



ELIZABETH MARTIN, CEO



## A MESSAGE FROM OUR CEO

As August comes to a close, I am reminded once again of the incredible community that surrounds and supports Living Resources. This month has been filled with moments that reflect the heart of our mission, empowering individuals to live their best lives.

We welcomed a new group of students into our College Experience Program, each beginning a journey of independence, growth, and opportunity. These young adults are taking their first steps toward building a future filled with promise, and we are proud to walk alongside them.

Beyond the classroom, the summer months gave individuals we support plenty of opportunities to enjoy all that our region has to offer, from county fairs and local festivals to beautiful parks and outdoor adventures. These experiences are not only fun but vital to inclusion, connection, and personal growth.

This month, we also honored Brain Injury Awareness and Acceptance Day, a powerful reminder of the resilience and strength of those we support and the importance of building a community of understanding and respect.

We also gathered for our 4th Annual Tribute to Transforming Lives, an afternoon that celebrated progress and the partnerships that make it possible. And once again, the team at Fogg's Automotive demonstrated their unwavering support by hosting their annual barbecue to benefit Living Resources, proof that when our community comes together, amazing things happen.

These events and partnerships are more important than ever. As New York considers the passage of the widely discussed "Big Beautiful Bill," there is growing concern about the potential impact on Medicaid funding. Your generosity and advocacy ensure that individuals with I/DD continue to have access to the services they need and deserve, regardless of these changes.

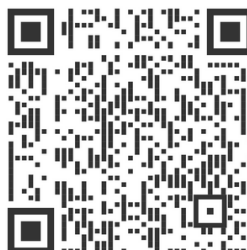
Thank you for standing with us. Your commitment helps us transform lives every day.

# 16th Annual Golf Tournament

**Friday, September 19, 2025  
Colonie Golf & Country Club  
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## FOURTH ANNUAL TRIBUTE TO TRANSFORMING LIVES

On August 17, the Saratoga Race Track became more than a place of world-class racing, it became a stage for dignity, creativity, and inclusion at A Tribute to Transforming Lives. More than 400 guests gathered at The 1863 Club for a truly special day of racing, fashion, and community, presented by Natalie Sillery of the iconic Saratoga Trunk boutique. This one-of-a-kind experience wove together elegance and excitement, all in support of two extraordinary causes: Living Resources and Building on Love.

This heartfelt day was made possible thanks to the generous support of presenting sponsor Barbara Bouchey of Barbara J. Bouchey Asset Management. Serving as Honorary Chairperson alongside her brother Brian, Barbara spoke about how deeply meaningful it was to support Living Resources' mission. For Barbara, this cause is personal, as Brian calls one of Living Resources' supportive residences home. Their story reflects the very heart of our mission: empowering individuals with disabilities to live with dignity, independence, and purpose.





# FOURTH ANNUAL TRIBUTE TO TRANSFORMING LIVES





## A NEW CHAPTER BEGINS

A new chapter has opened for almost a dozen students with disabilities who are starting their college experience away from home. In the spring, they were thrilled to be accepted into the Living Resources' College Experience Program, a two-year residential program on campus at Russell Sage College. This program has a 20-year history of success, and with its support, these students will gain the skills and confidence they need to live independently.

### Pinch Me, This Can't be Real!

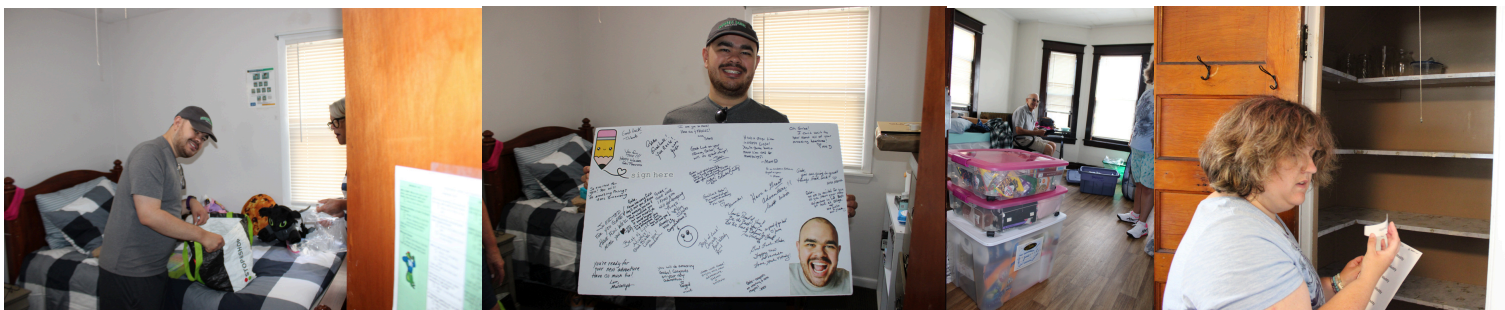
Gabe, who traveled to Albany with his parents from Long Island, is ready for an adventure. He's known as "The Cookie Gabe" by his friends for his entrepreneurial cookie baking business and is absolutely up for any challenge. Maddie wasn't quite ready for a college program right out of high school. With the support of her parents, she gained confidence and experience until she was ready to take the plunge. Now she is so excited that she had to ask, "Is this real? Pinch me!"



### Orientation Week

Colleen Dergosits, Director of College Programs at Living Resources, knows the effect of homesickness on college freshmen. The program has used its 20 years of experience to create a packed orientation week schedule. It's filled with activities designed to get students ready for success by helping them get to know their classmates, explore their new dorms and campus, and establish new routines. The week also offers fun bonding experiences like baking brownies and trivia nights.

With a packed week of orientation activities and plenty of support, these students are not only starting a new chapter in their lives—they're writing a new success story, one where they are the authors.





## **DENISE RILEY: FROM COLLEGE EXPERIENCE PROGRAM TO CERTIFIED NURSING ASSISTANT**



Denise Riley, a proud 2012 graduate of the College Experience Program (CEP), has built a fulfilling life in Albany, New York, since moving from New York City 15 years ago to join the program. Her journey is a testament to perseverance, hard work, and the foundational support she received.

Denise's time in the CEP program included valuable senior year internships, which laid the groundwork for her first job as a dietary aide at Teresian House in Albany. While she enjoyed her role in food service, Denise felt called to a more challenging and rewarding path: nursing. She began diligently studying and working with a tutor, ultimately earning her Certified Nursing Assistant (CNA) license in 2022.

"Being in the nursing field is a lot more difficult," Denise shared, "it's more challenging and physically demanding than food service." Despite the increased demands, she embraced the new career. Today, Denise feels incredibly blessed and thanks God every day for her life. Beyond her professional achievements, Denise considers securing her new apartment two years ago a significant accomplishment. She dedicated herself to working long hours and saving diligently to achieve this goal, a true reflection of her determination and independence.

Reflecting on her CEP experience, Denise recalled feeling unprepared initially but quickly adapted to her new environment. She credits the transportation class as being immensely helpful in her daily life, enabling her to navigate Albany for work, social events, and errands. Among her favorite elective classes was advanced computer skills. Her most cherished memories from CEP include a class trip to Atlantic City and her summer acting classes.

Living Resources played a crucial role in helping Denise achieve her goal of working full-time at Teresian House, providing the support she needed to thrive. Denise Riley's story is an inspiring example of growth, dedication, and the power of a strong support system. We're so glad the College Experience Program was able to help her set the foundation for a successful, independent life!

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THE COLLEGE EXPERIENCE PROGRAM**



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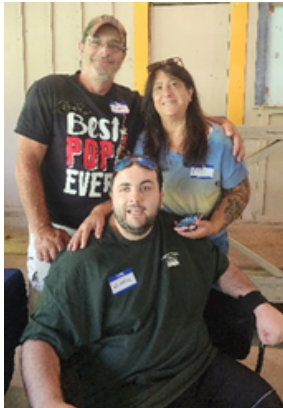
## BRAIN INJURY AWARENESS DAY



On Friday, August 22, the main pavilion at Tawasentha Park became a place of profound hope, fierce determination, and incredible strength for Living Resources' Acquired Brain Injury Program Brain Injury Acceptance Day.

The day brought together brain injury survivors, their families, and the community to share a powerful and simple message: "Don't tell me I can't. I can. I will!" This message wasn't just on a banner or a T-shirt; it was in the air, a shared belief that resonated with everyone.

The morning began with heartfelt words from Representative Paul Tonko, who spoke of his dedication to organizations like Living Resources and honored the participants for their "great courage and determination." But the most moving part of the day was hearing from the survivors themselves. Jorelle, Alan, and Louis bravely shared their journeys from injury to recovery, speaking about how Living Resources has been a vital part of their healing. Alan's advice touched everyone's heart: "Don't let your injury stop your pursuit of purpose and where you fit in to this world."



After the speeches, the atmosphere was filled with connection and understanding. Tables displayed beautiful art created by the program's members, and others sold handmade goods to support their journey. The therapy pigs were a hit, and immersive activities, like one-handed Jenga and the wheelchair obstacle course, offered a glimpse into the daily challenges faced by those with brain injuries, fostering a deeper sense of empathy and appreciation.

It was more than just an event; it was a day of shared healing, purpose, and power, where every person present was a testament to the resilience of the human spirit.





## LIVING RESOURCES CEO NAMED A 2025 ABOVE & BEYOND: SOCIAL SERVICES HONOREE BY CITY & STATE!



Living Resources is honored to announce that CEO Elizabeth Martin has been recognized by City & State as a 2025 Above & Beyond: Social Services honoree, a distinction awarded to leaders making transformative impacts in human services across New York.

When Elizabeth Martin took the helm at Living Resources in 2020, she brought with her a bold vision for change. “I wanted to take what I had learned about disability rights and the right to live with dignity, independence, purpose and bring it to Living Resources,” she said. “When you see a social problem and you’re helping to change it, there’s nothing more exciting than being part of that.”

Among Martin’s proudest accomplishments is helping individuals who had lived in fully staffed group homes for decades transition to more independent, supportive apartments. With targeted state grants and a focus on enabling technology, her team has shown what’s possible when traditional approaches are reimaged. “They’re happier now and they’re doing great,” she says. “We’re showing what’s possible when you try something different.” Her advice to future leaders in the field: “Follow your heart and your passion, because that will always lead you down the right path.”

This honor comes at a critical time: across New York, poverty and homelessness are rising, Medicaid enrollment is at an all-time high, and many vulnerable residents are at risk of losing support. Leaders like Elizabeth Martin, and organizations like Living Resources, are working every day to ensure that no one is left behind.

Additionally, Elizabeth’s leadership continues to expand our voice, influence, and advocacy, most recently with her appointment to the Board of Representatives for ANCOR (American Network of Community Options and Resources). ANCOR is a leading national voice in advocating for inclusive, community-based services for people with intellectual and developmental disabilities and this national appointment reflects her growing role as a voice for disability service providers across the country. Her three-year term begins on October 1, 2025, and provides an exciting opportunity for Living Resources to help shape the future of our field on a broader scale.

## SUMMER FUN!

This summer was a blast for the students in the Living Resources After School Program! We hosted the program at the Albany School of Humanities, and every day was filled with energy, laughter, and learning.

The summer session wrapped up on August 15, and while we're sad to see it end, we're so proud of everything our students did. They built castles in the sand, teamed up to solve tricky puzzles, and played their favorite games on the playground. On hot or rainy days, the fun didn't stop, they bounced and laughed on the trampoline indoors.

But the very best part wasn't the activities, it was the friendships. Students arrived excited to see each other each morning, and those daily smiles turned into lasting bonds. Watching them laugh, help each other, and grow together was the highlight of our summer. We can't wait to see all the amazing things they'll do next!





## THANK YOU FOGGS!

Our sincerest thank you to everyone who came down to the Brooks BBQ benefit for Living Resources at Fogg's Automotive on Wednesday, August 6! Your generosity is greatly appreciated. This is the third year that Fogg's has graciously run this event in support of our mission and we couldn't be more thankful for their support! Altogether, the event raised over \$3,000 for Living Resources' programs and services.

Did you know Living Resources operates a fleet of more than 200 vehicles that provide transportation needs of those we support? From medical appointments to community outings and daily routines, these vehicles are essential to ensuring access, inclusion, and independence. Thanks to our trusted partners at Fogg's Automotive, our fleet stays in top condition - safe, reliable, and ready to go wherever the journey leads.



## Thank you to our Golf Tournament Sponsors

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## SUMMER ADVENTURES IN COMMUNITY LIVING

The individuals in our Community Living program have been living it up this summer! For the past few weeks, they've been exploring the region in their very own America the Beautiful series, experiences that go far beyond just a day out, helping each of them to grow, connect, and thrive. The series kicked off with a trip to Million Dollar Beach in Lake George.

Though it was a chilly day, individuals searched for seashells to add to their collection, and a few even braved the cooler temps and waded into water, showing their independence and confidence in trying new things. Next came an evening cruise on the Dutch Apple, where everyone enjoyed listening to a local band while watching the sunset. With beautiful views and great company, it was the perfect chance to practice social skills, build friendships, and enjoy being part of the wider community.

Finally, it was back to the beach where individuals from Saratoga, Cohoes, and Albany all came together for some fun in the sun! They swam in the water, played beach games, and grabbed some treats from the concession stand, celebrating both inclusion and togetherness across programs. At Living Resources, every outing is more than just an activity, it's a step toward independence, an opportunity for growth, and a reminder that everyone deserves to be included in the beauty and joy of community life.

