

A Message from the Chief Executive Officer



Fredrick W. Erlich

In 2018, I learned the strength of the Living Resources and how that strength unites us as a family. During the year, we launched CareerNext, a new college experience program which includes accredited courses; we enrolled our first international student in our College Experience program and had the largest graduating class to date; we continued to enhance the care and services members of our Living Resources family have come to expect; we came together as a family when we lost our dear Amanda in a tragic accident; and we learned that we are stronger together and for that I am grateful to 2018.

As we embark on the year ahead, I want to thank you all (staff, supporters, family members, vendors, friends) for being part of the Living Resources family. Together, we will rock 2019!

New Year's Celebration



A January Newsletter wouldn't be complete without a mention of ringing in the New year. We marked the day in a variety of ways, but the most popular activity took place at Colonie Center where they held a "Noon Year's Eve" party.



The celebration had all of the traditional elements of a New Year's Eve party- music, hats, noisemakers, and even a balloon drop. But this party counted down to noon not midnight. Most of our participants elected to observe from above. Regardless of where they chose to participate, everybody had a great time!



In one moment, your life can be changed forever...

Jorelle had been dancing since the age of three. At 29 her life changed in an instance, an accident on black ice caused her to sustain a brain injury. Through collaborative efforts from Living Resources Acquired Brain Injury and Home Care programs, Jorelle continues to live a life of fulfillment.

Injuries change how we live but meaning and purpose should never be forgotten. Please consider a gift that will allow us to provide the individuals we serve – like Jorelle – with a full life of purpose, comfort, and hope regardless of disability or impairment.

Thank You

2018 Annual Appeal

Special thanks to all who contributed to our 20th Annual Campaign! Through your generosity. We raised over \$40,000! Together, we continue to enhance the lives of those we serve.

- John and Mary Ann Allen**
- Nadine Avery**
- The Ayco Charitable Foundation**
- James and Rose Barba**
- Herb Barber**
- BBL Construction Services LLC**
- John and Laurel Berbach**
- * Lorelei Bohle and David Durand**
- Sister Virginia Bonan**
- Vladia Boniewski and David Valley**
- Dr. Jill Braverman-Panza and Anthony Panza**
- Louis and Judy Buhrmaster**
- Grayce Susan Burian**
- David and Linda Burtis**
- Catherine and Peter Butryn**
- Burns Cameron**
- Ellen Chapman**
- Mary Chen and Yong Li**

- Christopher Chenette**
- * Marjorie Coello**
- * Jean Corvino**
- Susan Lum Creitz and Toby Slyman**
- Patrick and Kathy Ann Curran**
- Loretta Darcy**
- Robert Day Jr.**
- Kathleen DeSignore**
- Michael Doyle**
- John and Michele Edwards**
- Diana Ehrlich**
- Enterprise Fleet Management**
- Barry Feinman**
- Hermes Fernandez and Theresa Dehm-Fe**
- * Mary Flores**
- Alan and Helen Fogel**
- Roy and Judy Fruiterman**
- Bruce and Edith Goldstein**
- Thomas and Sylvia Gray**
- Christopher and Shirley Greagan**

* Giving Tuesday



More Annual Appeal...

Concetta Hinkel
John and Marialyce Hiss
Madeline Homeyer
Elizabeth and Robert Jackson
John Keeler
* Debbie Kirsch
Maggie Kirwin
Steve Klein
Michael Kuhland
Lori Lawrence
Margaret "Peggy" Leonard
Sean Leonard
Patricia Levine
Martin Lewis
Marguerite and Phil Lodico
Lynne and Michael Long
Dr. Eileen Lucey
Marc Lustick
Anthony and Tracy Maggio
Mary Ann Mahoney
Anthony and Vickie Maiello
James and Barbara Malerba
Bernard and Susan McGarry
Kristin McVeigh and David
Parente
Leonardo and Tammy Sue
Molina
T. Brendan Mooney
James and Kathleen Morrell
John and Kelly Murray
William and Betty Nathan
John Nitsky
Jeremy and Jenna Noble
Robert and Barbara Norton
Edward Barbara Orris
* Dan and Katherine Owens
Charles Paioff and
Donna Gillet-Pa

Deneen Palmateer
Julie and Karl Panke
William and Susan Picotte
Joan and Richard Platt
James and Christine Pollock
Mike and Laura Quaranta
Dominick Rappazzo
Lee and Sharlene Raymond
Louis Ricci
Kenneth Margaret Ritzenberg
Rose and Kiernan Charitable Foundation
Helmut and Erika Samide
Lewis and Janis Saperstein
Ami Schnauber and Daniel Wilson
Greg and Michele Schwab
SEFCU
Kathe Sheehan
Frederick and Sylvia Sievers
Judy Sigadel
Kenneth and Marggie Skinner
Peter Slattery
David Smingler
Joel and Kira Spiro
Thomas and Johanna Stebbins
Richard and Kimberley Steitzer
* Sandra Stern
Brian and Donna Stewart
Kimberly Strauchon Verner
Kathlene Thiel and J. Eric King
Richard and Laura Thumen
Rosemary Vara
* Shawn Viana
Joan Vroman
Stephanie Wacholder and Ira Mendleson III
Kevin Walsh
Dr. Donald and Ellen Wexler
Thomas and Mary Ellen Windish

* Giving Tuesday



Living Resources Art at Crossgates Mall



The Arts Program/JCC Capital Capabilities Tree of Life

On Sunday October 14th, we celebrated inclusion at The Capital Capabilities Family Fun Day at the Crossgates Mall. The Arts Program coordinated the creation of a collaborative 12 x 16 foot mural with the Jewish Community Center. Living Resources Artists were in attendance to speak about the work.

1



2



3



Living Resources Arts Program
One of the many exciting programs at Living Resources!



On Display
At the Crossgates Mall near Lord and Taylor



Integration
One of the many student projects installed into the community!



Advocacy 2019



Left: Michael Seereiter, Executive Vice President of the NY Alliance for Inclusion and Innovation speaks with the president of Living Resources' Self Advocacy group, David Young



The 2019 advocacy season has begun and we are pleased to have increased our team by more than 20 staff and individuals. First, we met at our Main Office and determined the needs and concerns of all in attendance, which fell into three main categories; advocating for a fair, living wage for Direct Support Professionals, equal access to public transportation, and equal access to education.

We then participated in the **#bFair2DirectCare 2019 Campaign Kick Off** held in the New York State Capital in Albany. We joined other self-advocates, family members, Direct Support Professionals, and state legislators in addressing our concerns that Governor Cuomo's Executive Budget proposal fails to include the funding necessary to give Direct Support Professionals (DSPs) a fair, living wage. As Senator David Carlucci said, "If we want people to enter the field, build a career and ensure a high level of care for our most vulnerable populations, then we must act now."

You can help us in this fight!

Encourage Governor Cuomo to correct this omission and add the #bFair2DirectCare living wage funding in his budget proposal!

CALL 518-474-8390 and SAY:

I am a [DSP, Parent, Self Advocate, etc.] and a supporter of #bFair2DirectCare.

The developmental disabilities community is in a crisis

Right now, Direct Support Professionals (DSPs) across New York State are making just above minimum wage and can barely make ends meet, despite the difficult and vital work.

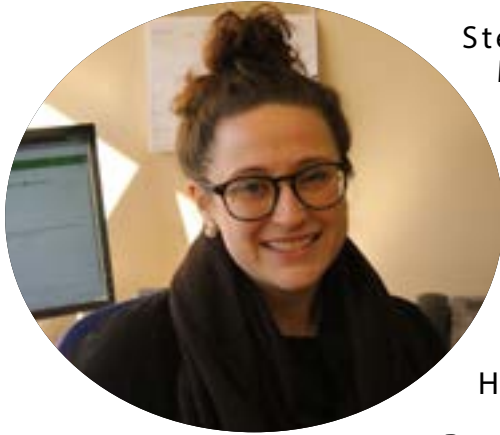
These low wages for DSPs have lead to high vacancy and turnover rates, leaving a devastating impact on the individuals and families DSPs support.

This impacts/ concerns me because [Insert reason why #bFair2DirectCare is important to you.]

Please add the #bFair2DirectCare living wage funding DSPs deserve to your budget proposal.



Faculty Spotlight:



Stephanie Fisher started her Living Resources journey as a Master’s Level intern through the Behavioral Health program, directed by Jeff Hallenback. This program provides agency-wide support for the emotional needs of the individuals that we serve, offering individual counseling and group therapy opportunities. After her internship, Stephanie was hired by Living Resources and worked in various positions within Clinical, Career Counseling, and the Quality Assurance Departments. This past September she returned to her roots in Behavioral Health program, this time as a Senior Behaviorist.



Recently, Stephanie recruited her dog Benjamin to work at Living Resources. Benjamin is a Certified Therapy dog and will begin working with groups in the near future. Therapy dogs can be useful tools in the therapeutic environment. A dog’s non judgmental and loving disposition can help a people to feel more calm and open to therapeutic techniques. They can build connections to help people learn more about themselves, facilitate growth of emotional and social skills, and assist people who are



experiencing grief. Interacting with Benjamin is purely optional and will only be entertained with individuals who find the presence of a dog to be positive. Stephanie reports that there is much enthusiasm for dog therapy here at Living Resources and hopes to see this program grow in due time.



The Living Resources Creative Writing Class meets on Wednesdays and involves staff working together to bring out the talents within our individuals. Last week, the topic was “What Really Makes Someone Cool?” Participant Michael writes *“Being cool to me means being accepted for who you are, and going out of your way to accept others for who they are.”*

Please read his full writing piece below:

What Makes Anybody Cool

To me, everybody is cool in their own way, but there are many different ways to be cool. One of the things I thought was cool growing up was the Transformers cartoon from the 1980s. I loved watching it as a kid, and have many of the toys from back then. I also liked and still do...Star Wars – one of my most favorite movie series of all time, and the Matrix series. What makes people cool is many of them are fans of the things I mentioned, and then some. Being cool to me means being accepted for who you are, and going out of your way to accept others for who they are. Another movie that is cool is Bill and Ted’s Excellent Adventure. One of the coolest things about the movie was them going through history kidnapping historical figures and passing the history report. Another cool thing I like are comic books.



January Birthdays



Theophilus Ajuik
 Jayson Amankrah
 Shonae Barrett
 Tammy Bell
 Kervin Bruce
 Larry Bryan
 Carolyn Campagna
 Kevin Clare
 Tawonna Clemmons
 Elizabeth Dougher
 Carrie Dozier
 Kelly Dussault
 Adrienne Emery
 Janan Fateh Muhammad
 Kaytlyn Forgette
 Allison Fuller
 Sharon Gaunay
 Charity Gonzalez-Rosario
 Yasmeen Graham
 Joyce Grisby
 Amanda Hanks
 Janiya Harris

Tarek Hassan
 Tamieka Haynes
 Lorenzo Howard
 Marshall Hunter
 Ray Isaac
 Mahamad Jabby
 Wesley John
 Danielle Kimball
 Alanbarry Kuli
 Joseph Lamalfa
 Rafael Lind
 Gladys Lopez
 Robert Marcello
 Monique Martin
 Vanessa McKay
 Myka Miller
 Joseph Morelli
 Salamata Nacro
 Rochaun Ninstant
 Jacqueline Norton
 Gedeon Nsabimana
 Daniel O'Rourke

Laquinda Pinckney
 Shilendra Ramharak
 Jason Rodgers
 Brianne Rogers
 Brian Roman
 Dorzier Ruffin
 Jennifer Sanderson
 Lorraine Scarborough
 Darlene Sears
 Emily Seestadt
 Brenda Skervin
 Gabrielle Stenard
 Jacqueline Tadjioqueu
 Deanna Thomas
 Tammy Thwaites
 Eddie Tranholm
 James Urlich
 Julia Vanpatten
 Cory Wayman
 Sharon Weaver
 Kiera Whitehurst
 Herbert Whittam
 Hollie Willsey

Anniversaries

Cynthia Ballard ***
 Michael Bell
 Daylynn Brand *
 Jaquesha Brandon **
 Markeith Buchanan
 Isabel Carrasco ****
 Edith Chase ***
 Tasia Coleman *
 Talia Colon ***
 Frederick Curtis ***
 Karen Doyle ****
 Chad Dukes *
 Kelly Dussault
 Colby Ford *
 Bhanumatee Ganga
 Lorraine Garafola
 Gwendolyn Griggs-Donkor
 Romeo Hibbert
 Rachelle Hicks ***
 Amy Horwitz

Donald Hutchinson ****
 Dana Jackson *
 Craig Johnson *
 Abraham Kamara
 Peggy Klippel
 Sheila Kmack **
 Monique Martin
 Susan Matthews
 Eastasia McCall
 Acey Mercer *
 Lisa Montgomery ***
 Henrietta Moore *
 Lorna Nugent ****
 Cynthia Ophof *
 Samantha Paul
 Cheryl Pavone
 Bridget Phinney *
 Chriss Quatrone
 Kathleen Quinn *
 Chandra Ramotar

Marlene Reid-Shaw **
 Jennifer Richards ***
 Theresa Richards *
 Brian Roman **
 Kathleen Scepkowski **
 Brenda Skervin **
 Chantal Sontag
 Davia Stevens
 Richard Strilec *
 Heather Sturges ***
 Zsuzanna Thibault
 Felica Timson
 Nasiah Trantham
 Leonard Travaglione
 Martin Trudell ****
 Ashley Vanzdant
 Elizabeth Villalobos **
 Taneyah Williams



For the love of the Animals



2017 College Experience graduate Shannon recently achieved her goal of becoming a cat volunteer at the Mohawk Hudson Humane Society. She was inspired to act by a news story of a local hoarding situation which appealed to Shannon's sense of compassion. She will be responsible for assisting staff with feeding, cleaning cages, washing dishes, doing laundry, and socializing shy cats, among other tasks. This photo of Shannon bonding with her new feline friend, Crispin was taken during her first shift as a volunteer.

SAVE THE DATE!

Here's a list of Upcoming Events you don't want to miss

Friday, February 1, 5:30 p.m. – 8 p.m. Join us and the Beekman Street Arts District in kicking off **Chowderfest** weekend with **Frostbite Friday**. We will be hosting an interactive ink activity by Ginny Scavuzzo and a community art activity by **Create Community Studios 70 Beekman Street, Saratoga Springs, New York.**

Saturday, February 2, from 11:00 a.m. to 4:00 p.m. Saratoga Chowderfest 2019. Come out to the **Beekman Street Arts Gallery, 70 Beekman Street, Saratoga Springs, New York** for chowder provided by **Graham's Lansingburgh Cafe.**

Saturday, February 2, from 1:00 p.m. – 3:00 p.m. Opening Reception of the Art Show **"Reflections"** at the **Brookside Museum, 6 Charlton Street Ballston Spa, NY 12010** For more information, call (518) 885-4000.

Saturday, February 2, from 6:00 p.m. to 8:00 p.m. **Post-Chowderfest Live Music!** Join us in a very special live music performance by Rebecca Foxx and Honeysuckle Vine at the **Beekman Street Arts Gallery (70 Beekman Street, Saratoga Springs, New York.)**

Tuesday, February 5 from 5:30 p.m. – 8:30 p.m. FREE coffeehouse featuring **Brainwaves**. Brainwaves is a band comprised of individuals who attend the Acquired Brain Injury Program at Living Resources Corp. They are dedicated to bringing music and joy to others. Light fare and beverages offered. The event will be held at the **Jewish Federation of NENY, 184 Washington Avenue Extension, Albany NY.**

Monday, February 18 – Presidents' Day



www.LivingResources.org

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