

# INSIDE

## unity house

*Making Life Better*

VOLUME ONE  
ISSUE TWO

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*"How far that little  
candle throws his  
beams! So shines  
a good deed in a  
naughty world."*

**- Shakespeare**



Let's call her Anne. She stands out not as someone who came to Unity House for help but rather *to* help. You see, Unity House has a volunteer program that offers opportunities throughout the agency. Volunteers are, of course, people who want to volunteer their time, but for some volunteers giving a bit of their time is one of the few things they can spare.

In Anne's case, it became apparent that she needed guidance and tutoring. Through volunteering at Bethany, our community meals program at The Front Door, she met Mary Jane Smith, one of Unity House's founders and a regular helper on the second floor. Mary Jane worked with our Volunteer Coordinator to connect Anne to yet another volunteer who now meets with Anne regularly to work on her literacy skills. I am happy to say that her skills are improving, both on paper and in interaction with her peers. Of course, she is still a great help in the kitchen, but really, her volunteer work is about more than serving food.

Unity House was founded on the core belief that all people are deserving of compassion and respect so that they can have dignity and hope. I am proud when I see our volunteer program work to that end to find a way to use everyone's talents, not just those with the most to give. I am grateful for the many volunteers for all their help at Unity House.

They say volunteers are love in motion, and when I look at the wonderful help they provide throughout Unity House, I have to agree. At this time of year I'd like to say Thank You to those who make the work of Unity House possible in both large and small ways. You are making life better.

With gratitude,

*Chris*

Chris Burke  
Chief Executive Officer

**UNITY HOUSE HOLDS VOLUNTEER  
INFORMATION SESSIONS MONTHLY:**

Wednesday, January 7, 2015  
4:30pm at The Front Door  
*Come, learn, ask questions,  
tour Unity House*

### MISSION STATEMENT

Unity House is dedicated to enhancing the quality of life for people living in poverty, adults with mental illness, victims of domestic violence, children with developmental delays and their families, people living with HIV/AIDS, and others whose needs can effectively be met by Unity House services and philosophy.

# INSIDE UNity House



## Milinda Reed, Esq. honored by the Women's Fund of the Capital Region

Milinda Reed, Esq. was honored as a Trailblazing Woman by the Women's Fund of the Capital Region. The honor is bestowed on women who provide leadership in philanthropy that challenges and inspires others to support efforts focused on women and girls; contribute substantial time, money and vision to issues affecting women and girls; demonstrate a long standing commitment and involvement in community initiatives; and act as a role model for women and girls.

Since 2007 the Women's Fund of the Capital Region has raised over \$338,500 in grants, scholarships and emergency funds. All with a focus on improving women's lives in the Capital Region of New York State.

*The Unity House Domestic Violence Services Program, headed by Milinda Reed, offers safe space to all victims of domestic violence.*

**Sojourner Place**, the Unity House shelter for victims of domestic violence, is in need of personal care items such as shampoo, soap, diapers and laundry detergent.

## Homelessness Awareness continues in December

Consider tickets for "Help for the Homeless," a benefit concert featuring Jim Brickman at the Troy Savings Bank Music Hall

Thursday, December 11th at 7:30 pm

Ticket prices begin at \$29

*This concert is sponsored by The Capital Region Coalition to End Homelessness, of which Unity House is a partner. Please don't hesitate to ask how you can help with Unity House homelessness prevention and treatment efforts.*

## Save the date!

On Friday, February 13, 2015 we'll be hosting the I LOVE Unity House Gala. We are thrilled to honor Community Heroes BBL Companies and The Breslin Family for all they do. For more information, contact Mandy at (518) 274-2607, x4139 or email [events@unityhouseNY.org](mailto:events@unityhouseNY.org). *Sponsorships available.*



## Volunteer Spotlight

Sites around Unity House got a big boost of help when friends descended upon Unity House during **Hilton Worldwide Week of Service** on October 17th. Friends from Hilton locations near and far painted, polished and improved lots of places in Unity House. Thank You Hilton for being such wonderful volunteers!

Have you heard of the **Muslim Soup Kitchen Project**? Residents in our Community Residences know them since they have received delicious home-cooked meals delivered by this volunteer group.

**SEFCU's Fall Carnival at the Unity Sunshine Program was a great success.** Kids from Troy and Albany enjoyed a great day of games and fun outdoors thanks to the support of SEFCU and their staff. Thanks for a fun event!

For more information on how you can help make a different, consider contacting the Unity House Volunteer Desk at (518) 274-2607, x4135 or [Volunteer@unityhouseNY.org](mailto:Volunteer@unityhouseNY.org). Volunteer Information Sessions are generally held monthly at The Front Door at 2431 Sixth Avenue in Troy.



## SAVE THE DATE!

**June 1, 2015 at Schuyler Meadows**

We are once again teaming up with Catholic Charities for Golf for Good, with a morning and afternoon flight!

## Unity Sunshine Program

### Do you know a child who would love the Unity Sunshine Program?

There are openings available at our Troy and Albany locations. Call (518) 271-6777 to schedule a tour. The Albany location has openings in our after school care program for children ages 5-12.

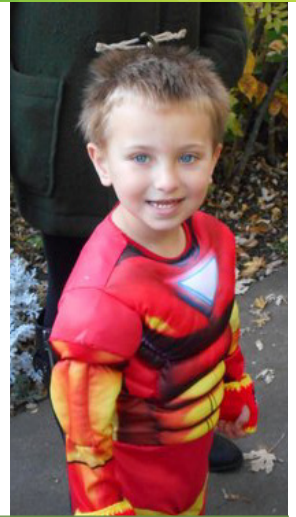


### Interested art lovers, please contact us!

The kids are currently looking for Art Patrons to help get a mural installed in the Lee Building location.

### Halloween Parade

Children from our Unity Sunshine Program paraded through Troy and had a lovely time trick or treating at the Troy Senior Center.



## Stay Healthy with SNAP!

Unity House is pleased to work with a Nutritional Outreach Coordinator dedicated to helping families facing food insecurity. Made possible by a grant from Hunger Solutions NY, our NOEP Coordinator works to help enroll families and individuals in SNAP (Supplemental Nutritional Outreach, formerly known as food stamps) and to re-enroll families whose circumstances have changed. Morgan Ashley, our NOEP Coordinator can be found at The Front Door and- most often- out in the community.

## February is



Connect with Unity House on Facebook or our new website to stay current on awareness events in the community.

If you or someone you know is affected by domestic or dating abuse, help is available:



**Unity House 24 Hour Hotline: (518) 272-2370.**

## UNITY HOUSE ADOPT A FAMILY PROGRAM

### Did you know that this problem helps over 1,000 children at holiday time?

Whether it's 'adoption' of individual children or helping a parent 'shop' in our holiday store, we are grateful to the many people who make this program possible. However you may want to help, Thank You for making a child's holiday have a little sparkle.

## ReStyle Reboot

Based on consumer feedback ReStyle, the Unity House thrift store located at The Front Door, is focusing more on clothing and accessories. If you are interested in donating clothes, shoes and accessories, stop by The Front Door on weekdays to donate or to shop for some great finds. As always, people who present with an immediate need can access clothing and household items at no cost following an intake with Unity House Community Resources staff.



*Did you know that ReStyle also serves as a training site for some participants in Unity House's Employment and Training program who are looking to obtain necessary skills for competitive employment in other retail outlets?*

## Dine out for a Cause!

Dine at **Burger21** in Latham on Sunday, December 21st when a portion of the day's sales will benefit Unity House. Located at 622 Loudon Road, the restaurant dedicates the 21st of each month to a local organization. Come join us!



## Thank You AIDS Walk Team!

The Unity House AIDS Walk Team was able to raise over \$1,500 for the AIDS Walk, which supports Unity House to fund programs and services for adults living with HIV/AIDS.



Unity House of Troy  
2431 Sixth Avenue • Troy, NY 12180



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## Giving Thanks

**We are grateful for the many people who helped with Thanksgiving Food Packages.** Thanks to our community partners at CEO and Capital District Community Gardens, over 300 families got needed help with fresh local produce, turkey and all the fixins' for their holiday meal. If you want to help families facing food insecurity, consider support of the Unity House food pantry or Bethany Community Meals, which serves food every day and offers daytime respite services to the homeless.

## Consider a Legacy

One of the easiest and most effective ways to leave a legacy is to make a bequest to Unity House of Troy, Inc. You can designate Unity House as a partial beneficiary of your estate, life insurance policy or donate a policy you no longer need.

For more information, or a confidential conversation about other ways to make a planned gift, please call Diane Cameron Pascone, Development Director at (518) 274-2607, x4133.



## SMILE!

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