

Sharing the Journey

January 2021



A Message from the Chief Executive Officer



Elizabeth Martin, CEO

As I was listening to poet laureate Amanda Gorman during the inauguration, I was struck by the purpose of her words and the **HOPE** in her voice. I too have **HOPE**. I **HOPE** that 2021 will bring a brighter year for all of us. A year filled with hugs that warm our hearts, in-person smiles that bring joy, and full-belly laughter that allows us to begin to heal so that we may all experience good health in abundance.

It can be hard to remain positive when we are still living in a pandemic. While this pandemic culture has taught us many lessons in how we can overcome challenges and turn them into successes, we yearn for this time of trial to be behind us. With vaccinations beginning to be administered, I feel that we are moving in the right direction and that 2021 will be a year filled with **HOPE**, renewal, and unity.

My personal **HOPE** for 2021 is that we are able to unite and celebrate the fact that **TOGETHER** we overcame the challenges. I love a good party and can't wait until we are able to gather together, sharing smiles and laughter while we dance and celebrate.

Cheers to HOPE!

Life's most persistent and urgent question is: 'What are you doing for others?'"
~ Martin Luther King Jr.



Our Living Resources Super Heroes answer Martin's question every day by serving individuals with disabilities with compassion, dignity, and respect.





What's Your Why?

Some of our many Living Resources Super Heroes shared the reasons why they got vaccinated. Let their words inspire you!



"To stay safe is to be able to smile to tell the story. Get vaccinated help keep someone else smiling."
~ Anthony Taylor,
Medical Assistant, Heather Lane



"Doing my part to keep the world safe, I got vaccinated."
~ Sandi Stevens,
Manager, Division &
Birch Street



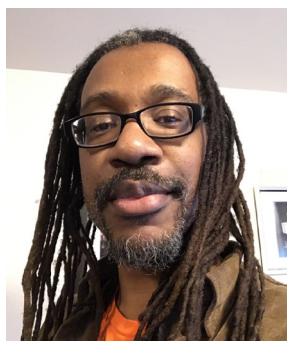
"I got my Covid-19 vaccine. Please get yours. I miss seeing my participants in person."
~ Brett Blanchard,
Manager, Warren DCOP



"I'm a Living Resources Superhero and I got vaccinated to protect those who can't."
~ Karin Hudson, QIDP,
Saratoga South



"Getting vaccinated will protect people around you, particularly people at increased risk for severe illness from COVID-19. Stop the spread, get vaccinated."
~ Jerry Bova, Fire Safety Inspector



"I got vaccinated to protect my family and those I teach."
~ Marcus Anderson,
Gallery Manager/
Art Instructor



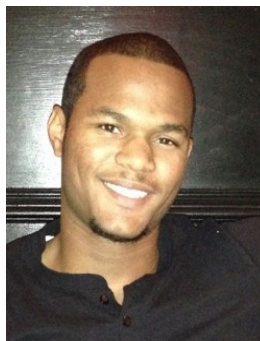
"Get Vaccinated, I did!"
~ Indranie Seenanan,
Balltown Road



"Have a heart, do your part, get your shot!"
~ Lynda Lawyer,
Charlton Road



"Everyone knows that ***I hate needles!*** If I could get the shot then you can get the shot!"
~ Adele Cramer,
Living Resources Nurse



"I did my part by getting the Covid-19 Vaccine. Did you?"
~ Jovan Campbell,
Residential QIDP, Region C



"Do your part and please get vaccinated. I did!"
~ Cheryl Keosky, Saratoga DCOP



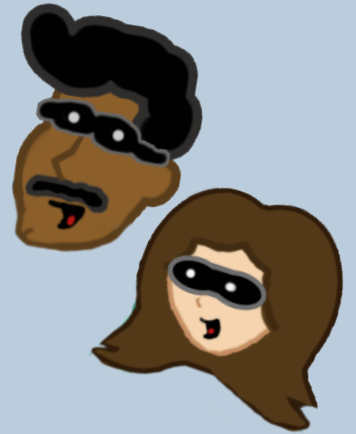
Additional Annual Appeal Donors:

Linda and Philip Chandler
Warren Cornwell and Bonnie Hall
Fredrick Erlich and Beth Vandecar
Hermes and Theresa Fernandez
Elizabeth Jackson
Michael Kuhland
Aaron and Jackie Lieberman
James and Barbara Malerba
Catherine Merriman
Brendan Mooney
Rachel Muller
Anthony and Maria Principe
R.A. Fuerst Law Group, P.C.

Lee and Sharlene Raymond
RBM-Guardian Fire Protection, Inc.
Aaron Ritzenberg
Kimberly & Robert Rogers
Helmut and Erika Samide
Sandra Smith
Denise Stewart
Lynette and Michael Tucker
Bruce and Janet Wagner
Mark and Ina Weintraub
Susan Williams
Thomas and Mary Ellen Windish



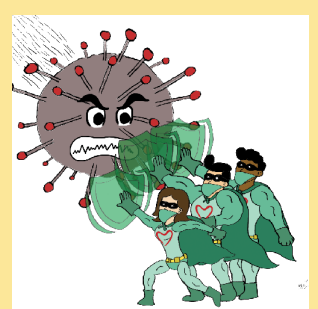
Thank you!

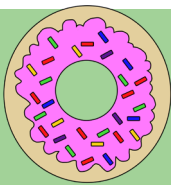


Kick Covid to the Curb!

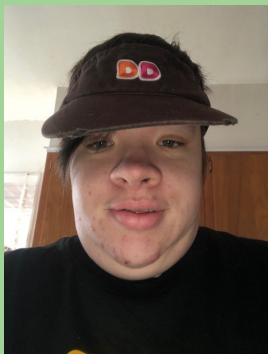
There are many actions that we can all take to actions to help prevent the spread of this illness. Wear a mask, clean your hands and surfaces often, keep a safe distance, avoid crowds and poorly ventilated spaces, and now we can add Get Your Shot!

Our Living Resources Super Heroes want to show you how easy it is to "Get Your Shot"! https://youtu.be/iA6afn_V9pw





Ability, Motivation, and Attitude – a Recipe for Success!



“Ability is what you are capable of doing. Motivation determines what you do. Attitude determines how well you do it.” —Louis “Lou” Holtz.

Ability, Motivation, and Attitude – Vinique has it all. She works with her whole heart as a dedicated employee of Dunkin Donuts, having just celebrated her 2-year anniversary. Her success comes from her hard work, positivity, and collaboration with Living Resources’ Employment Services.

Vinique began her journey as a loyal Dunkin customer who dreamed of being a Dunkin employee. Enter Living Resources’ Employment Specialist Koryn Shear who knows that “A dream written down with a date becomes a goal. A goal broken into steps becomes a plan. A plan backed by action makes your dreams come true.” (~Greg Reid.) Together, they filled out paperwork, prepared for her interview, and even shopped for the needed items. After Vinique’s interview, Koryn followed up with Dunkin regularly, helped with the hiring process and supported Vinique through the first few months. From there, Lori Ira jumped in to support Vinique, helping her learn each new job task to a point of excellence. Lori has seen much professional growth in Vinique as she has learned these new job tasks and navigated life as an essential worker during this pandemic.

Over these past two years, Vinique has been true to her passion, becoming well versed in every aspect of her position. Not only does she run the register, take orders for customers, make coffees and drink orders, and prep food for sandwiches, she also stocks merchandise, supports the drive thru, and cleans the dishes and the serving areas. And she does it all with her signature smile!

Recently, a customer the following amazing review of Vinique’s exemplary customer service:

We are thankful to Koryn for helping Vinique begin her career at Dunkin and for Lori, for her dedication to supporting Vinique on her chosen path. We are proud of Vinique throughout all her growth and many achievements and we wish her continued success as she lives out her dream. As Koryn said, “I am so proud of her dedication to her job and drive to be successful. The site is also incredibly supportive. I love it when things fall together so seamlessly.” Special thanks go out to Dunkin for working with Living Resources to make the dream of employment for individuals with disabilities a reality.

Since 1985, Living Resources’ Employment Program has sought to assist individuals with disabilities pursue meaningful career opportunities. Its Career Counselors and Employment Specialists provide one-on-one assistance to facilitate the process of preparing for, securing, and maintaining competitive employment.

Reasons for your score.

The woman who waited on me provided ABOVE AND BEYOND one of the best customer experiences I have ever had in my 59 years! Friendly, professional, VERY POSITIVE ATTITUDE! Spoke respectfully to her coworkers. Indicated she wanted to give me my money's worth for my chai... I told her she gave me my money's worth with her positive attitude alone. I personally go to Starbucks which is right next door, but they weren't open yet and I had a 2-hour road trip ahead of me and wanted a hot beverage for the trip. Everything happens for a reason. Starbucks being closed until 7:30am gave me the opportunity to interact with a phenomenal Dunkin employee! PLEASE recognize her!

For more information, visit our Employment Services page:
<https://www.livingresources.org/services/employment-services/>

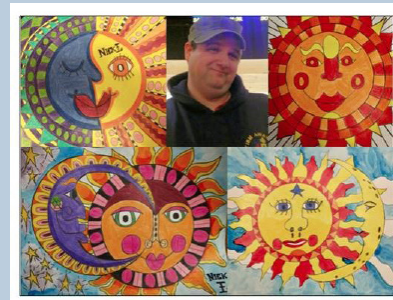


A Cure for Cabin Fever



Mid-January Cabin Fever? How's this for a Heat Wave? 2011 College Experience alumnus Jessica Lewis created this image of warmer days on a tropical isle while taking private art lessons at the Art in Mind Creative Wellness Studio.

Take a moment to bask in the warmth of Nick's sun, moon and stars. Nick Lyons attends Living Resources' Art Program, based in Schenectady. With the assistance of his Art Instructors Rebecca Peters and Emily Prosper, Nick created these Mexican Sun and Moon designs during his weekly Zoom art Classes.



5 Tips for Coping with "Cabin Fever"

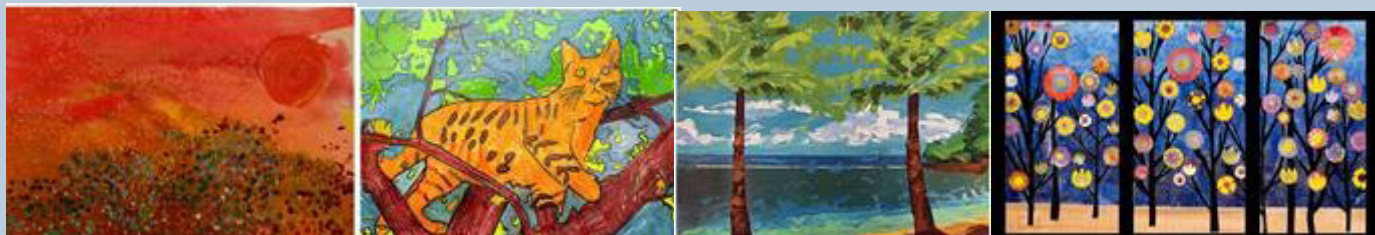
1. Connect with nature – Get outside if the weather allows, invest in some house-plants, or watch a nature documentary.
2. Get your body moving – A little Cardio goes a long way. Go outside if the weather allows or try a free fitness app or YouTube Videos.
3. Carve out some quiet time – Sometimes our "cabin fever" actually stems from being overstimulated or overwhelmed, particularly if we're cooped up with other people. They suggest Noise-canceling headphones or earplugs, a mindful shower or bath, and gentle yoga
4. Redecorate and/or rearrange your space to change things up
5. Transport yourself someplace else – read a book or watch a movie that takes place somewhere far away. Have a dance party to songs like Heat Wave, Summer Nights, and Kokomo. Or you can do what Jessica and Nick did and paint yourself a paradise!

Credit: <https://www.healthline.com/health/5-tips-for-coping-with-cabin-fever-during-a-shelter-in-place>

Did You Know?

You can find amazing pieces of art to suit any mood on our Living Resources Etsy Page! Find the following Beach Party themed pieces on our page:

<https://www.etsy.com/shop/LivingResourcesArts>





Stop the Spread of Germs

Accessible version <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/symptom-screening.html>

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



cdc.gov/coronavirus

316917-A October 1, 2020 6:18 PM



www.LivingResources.org

Click [HERE](#) to read December's Newsletter

[Click here to Unsubscribe](#)