



ELIZABETH MARTIN, CEO



## A MESSAGE FROM OUR CEO



As the year comes to a close, I find myself reflecting with deep gratitude. Yes, 2025 brought its share of uncertainty and challenge, but it also reminded us of something essential: when we stay grounded in our mission, we can continue to grow, adapt, and serve even in the most complex moments. Throughout the year, Living Resources remained steadfast in our commitment to the individuals and families who rely on us.

Together, we expanded our reach, strengthened our programs, and continued showing up for people when it mattered most. That did not happen by chance, it happened because of you. Your generosity, partnership, and belief in our work made it possible for us to keep moving forward. Whether you gave your time, shared your expertise, made a financial contribution, or simply stood with us as a trusted thought partner, you helped ensure that our mission stayed strong and our community stayed supported.

Even in challenging times, we witnessed moments of progress, compassion, and resilience, a powerful reminder that meaningful change often happens quietly, one person and one action at a time.

**As we turn the page on this year, thank you for choosing to stand with Living Resources and for helping carry us to this moment. Because of your partnership and belief in our mission, we are entering the year ahead grounded in purpose and ready for what comes next. There is still important work to do, and we are grateful to continue that work alongside you.**

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**YOUR GENEROSITY KEEPS OPPORTUNITY ALIVE**

## THE GRATITUDE TREE



The spirit of gratitude has made its way through the Residential department here at Living Resources. All month long, staff have had the opportunity to share what they're grateful for on the department's gratitude tree. The brainchild of Miranda T., Administrative Assistant for the residential department, the tree is full of colorful leaves. When asked about the tree, Miranda stated that noting what you are thankful for has immense psychological benefits, and she wanted Residential staff members to feel those benefits in an exercise geared toward gratefulness in your work life.

As part of a team building exercise, each leaf was filled out by a Residential staff member detailing what they are grateful for this year. Some staff noted being grateful for their mentors and team members, and others were thankful for more personal things, like a recently earned promotion. Many were grateful for the individuals they support.

We love seeing the finished product proudly on display in the Residential department at our main office. It is a testament to all the great things happening here at Living Resources!

## WARREN DCOP'S FRIENDSGIVING



Warren DCOP celebrated the spirit of togetherness this Thanksgiving season with a wonderful "Friendsgiving" potluck lunch! It warmed our hearts to see the pride of the program participants as they presented their offerings. The turnout was fantastic! While it wasn't a traditional holiday meal—featuring glazed carrots, macaroni salad, bacon potato slices, and plenty of desserts like apple crisp and brownies—the genuine spirit of Thanksgiving was definitely in the air. The day was focused on coming together and enjoying quality time with friends. After the feast, the fun continued with a spirited game of trivia, where teams competed for sweet prizes. It was a successful and joyful afternoon for everyone in attendance!



## ABI CRAFT SALE

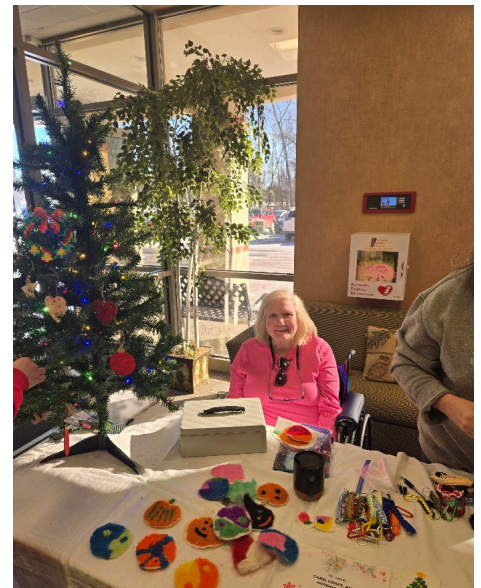


The air at Living Resources has been buzzing with festive energy this month, thanks to the return of a deeply cherished event: the annual Holiday Card and Craft Sale hosted by our Acquired Brain Injury (ABI) Program! This beloved tradition is more than just a seasonal shopping opportunity; it's a vital fundraiser and a powerful demonstration of the talent, dedication, and resilience of the individuals we support.

The centerpiece of the sale is the incredible array of cards created by participants in our Monday craft groups and

Tuesday art program group. This year, the Comfort Crafts group joined the sale with handmade items for the very first time. Following an acquired brain injury, many individuals face challenges that impact their daily lives, including a reduction in fine motor skills—the precision and coordination needed for tasks like writing, buttoning a shirt, or, yes, crafting! The Comfort Crafts group provides a supportive and therapeutic environment specifically designed to address this.

In this group, participants work on a variety of engaging, hands-on projects that serve as a fun and effective way to hone and re-develop these essential fine motor skills. The crafts themselves are the medium through which new compensatory strategies are learned and practiced, allowing individuals to regain confidence and ability in a tangible way. It's a true testament to the power of therapeutic activities disguised as creative fun!



The Comfort Crafts group worked tirelessly throughout the year to prepare a beautiful inventory for the holiday season. The creativity on display was truly inspiring! Shoppers were delighted to find unique, handmade gifts for sale. Items available to purchase included charming keychains and magnets that make perfect small gifts and stocking stuffers, practical coasters ideal for home or office, and a wonderful variety of holiday cards.

The sale turned the main office into a festive marketplace. Staff members and visitors eagerly stopped by, happy to check items off their holiday shopping lists while knowing every purchase directly benefits the Living Resources ABI Program. The funds raised help ensure we can continue to provide high-quality services, therapeutic groups, and essential resources for those navigating life after a brain injury.

We are incredibly proud to keep this annual holiday tradition alive. It brings our community together, supports a crucial cause, and—most importantly—shines a spotlight on the amazing skills and dedication of the individuals in our Comfort Crafts group. Thank you to every person who contributed, purchased an item, or simply stopped by to share in the holiday spirit. Your support makes a real difference in the lives of those recovering and thriving after an acquired brain injury!

# SPREADING HOLIDAY CHEER: COLUMBIA GREENE DCOP DECORATES FESTIVE COOKIES!

The holiday spirit is officially in full swing at Columbia Greene DCOP! This month, individuals in the program brought some festive flair to their cooking class by diving into the wonderful world of holiday cookie decorating!

This wasn't just a simple decorating session, though—it was a full-fledged culinary adventure! The individuals took charge every step of the way:

- Shopping: They started by heading out to purchase all the necessary supplies.
- Baking: Next, they made the dough from scratch and baked the cookies to perfection.
- Decorating: Finally, the real fun began as they transformed their plain cookies into edible masterpieces!

The excitement was palpable! Everyone was thrilled to be working on such a festive project, and the results were truly delicious. They created some fantastic designs and were incredibly proud of their decorative skills and yummy treats!

It's wonderful to see the individuals we support engaged in activities that not only teach valuable skills but also create such joyful holiday memories. Great job, everyone!







## A HOLIDAY IN WHOVILLE

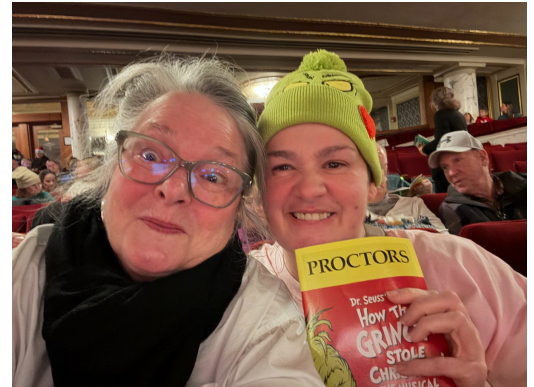


The holiday season is a time for warmth, togetherness, and making cherished memories. Here at Living Resources, we believe in fostering a strong sense of community and providing enriching experiences for the individuals we support. Recently, some of our friends from the community living program had a truly magical trip to Proctor's Theatre in Schenectady, NY, to see a live performance of "How The Grinch Stole Christmas!"

The air was buzzing with excitement as everyone arrived at the historic theater, beautifully decorated for the holidays. For many, attending a live show is a special treat, and the anticipation of seeing a beloved classic brought to life on stage was palpable.

As the curtain rose, Whoville came alive with vibrant colors, lively music, and the unmistakable charm of Dr. Seuss's iconic characters. From the adorable Cindy Lou Who to the Grinch himself, every moment was filled with wonder and delight. The story, with its timeless message of love and the true meaning of Christmas, resonated deeply with everyone.

But beyond the fantastic costumes and catchy songs, this was a wonderful celebration of friendship and community. Laughter and smiles were shared freely as our individuals enjoyed the performance together, pointing out their favorite characters and humming along to the familiar tunes. It was a beautiful reminder of the joy that comes from shared experiences and the bonds we create with one another.



After the show, the conversations continued, full of happy retelling of favorite scenes and characters. These shared moments are invaluable, building confidence, sparking joy, and strengthening the connections within our Living Resources family.

We are incredibly grateful for opportunities like these that allow the individuals we support to engage with their community, experience the arts, and create lasting memories with their friends. This holiday season, as we reflect on the joy of "How The Grinch Stole Christmas," we are reminded that the greatest gifts are often found in the company we keep and the warmth of a loving community.



## THANK YOU BROADVIEW FCU!



The spirit of selfless generosity is in abundance during the December holidays!

Some of Santa's elves, disguised as Broadview Federal Credit Union employees, traded in their usual sleigh for large mail hampers, overflowing with treasures destined for our residences, bringing immeasurable warmth on a cold, snowy, and blustery day.

The precious cargo included everything needed for a cozy, joyful winter: soft blankets and socks, boxes and tins of hot cocoa, baking supplies complete with mixing bowls, whisks, rolling pins, and cookie cutters, and craft activity materials, such as construction paper, markers, crayons, glue sticks, and scissors. There were also games, puzzles, and so much more. Living Resources' CEO Elizabeth Martin shared "that it is moments like this that show the true power of community. Broadview's kindness goes far beyond gifts, their thoughtfulness brings joy, comfort, and a sense of being seen and valued. We cannot thank them enough for their generous hearts."

Our dedicated residential department, who knows each individual in our many houses and the things they love to do, is now busy sorting through all the holiday cheer. They are meticulously curating packages that align with the specific preferences of every person we support. "We are so appreciative of Broadview Bank for once again providing our residential houses with beautifully filled Christmas baskets. Our teams and the individuals we support look forward to this every year. Each basket is created with such care and meaning—crafts, baking activities, games, cozy blankets, socks, hot cocoa, and more. Your generosity brings so much joy and comfort to our homes during the holiday season, and your continued support truly means the world to us. Thank you for helping make this time of year extra special for our residents and staff," Deputy Director of the Residential Department Myrissa Crossman stated in response to receiving the baskets.

We send out special thanks to our partners at Broadview for their tireless effort in preparing for this extraordinary donation. They worked for months, demonstrating a truly magical commitment to our mission, and words can't fully express our deep appreciation for their kindness.



# LIVING RESOURCES SECURES \$10,000 ADVERTISING GRANT FROM THE TIMES UNION

We have some incredibly exciting news to share! Living Resources has been awarded a \$10,000 advertising grant from the Albany Times Union newspaper as a part of their Capital Region Gives contest! Thank you to our generous partner, Russell Sage College, for sponsoring our entry into the contest. We are absolutely thrilled and deeply grateful for this amazing opportunity.

This grant means so much to us because it will allow Living Resources to reach even more people in our community, spreading awareness about the vital services we provide to individuals with intellectual and developmental disabilities (I/DD) and brain injuries. Our mission is to empower the people we support to live their lives with dignity, independence, and purpose. This grant will be instrumental in helping us further that mission.

The best part? We won this grant because of YOU – our incredible supporters, friends, families, and community members who took the time to vote for Living Resources. We were up against many other worthy organizations, and your dedication and enthusiastic participation made all the difference. Every single vote counted, and together, you helped us achieve this fantastic win. We are truly humbled by your unwavering support.

We also want to extend our sincere thanks to the Albany Times Union for this generous grant and for creating such a wonderful initiative to support local nonprofits. Their commitment to the community is truly commendable, and we are honored to be among the grant recipients. This \$10,000 advertising grant will significantly boost our efforts to share the stories of the remarkable individuals we serve and highlight the dedicated work of our staff. We'll be able to connect with new audiences, inform them about the comprehensive programs and services Living Resources offers, and invite more people to join our mission.

Thank you again, from the bottom of our hearts, to everyone who voted and to the Albany Times Union. This is a win for Living Resources, and more importantly, it's a win for the individuals with I/DD and brain injuries whom we are so privileged to serve. We can't wait to show you the impact of this grant!





## THANK YOU FOR DONATING TO OUR ANNUAL APPEAL!

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**Barbara Scher** - In Memory of Sylvia Rauch Prizant

**Sally Sheldon** - In Honor of Joe Miranda III

**Brenda Szydlo and Robert White** - In Honor of Reed Grontas

**Brigid Viola** - In Memory of Ryan Peterson



## CONNECTIONS AND CELEBRATIONS: A MAGICAL HOLIDAY GATHERING FOR THE LIVING RESOURCES FAMILY



There is something truly transformative about the holiday season. It's a time when the world slows down just enough for us to focus on what matters most: community, connection, and joy. Recently, Living Resources hosted a holiday celebration that embodied those values perfectly. We were thrilled to welcome over 60 individuals, family members, and staff from across multiple counties, representing our Supportive Living, After-School, and Community Habilitation programs.

The energy in the room was palpable from the moment the doors opened. For many of our attendees, this event was more than just a party—it was a chance to reconnect with friends from other programs and meet new faces from neighboring counties. It was a beautiful reminder that while our programs are diverse, we are all part of one supportive Living Resources family.

No holiday celebration is complete without a great meal, and this year's spread did not disappoint! Guests enjoyed a large catered lunch followed by a dessert table that was almost too pretty to eat (though we certainly tried!).

The excitement reached a fever pitch when Santa arrived. He took the time to sit with everyone, pose for photos, and listen to holiday wishes.



The most touching moments of the day came from our After-School Program students. Many of the kids arrived with handwritten letters and colorful drawings in hand, ready to hand-deliver them to the Big Man in Red. Watching the joy and wonder on their faces as Santa accepted their letters was a powerful reminder of why we do what we do—creating spaces where everyone can experience the magic of the season without barriers.

Events like these are vital to our mission at Living Resources. They provide an opportunity for the individuals we support—whether they are navigating life with I/DD or recovering from a brain injury—to socialize, celebrate their independence, and feel the warmth of a community that truly cares.

We want to extend a massive thank you to our dedicated staff who organized the event, the families who joined us, and most importantly, the incredible individuals who make our programs so vibrant.

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