

SHARING THE JOURNEY



ELIZABETH MARTIN, CEO

A MESSAGE FROM OUR CEO

July is a month full of meaning for our community. Throughout the month we celebrated Disability Pride, which honors the strength, talents, and identities of people with disabilities. We also celebrated Independence Day, a time to reflect on freedom, choices, and belonging, all of which are at the heart of our mission.

And this year, we also marked the 35th anniversary of the Americans with Disabilities Act (ADA), a landmark law that opened doors and created more opportunities for people with disabilities across the country.

At Living Resources, we believe independence doesn't mean doing everything alone, it means having the right supports and working together to reach goals. That's why this month's value focus on collaboration fits so well. Whether it's staff supporting someone moving into their first apartment, families and students planning for college success, or artists creating together in the studio, independence grows stronger through teamwork. Every milestone, from the passing of the ADA to the daily victories of the people we support, is a shared achievement, showing the amazing power of the disability community and all those who stand beside it.

This month, my family and I visited Sweden, a country known for its focus on supporting others and fairness. While there, I saw that even though cultures can be different, one thing is the same everywhere: when everyone feels valued and supported, the whole community is stronger. This reminded me how important our work is, and that we're part of a larger, worldwide movement for equality.

As we close out Disability Pride Month and reflect on what independence means to each of us, I encourage you to carry the spirit of collaboration forward, to support each other, speak up, celebrate differences, and make room for everyone's story to shine. Together, we are building a place where every person can live their best, most independent life.

Thank you for being part of this important journey with us.

Friday, September 19, 2025
Colonie Golf & Country Club
Voorheesville, NY

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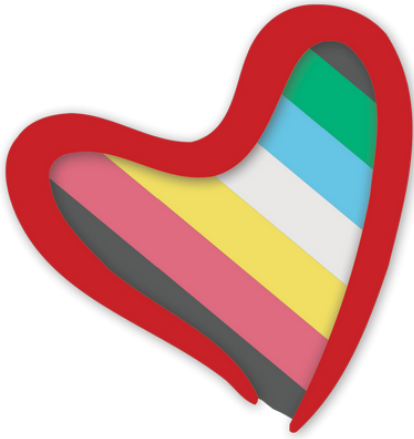


**16th Annual
Golf Tournament**

**LIVING
RESOURCES**



STEP OUT, BE PROUD, AND CELEBRATE YOURSELF!



July is Disability Pride Month, a time dedicated to recognizing and celebrating individuals with disabilities and their invaluable contributions to our world. It's an opportunity to embrace and champion self-acceptance and celebrating who you are without reservation.

At Living Resources, we are committed to empowering individuals with Intellectual and Developmental Disabilities (I/DD) and brain injuries to live with dignity, independence, and purpose. Disability Pride Month serves as a powerful reminder to uplift ourselves and our community.

HERE ARE SOME MEANINGFUL WAYS TO EXPRESS YOUR DISABILITY PRIDE

EMBRACE YOUR AUTHENTIC SELF

The most fundamental way to celebrate is by simply being you. Your disability is an integral part of what makes you unique and special. Let your true personality shine brightly.

SHARE YOUR NARRATIVE

Your experiences and perspectives are powerful. Consider sharing a personal story about an accomplishment, a lesson learned, or how your disability has shaped your journey. Sharing your story can inspire others and foster greater understanding.

DISCOVER INSPIRING FIGURES

Explore the achievements of notable individuals with disabilities across various fields—athletes, artists, scientists, and leaders. Learning about their journeys can be incredibly motivating and highlight the vast potential within the disability community.

FOSTER INCLUSIVITY

Extend a warm welcome to new faces. A friendly greeting or smile can make a significant difference, ensuring everyone feels valued and included.

EXPRESS THROUGH CREATIVITY

Engage your artistic side! Whether it's drawing a self-portrait depicting an activity you love or creating a card to acknowledge a friend's strengths, art is a wonderful medium for self-expression and appreciation.

ENGAGE WITH DISABILITY-INCLUSIVE MEDIA

Seek out movies, books, and other forms of media that feature authentic and empowering portrayals of characters with disabilities.

ULTIMATELY, DISABILITY PRIDE MONTH IS ABOUT HONORING THE STRENGTH AND UNIQUENESS OF EVERY INDIVIDUAL. OUR DIFFERENCES ENRICH THE WORLD. SO, STEP OUT, BE PROUD, AND CELEBRATE YOURSELF!



A FULFILLED LIFE: GRETA AND JUDE'S STORY



At Living Resources, our deepest desire is to see every individual, regardless of disability or life-altering condition, live a life overflowing with dignity, independence, and profound purpose. There's no greater joy for us than witnessing someone who has been a part of our family flourish, truly living their best life. When that happens, our hearts swell with pride, and we want to share their triumphs with the world!

Today, we're absolutely thrilled to introduce you to Greta and Jude, an incredible married couple right here in Albany. Greta, a

cherished alumna of the Living Resources College Experience program, has blossomed since her days at the College of Saint Rose, achieving so many wonderful things. For about a decade now, Greta has graced the halls of the New York State Capitol building as a messenger, delivering vital communications across the entire Capitol campus. She radiates passion for her work, embracing the abundant walking it entails, which she sees as a bonus! As an avid swimmer, her ultimate dream is to one day become a swim coach, a testament to her dedication, having even competed in the Special Olympics. Her beloved husband, Jude, shares her passion, being deeply involved with the Special Olympics himself.



Jude serves as the Awareness Coordinator for Special Olympics New York, a role he pours his heart into. He masterfully captures and edits videos and photos for the organization's social media, bringing their stories to life. He also played a significant part in planning this year's summer games in Ithaca, from which the couple had just returned when we had the pleasure of catching up with them! Though he also attended the College of St. Rose, Jude is now pursuing his filmmaking dreams at SUNY Albany, further honing his remarkable talents.



Their love story, spanning over seven beautiful years, culminated in a joyous wedding in September 2024. Their paths first crossed when Jude was interning at Greta's workplace at the State Capitol. Greta, with her warm spirit, invited him to her birthday party, and Jude, ever the romantic, arrived with a bouquet of roses! They've been inseparable ever since, their bond growing stronger with each passing day.

Like any truly meaningful relationship, Greta and Jude's marriage has its moments, with Jude openly admitting to a few "silly fights." But as Greta so beautifully puts it, "the love is always there," a powerful reminder of the enduring foundation of their partnership. They share a cozy apartment in Albany, where they cherish their time together.

As passionate travelers, they were eagerly anticipating a trip to Long Beach Island, New Jersey, in the coming weeks, and shared their fondness for spontaneous "stay-cations" at local hotels whenever they can. We simply cannot wait to witness the incredible adventures that await this remarkable couple!



A Tribute to Transforming Lives

A Day at the 1863 Club • Saratoga Race Course

Sunday, August 17, 2025

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RUSSELL SAGE COLLEGE: AN ALL-AROUND INCLUSIVE ENVIRONMENT



It's truly heartwarming to see Gillian blossoming in the College Experience Program at Russell Sage College. She's embraced the journey of learning to be independent, a path she walks with grace and determination.

Currently, Gillian is gaining invaluable experience as an intern in Russell Sage College's Human Resources department in Troy, NY. The work she does—organizing files and labeling important correspondence—brings her a sense of purpose. She often shares how much she enjoys the structure and calm environment that clerical work provides. While she's had other internships, Gillian holds a special fondness for her time at Sage, where she feels genuinely supported by her coworkers and guided by a wonderful boss.

Gillian's growth hasn't gone unnoticed, especially by her career counselor at Living Resources, Aidan. Aidan, who has worked closely with Gillian for a while, speaks volumes about the incredible progress she's made since her very first internship. A significant focus of their work together has been on boosting Gillian's professional confidence. It's truly inspiring to see how far she's come; Gillian now tackles her tasks with assurance, no longer needing to seek constant reassurance, a testament to her newfound self-belief.

A Connecticut native, Gillian has found a home in the College Experience Dorms in Albany, diligently attending her classes. But when she's not immersed in her studies, her heart calls her back to Connecticut, where a lively brood of 10 chickens awaits her! She even named one of her beloved chickens after a retired instructor from the program who left a lasting, positive impact on her. We are all so eager to witness the incredible paths Gillian will forge in the future!

The partnership between Living Resources and Russell Sage College, through the College Experience Program, is nothing short of vital. We are deeply grateful to Russell Sage College for cultivating not only an inclusive academic atmosphere but also a truly inclusive working environment, allowing students like Gillian to thrive and shine.

**WATCH MORE ABOUT
GILLIAN'S INTERNSHIP BY
SCANNING THE QR CODE.**





A BEAUTIFUL DAY FOR ART



A beautiful Saturday morning dawned in Schenectady's Historic Stockade District, filling its streets with vibrant energy. Vendors stretched along N. Church Street, welcoming visitors to the Stockade Art and Nature Garden Tour, a special biennial event organized by the Stockade Association. This year's tour promised something truly extraordinary.

Indeed, the tour delivered, featuring stunning gardens that served as galleries for incredible art from the Living Resources Art Program. Attendees were captivated by the diverse array of pieces, from serene landscapes and colorful floral designs to celestial themes and detailed pencil portraits. Many of the artists whose work graced the gardens were present, as were other participants from the Living Resources Art Program, all reveling in a shared celebration of creativity and camaraderie.



It was a day that beautifully underscored the themes of integration, inclusivity, and the profound healing power of art and nature. Community members and program participants came together, united by the freeing spirit of nature and art, and the blissful harmony found where the two intersect.

We extend our heartfelt thanks to the Stockade Association for their vision and support in creating such a memorable event and for welcoming the artists of the Living Resources Art Program into this cherished community tradition. Their partnership made it possible to showcase the incredible talents of our artists in such a beautiful and inspiring setting, a true celebration of art, nature, and community spirit.





LIVING RESOURCES CELEBRATES DISABILITY PRIDE

Laughter, music, and joy filled the halls as a colorful parade marched through the Living Resources office. People waved handmade pom-poms, shook tambourines, and clanged cowbells. It was loud, cheerful, and full of pride. Every sound and every smile showed just how strong, joyful, and important the disability community is.

This parade wasn't just for fun, it was a way to celebrate people for exactly who they are. It was a moment to shine, to be seen, and to feel proud.



The idea for the parade began last year. Living Resources' DEI Committee wanted to mark the 35th anniversary of the Americans with Disabilities Act (ADA) in a new and meaningful way. They dreamed of a celebration where everyone, no matter their ability, felt seen, included, and proud.

At Living Resources, people are encouraged to feel proud of what they do every day. But this parade gave us a special chance to pause, look back at how far we've come, and celebrate that progress together.

After the parade, everyone gathered upstairs for snacks, juice, and music. There was laughter, hugs, and lots of happy sharing. People proudly talked about the things that make them feel good about themselves:

"I am proud of my art."

"I am proud of myself."

"I am proud to be here."

"I am proud to advocate for myself and my friends."

"I am proud of my sense of humor. I tell great jokes!"

"I am proud of all the people I work with because they give their all every day."

As the music settled and the cowbells stopped ringing, one thing was clear: this was more than just a parade. It was a reminder that every person matters. That pride is powerful. That being different is something to celebrate.

Living Resources' first Disability Pride Parade was filled with love, courage, and community spirit. It lit the way for future celebrations, and reminded us all that when we lift each other up, we all rise together.





THE 2025 ABI TALENT SHOW

Living Resources' Acquired Brain Injury (ABI) Program recently hosted its annual talent show, and it was an unforgettable evening! The entire ABI department, including staff, came together to celebrate the incredible talents and resilience of the individuals in the program.

The show was a vibrant display of diverse acts. Michelle and Brandon had the audience roaring with laughter during their stand-up comedy routines. Victoria delivered a moving rendition of "Journey to the Past" from the movie Anastasia, beautifully accompanied on piano by Matteo. Laura captivated everyone with her ballet routine, showcasing incredible strength and determination. And Alan kept the audience on the edge of their seats with a compelling reading of his original short story.



Beyond the fantastic performances, the event fostered a powerful sense of accomplishment and pride among the participants. Performers beamed with satisfaction, and their peers were inspired by the amazing abilities on display. It was a true testament to the enduring spirit and diverse talents within the ABI program. We're already looking forward to seeing what next year's show will bring!





JOSEPH'S TRIP TO THE PAST

Joseph McGraw, a resident of Living Resources' Intrada independent living community, recently embarked on an exciting three-day trip to Gettysburg, Pennsylvania. A true American history buff with a passion for past presidents, Joe jumped at the chance to witness a reenactment of the Battle of Gettysburg, a trip organized by Yankee Trails bus tours

Accompanied by his staff, Joe was completely captivated by the immersive experience. He found himself right in the middle of the simulated conflict, with cannons firing and soldiers being "captured and killed." The almost-real simulations and wealth of information enthralled him. When asked if he'd like to return to Gettysburg, Joe's enthusiastic response was, "Yes! When can we go again?"



HAPPY BIRTHDAY TIM!

This month, Living Resources marked a truly special milestone: Tim's 50th birthday! Tim, a cherished resident of one of our homes, deserved nothing less than a spectacular celebration, and our team was thrilled to make it happen. The air was buzzing with excitement as staff, Tim's friends, and his housemates gathered for a fun-filled afternoon dedicated to showing him just how much he's appreciated.

The celebration was a vibrant affair, filled with laughter, good company, and, of course, delicious food. We made sure to serve all of Tim's absolute favorites: creamy mac and cheese, crispy chicken nuggets, and fluffy mashed potatoes generously smothered in extra gravy. To keep everyone energized, there was plenty of fresh coffee on tap. The carefully chosen music created the perfect festive atmosphere, encouraging everyone to relax and enjoy the moment. It was truly heartwarming to see everyone come together to celebrate Tim. The genuine warmth and camaraderie were palpable, making it a truly memorable day for him and all who attended. We are incredibly happy for Tim as he enters this new decade and eagerly anticipate all the wonderful things the future holds for him.



[CLICK HERE TO READ JUNE'S NEWSLETTER](#)