



## A Message from the Chief Executive Officer 2020 Annual Campaign



Elizabeth Martin, CEO

At Living Resources, we have always known that **the best journeys always lead home! 2020 has certainly driven this point HOME.** Our homes have become our castles -fortresses which provide **safe havens** from ill health and **caring sanctuaries** of warmth and security.

When Living Resources first began providing supportive services in 1974, it began with this same premise. **Our mission has always been to deliver life-enhancing, life-long support to families in safe and caring environment.** It began with one home and has grown to an agency that provides supportive services to nearly 2000 individuals/ families members.

**Many of the individuals that came to Living Resources when we first opened still call Living Resources home today.**

Franny, who celebrated her 88th birthday this year shortly before COVID hit, has been with us for 40 years. Her favorite things include crafts, baking sweet treats, and travel. Though she enjoys an adventure, she knows that the best journeys always lead home to her own comfortable bed and her four housemates that are like family.

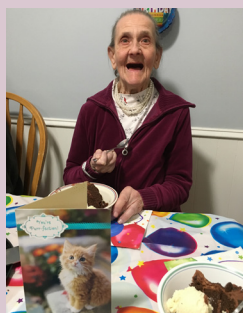


We are thankful when friends like **YOU** embrace our mission, become partners, and guarantee that home is not just four walls and a roof, it's a sanctuary.

2020 has dealt Living Resources and those we support many challenges but **YOU** continue to make a difference in the lives of others. **YOUR** contribution helps us ensure that individuals like Franny will always have a caring home at Living Resources.

**Thank YOU for your compassion, support, and love.**

At **LIVING RESOURCES** the best journeys always lead home!



**Click HERE to support  
our individuals**





## Meet Nurse Manager Erica Smith



Recently the **Times Union** asked for nominations in their **Salute to Nurses and Nurse of the Year initiative**. We were honored to nominate Erica Smith as our Superhero Nurse and are proud to share that she was selected as a finalist!

As Nurse Manager at Living Resources, Erica Smith has been supervising nurses who work in our residences for two years. Her friend and fellow nurse manager Andrea Mattas encouraged Erica to join the Living Resources family because she loved the work environment and felt that it would be a good fit for Erica too. Erica says she has always loved this type of nursing because of the team collaboration that takes place between the house staff, family, physicians and individuals adding, "Each team member has a different skill set and level of expertise. All members of the team contribute to a dynamic knowledge base."

This established and trusted team approach proved to be a critical resource for all when the COVID- 19 pandemic hit the region in March. "We had to develop a whole new way of doing our job. It was a very busy time, a stressful time." Erica credits her "strong group of nurses" for keeping everything running smoothly. "We had just started a staff training session for those hired in the end of March, so we had to develop new nursing guidelines while we were training nurses." Among these changes was the development of updated care plans according to the available Department of Health (DOH) and Office for People with Developmental Disabilities (OPWDD) guidelines and precautions for infectious disease control. They also had to develop strategies to manage medical appointments. "We were used to seeing providers face to face, but we quickly became proficient in the use of telehealth."

Through it all, Erica said her nurses have been fabulous with all the changes as they provide the best, most compassionate care. "COVID has been a rollercoaster of a ride. There are periods of time where we feel we have it figured out, and then a new situation occurs. We are continually reevaluating, reassessing, keeping up to speed with OPWDD and DOH. Erica continues to draw on her team collaboration to coordinate communication fielding many questions from families about the management of the specific needs of their family member.

A caregiver in the truest sense of the word, Erica desires to protect everyone she interacts with, both at work and home. She said, "Living Resources is absolutely family oriented. They truly take care of their employees, enabling me to care for my family, both at home and work. It sounds corny but it's true. This agency is different. Living Resources cares for the guys we support as well as the staff, from the top down." Erica commended outgoing Living Resources CEO Fred Erlich as well as supervisors Steve Klein, Jen Kirkpatrick and Meredith Gilchrist for always being available and supporting her.

FINALIST NURSES				Times Union Salute to NURSES
<b>SUZANNE ALMOND</b> St. Peter's Medical Associates Nurse	<b>HEATHER KELLER</b> St. Peter's Hospital Clinical Educator	<b>AMY OVITT</b> Albany Medical Center ER, Nurse Practitioner	<b>ERICA SMITH</b> Living Resources Case Manager, Nurse Manager	
<b>ANNA BELLINGER</b> Saratoga Community Health Center RN, Behavioral Health, Psychiatry	<b>SCOTT MARRA</b> Sunnyview LPN	<b>CRISTINA PHILLIPS</b> St. Peter's Hospital RN, Infectious Disease	<b>BARB SMITH</b> Vanderheyden Human Services, Education	
<b>CYNTHIA FILIPPONE</b> St. Mary's, Amsterdam Behavioral Health	<b>MARCUS MASSACONI</b> Albany Medical Center Cardiac/Device Clinic	<b>CATHY ROBERTSON</b> Saratoga Hospital RN, NP, Critical Care	<b>CONSUELA VELAZQUEZ</b> Barnwell Elderly Care, LPN	
<b>RICHELLE IVES-ARCHARD</b> The Glen at Highland Meadows Mnag of Resident Services	<b>RAYLENE MINICK</b> Samaritan Hospital OR	<b>CARA RYAN</b> Latham Pediatrics LPN, Pediatrics		



## National Disability Employment Awareness Month

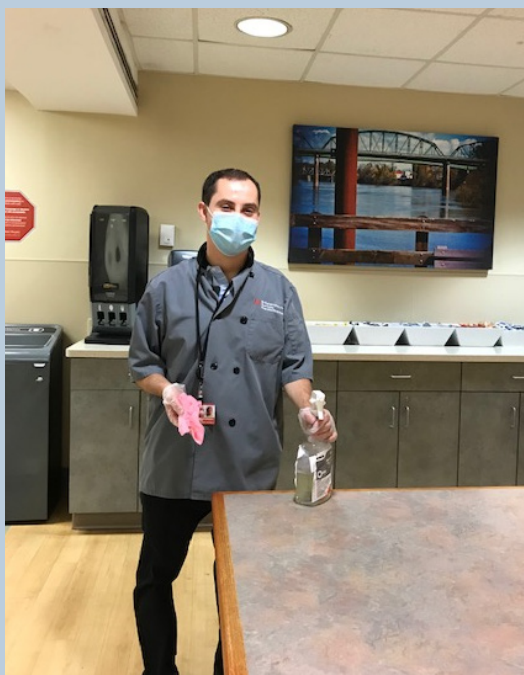
In honor of **National Disability Awareness Month**, we would like to highlight some of our many individuals who make the most of our Supportive Employment Services at Living Resources and the businesses that partner with us to create the most successful atmosphere to benefit all.

College Experience alumnus Reed Grontas (Class of 2019) has been volunteering at the **Regional Food Bank of Northeastern New York's "Focus Interfaith Food Pantry"** in Albany. He has been arranging plastic bags of produce and vegetables, stocking shelves, and enthusiastically performing any other duties that are asked of him. We thank him for this valuable service of helping local families who are living below the poverty line, particularly during this time of decreased food security.

Reed is being supported by the food pantry coordinators as well as his job coach. We thank them for giving him a chance to make a difference. All of us look forward to seeing what Reed will bring to the table at the food pantry among his other achievements that will follow.



Reed at the Focus Interfaith Food Pantry



Last year at our Golf Tournament banquet, Brendan Salmon and his father Mike spoke about the impact that Living Resources' College Experience program had on their lives.

Brendan, a 2018 College Experience graduate currently lives with roommates in their own apartment in Albany. His CEP internship took him to **St. Peter's Hospital** where he demonstrated an amazing work ethic and career goals. He was quickly offered a paying job where he remained working with the assistance of our employment services until his job was furloughed in mid-March due to the pandemic.

Brendan has recently returned to work at St. Peter's Hospital where he is responsible for cleaning two of the hospital cafeterias. He is thrilled to be back and he has even stepped up his game following the many new cleaning protocols which are now in place. We are so very proud of Brendan and all our students as they move forward!

Brendan keeping the cafeterias at St. Peter's clean





## National Disability Employment Awareness Month (Continued)



Rob and his girlfriend Mia

During his second year at The College Experience, Rob's lifelong passion for cars led to a paid internship at the body shop of Orange Motors in Albany. It was a perfect fit and when the internship ended, they worked with Rob's job coach, Bill Lynch to hire him as a part time employee, detailing cars and keeping the shop clean.

Since then, some things have changed. Orange Motors is now **DePaula Chevrolet**, and the part time job has become full time employment. Rob has increased work responsibilities and is currently focusing his energies on sanding parts, mixing paint, and unpacking materials from shipping boxes, and breaking down the boxes for recycling.

With all the changes over the past 6 years, some things remain the same. Rob is still living in an apartment a short distance away from the College of Saint Rose with his best friend (and former college roommate) Bill. He continues to receive services from Living Resources and maintains a connection with his College Experience friends.

We at Living Resources are thankful for all those at DePaula Chevrolet for helping Rob achieve his goals in life. We are proud to continue supporting Rob throughout his road to success. Knowing Rob, the best part of his journey is yet to come!

2020 College Experience alumnus Mark Panico is an animal lover at heart. He was placed in a student internship at **Pet Supplies Plus** in Albany, NY stocking shelves and helping customers to find products. Sadly, the beginning of the COVID pandemic marked the end of his internship, but his vocational management team kept in contact with the business throughout the shutdown. When a position became available in September, Mark was offered a permanent position.

Additionally, Mark sought out volunteer time with **Kitten Angels**, a non-profit organization dedicated to the rescue of abandoned and orphaned kittens, pregnant cats, and mother cats accompanied by their kittens. Mark is responsible for making sure the kittens in his care enjoy a healthy and clean living space, and for assisting the site in finding loving families for them. The story comes full circle in that Mark's assigned volunteer site happens to be at Pet Supplies Plus.

We at Living Resources and The College Experience thank the great people at Pet Supplies Plus and Kitten Angels partnering with Living Resources Employment Services to make this a wonderful success story!



Mark with a friend at Kitten Angels



# LIVING RESOURCES



October is National Disabilities Employment Awareness Month.



We are happy to highlight the businesses that partner with us in our mission to help individuals achieve independence and self-sufficiency through meaningful employment.



<b>ACCES-VR</b>	<b>EBiz Docs</b>	<b>Petco</b>
<b>Albany Medical Center</b>	<b>Eco Kids</b>	<b>Peter Harris</b>
<b>Albany School District</b>	<b>Empire Wine &amp; Liquor</b>	<b>Pioneer Bank</b>
<b>Baptist Health</b>	<b>Evergreen Rehabilitation Center</b>	<b>Price Chopper/Market 32</b>
<b>Bed, Bath, and Beyond</b>	<b>FedEx</b>	<b>Samaritan Hospital</b>
<b>Bethlehem School District</b>	<b>Flik Food Service</b>	<b>Shop and Save</b>
<b>Burlington</b>	<b>Gatherer's Granola</b>	<b>Shop Rite</b>
<b>Capital District YMCA</b>	<b>Good Samaritan</b>	<b>Siena College</b>
<b>Capital Milestones</b>	<b>Grrreendog Grooming &amp; Spa</b>	<b>Solomon &amp; Solomon Law Firm</b>
<b>Care Design</b>	<b>Hannaford Supermarkets</b>	<b>St. Peter's Hospital</b>
<b>City Mission of Schenectady</b>	<b>Helping Hands</b>	<b>Teresian House</b>
<b>Corpus Christi Church</b>	<b>Honest Weight Food Coop</b>	<b>The Elliot at Troy</b>
<b>Covetrus</b>	<b>Hudson Valley Community College</b>	<b>Trans Tech</b>
<b>Crisafulli Law Offices</b>	<b>Jewish Community Center</b>	<b>Van's Express</b>
<b>Crossroads Industries</b>	<b>Marshall's</b>	<b>Vent Fitness</b>
<b>Daigle Cleaning Service</b>	<b>Mercy Cares for Kids</b>	<b>Walgreens</b>
<b>Dick's Sporting Goods</b>	<b>NYS Government Offices</b>	<b>Walmart</b>
<b>Dunkin' Donuts</b>	<b>Panera Bread</b>	<b>West Ave Mobil Mart</b>
<b>East Greenbush Community Library</b>	<b>Pet Supplies Plus</b>	



## Got your Flu Shot?

With the numbers of active COVID cases on the rise in some parts of New York and throughout the United States, now is not the time to let your guard down. It is important to remain vigilant in your fight to stop the spread of COVID-19.

**Election 2020:  
Make a voting plan,  
know your rights,  
and make your voice heard!**

Want to know more about the candidates on your specific ballot and their responses to specific issues? Go to [vote411.org](https://vote411.org) and select "Find What's On Your Ballot" and then "Go To My Races".



We at Living Resources implore you to:

- monitor your temperature
- wear your mask covering your mouth and nose
- socially distance when possible
- wash your hands with soap and water for 20 seconds or more
- hand sanitize when hand washing is not available
- avoid touching your eyes, nose, and mouth with unwashed hands
- clean and disinfect frequently touched surfaces
- get your flu shot
- stay home when you are sick





Enjoy a creative writing piece from Day Community Opportunity Program participant, Stephanie Myers.

## Thoughts about Autumn

I was not sad for summer to end because it meant school started back up for me. I loved Halloween as a little kid because that meant you got to dress up and be in a Halloween parade for school. I loved to watch the leaves change colors. I helped my mom rake the leaves. I even helped with decorating for Halloween. I helped pick the bad and dead vegetables. It has never snowed on Halloween.

I think back in 2005 it snowed on Thanksgiving. I played in the snow all day long. I would jump in the leaves and run around in the leaves. It doesn't exist for me anymore. There are going to be some places you can't go. I love the Pine Bush Preserve, but I won't be in program for it this year.

I think that Day Light Savings is something we should keep because it tells us what season it's becoming. I like to go to Golden Orchard because they have the best apples.

Stephanie Myers -DCOP Participant

## SAVE THE DATE!

Here are Upcoming Events you don't want to miss!

**Sunday, November 1 - Daylight Savings Time Begins**

**Tuesday, November 3 - Election Day**

**Wednesday, November 11 - Veterans Day**

**Thursday, November 26 - Thanksgiving**

**Tuesday, December 1 - Giving Tuesday**



[www.LivingResources.org](http://www.LivingResources.org)

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