

# Sharing the Journey

May 2020



## A Message from the Chief Executive Officer



As the Capital Region begins to move forward and NY Pause ends, it is vital to remember that **Living Resources and the support we provide never PAUSED!**

Throughout this pandemic, our Superheroes have always moved forward. They have continually pivoted and adapted to this ever changing environment; never pausing in their commitment to those we serve. As a result, the nearly 2000 individuals we support remain safe and protected.

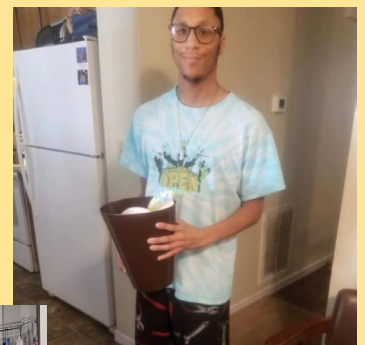
This virus has forced us to dive deep and provide new avenues of support and service. It has reshaped our lives and the lives of those we support. We have learned many new lessons and we will continue to learn more as we safely begin to imagine this new forward. We are grateful to YOU for standing by our side, providing encouragement, helping us to invent and reimagine new ways of delivering care and support.

I want to end with a special THANK YOU to each of our community of caring members, our staff, donors, board members, families, supporters; none of whom paused in their commitment to our mission of caring and support to those we serve.

**YOU are all Living Resources Superheroes!**

## #Quarancleaning

Our College Experience began a series of challenges for the students to get involved in this month. The photos seen here are part of #chorechallenge in which students sent Colleen pictures of themselves completing their chores. They submitted various shots of themselves displaying their ability to independently take out the garbage, do laundry, wash the dishes, take care of the puppy, and a variety other skills needed to venture out on their own.





## 3D Technology keeping our Super Heroes Safe!

We are grateful to the team of volunteers at University at Albany for making and donating 3D printed face shields to Living Resources' front line workers. The University's College of Emergency Preparedness, Homeland Security and Cybersecurity (CEHC) and College of Engineering and Applied Sciences (CEAS) joined forces in late March to create these medical grade face shields. They are joined by an ever growing number of community volunteers who assist with the assembly and packaging of this much needed personal protection equipment (PPE).



Charles Schramm, OTR/L who works in our Licensed Home Care Agency (LHCA) learned that UAlbany was making these shields and knew that they were a needed resource for Living Resources. He worked with his contact, Stephen Conard, Emergency Management Coordinator in the Office of Enterprise Risk Management and Compliance to obtain them for direct care personnel in our LHCA and Certified Home Health Care Agency (CHHA.) Lynne Mackey, Director of Patient Services said that beyond providing an extra layer of germ protection for staff and patients, the face shields provide eye protection for the wearer.

Charles says he and his coworkers "undoubtedly feel safer" now that they have this PPE in their arsenal. Lynne also noted that these shields will be in use well beyond the current COVID-19 healthcare crisis since they can be cleaned according to CDC guidelines and re-used. Our Home Health Aides and Licensed Home Care staff will be able to use them during routine visits when they need protection from the variety of bodily fluids they are potentially exposed to in the course of performing their duties. She said these will be part of our "Best Practice" strategies for health care moving forward.

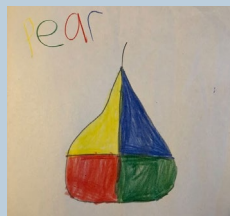


**We thank Charles Schramm, Stephen Conard, the University at Albany's CEHC and CEAS and all who volunteered to create these devices for us! Your gift helps us serve on the front lines during the COVID crisis and beyond.**

## Art Challenge: Pears!

Art Instructor Rebecca Peters posted a "Pear Drawing Lesson" onto our Google Classroom for colored pencils, concentrating on color choices and shading.

The results were Phenomenal!





# We applaud our Direct Support Professionals!

Thank you for everything you do every day in the service of the individuals you support. You are truly Super Heroes!

[Click here to watch our video](#)





## Birthday Celebrations



A cold and rainy May 1 marked After School Program student Dylan Mendez's, 19th birthday, but with the state on PAUSE, he couldn't celebrate his special day at school with his friends. So his After School Program team leapt into action. They surprised him by showing up at his home while the local fire department drove by with sirens.

While socially distancing from each other, Dylan, his mom Anna, ASP manager Jacqueline and teacher Joscelyn enjoyed the spectacle.



## Rainbows in the Sun

There are so many great ways to get outside while staying home. One of our residences took advantage of the beautiful May weather to "make art while the sun shines." Our individuals had a magnificent day making wearable art in the form of colorful tie dyed shirts with their Living Resources Superheroes.

Each shirt seems to reflect the unique personality of it's creator.



## Catching up with friends

Rikhi Girdhar, 2017 Alumnus of our College Experience Program sent us a lovely update of what he has been doing. Rikhi works at Our Lady of Mercy Life Center, mainly in their kitchen. He says, "I clean pots and pans and serve food to the units. Now with the virus we have to meet the nurses at the door to give them the food that will go to the residents. During lunch, I sweep and scrub the floor."

Rikhi enjoys his work at the nursing home. "It is like having a big group of grandparents. You get to know them very well and they are really kind and sweet. They are heartwarming." He even shared some words of wisdom with us; "I know we are in a pandemic right now, but our lives will be back to normal. Just think about coming back to normal and living your regular life again. Stay positive and stay sane and make sure that you guys are not losing your minds. Keep busy and we will all be together with our families again and with our significant others and having fun again in large gatherings. Just keep a positive mind."







# Necessity is the Mother of Accomplishment

They say “necessity is the mother of invention” but it is also the mother of accomplishment. Donna Adams reached out to tell us about Super Heroes Kim and Brigette from our Rensselaer County Day Community Opportunities Program, who spend time



working with her son Nathan via the phone every day. Now, talking on the phone may not be an extraordinary feat for most people, but Nathan has had a strong reluctance to using the phone his whole life. Then COVID – 19 came along, forcing us to use various technologies to connect with the outside world while we are in a state of lock down.

In Donna’s words, “During this time he has overcome his aversion to using the telephone and agrees to dial you up independently for each call. He has independently called his aunt.

This is a skill he has avoided all this time, but has taken on during this bizarre time we are all experiencing.”

It started when Kim asked Donna if Nathan knew what to do if he had to call for help in the case of an emergency. Kim learned that Nathan knew the number to call but he strongly avoided using the phone, and so a goal was set. It started off slowly, with Donna dialing and setting the phone on the table with the speaker engaged. After a time, Nathan became more comfortable with the process. Now he waits excitedly until 1:00pm and calls himself. While on the phone, Kim said each member of her group has been reading a book about space. “We take turns reading so I can follow along with them. At the end of the book, they will pick their favorite planet and tell us about it, share why they like it, and draw a picture of it”. Nathan’s skills have extended to using Zoom to participate in the group’s weekly video chat. Staff Jordan engages the group to learn more about each other by playing an interactive game called “Kahoot.”

The Rensselaer County DCOP also makes regular “Mailbox deliveries” to each of their participants. The most engaging activity to date was in honor of Earth Day. Participants received a cherry tomato patio plant, as well as a small ceramic pot, a baggie of dirt and a sunflower seed in a tiny baggie. The ecologists have all planted their seeds and are caring for them lovingly. Donna thanked Kim for the deliveries saying that Nathan looks forward to each delivery and tackles something in his packet each day. “We truly appreciate all you do for Nathan.”

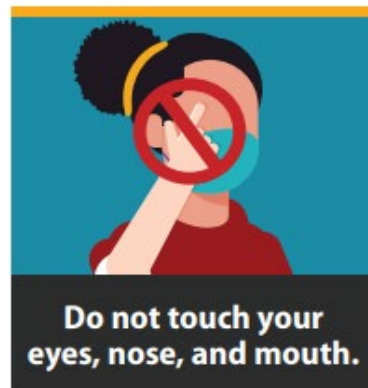


We thank Kim, Brigette, and all our Living Resources Super Heroes for rising to the challenges created by the COVID – 19 pandemic, and creatively making a difference in the lives of our individuals every day.



# Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

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