



## A MESSAGE FROM OUR CEO



**ELIZABETH MARTIN, CEO**

As spring begins to bloom here in Albany, we're reminded of fresh starts and new growth. The warmer weather and longer days bring a sense of hope and energy—much like the work we do every day at Living Resources. Recently, our staff and leadership came together with renewed focus on our mission. For many years, our mission statement has revolved around supporting individuals with disabilities or life-changing conditions live with dignity, independence, and happiness. During this conversation, we realized that happiness is subjective and what our programs and support really focus on is helping each person find their own purpose, whatever that may be, which may also deliver personal happiness. Just like flowers after a long winter, we're seeing amazing new beginnings and personal growth in the individuals

we support and our goal is to support each individual as they grow into their full potential and purpose. So while happiness will be present, we have renewed our focus with purpose!

Additionally, this month's newsletter is extra special because it falls during Autism Acceptance Month. A wonderful time for us to show our continued support and respect for people with autism. Inside, you'll find powerful stories from self-advocates in our community. These individuals share their voices, their challenges, and their successes—inspiring each of us with their strength and reminding us of the richness and diversity they bring to our communities. Spring is a great reminder that with care and support, growth is always possible. Let's keep working together to build a community where everyone—no matter their ability—can grow, shine, and succeed.

Thank you for being part of our mission. Your support helps make these new beginnings happen.

*April Showers*  
Bring May MAINTENANCE  
LIVING RESOURCES HELP US BUY A  
NEW ROOF!



SCAN HERE





## APRIL IS AUTISM ACCEPTANCE MONTH!

My name is Catherine Chinery I am a graduate of Living Resources College Experience program.

I now live with two other housemates, and work at Living Resources as a peer mentor. I've been here for a couple of years now and I absolutely love it. I am also going to be working with kids at an after school program called Mater Christi School in Albany. I love living here and being with my friends here and my everyday life.

During Autism Acceptance Month, I want to share that we are capable of anything we do in our everyday life. We are all the same people but may have our challenges here and there but don't let that take you away from life. Be strong and always think positive.

I know we may sometimes think to ourselves, "ugh I can't do things because of my disability," but actually you can turn your thoughts around and say yes you can do anything. People around others like me have told myself we are all in the same shoes and boat, we are all unique in our own ways. I have friends who have it and I respect anyone with an intellectual disability.

Being in Albany has taught me so much independence and confidence, and I have made incredible friends. Being able to do all these programs and such has really been a big impact in my life, allowing me to have every opportunity in life!



It is practically an omen that my birthday falls on April 2nd, which is now World Autism Acceptance Day. I turned 43-years old this year and have managed to cram as much success as possible into these four-plus decades. Not everything is perfect, however. It is still unbearable when people choose to disappear without any apparent provocation on my part (I never will understand the phenomenon of "ghosting."). For many years, I have lived with a phobia of non-biodegradable products or any unnecessary waste that harms the environment. Furthermore, I tend to avoid dramatic changes like a plague because "new beginnings" typically come with a very rocky start that may not always promise an eventual recovery.

The fear of "change" has led me to serving Living Resources for ten exciting years now (If it ain't broke...do not fix it!). While the inability to "let go" has not always been able to compete with the free will of other human beings, it has led to some unusual accomplishments. Just a fraction of these feats have included hiking the Appalachian Trail, publishing two books with Penguin Group (USA), speaking to the United Nations, and spearheading an episode on the Dr. Phil Show that saved my best friend's life. When we think of a challenge as a disabling disability then it becomes such. But when Autism is synonymous with Awesomeness...the skies may be the limit.



## APRIL IS AUTISM ACCEPTANCE MONTH!



My name is Tyler Cronk, I am on the spectrum, and I received many different therapies growing up- occupational, physical, and speech. For instance, I would parrot sentences instead of communicating, move my head a lot, twirl, OCD, struggling to maintain eye contact with people, and seclude myself in social settings. Now as a young adult, I have been constantly working on trying to minimize my ASD tendencies, not because I am ashamed of them, but because I am working on being the most confident person I can be.

Growing up with ASD and being around others with autism I believe some misconceptions are that autistic people are viewed as being in their own world and don't need/want love or appreciation, don't like socializing, or they can't do this or that because of their autism. In actuality we want all of that.

Everyone deserves to be loved, to be heard, valued, appreciated, and given the chance to succeed. I believe that autism is just thinking and learning differently and that individuals with autism should be treated like everyone else and have a chance to do things everyone else can do. I was brought up to believe I just learn different. For example I'm a visual learner, so if you showed me step by step instructions, whether it be pictures or words, I can follow that much easier than just someone explaining it.

Being on the spectrum, one thing that is hard for me to deal with is change, the biggest challenge I overcame was going away to college at Cazenovia for four years with minimal help and assistance compared to high school; I was totally out of my comfort zone in a new environment, living miles away from home. College was honestly the best thing I've ever done, changing my life in the best of ways. I was more outgoing, made lots of friends, and was a part of various clubs on campus, even taking on some leadership roles. It seems every time I step out of my comfort zone I grow more as a person. After College, I struggled to find a job, like many college graduates, but I eventually found a job that caters to my degree AND was able to work my way to full-time status.

Currently I work at the Living Resources Main Office as a Public Relations and Media Specialist for almost seven years now ... wow times flies! Living Resources has really changed my life, from being a part of their art program for 20 years, to working for the company. In a way everything went full circle! I have been really grateful for all the opportunities with the company.

On a personal note, autism is what I have, and I don't mind talking about it, but I don't want to be defined by my autism. I owe all my successes to just stepping out of my comfort zone to grow as a person and persevering through adversities! I'm a 29 year old that wants the same things that every other 29 year wants, to be included, valued, appreciated and anything else life has to offer!





## AUTISM ACTION DAY



On Wednesday, April 2, advocates, legislators, and community members came together in The Well of the Legislative Office Building at the New York State Capitol to celebrate Autism Action Day, an event sponsored by Assemblyman Angelo Santabarbara. The day aims to bring light to the issues faced by those with Autism Spectrum Disorder, or ASD, and the legislation that has been introduced to help alleviate these issues. Living Resources staff were so present at the event to provide more information on our programs and services.

There were a number of speakers, including members of the Assembly and Senate, all of whom are fierce advocates for the ASD community. Representatives from both sides of the aisle came together to share their support for the ASD community, a fight they can all agree on. They spoke in support of the various bills that have been introduced, including a bill aimed at addressing accessibility in public parks. Willow Baer, Acting Commissioner of OPWDD, gave one of the keynote speeches, reiterating her commitment to the autism community. Maureen O'Brien, President and CEO of NYSID spoke as well, giving a testament to the employability of those with ASD. While we enjoyed the keynotes and the messages from legislators, it was the speeches from self-advocates with ASD that really brought it home.



One heartfelt speech was given by Andrew M., a graduate of Living Resources' College Experience Program. In his speech, he pointed out that people with ASD are capable of anything, and he praised the legislation that has been introduced. Another powerful speech was given by Living Resources Peer Mentor, Abby. Abby commanded the room with her words, and told her story of diagnosis at 20 years old. In her speech Abby pointedly says – "I'm not an expert on autism, I'm not a doctor or a scientist, but I am a person; a person who wants to live a life". Which is what all people with autism are, they are just people who want to live their life.

## A Tribute to Transforming Lives

A Day at the 1863 Club  
Saratoga Race Course

Sunday, August 17, 2025

*Presented by*



*Presenting Sponsor*



Barbara J. Bouchee  
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## HONORING THE ACHIEVEMENTS OF FRED ERLICH



On Friday, April 25, Living Resources Co-Founder and Former CEO, Fred Erlich, was honored with Lifepath's Third Age Achievement Award. The Third Age Achievement Awards, presented by CDPHP, honor individuals who prove that life after 60 is filled with purpose, passion and new accomplishments. These remarkable honorees continue to excel in their professions, embrace volunteer and board opportunities, stay active through fitness and travel and set new goals rather than settling into retirement.

In addition to his work with Living Resources, serving as CEO for nearly 40 years, Fred has also been deeply involved in initiatives that strengthen the community. He has served as Vice President of the International Center of the Capital Region along with contributing to innovative elder care solutions through EverHome. His passion for environmental sustainability has led him to work with organizations such as the Healthy Earth Alliance and the Mid-Atlantic Regional Seed Bank. Among his many accolades, Fred has received the Tech Valley Chamber of Commerce Business Leadership Award, the UAlbany Distinguished Alumni Award and the U.S. President's Award for Promoting Employment for People with Disabilities.

We're so incredibly proud of Fred and all of his achievements. This honor is well deserved!



**THANKS TO  
YOUR DONATIONS ...  
WE BOUGHT  
A VAN!**

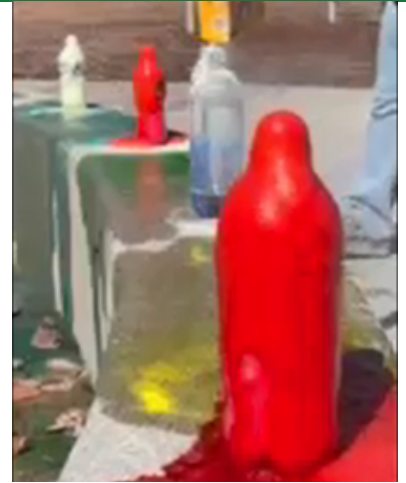
**OUR SINCEREST THANK YOU TO ALL WHO DONATED!**



## MAD SCIENCE!

Spring is a time for discovery – and what better way to tap into your curious side than with a series of experiments! That’s exactly what our Warren County Day Community Opportunities Program (DCOP) has been up to these past few weeks. For a while now, the DCOP group has been tapping into their inquisitive side and conducting a number of experiments as a part of a larger “Mad Science” experiment series.

The experiments are fun and engaging, and many of the ingredients for each exercise can be found in your kitchen. The group breaks into smaller teams to conduct the experiments, that way everyone has a chance to participate and learn. One particularly fun experiment involved using a water bottle, a little bit of water, white vinegar, baking soda, and food coloring. When combined you get a reaction similar to a volcanic eruption!



The individuals in the Warren County DCOP group had a blast conducting this experiment. It was even a nice enough day to conduct the experiment outside in a nearby park!

Other experiments include the Magic Milk experiment, which involves turning regular milk into a beautiful array of colors using dish soap and food coloring. The Skittles Rainbow science experiment uses skittles candies, a white bowl or plate, and water to demonstrate the act of dissolving, absorption, and color mixing. We can’t wait to see what experiments they conduct next!

## CELEBRATING EASTER

The Easter spirit was in full-force this year here at Living Resources. Our Acquired Brain Injury (ABI) Program held a lively Easter egg hunt and played Easter-themed games, while our residence at Charlton Road celebrated with festive decorations and special baskets for each individual in residence.







## THE HAPPENINGS AT DELAFIELD



We recently caught up with our friends at Delafield, and they've been having a blast exploring nature, celebrating birthdays, mini-golfing, catching a few hockey games, and so much more!

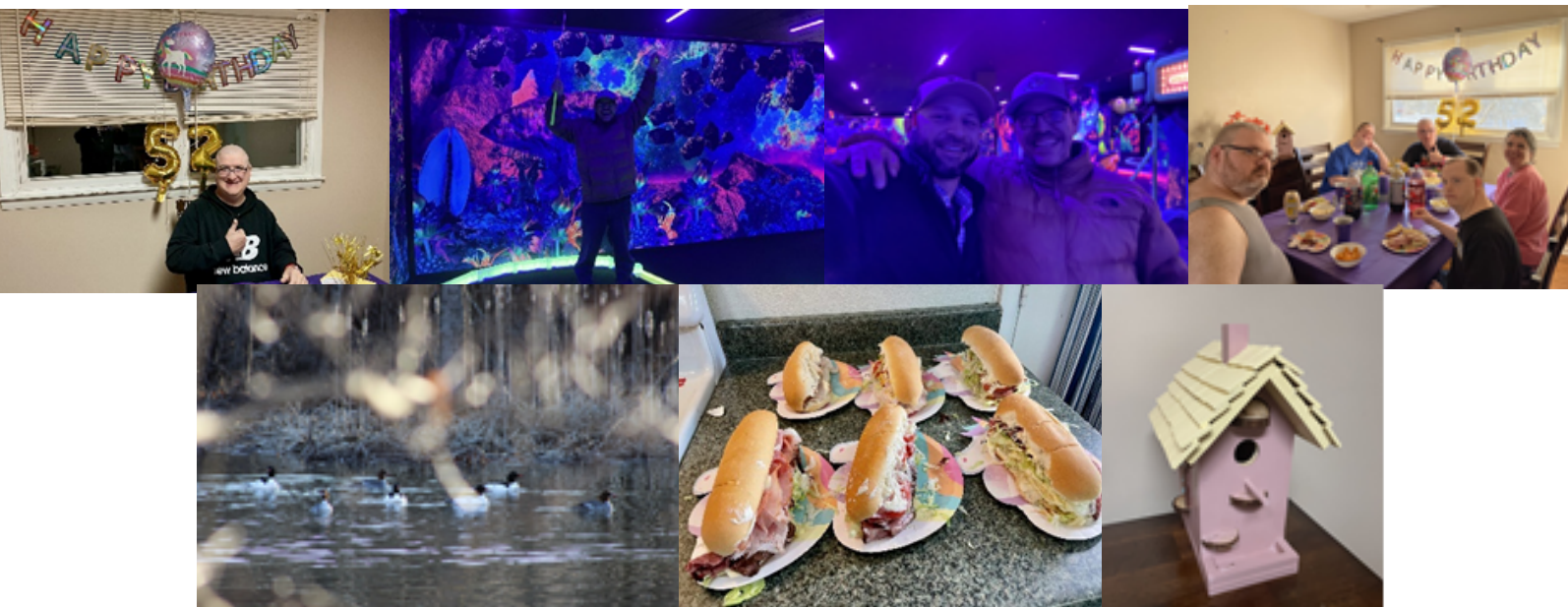
Jamie and the staff have been hitting the bike path regularly for some serious bird-watching—so much so that they made a special trip to L.L. Bean to grab a top-notch pair of binoculars. Now, they're spotting and photographing more incredible birds and wildlife

than ever—from majestic bald eagles to all kinds of small and large birds along the river. It has been the perfect way to get outside and enjoy early spring!

Chris' 52nd birthday was an absolute blast! They celebrated with a make-your-own sub meal, bringing an early-spring picnic vibe to the day. The brightly lit dining room was filled with great conversation while the snow melted outside, and everyone enjoyed every bite—right down to the strawberry shortcake for dessert! Chris also had a fantastic time catching a couple of Union hockey games with staff, including an exciting playoff match. The energy was high, the action was nonstop, and the fun never let up!



But the adventures didn't stop there—they also took a trip to play some mini glow golf, where Jamie nailed an epic hole-in-one! One of the photos really captures the energy of that perfect shot! We can't wait to see what's next for the folks at Delafield!







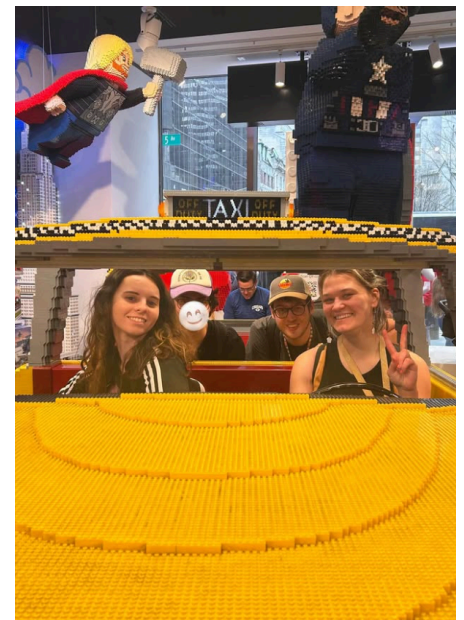
## RUSSELL SAGE/CEP IN THE BIG APPLE



The spring semester is here and The College Experience Program (CEP) is out and about! Recently, students in the program participated in a day trip to New York City. The trip was put on by Russell Sage College, and was an inclusive trip for students of all abilities. Students boarded the bus early in the morning, ready for a new adventure. When the city skyline peaked over the horizon, their excitement was barely containable. Once they reached their destination, it was time to take it all in!

The day was spent taking in all the sights in Mid-Town Manhattan near the popular Bryant Park - the Lego store, a wax museum, and even a trip to an FDNY station to get a tour of the fire trucks! The sights, the sounds, and the liveliness of the city contributed to the electric feeling in the air as students moved from one destination to the next. All-in-all it was a fabulous day that these young adults won't soon forget!

But what really made this trip special was the inclusive nature of the adventure. This wasn't just a trip for the CEP students, this was a trip sponsored by Russell Sage College for Russell Sage students. We are forever grateful to our new partner for welcoming the College Experience Program students to their campus and embracing them as true members of the Russell Sage community. When we foster a culture of inclusiveness, everyone wins.





## OH, WHAT A NIGHT! ABI SPRING FLING



Oh, what a night! Our hearts are still singing (and our feet are still a little tired!) after the incredible success of our Acquired Brain Injury (ABI) Program's annual Spring Fling party! It was an evening brimming with joy, laughter, and the undeniable warmth of our amazing community.

As the days get longer and the flowers start to bloom, there's a certain energy in the air, and our Spring Fling perfectly captured that vibrant spirit. The dance floor was alive with movement, a testament to the resilience and zest for life that defines our individuals.

Seeing everyone twirling, swaying, and simply enjoying the rhythm was truly heartwarming. It was a beautiful reminder that music has the power to connect us all and lift our spirits.

And let's talk about the food! Our tables were laden with a delicious spread that catered to every taste bud. From savory bites to sweet treats, every morsel was enjoyed with gusto. Sharing a meal is such a fundamental way to connect, and the happy chatter around the food tables was a symphony of friendship and camaraderie.



More than just a party, our Spring Fling is a celebration – a celebration of progress, of resilience, and of the incredible individuals who make up our ABI program. It's a chance to let loose, to connect on a different level, and to simply enjoy being in the moment with people who understand and care.

As we look ahead, we carry the warmth and joy of the Spring Fling with us, fueling our dedication to providing meaningful programs and fostering connections. Until next year's celebration, let's continue to support one another and embrace the beautiful spirit of our community every day!







# THANK YOU FOR YOUR SUPPORT!

## IN HONOR AND IN MEMORY OF ...

In Memory of Eric Berman and Jo Samuels  
In Memory of Cindy Michelin's Father  
In Honor of Linda and Lou Gilboord's Grandson's Bar Mitzvah  
The Family of Dr. Robert Lieberman

In memory of Louis J. Bonan  
Vincent Capka and Mary Bonan

In Memory of Danny Bouchey and Jimmy Riccardi  
Thomas O. Pandick

In Honor of Maureen Conboy  
Stephen and Karen Appe

In memory of Paul Cooney  
Phyllis Cooney

In Memory of Denise DeCerce  
Thomas and Mary Ellen Windish

In Memory of Cheryl CJ Jackson  
Rosanne, Allen, and Alaina Hargrave

In memory of Phillip Nardi  
Phillip and Frances Nardi

In Honor of James Riccardi  
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In Memory of Amanda Rivenburg  
Ted and Dolores Correll

In memory of Mary Saunders  
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## THANK YOU FOR HELPING US BUILD A NEW ROOF!

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