

Sharing the Journey



April 2020

LIVING
RESOURCES

A Message from the Chief Executive Officer



"This very moment calls for you to rise to the test and show your challenges what you are truly made of." – Edmond Mbiaka

Recently, Living Resources has had a few individuals that we serve and staff members test positive for Coronavirus. Fortunately, to date, most of these cases have been mild. One individual has fully recovered and has been released from our quarantine location. Several staff members have also recovered and have returned to work, all of this with the approval of the County Department of Health. A few other individuals were hospitalized and are improving. One has been released back to Living Resources for our care and is currently in quarantine.

Since the inception of this pandemic, we have worked diligently to obtain an adequate supply of PPE from local, national, and global suppliers. We enhanced our universal precautions protocols to include requiring that all staff wear face masks at work, strictly sheltering our individuals in their homes, and daily monitoring of temperature and other measures to check for symptoms of the virus. If any staff or individuals we serve appear ill, we immediately seek medical consultation and assistance. We are working diligently to protect the individuals we serve and our staff. Our goal is to prevent the spread of this virus.

As CEO, I have never been prouder of our Living Resources team. Despite these extraordinary challenges our Super Hero staff continue to rise and prove that ...

TOGETHER, we are stronger than COVID-19!



Support our Super Heroes. Donate Now.



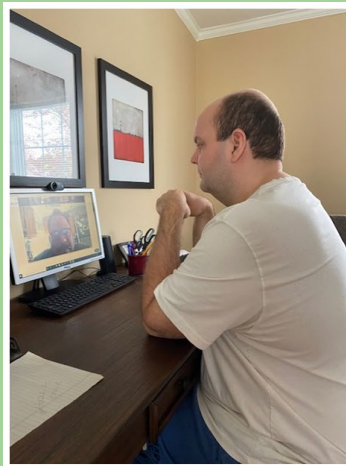
A picture is worth a thousand words

One size most definitely does not fit all when it comes to working with our individuals. Meet Stephen, one of the newest members of our Ulster County Day Community Opportunities Program.

Stephen is non verbal and although he attends DCOP's daily zoom conferences, he could not join in conversation with his peers. So the instructors thought outside the box to create a platform that Stephen could participate in. Instructor Cassie Stevens led an art workshop drawing members of the police with assistance from staff Jason Wilson. This gave Stephen the opportunity to truly be a part of the group.

His mother forwarded this picture to show how happy and engaged he was throughout the entire session as well as the art he created (see right.)

Thank you to our amazing Super Heroes who have been so creative in utilizing video technology to engage the individuals in their programs!



Receiving love from our neighbors!

It is said "A good neighbor is a priceless treasure." One of our East Greenbush residences is especially fortunate to have a neighbor who is not only kind, but amazing with a sewing machine! She made 20 homemade cloth masks with the hopes that it would be helpful to our staff and residents. What a wonderful and benevolent "good neighbor" response to the scary position we all find ourselves facing.

But the story doesn't end there. Shortly after the delivery was received, one of our staff members and resident dropped off a mask for our good neighbor ... a homemade paper mask signed by folks at the home. We deeply appreciate our neighbors and the concern they have for the individuals we serve and our staff. Together we will get through this!



Getting in the Groove with Virtual Learning!

Our College Experience is in the groove with virtual learning! We have a selection of 13 courses students are able to choose from; Monday through Friday, 9am to 6:40pm. Our students stay connected with each other and their teachers at the College Experience, through a variety of strategies, including Zoom teleconferencing.

They cover a great variety of topics. Diana Halstead, College Experience and CareerNext Admissions Coordinator developed a new class for our students to attend virtually. In this course, "The Sociology of Selfies," the students are learning about the cultural impact that selfies have in our society and how the pictures we take of ourselves tell bigger stories than we think.

"The Bright Side" with instructor Kelly focuses on the power of optimism, the different ways students can treat themselves, and create happiness for themselves while staying at home. The Employment class recently had friendly competition between freshmen and seniors in a game called "What's My Job?" Students are also offered classes in aerobics, yoga, and kickboxing, health and wellness, drawing, empowerment and advocacy, cooking, online community involvement, and creative journals. Additionally, Allison Fuller, Clinical Therapist for CEP continues to work one on one virtually, with many students to help them through this difficult time.



We're cooking now

Education doesn't stop after graduation.

Living Resources offers a Transitions program for our College Experience graduates so they can continue working on their daily living skills and remain as independent as possible. Some of the goals they work on include communicating with peers, engaging with community, and participating in healthy living activities such as exercise and cooking. Typically, these lessons take place in person, but they have temporarily shifted to virtual platforms such as Zoom.

Each week, staff check in with participants to make sure that they are challenged, engaged, and doing well. It's also an opportunity for the grads to connect with each other. During

this time of social isolation, it is increasingly important for them to see each other through Zoom and to be able to enjoy just talking to each other. They chat and share things they have learned in the past week sometimes writing and sharing movie and book reviews.

This week, the assignment was cooking. Students were challenged to make a meal or side dish, and share photos of themselves creating the dish, including the finished product. Looks like they are all doing well. And now I'm hungry, aren't you?





Angel Gowns donates masks to Living Resources

We at Living Resources remain committed to our mission to promote and provide life-enhancing services to our vulnerable population in environments that are safe and nurturing. We are adhering to the safety protocols put in place by our Governor. As with all health care providers, we found our need for face masks to be above and beyond what was widely available in stores. Enter [Angel Gowns – Capital Region, NY](#), whose volunteers have sewn and donated over 400 hand-made cloth masks to Living Resources. These masks are being used by our essential personnel while providing support to those we serve. Our deepest gratitude to all the volunteers at Angel Gowns who donated their time and skills to lovingly create these wonderful masks. A special note of thanks to Carol Ann, who leads the group, and her husband Tom who delivers the donations. We appreciate the **heart** that you put into all of your donations.



Angel Gowns-Capital Region, NY is a volunteer group based in Albany, NY that helps parents who have suffered the loss of a baby by creating burial gowns for their babies from donated wedding gowns and first communion dresses.

Friday is Game Day

Every week, our Clinical Services department has been hosting virtual games including Jeopardy and BEAT SHAZAM.

BEAT SHAZAM, is an interactive music game where the players listen to a few seconds of a song and then guess the song name when given multiple choice options. They even get bonus points if they can name the artist.

Everyone enjoys dancing and singing along to the clips, proving that laughter is great for the mind and spirit!



ASP Rainbows



Although the schools have been shuttered for the time being, Jacqueline Calder and our After School Program staff have been checking in with their kids to keep everyone connected.

They recently colored rainbows together via Skype to create this cheery message of hope and health!



Spotlight on Westchester County

We were filled with joy and pride when we heard from Janet in Westchester who just had to tell us about the Super Hero staff who work with her sister in one of our residences! She said that she had been hearing so much about essential staff and the heroes who report to work with a vulnerable population despite the presence of a global pandemic, and she thought of Living Resources Super Heroes, particularly Paula and Wayne.



Paula (photo left, taken in February) is a very involved Super Hero who embodies the phrase "We can do it!" When individuals need assistance, Paula's compassionate presence is known. Read more about Paula in our Faculty Spotlight section on the back page of this newsletter.

One of Wayne's super powers is cooking the meals for all who live in the residence. Janet spoke lovingly about how Wayne invites his individuals to help prepare the meals by adding ingredients, stirring the pot, or whatever else needs to be done. The individuals

are always happy to take on the responsibility of contributing to the family meal.



Not to be overlooked, putting all the pieces together is house manager Tina-Marie whose job is to make sure everything runs like clock-work. In addition to her usual duties, Tina-Marie holds Zoom and Skype sessions so her individuals can talk to their families. She reassures the families that their loved ones are doing well and lets them know what they have been doing during the week. Tina Marie's office door is always open and she encourages her individuals to visit her if they want to talk, need to vent, or just want a different place to go.

Tina Marie says, "When COVID -19 first shut everything down, it hit our house hard because the residents are all active with day programs, jobs, and sports. It took about a week of adjustment for all the individuals to understand that it wasn't just Living Resources that was closed, but the entire world. Now everyone understands and they are in a new routine. I am proud of my residents - they get along with each other, help out with the

Tina Marie, pictured to the right of February's Faculty Spotlight staff Deserene Carroll at their 2019 Spring Ball

household chores, and are always there for each other. The residents get to choose where to order take out from twice a week, which makes them really happy.

I am proud of my staff for doing such an amazing job of rising to this challenge. They are encouraging and go out of their way to get what the residents want; a cup of coffee, candy, a newspaper, or generally whatever they would buy for themselves when they go out. They are the best!





Faculty Spotlight: Paula Marsala

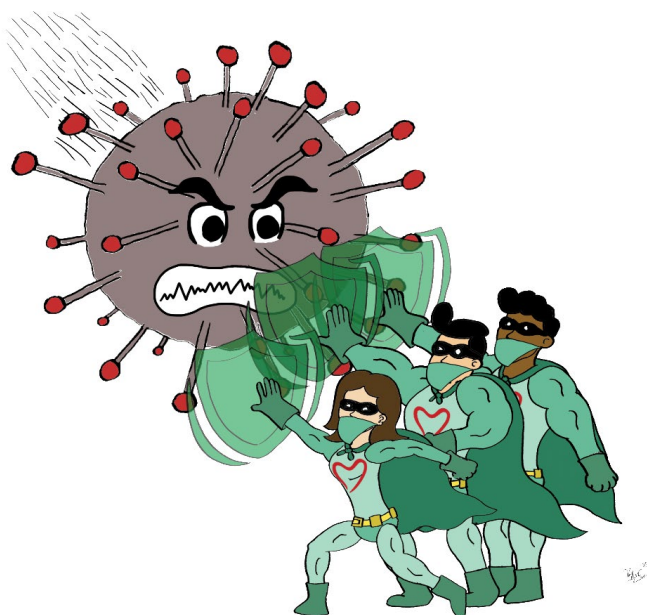


The reach of Living Resources extends south of the Capital Region to Westchester County, where Super Hero Paula Marsala can be found giving compassionate care to individuals in one of our residences. Paula's "super-power" is empowering others to direct their own lives, so they can be the best they can be!

As any parent knows, it takes time, energy and patience to teach someone to do a task that you can easily do yourself. Paula doesn't take the easy path. Her gift is in patiently supervising and guiding her individuals through the less glamorous activities of daily life, such as laundry and cleaning. Of course, Paula is also there to give physical support and reassurance to those in her care when needed. She always extends her helping hand, when needed, frequently assisting those with mobility difficulties.

How is this balance achieved? Experience. Her Super Powers have been refined over the 20 years that she has been working at Living Resources. In a field that is known for high turnover, Paula is a constant in the lives of her Living Resources Family. And according to her co-workers, Paula doesn't just bring out the best in her individuals. She helps everyone on the team by sharing her knowledge and insight, guiding new staff as they learn the ropes.

We are so glad that Paula chose Living Resources for her career!



A word from our Super Heroes:

"Not all Super Heroes wear capes, but they do wear masks!"

Keep yourself and your loved ones safe - be a Superhero and wear your mask!



www.LivingResources.org

Click here to read our March Newsletter

[Click here to unsubscribe](#)