



ELIZABETH MARTIN, CEO



A MESSAGE FROM OUR CEO

As September comes to a close and we step into October, I am reminded of both the beauty and the change the fall season brings. Just as the leaves turn and usher in a new season, the work we do together helps individuals we support create seasons of change in their own lives.

Earlier this month, members of our leadership team traveled to Washington, D.C. to meet with our federal congressional and senate leaders. We joined colleagues from across the nation to voice our deep concern about proposed cuts to Medicaid supports, cuts that would threaten the vital services so many individuals rely on to live with dignity, independence, and purpose. Our message was clear: these supports are not optional; they are essential.

September also brought Direct Support Professional Recognition Week, a time to celebrate the extraordinary men and women who are the champions of the individuals we support. Our DSPs walk alongside individuals every day, providing the essential support, encouragement, and guidance that make independence possible. Their dedication transforms lives, and I encourage each of us to take a moment to thank them for their unwavering commitment, not just during recognition week, but every day of the year.

As we move further into the fall months, let us hold two truths in balance: the challenges ahead as we continue to advocate for the protections our community needs, and the immense gratitude we feel for those who make our mission a reality each day. Together, we will continue to ensure that every individual we support has the opportunity to thrive.

THANK YOU

DIRECT SUPPORT PROFESSIONALS



CELEBRATING RICH CULTURAL ROOTS



On Thursday, September 11 the Living Resources Diversity, Equity, and Inclusion (DEI) Committee hosted a fantastic potluck lunch to celebrate the start of Hispanic Heritage Month. The event was a fantastic way to honor the rich cultural traditions of Hispanic Americans.

The potluck was a culinary journey filled with an impressive array of authentic Hispanic dishes and delectable desserts, all lovingly prepared by members of the DEI committee. The main course featured crowd-pleasers like flavorful chicken enchiladas, savory empanadas, fluffy rice, and a hearty black bean soup. Attendees were able to mingle and connect with one another over the delicious food, fostering a sense of community and appreciation.

No celebration is complete without dessert, and this potluck didn't disappoint. A delicious spread of flan, tres leches cake, and Spanish cornbread, among other sweet treats, was shared. The variety of dishes highlighted the amazing diversity within Hispanic American cuisine.

The event was an excellent opportunity to honor the cultural traditions of Hispanic Americans. The celebration was a huge success, bringing everyone together to enjoy great food, good company, and spend time with amazing coworkers.

CONGRATS TO OUR DSP VALUE AWARD WINNERS!

A huge congratulations to all of our DSP Value Award winners! This year, Living Resources unveiled new agency values. Staff were asked to nominate a DSP who exhibits one of our new values, and the nominations poured in! We're incredibly grateful to each of you who exhibit advocacy, collaboration, empowerment, excellence, inclusivity, integrity, and kindness in all you do!

DSP Value Award Winners

Sara Bennett - Advocacy
Dennis Anakum - Collaboration
Hweida Sero - Empowerment

Daniel Arce - Excellence
Rebecca Hart - Inclusivity
Krystal Rogers - Integrity
TBA - Kindness



LIVING RESOURCES ADVOCATES AGAINST MEDICAID CUTS IN H.R. 1



Living Resources recently joined other disability and healthcare organizations in Washington, D.C., as part of ANCOR's Policy Summit to meet with congressional leaders from both sides of the aisle and advocate against proposed federal Medicaid cuts included in H.R. 1.

The legislation, signed in July 2025, reduces federal Medicaid funding by nearly \$911 billion over the next decade and introduces work requirements and higher out-of-pocket costs for many low-income enrollees. These changes could have significant impacts on individuals with disabilities and their families, as well as on the direct support professional workforce that enables people to live



independently. Reduced funding often trickles down to lower provider rates, making it harder to recruit and retain skilled staff, a challenge already affecting the sector nationwide.



At the summit, Living Resources leaders shared firsthand perspectives on these potential consequences, emphasizing the importance of protecting Medicaid as a lifeline. Working alongside ANCOR and statewide provider associations, Living Resources continues to advocate for policies that sustain both services and the workforce that delivers them.

BRINGING IN FALL IN FASHION

The Albany Day Community Opportunities Program welcomed fall with a fun-filled adventure to Riverview Orchard in Rexford! The day was packed with hands-on activities and new discoveries. Participants got up close and personal with adorable baby animals, some even got to pet them! Next, they watched cider doughnuts being made and got a peek inside the doughnut-making machine.

The learning continued at the bee hives, where everyone discovered how honey is made straight from the source. Then came the highlight of the day: each individual had the chance to roam the orchard and pick their very own apples! After a morning of exploration, it was time to refuel with a delicious lunch, complete with fresh apple cider and, of course, cider doughnuts.

It was a truly eventful, educational, and delicious day. A huge thank you to the wonderful staff at Riverview Orchard for making their visit so warm and welcoming!



16TH ANNUAL GOLF TOURNAMENT

The Colonie Golf and Country Club course was buzzing with excitement on Friday, September 19. Golfers came from far and wide to golf in Living Resources' 16th Annual Golf Tournament. The day began with breakfast and a heartfelt speech from a parent of a student in our College Experience Program. Then, golfers headed to their carts and off they went for 18 holes on a beautiful sunny day. The sun was shining, the greens were fast, and the fun never stopped, from Tor, our golf pro, driving balls for \$10, to the putting contest for a bottle of cheer, to mulligans, 50/50s, and raffles galore. Most importantly, the day raised critical support for our College Experience Program and for the many services Living Resources provides to individuals with disabilities. Together, we are helping students pursue their dreams, and strengthening the programs that give dignity, support, and opportunity to so many in our community. Our sincerest thank you to all who came out and supported our mission.



16TH ANNUAL GOLF TOURNAMENT

CONGRATS TO OUR WINNERS!

First Place with score of 59: **NFP**, **Matt Ceballos**, **Chris Greagan**, **Nick Marini**, & **Tom O'Toole**

Second Place with score of 61: **Old Brick**, **Craig Clermont**, **Todd Flanigan**, **Steve Goetz**, & **Chris Puls**

Longest Drive Men: **Tom Gerard**

Longest Drive Women: **Colleen Dergosits**

Closest to the Pin Men: **Roger Bearden**

Closest to the Pin Women: **Victoria Hostig**



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A FRESH COAT OF PAINT

A huge thank you to the team of amazing volunteers from Pursuit, an Albany-based SBA Loan company, who spent their morning with us giving the porches at one of our properties a fresh coat of paint!

The fresh coat of paint has completely transformed the space, bringing a new sense of warmth and cheer. More than just a fresh coat of paint, their hard work and generosity show the individuals that live there that they are a valued part of the community. It was a day filled with teamwork, laughter, and a shared purpose, and the impact of their dedication will be felt for a long time to come.

We are so grateful for Pursuit's commitment to giving back and for making a real difference in the lives of the individuals we serve. Thank you for helping to make our house a more beautiful and welcoming home!



MEMORIES MADE AT BEAR MOUNTAIN

This summer ended in the best way possible for people in our Day Community Opportunities Program. Rockland County welcomed friends from Westchester, Orange, Ulster, and Dutchess counties to Bear Mountain for a special BBQ. From the first song, the music filled the air and lifted everyone's spirits. Smiles, laughter, and pure joy could be seen everywhere. People danced, sang along to favorite songs, and made new friendships that felt natural and meant to be.

The day showed the true power of community. It was built on teamwork, care, and love. Managers from all the counties worked together with one goal in mind: to create a day of joy. Staff fired up the grills and served hot dogs and burgers, working as one team. Families brought food to share, turning the meal into a community potluck. This wasn't just a picnic, it was a celebration of friendship, teamwork, and the joy of being included.

What made the day so special was how real and easy the connections felt. People weren't just going to an event, they were part of an experience. Everyone was welcomed, celebrated, and valued for who they are. The day at Bear Mountain was more than a gathering. It was a reminder that when we open our hearts, we create a place where everyone belongs.





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AFTER YEARS OF DETERMINATION, BRIAN IS BACK ON THE ROAD



When Brian got behind the wheel of his brand-new Kia Seltos last week, it wasn't just about driving, it was about reclaiming a piece of independence he'd worked toward for nearly five years.

Brian had been driving for 32 years before his life changed in an instant. In 2020, just as the world was preparing to shut down for COVID, Brian suffered a stroke. He spent the early days of the pandemic in the hospital, fighting not only for his health but for the everyday freedoms so many of us take for granted.

After his initial recovery, Brian joined Living Resources' Acquired Brain Injury (ABI) Program, where he continued working toward his personal goals while building meaningful friendships with others who understood his journey. His determination and positive outlook also led him to become a valued Living Resources Board Member, a role he takes great pride in. Now that he's driving again, Brian is especially excited to attend more board meetings and community events in person.

Sunnyview Rehabilitation Hospital helped Brian regain strength and relearn physical skills, and two and a half years ago, he decided to test his driving aptitude. "I passed the cognitive part, but not the physical part, reflexes, muscle control. During my first test, I had a tendency to drift to the left," he recalls. But Brian never gave up. "Everything I've done since my stroke, it's been little steps that have given me a sense of accomplishment along the way. I didn't set too lofty of a goal. If I set a big goal and didn't hit it, I would have been disappointed. I set little goals and kept hitting them."

Last week, those steps added up to a major milestone, Brian passed his driver's aptitude test. The smile on his face as he picked up his Kia Seltos said it all. "I feel excited, proud," he shared. These days, Brian loves the simple joy of driving, whether it's heading to appointments or just hitting the open road for a taste of freedom.

Brian's journey is a reminder that independence often comes in small victories, and when you have the right support and determination, even the biggest goals are within reach.

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