



### A Message from the Chief Executive Officer



**Elizabeth Martin**

As we celebrate the birth of American Independence in July, it is important to note that **Living Resources celebrates independence each and every day!**

For 47 years, Living Resources has been living our mission of providing services and support to individuals with developmental disabilities and brain injuries, allowing them to live their most independent life. Day programs provide site based and integrated community support to help participants to reach their personal goals. College programs provide educational support and teach real life skills, such as managing public transportation, budgeting, menu planning, and more, coupled with our employment program which works with our community partners to find meaningful internships and careers. Our art program helps our artists to engage with the community through artistic endeavors and the brain injury program helps participants adjust to a new normal, relearn skills, and learn new ones.

A vital piece to independence is the ability to advocate for yourself and your personal needs. This is a common thread that is woven into each of our many programs and classes.

We recently celebrated our annual Art of Independence, an event that highlights our many programs, including the amazing artwork of those we support. We are especially grateful to all who are part of our Living Resources family.

**Together we create an environment where independence flourishes.**



## 12th Annual Golf Tournament



**Register  
here**

**Friday, September 24, 2021  
Colonie Golf & Country Club • Voorheesville, NY**

**Title Sponsor:**







## Art of Independence Picnic at the Pruyn

This year's Art of Independence was a joyful gathering of friends embracing mid-summer in an inspiring garden. We shared stories from this past year and embraced the hope of a new season of health, joy, and gratitude. The day showcased some of the most engaging local artists and their signature pieces and included dynamic artist demonstrations by our own fabulous art students.

Here is a glimpse of our celebration.



The Art of Independence is a fundraiser supporting our mission to make sure each person continues to grow to their fullest potential, pursue happiness in the manner they determine, and live as independently as possible.





## Advocacy Through Art!

At our 2021 Art of Independence, we were thrilled to showcase one of the pieces of art created by our very own Pam Lake! Her Brain Injury Services Fine Arts instructor Roxanne Storms challenged her group to create a work of art on a cigar box. Pam Lake, whose ancestry includes strong Native American roots responded by creating this magnificent Native American inspired piece.

At the Pow Wows that Pam attended prior to the pandemic, concerned discussion of violence against women was common. On tribal lands and native villages across the United States, mistreatment of indigenous women has reached unprecedented levels. More than 4 in 5 American Indian and Alaska Native women have experienced violence, and more than 50% have experienced sexual abuse. Pam said "This art is about bringing power back to women. It's about respecting and honoring them."



Pam worked on this piece for two months and it was completed the week before the Brain Injury Services program suspended in-person services due to COVID. She most generously offered this original piece to be included in our Art of Independence Silent Auction.

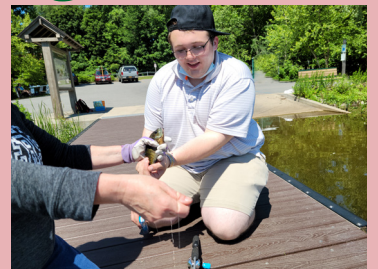
More about Pam:

Pam Lake started her artistic journey with a \$100 oil paint art kit from a Sears catalog at age 13. She graduated from Edinboro University in PA with a Bachelor of Fine Arts. After an accident at work left her with a traumatic brain injury, she had to learn to paint all over again. With the help of the Art Program at Living Resources where she has been studying for over 15 years, she is once again a prolific artist using her art as a platform to increase awareness about traumatic brain injuries.

## Getting "Schooled" in Saratoga



Our Saratoga County Day Community Opportunity Program staff Hunter and Cheryl led a "fin-tastic" fishing adventure on Round Lake! Bridget, Wynn, Bob, Crystal and John had a "reel-y" great time, taking the "oppor- tuna-ty" to show off their catches!



It's o-fish-ial. They're hooked and don't show and signs of scaling back on these amazing activities!



## Nick is Taking His Show on the Road

2018 College Experience alumnus Nick Williams has been in the spotlight these days. Not only is he active in the Blue Horse Repertory Company, a theatre group located in New York's Capital Region, but he is expanding to the Big Apple! Nick is now a proud member of EPIC Players based in Brooklyn. EPIC, which is an acronym for, "Empower, Perform, Include, Create" was founded in 2016, as a nonprofit, neuro-diverse theatre company. It is dedicated to creating professional performing arts opportunities and supportive social communities in the arts for persons with developmental disabilities.



EPIC asserts that only 2% of roles in the entertainment industry are written for characters living with a disability. Of those roles, 94% are played by able-bodied/ neuro-typical actors. They said, "Representation is important; you can't be what you can't see."

Nick dedicated himself to rehearsing his audition by preparing a monologue from the movie "Revolutionary Road." His persistent practice paid off, nailing his performance when the time came for him to shine. We thank Aubrie Therrien, founder and director of EPIC Players and Travis Burbee the Associate Artistic Director of EPIC Players for mentoring Nick, giving him the tools to succeed with this craft. Through EPIC, Nick has now reached the status of a professional actor.

## Walking the Walkway (Over The Hudson)



The Alumni Activities Club was thrilled to have their first out-of-town trip in at least fifteen months. The participating College Experience alumni and staff, all of whom have all been vaccinated, made their destination a worthy one for this special occasion- The Walkway Over the Hudson.

Living Resources staff drove Mia Carr, David Lieberman, and Rob Corso to Poughkeepsie, NY to trek across the walking path known to be the "World's Longest Elevated Pedestrian

Bridge." When they got there, they were met by 2019 gradate Rachael Rose and Mia's mother Sue, both of whom live nearby. Together they travelled across the steel cantilever bridge across the Hudson River from Poughkeepsie to Highland, NY and back, a distance of over 2.5 miles.

Following that adventure, they went to Lolita's, a nearby restaurant for pizza in order to celebrate their much awaited trip. Staff said they felt as though they were opening a present that had been waiting patiently for them, which was long past due.

The alumni are planning a more excursions throughout the summer. We look forward to seeing our region and beyond through their eyes.





## Fred's Fountain of Hope

Living Resources is grateful for the legacy of hope left by Fred Erlich, our Founder and CEO for nearly four decades. Fred's hope has always been that those supported by Living Resources are provided unlimited opportunities to live their best life, as independently as possible.

**To honor that legacy, we are establishing a Fountain of Hope Fund in his honor.**

The first project for Fred's Fountain of Hope was brought to light by the 2020 COVID pandemic. When public parks were shuttered, we discovered a desperate lack of a safe recreational area for individuals with developmental disabilities. Out of this great loss, an idea was born.

***Fred's Fountain of Hope Greenspace Initiative** will provide a safe and supportive sanctuary for all. Located in Schenectady, it will include:*

Meditative Space with fountain to ease stress and anxiety  
Outdoor garden and indoor greenhouse to elevate mood  
Gazebo for shelter from the weather

Picnic tables for community eating which fosters communication and socialization  
Birdfeeders and other tools to learn about the natural world and our environment  
Basketball court and recreational space to support healthy physical activity  
The space will be fenced to ensure the safety of our individuals

The projected cost of this project is \$140,000 and will be completed in four phases.

**Phase 1** involves cleaning out the existing property in preparation for revitalization. This phase is projected to cost \$30,000 and is **now underway thanks to generous donations from CDPHP, The Community Foundation, Barbara Bouchey, Rick and Karen Jones, and Scott Joralemon.**

**We are currently seeking funding to move forward with phase two.**

**Phase 2** involves the removal of pavement, installation of water and electricity to the space for a meditative fountain and other interactive experiences. Installation of security features such as electronic surveillance and fencing for privacy and safety. This phase is projected to cost \$50,000.

***Won't you support Fred's Fountain of Hope Greenspace?***

### **Greenspace Phase 3 - \$30,000**

Adding topsoil, shrubs, trees, and perennials. Adding Handicap accessible paved walkways. The area will be seeded with grass.

### **Greenspace Phase 4 - \$30,000**

Adding interactive and experiential features, such as a meditative fountain, basketball court, garden, greenhouse, gazebo, and picnic tables.

### *Suggested Levels:*

**\$250 Stone Paver**  
**\$500 Raised Garden Beds**  
**\$1,000 Garden Bench**  
**\$1,500 Picnic Table**  
**\$3,000 Basketball Court**  
**\$5,000 Greenhouse**  
**\$10,000 Fountain**  
**\$20,000 Gazebo**

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## Joyful Reunion of Kindred Spirits



It was a day filled with emotion as participants of the Acquired/ Traumatic Brain Injury program gathered for a picnic in Thatcher's Park in Altamont. They celebrated the fact that they could once again be in one another's presence and enjoy nature on one of the few days this month that was free of rain. They delighted in gathering in person to see, hug, and catch up on each other's stories.



The day was not without its glitches. The food order was not ready when staff went to pick it up, but resilience is a hallmark of this group. Dave, a long time participant of our Brain Injury Services referred to his injury saying, "If there's one thing this has taught me, it's patience."

After enjoying their meal of sub sandwiches, salads, fruit and more, there was a presentation. Through speeches and the distribution of home-made cards, the group thanked their staff for supporting them throughout the long months of the COVID pandemic. Program Director Todd DelMarter was touched by the gesture and assured everyone that opposite was also true. He said that the time spent virtually with all the members of this group was inspirational for the staff as well.



Living Resources Brain Injury Services is rooted in the belief that individuals who have suffered brain injuries deserve the opportunity to establish meaningful post-injury roles and relationships. At Living Resources we strive to educate, train, encourage, and patiently guide survivors of

traumatic brain injuries and their loved ones throughout this process.

Upcoming events for this group include a Lake George Luncheon Cruise, trip to the Altamont Fair, movie nights, and poker nights. They plan to end their summer with their annual Capital District Brain Injury Awareness Day which will be held on Friday, August 27 from 11:00 am -2:00 pm in Tawasentha Park.





## Grateful Appreciation to our Tribute Donors May- July 2021

In Honor Of Albany DCOP  
Christine Maali Amiri

In Honor Of Anthony J. Badolato  
Joseph and Debbie Badolato

In Memory Of Luann Brennan  
Pat Brennan

In Memory Of Emily Dawson  
Jesse A. Saperstein

In Honor of Fredrick Erlich  
Gary McCann

In Memory Of Jane Ferguson  
Barbara and James Catlin  
Diane and Michael Doyle  
Mary and Lee Eggleston  
Peter and Ann McKinney  
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Barbara Pease  
Linda Savage

In Honor Of Noah Fruiterman  
Dr. Norman & Mrs. Bronna Romanoff

In Memory Of Dolly Marrazzo  
Margaret Kirwin Ed. D.

In Honor Of Multiple Sclerosis  
Sheryl Rizzo

In Honor Of James Riccardi  
Gayla Riccardi

In Memory Of Pauline Schwartz  
Thomas and Mary Ellen Windish

In Memory Of Dr. Joel Spiro  
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Frank and Denise Crisafull  
Eitan Evan  
Massry Charitable Foundation  
Alan and Patsy Roer  
Peter and Harriet Jo "Cookie" Siegel  
Moriah Spicer  
Jean & Larry Teal

In Honor Of Sue Sulzman 70th Birthday  
Lynne and Michael Long

In Honor Of Kevin Tully  
Mr. Robert and Shirley Lazar

Jeanne Vail Conboy  
Cheryl and Don Appe  
Margaret-Ann Bolton  
Ann Flanigan  
Stephen Maloney  
Lisa Monti  
Barbara Vass

## Our CEP Grads are Moving Up!



Moving out of a place of comfort and into one's own space is a rite of passage for young adults, and not one to be taken lightly. Our College Experience seniors are getting ready for this milestone, as always with the support of their instructors. They recently visited Taft Furniture on Central Ave. in Albany as part of Suzanne Bernier's Apartment Life Class. The class is designed to help CEP seniors understand the many layers of moving into their first apartment. Some examples of class discussions include finding an apartment, budgeting, understanding how to pay bills, how to

read a lease, safety in the community, and furnishing your apartment.

The class spent an hour in Taft checking out the prices and selections of furniture for a bedroom, living room and dining room. Many of the students found items they liked and took pictures to show their parents. They will be moving into their first apartment in August when they join the Transitional Year program.







## *2021 Art of Independence*

*Honoring:*

*Supporter of the Year*

*2020: Rose & Kiernan, Inc. and Hon. John T. McDonald III*

*2021: Capital District Physician's Health Care*

*Employer of the Year*

*2020: St. Peter's Mercy Cares for Kids 2021: Gatherer's Granola*

*Employee of the Year*

*2020: Reed Grontas 2021: Andrew Healy*

*Artist of the Year*

*2020: Matthew Duncan 2021: Gabriel Pinto*



Rose & Kiernan President and CEO,  
John Murray



Assemblymember John T. McDonald III



CDPHP President and CEO  
John D. Bennett, M.D.



Mercy Cares for Kids Theresa Joslin



Gatherers Granola  
Jeremy Pierson and Alessandro Gerbini



Gabriel Pinto and Matthew Duncan  
with Living Resources CEO  
Elizabeth Martin and  
Asst. Art Director Sergio Camacho



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