

MESSAGE FROM THE CEO



Elizabeth Martin

There is a connection between equality and independence, two interrelated values our country highlights between June and July. In June, we honor Juneteenth and Pride month, commemorating the end of slavery and advocating for LGBTQ+ equality. In July, we celebrate the Declaration of Independence on July 4 and Disability Independence Day on July 26, which recognizes the passage of the Americans with Disabilities Act. These multiple holidays for equality and independence exemplify the importance these fundamental values have in our nation. It reminds us of our commitment against injustice and continued efforts to strive for a world where equality and independence for all prevail.

Like I did last month, I want to share some words Martin Luther King, Jr.: “Make a career of humanity. Commit yourself to the noble struggle for equal rights. You will make a better person of yourself, a greater nation of your country, and a finer world to live in.” At Living Resources, we support the equal rights of ALL people to life, liberty, and the pursuit of happiness.

2023 CYCLING FOR CREATIVITY

ED DID IT!



He rode a 2,000 mile self-supported and self-directed bicycle tour from Albany, NY to Fargo, ND, completing this year's leg of a two-year journey to Albany, OR. Ed spent 37 days raising awareness of and money for Living Resources programs in what he calls his **#CycleforCreativity**. Along the way, he has



seen some rather impressive natural and man-made sights, met new friends, battled heat, humidity, rain storms, and smoke from the Canada wildfires, enduring strong headwinds, rough paths, and swarms of gnats.

One exciting highlight was arriving in Albany, Minnesota on June 27, 2023. He enjoyed touring our



sister city and chatting with the librarian who introduced him to the City Administrator. He even purchased a commemorative tee shirt at a local pub to mark the auspicious occasion.

Thanks to YOUR generosity, this **Cycle for Creativity** raised nearly \$6,000 which directly funds Living Resources' mission of supporting and empowering individuals with disabilities to live with dignity, independence, and happiness.

\$6,000 is in our reach!

If you have not yet made a donation, please do so **TODAY** to help us achieve that goal! **Click here or go to:**



<https://bit.ly/3uFWsaL>



Go to our event page to enjoy his photo journal <https://fb.me/e/3lrX6Gpmw>





In Gratitude to our Honorary Committee for the
A Tribute to Transforming Lives
A Day at the 1863 Club

Fashion Show ◦ Brunch ◦ Racing

Sunday | Saratoga
August 20, 2023 | Race Course

benefitting



Suzie Allrich
Thomas Amell, Pioneer Bank
Berkshire Bank
Vladia Boniewski and Daniel Vallely
Elizabeth Borysewicz
Barbara Bouchey, model
Brian Bouchey, model
Broadview Federal Credit Union
Danielle Brown, Premiere Limo
Kathleen Conboy Schreck
C. T. Male Associates, P.C.
CDPHP
Ken Claffin, Cusack & Company CPA's LLC
Michelle Cuzzo Borisenok
Maria & Mark Dailey
Sanjeeve DeSoyza
Carlene Dorman
Eastern Heating and Cooling
Fenimore Asset Management, Inc.
Elaine Freedman
Dr. Roy and Judy Fruiterman
Philip Fusco
Clare Graham
Gail Johnson

Laurel Lei Kelley, Capital District Center
for Independence
Key Bank
Kathleen Kinstel
Joe LaMalfa
Gayle LaSalle, model
Robert & Shirley Lazar
Aaron & Jackie Lieberman
The Family of Dr. Robert Lieberman
Christopher Lyons, AIM Services, Inc.
M&T Bank
Christopher & Carleen Madden
Michele Madigan, Model
Elizabeth & Jason Martin, CEO, model
Kathy McNeice, model
Metroland Business Machines
Lisa & Ed Mitzen
Dr. Steady H. Moono, SUNY Schenectady
Joseph Morelli
Paul Murray, Janney Montgomery Scott LLC
Linda Nelson
Steve Obermayer
Diana Ostroff
Deneen Palmatier

Bruce Parsons, Mahoney Performance
Institute
NFD Corporate Services, Christopher
Greagan
Laura Petrovic, model
Michael & Laura Quaranta
Jennifer Richard
Kenneth & Susan Ritzenberg
Daniel & Debbie Round
Tatiana Roupas, Capital Regional
Pharmacy Services
Natalie Sillery
Jon & Diane Stage-Fowler, model
Stewart's Shops
Hon. Paul D. Tonko
Kevin & Mary Tully
Kimberly Strauchon Verner, Esq.
Shawn Viana & Maria Keary
Sean Wade, NBT Bank
Garry & Joyce White
Joni Sarah White, model
Mary Lou Young & Hon. Debra
J. Young
Michael Ziegler & Leah Slocum

*indicates Living Resources Board Member

Presenting Sponsor



Fashion Show presented by



Triple Crown Sponsor



Thank you so much for your support of our mission!

Please join them by going to <https://bit.ly/3P4MjN2>



PRIDE IS FOR EVERYONE

At Living Resources, we strive to make the world more inclusive and to protect the rights of individuals with disabilities and other life challenges to be able to live as equal citizens. Some of our students celebrated at the 2023 Capital Pride Parade and Festival!



Also as part of pride month, this powerful piece of art has been displayed in the lobby of our main office. This 3-dimensional mixed media art piece entitled "Love is Love" amplifies the Barack Obama quote, "No one in America should ever be afraid to walk down the street holding the hand of the person they love."

It was created by Pam Lake, a participant of Living Resources' Traumatic Brain Injury Program and member of the LGBTQ+ community.



A SMOOTHIE START TO SUMMER

We had a "smoothie" start to summer with an Employee Appreciation Smoothie truck. The Smoothie Tour truck stopped by offering our amazing staff a choice of strawberry banana or mango pina colada smoothies. Somehow they tasted even better when there is a paper umbrella in the cup and a Hawaiian lei is included!



Staff were also encouraged to take a break from their workday to enjoy each other's company and experience the beauty of nature with a summer hike in one of our neighboring Pine Bush trails. The activity sponsored by our Wellness committee gave staff the

opportunity to breathe in the beautiful, fresh air and appreciate the abundant scenery of the Pine Bush while getting some healthy exercise. Their efforts were rewarded by the spectacular sight of a family of deer that call the area home.



ON THE ROAD WITH DCOP

The **Rockland County Day County Opportunity Program** had an island adventure this month- Staten Island, that is! They began with a drive to the Whitehall Terminal in Manhattan where they then boarded the Staten Island Ferry, a shuttle that transports passengers the 5.2 miles across the New York Harbor to Staten Island. For many, this 25 minute mini-island adventure marked their first experience on a Ferry. One look at the smiles will tell you how much they loved it! They enjoyed looking out at the water, watching the waves crash against the side of the boat, and of course, the beautiful view you get of both cities from start to finish.



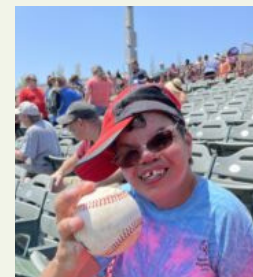
They had such a great time they repeated it – only in reverse. To be fair this was also partly because they didn't want to be stranded in Staten Island. By the end of the day, our individuals had learned that good vibes happen on the tides!



Teams from our **Saratoga and Schenectady DCOP** headed to the ball field for a Valley Cats Game this week, and it was quite a hit! They settled into the front row of the third base side, making themselves right at home rooting for the home team and enjoying great park food and refreshments. And, since this is DCOP, you know they were hobnobbing with the ValleyCats' mascot Southpaw and dancing to all the tunes!



The most exciting part of the day occurred during the game when ValleyCats second baseman, Luis Santana handed a baseball to our participant, Kim. She was so excited and held up the ball and said, "Look, I got something." That game ball will likely be a prized souvenir and a happy memory for quite some time.



Our Orange County DCOP enjoyed a perfect day at the Storm King Art Center in New Windsor, NY! The center is a 500-acre outdoor art museum located in New York's Hudson Valley, where visitors can experience the vibrant bond between art, nature, and people, in a place where discovery is limitless.



The group was taken on a narrated 30-minute tram tour to learn about the collection and then walked around the center experiencing the beauty of the sculpture garden.





SCHOOL'S OUT

Fun food, giant games, and happy sounds abounded at our main office this month as our After School Program celebrated the end of the school year. Students from all the districts had so much fun with their group party, they wished that school would never end. Well, almost. Summer has a way of flying by with adventures of its own; before you know it, September will be here and the students will return to school. Until then, we wish our students and their families a fantastic summer break!

The program supports children and adolescents through age 21 and operates Monday through Friday, from 2:00 pm to 6:00 pm, September through June, following the host school district's calendar of operation. For more information go to <https://www.livingresources.org/services/after-school-adventure-program/>

We are accepting applications for the After School Program for the 2023-2024 school year at all our locations; Albany High School (Albany, NY), Albany School of Humanities (Albany, NY), Bethlehem High School (Bethlehem, NY), South Colonie High School (Colonie, NY), Draper Middle School (Rotterdam, NY), Guilderland High School (Guilderland, NY), Shaker High School (North Colonie, NY), and Shenendehowa High School (Clifton Park, NY)

**Please note that some locations may have waitlists.*



THANK YOU FOR BEING A FRIEND



Students also celebrated National Best Friends Day with their signature style, honoring the lifelong friendships the students make while in the program.



The College Experience is a two - year program hosted at The College of Saint Rose in Albany, NY. The program provides young adults with disabilities the support, skills, confidence, internships and work experiences they need to gain independence and live engaged, productive and happy lives.

Learn more at: <https://thecollegeexperience.org>



DCOP AWARDS

It's a much anticipated annual happening at Living Resources and everyone was excited. Staff and program participants traveled to Columbia-Green Community College from Warren County, Westchester County, and everywhere in between to attend the 2023 Day Services Awards Ceremony.

On this day, participants of our Day Program and Community Living Program were celebrated for the achievements they have made over the past year and staff were celebrated for their hard work and dedication to the individuals they work with.



The Day Community Opportunities Program chorus started the day with a powerful rendition of Fight

Song by Rachel Platten, proclaiming, "This is my fight song / Take back my life song / Prove I'm alright song / My power's turned on / Starting right now I'll be strong/ I'll play my fight song / And I don't really care if nobody else believes / 'Cause I've still got a lot of fight left in me!"

With these words echoing in our ears, we celebrated the accomplishments of program participants and their supportive staff members. We heard stories highlighting the strength of the programs – empowering stories of the hard work and determination necessary for individuals to grow and accomplish their self-directed goals. We learned of their efforts to advocate for themselves and each other in the communities in which they live. We were touched by the retelling of times when the individuals were kind and helpful to each other and how staff supported each other and the participants they work with.



The day culminated with the presentation of the prestigious Amanda Rivenburg Rising Star Phoenix Award to this year's recipient – Mac Weiss. In the presentation, Mac's ability to give his time and energy to ensure the success of the agency was highlighted, calling to mind another Living Resources rising star, Amanda Rivenburg. Amanda was the Assistant Director of DCOP but sadly, her star set much too soon. On October 6, 2018, she was tragically killed in the Schoharie limousine crash. Mac received this award in Amanda's memory from both of her parents while recalling her loving spirit, wonderful smile, thoughtful nature, and genuine commitment to her colleagues and program participants.



When the day came to an end, the words the chorus sang had been illuminated. Our staff and individuals are like small boats on the ocean that can send big waves into motion. They show how a single word can make a heart open. Although they might only have one match, they can make an explosion.

[Click HERE to read May's Newsletter](#)