

# LEXINGTON HAPPENINGS



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

MONDAY, MARCH 9, 2015



*Congratulations to the first graduating class of PEERS (Program for Evaluation and Enrichment of Relational Skills)! Jessica Chain, Jocelyn Casey, Danielle Rector, Randa Berry, Mackenzie Walsh, Gabriella Jacobs, Misty Snell, and Coty Rulison participated in this 14 week program designed to assist teens and young adults in navigating social and interpersonal relationships. Missing from photo are graduates Zenyth Anderson, Garrett Jacobs and Ben Miller.*

## EVENTS THIS 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*

### 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)

a support for young adults for college and careers. 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](mailto:shultst@lexcenter.org).

Saturday, March 14 | 10:00am—2:00pm

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

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## EVENTS NEXT 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 (SISIS) 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.

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!

**EMPLOYEE ANNIVERSARIES (10+ years)**

**MARCH 9 TO MARCH 15 | Congratulations!**

**Nancy Kosinski, Admin, 3/13, 15 years**

## 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

### 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

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.*

### 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

NYSARC



Lexington is once again participating in the NYSARC Gives Back initiative by donating to our local food pantries! Form your teams now! To request a form, contact Lindsay Hinkle at [hinklel@lexcenter.org](mailto:hinklel@lexcenter.org). Photos of donation deliveries will be scheduled between March 23-30. If you are a department and would prefer to have the individuals we support deliver your donation, there is a place to indicate that on the form.

There are also collection boxes located at the reception desk at Burke, the reception desk at JDH, one at Good Neighbor and one at Oppenheim.

## 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](mailto: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](mailto: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](mailto: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 baseball 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.

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](http://www.facebook.com/encorekidsconsignments)



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Lexington - Chapter of NYSARC, Inc.:  
[www.facebook.com/LexingtonARC](http://www.facebook.com/LexingtonARC)

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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)