

Sharing the Journey



May 2022

LIVING
RESOURCES

A Message from the Chief Executive Officer



Elizabeth Martin

Spring is in the air and it is certainly a time for planting seeds of hope and developing new friendships!

This year for the first time, Living Resources is partnering with another non-profit, Building on Love, to bring our supporters, sponsors, families, and friends a one-of-a-kind fundraising and friend-raising event presented by Natalie Sillery and Saratoga Trunk. This **Tribute to Transforming Lives** event is being held at the 1863 Club in Saratoga Springs on Sunday, August 21. This event provides an excellent opportunity for each of our organizations to showcase their mission and vision, as well as increase awareness of the supports and services we provide that allow us both to truly live our missions while creating a better community for everyone.

With most fundraising events being held to benefit a single organization, we wanted to try something fun yet different and collaborative. After meeting Jeff Yule, Executive Director for Building on Love, we each shared a belief that by collaborating and working together, both of our organizations will become stronger and our missions more recognized.

We sincerely hope that you will plan to join us and our honorary chairperson, Steven Bouchey, for a day of world class fashion and world class racing while supporting world class causes!

Saratoga Trunk
LADY'S FINERY



presents: World Class Racing, World Class Fashion, World Class Causes

A Tribute to Transforming Lives

A Day at the 1863 Club

***DAY AT THE TRACK ***

***FASHION SHOW ***

BRUNCHEON

Sunday, August 21, 2022

1863 Club Saratoga Race Course

Benefitting

LIVING
RESOURCES

and



*With gratitude to our
Winner's Circle Member:*



bouchey
FINANCIAL GROUP, Ltd.

HEALTH.
WEALTH.
FOR LIFE.

Click
here to
Join them!

Special Thanks to our

TRIPLE CROWN MEMBERS



Ostroff
ASSOCIATES



Going the Extra Mile to Support You



Even the threat of rain couldn't stop the Living Resources Team from competing in the CDPHP Workforce Team Challenge!

The challenge, a 3.5 mile course through downtown Albany organized by the Hudson-Mohawk Road Runners Club and sponsored by CDPHP, is the largest running event in the Capital District.

Our enthusiastic team of nearly 30 Living Resources staff members were excited to showcase our team shirt illustrated by staff

member Tyler Cronk. The team added to the colorful parade of nearly four thousand people who ran, jogged, and/or walked the course.

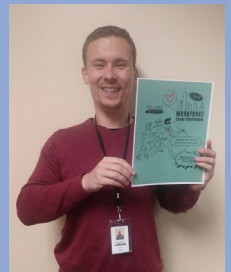


Living Resources was proud to sponsor our team in this exciting heart-healthy event.

A Design is Worth a Thousand Words

Like the Super Hero he illustrated, Tyler Cronk is going places. Cronk, who has an Autism diagnosis, started participating in Living Resources' Art Program 20 years ago and now works for the agency full time as part of our development team.

In early 2020, Cronk's team asked him to create a design for their Workforce Team Challenge tee shirt. He jumped into the project with zeal, incorporating the suggestions of his team with his own signature flair. Sadly, the COVID pandemic erupted and the race and shirt were put on hold. Tyler is thrilled that, after two years, his design was worn by our nearly 40-person team. He said, "It's a really big honor. It's really validating that my talents are being put to good use."



Living Resources CEO Elizabeth Martin, stated "Tyler is a valuable member of the Living Resources family and the development team, he not only brings his creativity expertise to work each day, he brings his heart and smile."

Cronk, who graduated from Cazenovia College with a Bachelor's Degree in Illustration and Animation, says that folks should not feel ashamed about discussing their Autistic Spectrum diagnosis. As he said, "Hopefully talking about it sparks interest for more individuals

on the spectrum to want to work in this field, to have their voices be heard, and make a difference." He added, "Having a disability is really just thinking different. As long as you get where you need to go, that's all you can do."

The story of the long journey from artistic concept to tee shirt has an even happier ending. The Living Resources tee shirt won third place in the Workforce Challenge Tee Shirt Contest for "Most Motivational"! Cronk said, "It was such a privilege to have helped design it, and to be a part of this great team and agency."





Hats Off to the New Graduates



Living Resources College Experience graduates and staff have so much to celebrate! They worked hard in the classroom, participated in events on campus and in the community, and graduated their largest class to date with certificates from the College of Saint Rose. They are now on their way toward achieving their ultimate goal of living independently.



The College Experience Program began in 2005, with their first class of 4 students graduating in 2007. This year, 30 graduates walked the stage in the MVP Arena in Albany.

A very special congratulations to our students for their hard work and perseverance during a difficult pandemic educational environment. This is a truly remarkable achievement!



A fun post-graduation afterparty was held at Apex Entertainment. As you can see from the photos, the students certainly enjoyed themselves!



The College Experience is a certificate program that provides students with intellectual disabilities the opportunity to attend college, be part of a campus community, and take part in a program that helps them transition to independent adult life. The College Experience program combines general education courses, elective courses, and real-world living and job experiences to prepare students for success.

A Roadtrip for College Experience Alumni



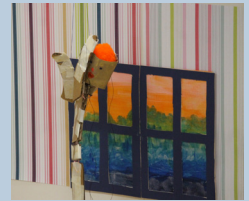
The Alumni Activities Club recently took a Yankee Trails road trip to Boston, Massachusetts. The group visited the New England Aquarium where they enjoyed an undersea paradise, learning about exotic species of colorful saltwater fish, sharks, stingrays, and even penguins. They then experienced the Boston African American National Historic Site where they delved into the region's civil rights history. After their adventures, they enjoyed a fun and delicious dinner at Quincy Market.



These Folks Just Wanna Have Fun

It was a time to celebrate. They sang and danced with every fiber of their being, while the audience cheerfully clapped along, but this was no ordinary talent show. The performers were all participants of Living Resources Brain Injury Services – survivors one and all.

The room was electric – filled with passionate performances of iconic songs spanning many decades. Modern hits like Beyoncé’s “Single Ladies” and Alicia Keys’ “Girl on Fire” were mixed with 80’s dance tunes from Madonna and Cindy Lauper. A group of men brought the theme from Rawhide to life and when the Cab Calloway’s Minnie the Moocher was performed, the whole house joyfully contributed their part. We were even treated to an interpretive dance and the unveiling of a homemade marionette.



The show was thick with emotion on many levels. Living Resources Brain Injury Services provide individuals who have suffered

brain injuries the opportunity to establish meaningful post-injury roles and relationships. They encourage each other when times are tough and enthusiastically celebrate each other’s daily victories. This glorious energy was mixed with the excitement of the first talent show since COVID made its appearance. When they sang Gloria Gaynor’s “I Will Survive” as their finale, you know they meant it. [Click here to view their performance.](#)

Thanks go to all the Brain Injury staff who work to support their individuals, walking their journey through peaks and valleys alongside them, always encouraging them to take the next step. They are all Super Heroes to us!





In the Mood for a Spring Fling?



After a long winter, our Day Community Opportunities Program (DCOP) teams certainly were! There is something about spring that makes you want to get up and dance, and our DCOP groups have got that sunshine in their pockets!

With dancing on their minds, our Saratoga and Warren County DCOP teams got together this month to do something new, gathering for their very first Spring

Fling. The groups worked together for weeks to plan their big event, deciding on venue, food décor, and everything else. When the big day arrived, they put on their party clothes and gathered at the Ballston Spa First Presbyterian Church for a fun afternoon.

They danced to music from all genres, taking breaks just long enough to enjoy chips, dips, pizza, subs, punch, cookies and cupcakes.

Most of all, they enjoyed seeing all their friends in this new and lively setting.



Blowing off Some Steam!



Recently, the After School Program in Colonie combined art and science when they created this amazing volcano out of paper mache. Everyone was excited to watch it get active and blow its top!

[Click here to watch it explode.](#)

Living Resources After School and Adventure Programs provide socialization and recreational activities for elementary through high school-aged developmentally disabled youth by encouraging participation in a variety of site-based and community activities with support from

our caring staff members. Typically, parents with developmentally disabled children have difficulty locating appropriate care for their children after school and during school breaks. Our programs provide parents with the peace of mind that their children are well cared for during these off-school hours.



Staff Spotlight Shining on Crystal Pease

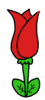


Crystal Pease was working in retail when her life changed dramatically due to a diagnosis of breast cancer. When her health allowed her to return to work, Crystal craved a position where she could give back to the community, that was when she found Living Resources and we are so grateful that she did. Crystal has been a part of the Living Resources family for more than nine years, currently in the role of House Manager. Crystal balances caring for all the basic needs of those she supports while ensuring they have wonderful opportunities to explore and have a great time. They recently went to the Botanical Gardens in New York City and have several more trips planned over the summer to Medieval Times, Boston Whale Watch, Americade, Lake George Cruise, and the Renaissance Fair. It is no small undertaking to transport the many individuals she and her team supports as most require wheelchairs and have high medical needs.

Because of the high medical needs of the individuals supported in this home, Crystal and her team can often be found trekking to a rehabilitation facility to deliver treats when one of their individuals is in need. The home that Crystal manages with such compassionate care is cheerfully decorated for every holiday and each individual's portrait hangs on the Living Room wall of their home, truly signifying that this is their home!

In Crystal's words, "I have the greatest job in the whole world ... we get out and enjoy life alongside those we support. The position comes with gratitude and the end of the day, which makes me feel good about myself."

We celebrate and thank Crystal and her wonderful team for making a difference every day and never losing sight of our mission to support and empower individuals with disabilities or other life challenging conditions to live with dignity, independence, and happiness.



April Showers Bring May Flowers



Spring is the time of year when everything grows and blooms to its fullest potential. At Living Resources, we want to plant a garden of hope as we support more than 1,900 individuals with disabilities every year to grow to their fullest potential. We are reaching out to YOU, our family and friends, asking YOU to join us by investing in our services and programs, planting these seeds of hope so our individuals can live as independently as possible.

Click here to Donate:
<https://bit.ly/3MurHwz>

From our hearts to yours, may your Spring be filled with hope, happiness, and growth.



www.LivingResources.org

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