Mary's Healthcare, this event represents Lexington, Glove Cities Rotary and Mountain Valley Hospice coming together with support from the Fulton-Montgomery Chamber of Commerce to host three 5k races. Each race will follow a different route and winners will be awarded cash prizes and medals. All registered by **April 22** will receive a shirt and goody bag. Each entrant is automatically entered to receive prizes such as gift certificates, runner's gear, day trips and activities. The deadline for online entry is **May 5**. The cost is \$50 for all three races if registered by May 1 or \$60 for all three if registered between May 2 and May 7. Register online at [5ktriplecrown.racewire.com](http://5ktriplecrown.racewire.com). For more information, visit [facebook.com/5ktriplecrown](https://facebook.com/5ktriplecrown) or contact race coordinator Jessica Smrtic at (518) 770-7584 or [smrticj@smha.org](mailto:smrticj@smha.org).

<b>Glove Cities Rotary "Run for the Roses"</b>  May 7, 2016  7:30 a.m. registration / 9 a.m. run  Partner's Pub, 21 S. William Street, Johnstown	<b>Mountain Valley Hospice</b>  May 22, 2016  8 a.m. registration / 9 a.m. run  FMCC campus, 2805 State Highway 67, Johnstown	<b>Lexington</b>  June 11, 2016  8 a.m. registration / 9 a.m. run  Lexington Center, 465 N. Perry Street, Johnstown.
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## CLASSES AND EVENTS AT THE PAUL NIGRA CENTER FOR CREATIVE ARTS

All Lexington employees get a 10% discount on classes at the Paul Nigra Center for Creative Arts! Just enter the code **LEXEMPLOYEE** at checkout to redeem. Lexington employees are also welcome to use the \$25 gift certificates issued to them at the holidays for free classes. To redeem these certificates and sign up for the free classes, call (518) 661-9932. These certificates cannot be redeemed online. Be ready to provide the number on the back of the certificate and bring the certificate to the class when you attend.

The center is located at 2736 State Highway 30 in Gloversville. For more information on the classes and events offered, visit [www.pncreativeartscenter.org](http://www.pncreativeartscenter.org) or call (518) 661-9932.



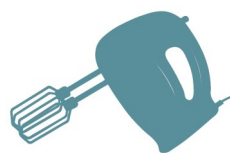
Paul Nigra Center  
for Creative Arts

Friday, April 1 and 8 | 10:00—11:30 a.m.



**ARTS WITH BRENDA.** *Instructor Brenda Dwyer will teach you how to capture your creative side and show self-expression. During this class, you will create your own masterpiece to take home. This class is open to all and is beginner level. Special accommodations are available. All materials provided. The fee is \$25 if you pre-register or \$30 for walk-ins. [Click here to register online for April 1](#) and [here to register for April 8](#).*

Friday, April 1 | 6:00—8:00 p.m.



**OREO CUPCAKE BAKING CLASS.** *Oreo cupcakes are as delicious and addicting as they sound. Join instructor Devin O'Shaughnessy as he shares his family recipe for the perfect Oreo Cupcakes, paired perfectly with homemade frosting! This class is open to all and is beginner level. Special accommodations are available. The fee is \$25 if you pre-register or \$35 for walk-ins. [Click here to register online](#).*

Saturday, April 2 and 9 | 9:00—11:30 a.m.



**PLANTING THE CREATIVITY SEED: SATURDAY MORNING KIDS ART (3-WEEK CLASS).** *In this three-part series of classes, instructor Jessica Lewandowski will teach children how to create a mini succulent garden. Once that project is finished, the students will make a beautiful work of art inspired by their gardens. Each Saturday session is split into two classes — Class One (9-10 a.m.) is for children ages 5 to 7 and Class Two (10:30-11:30 a.m.) is for ages 8 to 10. These classes meet on Saturdays April 2 through 16. The cost is \$50 for all three classes if you pre-register or \$60 for walk-ins. [Click here to register online for Class One](#) or [here to register for Class Two](#).*

Saturday, April 2 and 9 | 10:30 a.m.—12:00 p.m.



**DANCE EXPLOSION! (SIX-WEEK DANCE WORKSHOP).** *Dance instructor Gretchen Salvione will keep your kids on their toes with Dance Explosion! She and her team teach jazz, ballet and hip hop. Dancers will be divided into appropriate groups so they get the most “move for their groove.” The last day of class (May 7) will be dedicated to putting on a show for moms at our Mother’s Day Celebration! No special equipment or shoes required. This workshop is for dancers of all levels ages 4 to 18. The classes meet 10:30 a.m. to noon on April 2, 9, 16, 23, 30 and May 7. The cost is \$65 if you pre-register or \$75 for walk-ins. [Click here to register online](#).*



Sunday, April 3 | 11:00—11:45 a.m.



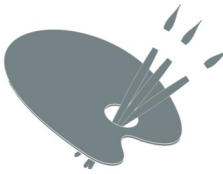
**INTRODUCTION TO YOGA CLASS.** *If you are curious about yoga but don't know where to begin, we can help. On the first Sunday of every month, instructor Dori Daknis will pass along her yoga wisdom and passion to beginners as she guides them through the basics. While you may pre-register in advance, walk-ins are welcome. The cost is \$5 per class. [Click here to register online.](#)*

Monday, April 4 and 11 | 12:00—1:00 p.m.



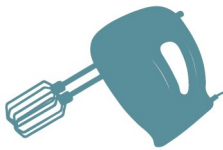
**BROWN BAG LUNCH JAM.** *Grab a friend and bring your lunch to the Brown Bag Lunch Jam! This is a great place to socialize and enjoy the lunch hour while listening to great music. The cost is \$5 per person. You can RSVP in advance, but walk-ins are also welcome. [Click here to register online for April 4](#) and [here to register online for April 11.](#)*

Monday, April 4 | 1:00—2:00 p.m.



**ARTS WITH BRENDA.** *Instructor Brenda Dwyer will teach you how to capture your creative side and show self-expression. During this class, you will create your own masterpiece to take home. This class is open to all and is beginner level. Special accommodations are available. All materials provided. The fee is \$25 if you pre-register or \$30 for walk-ins. [Click here to register online.](#)*

Tuesday, April 5 | 10:30 a.m.—12:30 p.m.



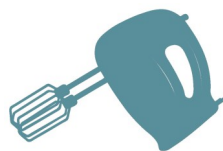
**COOK & EAT (TWO-SESSION WORKSHOP).** *Join our instructors as they teach cooking made simple. Bring your appetite, as eating is part of the class! This class is open to all and is beginner level. It meets on April 5 and 19. Special accommodations are available. The fee is \$30. [Click here to register online.](#)*

Tuesday, April 5 | 4:00—5:00 p.m.



**EXPLORING PHOTOGRAPHY.** *In this class, students will learn the principles of photography and the skills necessary to create amazing photographs. Instructor Heidi Hoffman will guide students through the process of positioning themselves and their subjects to take the best photograph possible with the camera they already have – no additional gear needed. Students will use cameras and phones to learn how to capture images and manipulate them with Photoshop and other programs. This class is open to all and is beginner level. Special accommodations are available. The fee is \$15 if you pre-register or \$25 for walk-ins. [Click here to register online.](#)*

Tuesday, April 5 | 6:00—8:00 p.m.



**HEALTHY EATING SERIES: GET YOUR GREENS!** *Each month, Janet Dunn teaches a beginner class on healthy eating. Students will learn simple recipes that are delicious and easy to prepare. The first class in this series is about greens. Greens are filled with calcium and vitamins that can help lift your mood, balance your blood PH and cleanse your kidneys. Janet will demonstrate five recipes that use greens such as kale, collard greens and chard as well as olive oil, garlic, ginger, tamari, shallots, lemon, currants, walnuts, avocado and more! The cost is \$30 if you pre-register or \$40 for walk-ins. [Click here to register online.](#)*

Wednesday, April 6 | 10:00—11:30 a.m.



**WEDNESDAY MORNING YOGA CLASS (FOUR-PART SERIES).** *Wednesday Morning Yoga, taught by Sheila Habla, is a tranquil and calming 90-minute gentle flow yoga class combining postures, breathing and meditation, to create relaxation. Suitable for all levels, the experience will bring strength and flexibility to*

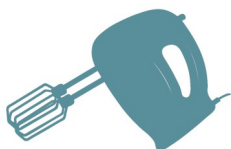
the body and stillness to the mind. This series meets on April 6, 13, 20 and 27. The cost is \$40 for all four classes. Advanced registration is required. [Click here to register online.](#)

Wednesday, April 6 | 6:00—7:30 p.m.



**ADAPTIVE DANCE CLASS.** Adaptive dance provides creative movement instruction for individuals with disabilities. Students can engage and explore in a safe and supported studio environment as they develop movement, musicality and personal/social growth. Classes are instructed by Denise Szatkowski, a physical development specialist. Special accommodations are available. The fee is \$15 per class or \$55 for all four classes (April 6, 13, 20 and 27). [Click here to register for the April 6 class](#) and [here to register for all four classes.](#)

Wednesday, April 6 | 6:00—8:00 p.m.



**WORLD CHEF SERIES: SPAIN (PAELLA).** The origins of paella can be traced to the mid-19th century on the east coast of Spain. Instructor Diana Marshall will show students how to whip up this savory and delicious rice dish in no time and you'll get a taste at the end! This beginner-level class is for teens and young adults. The fee is \$25. Advanced registration is required. [Click here to register online.](#)

Thursday, April 7 | 10:00—11:30 a.m.



**ACOUSTIC CAFÉ.** Acoustic Café is a great way to take a break from the busy day while enjoying live entertainment, coffee and refreshments. This is a great opportunity to socialize. The Paul Nigra Center for Creative Arts' café is open for all your food and drink needs. The fee is \$5 per person. [Click here to register online.](#)

Friday, April 8 | 9:30—10:15 a.m.



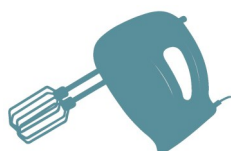
**THEATER IMPROV (TWO-SESSION CLASS).** Experience the power of play and the fun of improvisational acting in a fun and safe environment with instructor Roberta Esposito. She will provide students with a foundation of improvisation that promotes creativity and personal growth. Class meets on April 8 and 29. The fee is \$50. [Click here to register online.](#)

Friday, April 8 | 6:30—8:00 p.m.



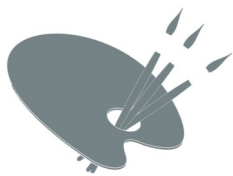
**MELTED WAX ON CANVAS CLASS.** Instructor Devin O'Shaughnessy will teach students how to express creativity through melting wax on canvas. This class is open to all and is beginner level. Special accommodations are available. All materials provided. The fee is \$25 if you pre-register or \$30 for walk-ins. [Click here to register online.](#)

Saturday, April 9 | 11:30 a.m.—1:00 p.m.



**ITALIAN COOKING CLASS.** Zuppa Toscana is an Italian soup made with sausage, potatoes and more, served with bruschetta. Instructor Marilee Maring will teach students how to whip up this savory soup in no time and they will get a taste at the end! This class is open to all and is beginner level. Special accommodations are available. The fee is \$25 if you pre-register or \$30 for walk-ins. [Click here to register online.](#)

Saturday, April 9 | 1:00—3:00 p.m.



**WATERCOLOR TECHNIQUES (TWO-WEEK WORKSHOP).** In this two-week workshop on April 9 and 16, instructor Karen J.F. Cooper will demonstrate watercolor techniques that are personal to her style of painting. Students will practice using a combination of these to create an “illusion of nature.” Reference photos will be provided. All materials included. This class is suitable for all levels, including beginners, and is recommended for teens and adults. Advanced registration is required. The cost is \$60 for both classes. [Click here to register online.](#)

Sunday, April 10 | 1:00—2:00 p.m.



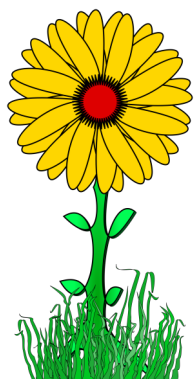
**POETRY AND ART (FIVE-WEEK WORKSHOP).** For centuries, art has inspired poets and poetry has inspired artists. Instructor Kittie Bintz will help students explore creative expression and inquiry at the crossroads of poetry and visual art. This workshop is open to all and is beginner level. It meets on April 10, 17, 24, May 1 and 8. Special accommodations are available. The fee is \$50 if you pre-register or \$60 for walk-ins. [Click here to register online.](#)

Monday, April 11 | 4:00—5:00 p.m.

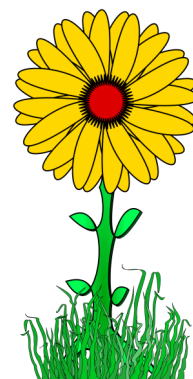


**ACOUSTIC CAFÉ.** Acoustic Café is a great way to take a break from the busy day while enjoying live entertainment, coffee and refreshments. This is a great opportunity to socialize. The Paul Nigra Center for Creative Arts’ café is open for all your food and drink needs. The fee is \$5. [Click here to register online.](#)

## ANNOUNCING THE SPRING FEVER DAY CAMP FOR KIDS



By popular demand, The Paul Nigra Center for Creative Arts is offering another day camp sure to leave a smile on your child's face -- with a touch of Spring Fever! This three-day camp will feature outside fun (weather permitting), music, singing, dance and plenty of chances to create. On the last day, your child will bring home a beautiful piece of spring-themed art. Campers should bring their own lunch, snack and water bottle each day. Refrigeration is available. The cost is \$90 per child for all three days. Use the code **LEXEMPLOYEE** at checkout to receive a 10 percent discount. For more information, visit [www.pncreativeartscenter.org/spring-fever-day-camp](http://www.pncreativeartscenter.org/spring-fever-day-camp) or call (518) 661-9932. To register online, visit [conta.cc/1TMeeSP](http://conta.cc/1TMeeSP).



### WHEN?

April 26—28  
9:00 a.m. to 3:00 p.m.

### WHO CAN COME?

Children ages 5 to 10

### HOW MUCH?

\$90 for all three days

## PLEDGE TO WEAR BLUE ON APRIL 2



Autism Speaks has kicked off its 2016 Light It Up Blue international campaign leading up to World Autism Awareness Day on April 2. The campaign celebrates the millions of individuals and families affected by autism. Light It Up Blue aims to increase understanding about autism and raise awareness about early diagnosis and intervention, and the need for lifetime support. It honors the unique talents of people with autism, inspiring acceptance and hope for all people on the spectrum. People everywhere show their support by wearing blue, spreading the #LIUB hashtag on social media, lighting homes and offices with blue bulbs, and turning iconic landmarks blue across the globe.

Light It Up Blue needs as many people as possible to be successful, so [visit Autism Speaks' website](#) to pledge to wear blue for autism awareness on April 2. During Light It Up Blue, Autism Speaks and the entire world listens!

### CELEBRATING THE ABILITIES OF THE PEOPLE WE SUPPORT

The goal of our Nurturing Environment program is to create 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.

**Do you want to recognize someone who receives services at Lexington for the goals and successes they have achieved during the last year?**

If so, please nominate him or her for recognition. Celebrating the Abilities of the People We Support gives you the opportunity to recognize the personal success of someone in the Lexington family. You can nominate anyone based on their accomplishment, success in achieving personal goals and/or growth during the past year. What can be defined as “growth” is different for each person, so don’t think about how big or small that growth is. If you’ve seen growth in someone, please nominate that person so we can recognize them.

Please complete the nomination form for the person you would like to recognize and return it to Terry Williams at the Gloversville Day Hab building by **April 8, 2016**. If you need a form, you can obtain one from Terry as well. She can be reached at [williat@lexcenter.org](mailto:williat@lexcenter.org) or (518) 775-5384.

#### Who Is Eligible?

Any person who receives support from Lexington and is a part of the Lexington family is eligible to be nominated for Celebrating the Abilities of the People We Support.

#### Who Can Nominate?

Anyone can nominate an individual. This includes peers, staff, coworkers, family members, friends and acquaintances. The only limitation is that each person cannot nominate more than two individuals.

#### “Celebrating Abilities” Recognition Event

All nominees will be invited to a special recognition event on April 14. Details for this event will be announced at a later date.

### SEND IN YOUR CELEBRATING DISABILITIES STORIES!

We are celebrating disABILITIES Awareness Month throughout March! If you know of a candidate to have a picture featured in an agency-wide email, please submit their name, a photo of them showcasing their ability and a couple of sentences describing the photo to Megan Balser at [balserm@lexcenter.org](mailto:balserm@lexcenter.org). If you need a Photo Consent Form or want to check whether an individual has one, contact Kate Ehle at [ehlek@lexcenter.org](mailto:ehlek@lexcenter.org).

If you know of someone who has accomplished something, please submit them to be featured! No achievement is too small as long as it represents personal growth or accomplishment.

### EMPLOYEE ANNIVERSARIES (10+ years)

**APRIL 1 TO APRIL 9 | Congratulations!**

Kenneth Loveless, Residential, 4/1, 20 years

Lenore Carpenter, Day Hab, 4/8, 25 years

Amanda Herlan, Administration, 4/2, 15 years

Bryan Green, Administration, 4/8, 25 years

Holly Blongiewicz, Residential, 4/3, 10 years

Patricia MacPhail, Residential, 4/8, 25 years

Karen Nichols, Residential, 4/3, 10 years

Cynthia Green, Residential, 4/9, 15 years

Shannon Marie Snell, Residential, 4/3, 10 years

## EARN A BONUS FOR RECOMMENDING EMPLOYEES!



Were the holiday bills more than you anticipated? Are you planning a vacation in the summer? Lexington can help with some of those expenses, and you can help Lexington by referring qualified candidates! If we hire a person you referred, you could earn up to a \$500 bonus, and there's no limit on how much you can earn by referring employees.



Do you know of someone who is kind, supporting and has the qualities we are looking for in employees? Then refer them! Employees of Lexington have been doing a great job so far referring people to work with us. Give an application to a friend or family member today, or have them apply online at [lexingtoncenter.org](http://lexingtoncenter.org). Make sure they list your name on the application as the referral source so you can receive your bonus if they are retained!

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

### CONTACT INFORMATION

*Megan Balser*

*Lexington, Fulton County Chapter, NYSARC, Inc.*

*465 N. Perry Street, Johnstown*

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



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"Like" Encore Kids on Facebook: [www.facebook.com/encorekidsconsignments](http://www.facebook.com/encorekidsconsignments)