

# LEXINGTON HAPPENINGS



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

TUESDAY, NOVEMBER 8, 2016



*This summer, Alan Mattice heard that the Compassion Ministry, a gathering of local churches that supplies community members in need with toiletries and other non-food items, had received insufficient donations for the level of demand. Alan decided to start a collection at each of Lexington's day hubs for the next Compassion Ministry. With the help of his team and peers, Alan made collection boxes, delivered them to the day hubs and collected donations over the next two months. By the time the next Compassion Ministry met, Alan had collected nearly two full garbage bags of items, helping 66 families in Fulton County. This act of generosity and compassion is only one example of actions that make him an important and valued member of his community. Thank you, Alan!*

## EVENTS THIS WEEK — NOVEMBER 8 TO NOVEMBER 14

Tuesday, November 8 | 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 November. 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.*

### 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)

Thursday, November 10 | 8:00 a.m.—4:00 p.m.

**22ND ANNUAL FAMILY SERVICES CONFERENCE | The Center at Lexington, 465 N. Perry Street, Johnstown.** *See below for more details.*

Friday, November 11 | 10:00 a.m.

**JOHNSTOWN NURTURING ENVIRONMENT MEETING | Training Center, 465 N. Perry Street, Johnstown.** *Thirteen years ago, we began the Nurturing Environment Program. Our goal is to continually strive towards creating a more nurturing, caring, supportive and safe environment for everyone – 24 hours a day, seven days a week, in all Lexington locations – that, in addition to making Lexington an even better place for everyone, will eliminate the possibility of abuse. One aspect of the program is a monthly meeting where we share ideas and suggestions on how to make Lexington an even better place for people we support and our employees.*

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## **EVENTS NEXT WEEK — NOVEMBER 15 TO NOVEMBER 22**

Tuesday, November 15 | 5:00—7:30 p.m.

**EXECUTIVE FUNCTIONING: WHAT IS ALL THE HYPE? | The Center at Lexington, 465 N. Perry Street, Johnstown.** *Please join Erin Hollenbeck, the assistant director for Lexington Family Services and an instructor for Marydee Sklar's "Seeing My Time: Visual Tools for Executive Functioning Success," as she explains the executive functioning process. Each participant will be guaranteed to discover at least two new things that can help them manage their time more effectively. This will be the first session of a series offered on this important topic. This presentation is targeted toward parents and caregivers.*

Tuesday, November 15 | 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 November. 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.*

Friday, November 18 | 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.*

Saturday, November 19 | 10:00—11:00 a.m.

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

Monday, November 21 | 12:00—1:00 p.m.

**BEST BUDDIES AND CITIZENS | Lexington Family Services, 43 Harrison Street, Gloversville.** *Best Buddies is the world's largest organization dedicated to ending the social, physical and economic isolation of the 200 million people with IDD. For individuals within this community, Best Buddies helps them form meaningful friendships with their peers, secure successful jobs, live independently, improve public speaking skills, self-advocacy and communication skills, and feel*

valued by society. Please join Nicole Burch, the Albany area director of Best Buddies NY, as she and her staff discuss the opportunities of the program for people with IDD and people who want to make a difference in another person's life. This program is designed for people with IDD, parents, caregivers and volunteers who want to participate in this wonderful program.

Tuesday, November 22 | 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 November. 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.

## 22ND ANNUAL FAMILY SERVICES CONFERENCE

Family Services is proud to present its 22nd Annual Conference, for individuals with disabilities as well as their parents, families and the professionals who support them.

### SCHEDULE:

8:45 a.m. — Opening Remarks (*Judy Schelle, Marc Butler and Nancy Desando*)

9:00 a.m. — Keynote Presentation: "The Movement of Imperfection" (*Gina Terrasi Gallagher and Patricia Terrasi*)

10:15 a.m. — Break

10:30 a.m. — Concurrent Breakout Sessions

"Voices of Imperfection" (*Gina Terrasi Gallagher and Patricia Terrasi*)

"Exploring Self-Direction" (*Bethany Youngs and Joy Stockwell*)

"Future Planning from a Parent and Advocate's Perspective" (*Tina Beauparlant*)

12:00 p.m. — Lunch and entertainment (*Flame*)

12:45 p.m. — Keynote Address: Updates (*Shaloni Winston and Megan O'Connor*)

1:30 p.m. — Break

1:45 p.m. — Concurrent Breakout Sessions

"Social Physics: The Paradox of Behavior" (*Steve Szalowski*)

"Tech for Life: Apps for Empowerment, Learning and Fun!" (*Jordan Jankus*)

"Pathway to Employment" (*Julia Kelly*)

### WHEN

Thursday, November 10  
8 a.m.—4 p.m.

### LOCATION

The Center at Lexington  
465 N. Perry Street  
Johnstown

### COST

\$75 for professionals  
Free for parents, families  
and individuals

### REGISTRATION AND MORE INFORMATION

Family Services  
(518) 773-2014

## CHRISTMAS WREATH AUCTION

The drawing for Johnstown Day Hab's Christmas Wreath Auction will be on November 18 at 1:00 p.m. Tickets are 2 for \$1, 5 for \$2 or 20 for \$5. Call (518) 736-3834 for more information. This auction is sponsored by Room 7 to benefit Adopt-A-Child.

## DECORATIVE WINE BOTTLE FUNDRAISER

Home Base is selling decorative wine bottles for \$10 each. All proceeds will be donated to the Prostate Cancer Foundation. To place an order, call (518) 736-3908. The sale goes until November 20 or until sold out!

## QUEST 1 ANNUAL PIE FUNDRAISER

If you want to buy a pie from Quest 1 to benefit Adopt a Child at Christmas and the James Brennan Humane Society, order by calling (518) 736-4175 by November 17. Pumpkin, pecan, apple, peanut butter, key lime and strawberry yogurt pies cost \$8. They will be delivered to 465 N. Perry St. and Burke on November 23 from 10:00 a.m. to noon. Buyers can also pick them up at Townsend Ave.

## WELLNESS TOGETHER

### DANCE AEROBICS



Come and have fun dancing your way into shape! No experience needed. This is Latin-based dance aerobics, a fun way to get in shape and stay in shape. This program accommodates all fitness levels. No experience needed. Bring a hand towel, water and a smile! You do not need to attend for the full hour. Eligible employees that attend will be awarded 10 Wellness Rewards points. Register today by logging on to your Lexington Wellness Website at [lexingtonwellness.bepurewellness.com](http://lexingtonwellness.bepurewellness.com) and going to “Events” or by calling Rene Dutcher at (518) 775-5429.

### DATES, TIMES & LOCATIONS

Tuesday, November 22 | 4:30—5:30 p.m. | Gymnasium, 127 E. State Street, Gloversville

### WELLNESS WALK



As the weather brings cooler temperatures and changing leaves, let’s enjoy walking outside! Be sure to wear appropriate shoes and bring water. 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, November 11 | 7:30—8:00 a.m. | Indoor Track, 465 N. Perry Street, Johnstown

Friday, November 11 | 3:30—4:00 p.m. | Reception Area, 405 County Highway 114, St. Johnsville

Wednesday, November 16 | 7:30—8:00 a.m. | Gymnasium, 127 E. State Street, Gloversville

Wednesday, November 16 | 3:30—4:00 p.m. | Indoor Track, 465 N. Perry Street, Johnstown

### LIFEPOINTS WELLNESS INCENTIVE PROGRAM OVERVIEW

This program is for employees enrolled in Lexington’s Medical Plan. Did you know that just by completing your CDPHP Personal Health Assessment you earn your first 50 Lifepoints, which is equal to \$50 in gift cards through [www.cdphp.com](http://www.cdphp.com)? Attend this program to learn how easy it is to earn Lifepoints equal to \$365 in retailer gift cards during 2016. Register for this program today by logging into your Lexington Wellness Website at [lexingtonwellness.bepurewellness.com](http://lexingtonwellness.bepurewellness.com) and going to “Events” or contacting Rene Dutcher at (518) 775-5429.

### DATES, TIMES & LOCATIONS

Thursday, November 17 | 3:30—4:00 p.m. | Cafeteria, 405 County Highway 114, St. Johnsville

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

### 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 biometrics 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 OR 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.



### DON'T WAIT TO GET YOUR WELLNESS REQUIREMENTS DONE!

Schedule an appointment with Rene Dutcher at 518-775-5429 on Wednesdays and Fridays or Bridgett Nestor at 518-775-5422 on Tuesdays and Thursdays to receive help in completing your requirements!

## LAST FREE BIOMETRICS SCREENINGS IN 2016

Lexington has partnered with CDPHP and St. Peter's Cardiac and Vascular Center to offer on-site biometric screenings that include blood pressure, body composition analysis, body mass index (BMI), glucose and cholesterol levels. These screenings can help identify health issues and allow you to work with your physician to lower your risks for certain conditions. CDPHP members should bring their CDPHP ID card. After the screenings, participants will meet with a CDPHP health educator to review their results and get information about the value-added services available to CDPHP members. You will be asked to complete a Lexington On-site Biometrics Screening Form. This form must be filled out by the participant (employee and/or spouse enrolled in Lexington's Medical Plan) and submitted to Lexington to receive credit for completion of the 2016 Biometrics Screening premium savings requirement.

To schedule an appointment, you must contact the point person for the clinic you want to attend. The remaining November biometrics screenings, which are the last chance in 2016 for employees and spouses enrolled in Lexington's Medical Plan to obtain a free screening, will be offered at Lexington as follows:

LOCATION	DATE	TIME	REGISTRATION	CONTACT	PHONE
Guilderland (Conference Room) 2301 Western Avenue	Thursday, November 10	11 a.m.—1 p.m.	Thursday, November 3	Diane Bellamy	(518) 218-7310 ext. 301
St. Johnsville-Oppenheim (Multi-purpose Room) 405 County Highway 114	Tuesday, November 15	1:30—6 p.m.	Wednesday, November 9	Donna Steenburgh Vicki Scheurman	(518) 568-3102

## ANNOUNCING THE “READY, SET, GOAL” INDIVIDUAL CHALLENGE

This is a four-week individual Challenge that you can make all your own. This Challenge is about setting a personal wellness goal to fit your needs. No computer needed! We will provide the tools. Meet your goal, submit all necessary information and win an opportunity for Lexington Wellness Rewards Points and prizes while building your self-confidence! To be eligible for prizes, you must complete the Challenge goal and all Challenge requirements. The Challenge will run from **Monday, November 21 to Sunday, December 18**. If it is difficult for you to meet the requirements of a Challenge because of a medical condition, contact Michelle Peryea at (518) 775-5420 or [peryeam@lexcenter.org](mailto:peryeam@lexcenter.org) to develop an alternative to qualify for the rewards.

### CHALLENGE GOAL:

1. Document, log and meet your personal goal each week during the Challenge.

### CHALLENGE REQUIREMENTS:

1. Sign up by completing Steps 1 and 2 of the Wellness Questionnaire found at your work site. Submit the Questionnaire to Michelle Peryea by **Friday, November 18**.
2. Complete your Challenge Log every week. Submit the Log to Michelle Peryea by **Tuesday, December 20**.

## EARN PRIZES WHEN YOU PARTICIPATE IN THE CHALLENGE!

**30 WELLNESS REWARDS POINTS** for eligible employees who complete all the Challenge requirements and meet their Challenge goal.

**30 MORE WELLNESS REWARDS POINTS** for eligible employees who register as Wellness Buddies in the Wellness Together “Ready, Set, Goal” Individual Challenge AND support a participant (not an employee) to reach their Challenge Goal.

**A RAFFLE** for all employees who successfully complete the Challenge requirements and meet their Challenge goal. Also for employees who are successful Wellness Buddies in Wellness Together but are not eligible to earn Rewards Points. There will be 40 raffle prize winners.



## 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

Wednesday, November 9 | 6:00—8:00 p.m.



**COUNTRY CLASSICS FOR ACOUSTIC GUITAR.** *In this two-hour workshop, instructor Bill Ackerbauer will teach arrangements of several classic country and bluegrass songs for beginner guitar players. The instruction will start with basic chord progressions in several common keys and introduce flatpicking techniques such as bass runs, turnarounds, intros and endings. Material covered will include songs recorded by Johnny Cash, Willie Nelson and Doc Watson. Bill also will discuss approaches to arranging country songs to suit the singer's vocal range, as well as ideas about playing with other instrumentalists. This class is open to all and is beginner level. The cost is \$25 for those who pre-register or \$35 for walk-ins. [Click here to register online.](#)*

Thursday, November 10 and 17 | 6:00—7:00 p.m.



**COUNTRY HEAT LIVE.** *This country dance-inspired workout with certified instructor Gretchen Salvione is unlike any other you've tried. It's so simple and so much fun, you'll always be ready for more. Participants will dance to country songs that make it a fun-filled, calorie-scorching good time! The cost is \$6 for those who pre-register or \$8 for walk-ins. [Click here to register online for the November 10 class](#) and [here for the November 17 class.](#)*

Friday, November 11 and 18 | 12:30—2:00 p.m.



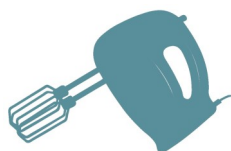
**MULTIMEDIA 3-D ART.** *In this two-part class, instructor Brenda Dwyer will teach students step-by-step to capture their creative side through 3-D mixed media art. Students will create their own masterpiece to take home on the second day. The class is open to all and is beginner level. Special accommodations are available. The cost is \$30 for those who pre-register or \$35 for walk-ins. [Click here to register online.](#)*

Saturday, November 12 and 19 | 9:00—10:15 a.m.



**FALL INTO YOGA: MEDITATION & SEVEN SPIRITUAL LAWS OF YOGA (FIVE-PART SERIES).** *Greet autumn with a fresh outlook and a calm spirit. Dori will show you how to rejuvenate your body and mind with an invigorating experience designed to leave you feeling fresh, energized and balanced. Experience the power of meditating in a like-minded community as you develop practices that will help you flourish. Chakra (energy) centering, candlelight and essential oils will add to this peaceful and refreshing class. This is an unforgettable experience, where you will establish a fulfilling meditation practice, and leave with tools to create balance at home and work all year long. This class is suitable for participants of all fitness levels. The cost is \$15 per class. [Click here to register online for the November 12 class](#) and [here for the November 19 class.](#)*

Wednesday, November 16 | 10:30 a.m.—12:30 p.m.



**PIZZA MAKING.** Join instructor Salvatore Mannino as he teaches students how to make homemade, hand-tossed Brooklyn style pizza. Bring your appetite, as eating is part of the experience! The class is open to all and is beginner level. Special accommodations are available. The cost is \$25. Pre-registration is required. [Click here to register online.](#)

Wednesday, November 16 | 6:00—8:00 p.m.



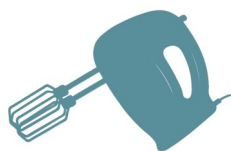
**FALL MESH WREATH.** Join us for an evening of creativity as you create your own fall deco mesh wreath. Instructor Beth Spraggs will show you how to use your personal touch to make the wreath your own! This class is open to all and is beginner level. Special accommodations are available. Smocks are provided. The cost is \$25. Pre-registration is required. [Click here to register online.](#)

Thursday, November 17 | 6:00—8:00 p.m.



**PAVORPOL FABRIC SCULPTURE.** Take your creativity in your own hands – literally! In this class, Beth will show you how to use Paverpol fabric hardener to craft sculptures with fabric. Make something beautifully unique! The cost is \$25 for those who pre-register or \$30 for walk-ins. [Click here to register online.](#)

Thursday, November 17 | 6:00—8:00 p.m.



**SUPPERS IN A SNAP: SAUSAGE ROLLS IN PUFF PASTRY.** The holiday season is almost here and if you are planning on throwing a party, these tasty sausage rolls are bound to be a hit. Instructor Andrew Dench will show students how to make these yummy rolls in easy-to-prepare puff pastry. Bring your appetite, because eating is part of the experience! The cost is \$30 for those who pre-register or \$40 for walk-ins. [Click here to register online.](#)

Saturday, November 19 | 12:30—2:00 p.m.



**HOLIDAY TREE ORNAMENTS.** During this class, instructor Brenda Dwyer will teach students how to create their own tree ornament to take home to enjoy for years to come. This class is open to all and is beginner level. Special accommodations are available. The cost is \$15 for those who pre-register or \$25 for walk-ins. [Click here to register online.](#)

Monday, November 21 | 10:00 a.m.—12:00 p.m.



**MAKEOVER MONDAY.** This month's Makeover Monday will focus on your natural beauty. 'Tis the season for skin care! This class is open to all and is beginner level. Special accommodations are available. The cost is \$5 for those who pre-register or \$15 for walk-ins. [Click here to register online.](#)

Tuesday, November 22 | 6:00—8:00 p.m.



**ART AROUND THE WORLD: GAELIC CALLIGRAPHY.** Join instructor Annika Sams each month as she takes you on an artistic tour of the globe via art from around the world. Students will learn about the medium and the culture behind each craft. Embark on a journey of a lifetime to explore the world of art! Ancient Gaelic manuscripts astounded Annika with their perfection and unity. Now you can appreciate their beauty by creating uncial Gaelic calligraphy. In this class, students will create a manuscript of their own. If desired, students can bring a copy of a poem or song to convert into calligraphy. The cost is \$25 for those who pre-register or \$35 for walk-ins. [Click here to register online.](#)

## JECCO TRIO CONCERT



The JECCO Trio will perform a concert at the Paul Nigra Center for Creative Arts on **Thursday, November 10, 7:00—8:30 p.m.**

The JECCO Trio is comprised of Lecco Morris on piano, Jeff Nania on tenor sax and Rob Morrison on cajon, tabla and drumkit. The trio's unique stylistic fusion of jazz, funk, pop, originals and free improv is sure to surprise and delight listeners across the musical spectrum.

Admission is \$10 in advance or \$15 at the door. [Click here to buy tickets online.](#)

This performance is part of the Paul Nigra Center for Creative Arts' 2016 Concert Series. Only one more concert remains in 2016. Junk Rocket will take the stage on Friday, December 9. For more information and to buy tickets for this last performance, visit [www.pncreativeartscenter.org/concertseries](http://www.pncreativeartscenter.org/concertseries).

## PRINCE AND PRINCESS HOLIDAY TEA

Join the royals on **Saturday, November 26, 12-2 p.m.**, for crafts, storytelling, dances and a lovely lunch tea party with delicious food and holiday goodies. This tea is recommended for young boys and girls. Fairy tale or dress-up attire is encouraged!

This event is brought to you by [Foothills Family Productions](#), an organization that provides opportunities for the cultural enrichment, education and entertainment of children and adults through experiences in the performing arts, both on and off the stage.

Tickets are \$12 per person and must be purchased in advance. Seating is limited. To buy tickets, please call Foothills Family Productions at (518) 224-1083.



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



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.**



## HR NEWS AND INFORMATION

### DIRECT SUPPORT STAFF RECOGNITION

We are recognizing staff who consistently show a solid understanding of Personal Outcome Measures and ensure that each person we support and their staff and families are treated respectfully. A different POM will be recognized each month, and each month an employee will be recognized for their commitment to ensuring the featured POM is met. October's featured POM is "People Are Safe." Managers who would like to honor their staff should submit their name, a photo and why they are being recognized to their AD!

#### MONTHLY POM THEMES — PEOPLE:

<b>MARCH</b> Get Respect	<b>APRIL</b> Have Natural Supports	<b>MAY</b> Have Rights	<b>JUNE</b> Form Intimate Relationships
<b>JULY</b> Perform Different Social Roles	<b>AUGUST</b> Can Fully Use Their Environments	<b>OCTOBER</b> Are Safe	<b>NOVEMBER</b> Have Friends

#### SPECIAL EVENTS AND CELEBRATIONS

<b>SEPTEMBER</b> DSP WEEK — Special recognition of employees at each work site and the Nurturing Environment Meeting.	<b>DECEMBER</b> Holiday celebrations and thank-you gatherings at each work site.
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#### INTRODUCING TELEMEDICINE FOR EMPLOYEES

We are pleased to announce that we will be introducing Telemedicine to the Lexington Medical Plan effective January 1, 2017. This program will be available at no cost to employees and their dependents enrolled in Lexington's Medical Plan. We believe that this program will help keep down the rising cost of health care and at the same time provide a convenient and efficient service to our employees and their family members.

Currently, we offer this service on a voluntary basis, and 81 employees have subscribed to the program through Upstate Concierge. Throughout 2017, we will be monitoring this program to determine the impact it has for the employees as well as the health plan in general. This monitoring or review will help us to determine if we should continue with Telemedicine in 2018 and beyond.

If you would like to learn more about this program, please contact the HR Department.

#### VACATION AND SICK BUYBACK CHECKS

Vacation and sick buyback checks will be available for pickup on Thursday, November 10. Checks will be distributed at the same location and time as a normal payday. If your paystub is normally mailed to you, your buyback check will also be mailed to you. There will be no early pickup of checks on Wednesday, nor is there direct deposit for buyback checks. Any checks not picked up at Burke by 4:30 p.m. will be mailed.

Please call Payroll at (518) 775-5388 or (518) 775-5389 with any questions.

#### JOHNSTOWN DAY HAB PIE SALE

Johnstown Day Hab will host a pie sale Friday, November 18, 11 a.m. to 1 p.m. Pies are \$1 a slice in more than 25 varieties of flavors, all made with healthy ingredients!

#### NURTURING ENVIRONMENT MEETING

The next Nurturing Environment Meeting in Albany will take place on Thursday, December 15 at 10:00 a.m.



## 2017 GREAT ESCAPE/SIX FLAGS SEASON PASSES AVAILABLE

Lexington is pleased to offer season passes for The Great Escape/Six Flags theme parks at discounted rates. These tickets are available to employees and their friends and families along with the people we support.

A season pass allows you unlimited visits to any of the Six Flags theme parks on regular operating days during the 2017 season. This is a Gold Pass, so holders will also receive free parking good for all of the 2017 season at any of the Six Flags locations.

The cost for a 2017 Season Pass is \$53 each, payable by cash or personal check. The passes will be available for purchase at the Human Resources Department, located in the Gloversville Day Hab building until December 31, 2016. After December 31, the cost will change to \$65 each.



## EARN A BONUS FOR RECOMMENDING EMPLOYEES!



The leaves have not even started falling off the trees and the snow shovels are still in the shed, but the holiday season is coming! Whether you are recovering from the bills associated with “back to school” clothing and supplies or thinking ahead to the holiday season of gift giving, Lexington can help with some of those expenses and you can also help Lexington by referring qualified candidates.

If we hire a person you referred, you could earn up to a \$500 bonus. By referring someone you’re helping us recruit potential employees and you can make extra money! There’s no limit to how much you can earn by referring candidates we hire. Give an application to a friend or family member today, or have them apply online. Just make sure they list your name on the application as the referral source.

Apply online at [www.lexingtoncenter.org](http://www.lexingtoncenter.org)!

## EMPLOYEE ANNIVERSARIES (10+ years)

NOVEMBER 8 TO NOVEMBER 22 | Congratulations!

Sheri Hanna, Day Hab, 11/11, 25 years

Andrea Shepard, Service Coordination, 11/19, 15 years

Deborah Bowen, Family Services, 11/12, 30 years

Kathleen Perry, Residential, 11/20, 30 years

Paulette Varin, Med Services, 11/12, 20 years

### CONTACT INFORMATION

Megan Balser  
Lexington, Fulton County Chapter, NYSARC, Inc.  
465 N. Perry Street, Johnstown  
[balserm@lexcenter.org](mailto:balserm@lexcenter.org)



“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)