

Sharing the Journey



February 2020

LIVING
RESOURCES

A Message from the Chief Executive Officer





My heart is full of thanks for all the amazing individuals I have met throughout the 45 years I have been at Living Resources. For me, the joy of this job is getting to share time with our individuals, like I did with Molly and Jasmine this month. They are at the heart of Living Resources, and what our mission is all about!"


We know we don't support them in a vacuum; it takes a village. Their care is reliant upon our dedicated direct support professionals and staff, our philanthropic donors, business supporters, friends, families, and fans.

All of you are our Super Heroes! You are critical in helping us to provide the highest quality services and programs, and we thank you!




If friends were chocolates, you'd be the one with the truffle filling.







The **ART** of
Independence



A road paved through
Education
and **Employment**



An evening of food and festivities await!
Please join us as we celebrate our individuals
journey to success.



Tuesday, March 31, 2020
Fort Orange Club
Albany, NY 6:00 PM

Tickets: \$125
Click here to buy

Our Annual event, **"The Art of Independence,"** will be held on **Tuesday March 31 at the Fort Orange Club.** All proceeds of the event support our mission to ensure that every individual we serve is provided the tools and services to live their best life in a safe and nurturing environment.

This year, our Co-Chairs are: Dr. John D Bennett, President and CEO of CDPHP, and Mayor Kathy Sheehan, City of Albany. Join us for a great night filled with fabulous food, raffles, and fun!

[Click here to join us!](#)



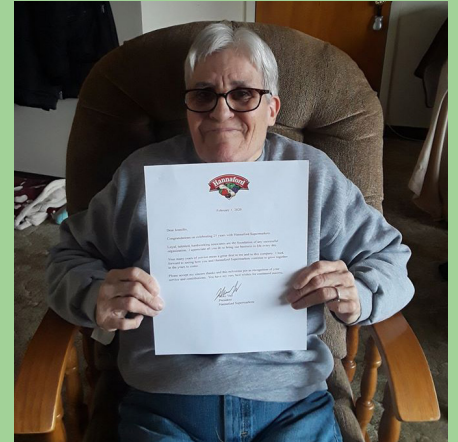
Supermarket, Super Employee



Happy work anniversary to Jennifer! 25 years ago today, Jennifer was hired at Hannaford, with support from Living Resources Employment Services. Her Job Coach Brian says since that time, "she has become very popular with her co-workers and is now more or less a fixture there." Her primary job is doing "re-shops" - returning items that customers have left at the checkout register. Jennifer says she loves helping customers, particularly the seniors who come to shop every other week. She says that working makes her feel good and without it, she would be bored.

As Aesop noted, "It is possible to have too much of a good thing." So, on her days off, Jennifer

enjoys playing with her cats Annie, Garfield, and Isabelle, and working with her Albany Supportive Living staff, Daryllyn.



Congratulations Jennifer! We wish you many more years of happiness and fulfillment.

Going to Kaleido- "scope" Out the Place

Our Ulster County Day Community Opportunities Program (DCOP) had a magical time exploring color, light and movement at the The Kaatskill Kaleidoscope, also known as the "World's Largest Kaleidoscope." This 56-foot-long, 38-foot-wide kaleidoscope was built inside a converted grain silo in the Catskills and was certified as the "World's Largest" by the Guinness Book of World Records.



How did they find this great place? Our DCOP team participants did their own research on local library computers to find many cool places to socialize and shake off the winter blues. They presented their ideas to the staff who placed the destinations into the

schedule. Stay tuned for other Ulster County adventures!



CareerNext Program expands to SUNY Cobleskill



Living Resources Corporation and The State University of New York College of Agriculture and Technology at Cobleskill recently signed an agreement that will bring our "CareerNext" Program to the College.

CareerNext is a unique college support program designed specifically to help students with autism and learning

differences while obtaining their Associates or Bachelor's degree from SUNY Cobleskill. CareerNext is excited to work alongside SUNY Cobleskill assisting students of all learning styles to be successful in both their academic and overall college experience.

Since 2005, Living Resources has been providing educational opportunities in Collaboration with The College of Saint Rose through our College Experience program, and expanded that program with CareerNext in 2019 to include SUNY Schenectady. Our new expansion to partner with SUNY Cobleskill ensures that our students are provided with a variety of educational opportunities. We are grateful to SUNY Cobleskill for this recent partnership.

The CareerNext Program at SUNY Cobleskill will begin in August 2020 and we have already enrolled our first student!

For more information about Living Resources Career Next program contact Colleen Dergosits at 518-218-0000 x 4625 or cdergosits@livingresources.org.

Saperstein in the Studio



We are proud to share that our College Experience staff member, Jesse Saperstein appeared on the Dr. Phil Show! Jesse pitched a story concept featuring his good friend, David Elmore Smith. Jesse's idea turned into reality with the shows airing on Wednesday, February 19! David, who has suffered from morbid obesity for most of his life was featured on the 2009 TLC documentary, "650-Pound Virgin" which chronicled his 400-pound weight loss. Since then, he slowly gained the weight back, but in the process, gained a great friend in Jesse.

At the end of David's segment, Dr. Phil introduced Jesse to his television audience by saying, "Jesse was the catalyst in getting David out of his house and here in front of me. Jesse wrote to me asking me to help his friend before it's too late." Since the show has premiered, David has lost over forty pounds.





Dining with Will...Shakespeare



2018 College Experience alumnus Nick Williams has been pursuing his acting ambitions! He recently performed in "Dining with Will," a "hearty and delicious collage of Shakespeare scenes and monologues." It was produced by Blue Horse Repertory Company Acting School at St. Anne Institute located at 160 North Main Avenue. Nick portrayed Silvius in a scene from "A Midsummer Night's Dream" and Count Palatine in a scene from "The Merchant of Venice." Nick traveled to New York City twice with the Alumni Activities Club to view performances with the

neurodiverse theater group. He also maintains volunteer positions as an usher at the Palace Theatre and at the Guilderland YMCA. Please enjoy the photos of Nick performing, and with alumni peers and his acting coach, Lora Lee Ecobelli. We thank her and the rest of the performers for being one of the many positive influences in Nick's life. Keep reaching for the moon, Nick and you'll land among the stars!



Fighting the Winter Blues

Winter gets long in upstate New York, so we thought we'd highlight some of our month's activities.



Is there a better way to rage against winter than going into a heated swimming pool and hot tub? The Alumni Activities Club doesn't think so. They went to the Guilderland YMCA for a swim and then grabbed a bite for lunch.

Our Ulster County DCOP participants enjoyed karaoke, pool, and ping pong at Round1 Bowling & Amusement in Middletown.



Our Saratoga and Warren County DCOP programs joined forces and embraced the winter weather together with an awesome day of snow tubing at West Mountain Ski Area in Queensbury. They had two hours of snow tubing and loved every second of it. They felt that the day's snow totally added to their experience.

What about you? Do you love winter, or are you fighting the winter blues?



A CareerNext Celebration



Congratulations to Victoria who attends Living Resources' CareerNext, SUNY Schenectady County Community College. Victoria made the President's List last semester!

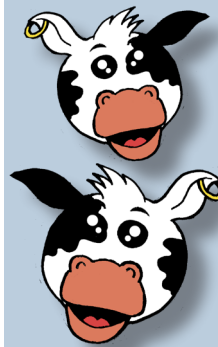
She is an inspiration to all in the program.

A special thanks to our CareerNext team who have supported Victoria to help her make her goals a reality.

Cow about that?

Looks like Sheila is in a great "moo-d!" She had a blast with the "legen-dairy" cows at Stewarts and even got free ice cream.

Best.
Day.
Ever!



Double the fun!

The folks in Westchester really know how to throw a good party! Lynne and Frank live in the same residence and share a birthday. Always up for a good time, the staff mobilized to make it the best day ever. Lynne and Frank both requested a pizza party and each got their own choice of dessert. Lynne requested a Carvel ice cream cake, and Frank preferred a chocolate fudge cake. Since Lynne loves all things comics from both the Marvel and D.C. Universes, Iron Man made an appearance in the form of a balloon.

In addition to their house-mates, they each invited friends from outside their residence to the party which featured a balloon arch, a "photo booth" with props, and of course, plenty of music and dancing.





Faculty Spotlight: Deserene Carroll



For over 10 years, Deserene Carroll has been working for Living Resources at our Mahopac residence in Westchester County. Desi, as staff and individuals call her, has made an incredibly positive impact on our individuals. She is an amazingly outgoing person, taking on any task you give her with enthusiasm. The individuals love doing all their recreational activities with her, including going to church, movies, lunch/dinner, Play Land, shopping, and their Spring Ball.

Her manager, TinaMarie Finney, was thrilled to promote Desi to assistant manager and is grateful to have her in that position. She says, "Desi works a variety of shifts and even spends holidays with her individuals. There's no job too big or small

for Desi. We work as a team and definitely are two peas in a pod when it comes to our individuals. We look at our job as a second family and home, and not just a paycheck." Desi states, "I love working here! It's very rewarding and you learn so much. All my training and experiences have helped me grow and excel, allowing me to be promoted to assistant manager. It comes down to the looks, smiles, happiness, and joy that I bring to the individuals and they bring to me. I hope to be here for many more years to come!"

SAVE THE DATE!

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

Tuesday, March 31- We are excited to announce that **Living Resources 4th Annual Art of Independence** will take place at the **Fort Orange Club** 110 Washington Ave, Albany, **from 6:00 pm - 8:00 pm.**

Friday, April 24- Noon-2 pm - Day Community Program Awards Ceremony, Village of Colonie Family Recreation Center. More Details to follow.

Thursday, May 21 - CDPHP Workforce Challenge at the Empire State Plaza - more information to follow.

Monday, June 8 -11th Annual Golf Tournament at the Colonie Golf and Country Club. More details to follow.



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