

# Sharing the Journey

August 2021

LIVING  
RESOURCES

## A Message from the Chief Executive Officer



Elizabeth Martin

Recently I attended the Traumatic Brain Injury Awareness Day and transformation was the word of the day! During the event I spoke with many participants who shared their personal transformation success stories. **Transformation is what Living Resources services are all about.** When a person experiences a brain injury, their life is inevitably changed. Their path to establishing a meaningful post-injury "new normal" is similar to that of a caterpillar's metamorphosis into a butterfly.

This program recently received some Monarch butterfly caterpillars and a book about their life cycle. The group watched them with keen interest. When the first butterfly emerged, she clung to her chrysalis, her wings were wrinkled and seemingly small for the job they had to do.

There was commotion among the group – a tremendous excitement and a more than a little concern for the helpless creature. With time and hard work from the butterfly, and patience from its caretakers, the insect's wings filled in, straightened out, and hardened. The group moved outside to the building's gazebo, watched and waited for her to try them out. She was not quite ready for flight, but after a few moments, summoned up the courage to fly. Her accomplishment was celebrated with cheers, clapping, and tears of joy.



The butterfly's experience is similar to many in the Brain Injury program. Like our participants, she emerged from her chrysalis feeling different than she did when she entered. Everything she knew before was gone and she had to learn a whole new way of life. This lesson didn't come easily. It took much hard work, courage, and perseverance.

Living Resources Brain injury participants embody the quote that can be seen on the back of their tee shirts:

**"Though I regret how I got here, I like where I am today  
and I look forward to where I'll be tomorrow."**



## 12th Annual Golf Tournament



Register  
here

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

Title Sponsor:







## Excitement, Pride, Uncertainty – Moving In Day

“The first step towards getting somewhere is to decide you’re not going to stay where you are.” ~John Pierpont “J.P.” Morgan

Early on a Monday morning, a car arrived with precious cargo – a student, his parents and all the items he needed to start his first semester at Living Resources’ College Experience at The College of Saint Rose. They were met by an enthusiastic team of staff in red shirts who welcomed, directed, and helped carry cherished belongings into the student’s dorm. As this family began the process of unpacking and settling in, the next car pulled in, it’s passengers received with the same vigor and they began climbing steps into the student’s new home.



Move-in Day was filled with energy and excitement for families and staff alike. Cars arrived like rain-drops in a summer storm, picking up with increasing frequency and intensity until the whole block was a parade of luggage, comforters, stuffed animals, and supplies.

The thrill of this day, of a combination of motion and emotion was by no means a certainty. Because of their learning disability, many of our students are not eligible to attend typical college settings. But The College Experience is no typical program. It is a residential, non-credit certificate program hosted by The College of Saint Rose in partnership with Living Resources. It is designed for students with intellectual and developmental disabilities seeking to build community and transition to independence.

Here, students will gain the knowledge necessary to live their best, most independent life while having full access to the College of Saint Rose campus and all its activities and clubs. And the secret is getting out. Almost 20 freshman students came from near and far- some from the Capital Region, others from Long Island, New York City, and New Jersey, another from Rochester and one family even came from Michigan.

Like Move-in Day in colleges across the country, parents will struggle with letting go while students brace for their first night as a Freshman. These next few weeks, the students will undergo a thorough orientation schedule covering the many burning questions students communicated as the moved in, including, “Where is the College from my dorm?” and “Is there a rule about how late we can stay up?”



“And now let us welcome the new year, full of things that never were.”

~ Rainer Maria Rilke





## Meet Me at the Fair!

The Saratoga County Fair only lasts four days. It was a short window of time and Myron did NOT want to miss it! Myron immediately made a plan with his Community Habilitation staff Melanie and they were on their way!

Myron's favorite part of the fair was going to the 4-H Booth for something to eat. He got two fluffy pancakes which were giant- as big as the plate for \$1.00. He kept saying "These are so good and only \$1.00." Although there were not many animals at the fair this year, a child that was competing in the rabbit show let Myron pet his rabbit which made his day. They also took in the 4-H horse show and enjoyed learning about the majestic animals.

If there's any wonder about Myron's reaction, just look at his face. That great big grin says it all. No doubt they will be back next year.



## A Home Run at the ValleyCats

Our friends at CDPHP generously donated a block of tickets for the Living Resources family to see a TriCity ValleyCats game. The weather and the company were both ideal, and to cap it off, the 'Cats came from behind for an exciting win!







## Let the Show Begin!

Did you know our College Experience Program at The College of Saint Rose holds summer session classes? One of the most popular classes this summer was Introduction to Acting Class. The students are drawn to balancing the fun of taking on different roles with the seriousness of practicing and perfecting a craft. Instructor Emily Padula took her students through the many steps and exercises necessary to become a stronger thespian. Classes focused on lessons such as script writing, improvisation, body acting & movement. The semester then culminated with students acting out their scenes while being videotaped.

One of the dramatic scenes involved students acting out a scene in which a rising pop star who was conflicted about her career received a pep talk from her talent manager. Kaylee masterfully portrayed the pop star while Alix was phenomenal as her grizzled and tough-talking mentor. The students were able to take an empty shell of a character and fill it with life.

We thank instructor Emily Padula for her guidance. Hopefully the students will use acting and its transferrable skills as a springboard for projecting their collective voices in other areas of life



## Art in the Stockade

Framed works of art created by Living Resources art students and instructors were featured in the 2021 Stockade Art and Nature Garden Tour this month. Attendees strolled through public and private gardens in Schenectady's Historic Stockade

neighborhood. The work of our artists complimented and accentuated the beauty of the day.

We thank Colleen Macaulay and the Stockade Association for putting together this inspiring show and Sergio Camacho, Assistant Director of the Living Resources Arts Program for facilitating the day.







# 2021 Brain Injury Awareness Day

The Injury Acceptance Maturation Group welcomed friends and family to their annual Capital District Brain Injury Awareness Day at Tawasentha Park, saying, "We are brain injury survivors. We want to let people know that having a brain injury is not the worst thing that can happen to a family member or friend. We have changed a little, but we are the same people. After today's events we hope you realize that."



Their keynote speaker was Dr. Peter Purcell, a gastroenterologist, who has been treating patients for the past 47 years. His daughter Victoria is a TBI survivor and served as the day's Master of Ceremonies. (above)

Over the course of the day, participants enjoyed a meal together and had many presentations, sharing about how they spent their past year, and how the Coronavirus affected them. The day ended with a group singing the song "Not Giving Up" by Cristabelle Braden. Click [here](#) to watch a video of this performance.



## August Memorial Donations

### In Memory Of Stephen M. Iavarone

Betty Albright  
Linda & Stephen Amadon  
Carol & John Callanan  
Daniel & Sal Cimino  
Sara & Joseph Compoli  
The Connors Agency  
Kelli & Mark Desieno  
DiDomenico Law, PLLC  
Patrick & Anne Erano  
Deven Horne  
Tina Iavarone  
Patrick & Emilia Izzo  
Pamela Janusz  
Chris Lauritsen &  
Barbara Brust-Lauritsen  
Douglas and Donald Martin  
Marilynn Moran &  
Maureen Maciariello  
Michael & Nancy Moran  
Joline Smith  
Joseph & Irene Zecca

### In Memory Of Jane Ferguson

Michael & Diane Doyle

### In Memory Of Jan Satin

Maurice Satin

### In Memory Of Jeanne Vaill Conboy

Mary Elen Bardwell  
Donna & Ernest Barvoets  
Nancy Carter  
Catherine Cavanaugh  
Joanne Chmura  
Jane Collins & Kristine McLoughlin  
Vivian & Martin Conboy  
Curtis Lumber Company  
Cynthia & Thomas Drake  
Rosemary Eberlein  
The Friel Family  
Janet Hans  
Scott Hughes & Margaret Maney  
E. Stewart Jones & Kimberly  
Sanger Jones Jr., Esq.  
Cynthia Leahy  
Muriel McGowan  
Alicia McGrath  
Edward & Estelle O'Haire  
Susan Picotte  
Linda Searfoss  
Annette Schrek  
Annette Tuffey  
Jane Wasserbach  
Tom & Celeste Wolfe





## 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 **has now been completed** 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 2** which 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.

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

Adding interactive and experiential features as above.

### *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**



**venmo**

Donate Today! <https://bit.ly/3i9sgjc>

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

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

[Click here to Unsubscribe](#)