

Unity House of Troy
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www.unityhousesny.org

INSIDE

unity house

Making Life Better

VOLUME TWO
ISSUE TWO

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Burke's Blog

I am excited to tell you about a new program at Unity House. PROS stands for Personalized Recovery Oriented Services. As a program for adults living with mental illness, our PROS program partners with individuals in their

recovery and offers them integrated rehabilitation, treatment, and support services. Most important, PROS operates under the belief that people should have the opportunity to choose their path to recovery and are in the best position to recognize barriers to their success. We are pleased to be able to offer this program with its focus on dignity and compassion.

PROS is just one of the many exciting things happening at The Front Door. I hope you will come visit Unity House and see for yourself all that is going on – we have changed things up a bit since moving into The Front Door two years ago. I invite you to come for a meal, see our food pantry, shop in our store, learn about volunteer opportunities and more. Come see how you can help make life better.

On behalf of those we serve, thank you for your support.

With gratitude,

Chris Burke
Chief Executive Officer

Meet Harlan Hall

Director, Personalized Recovery Oriented Services



Want to learn more about PROS? Call us at (518) 274-2607 to set up an appointment to meet Harlan Hall and see the changes on the second floor at The Front Door. And check our website's Calendar of Events for Open House dates to see the new PROS program and more.

Adopt a Child and bring the magic of the season to a child in need

There are several ways to get involved:

- Get matched up with an individual child's list of wants and needs
- Host a Toy Drive for needed books, games, and pajamas
- Donate funds or gift cards so we can buy gifts for children in need

For many children, the gifts they receive through the generosity of others may be the gifts that brighten their holiday. Contact us at (518) 274-2607, x4139.



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.



Domestic Violence Services Program says *Thank you!*

October 20th was a great day for our Open House. We honored two very special people who do a lot to help ensure that victims fleeing domestic violence have access to needed help. Ms. Kathryn Allen was honored with the Volunteer Leadership Award and Rev. Dr. Anne Curtin with the Coordinated Community Response Award.

February 12, 2016!



Are you getting excited about the *I Love Unity House Gala*? We are thrilled to honor Ms. Mary Jane Smith, architecture+ and the Howard & Bush Foundation. Join us! For more information: events@UnityHouseNY.org or call (518) 274-2607, x4133.



Housing Support Services at the AIDS Walk

Unity House's HSS team had a great showing at the Capital Region AIDS Walk. The team, made up of staff and friends of Unity House, did some creative fundraising. They exceeded their goal of \$1,500, all of which comes to Unity House for needed programming for housing and support programs such as harm reduction services and support, and other services for adults living with challenges such as HIV/AIDS or mental illness.

Got little ones?

The Unity Sunshine Program has openings for infants, toddlers and preschoolers!

Our program emphasizes nurturing, supportive and professional staff. Call or text (518) 238-8666 to arrange a tour. Your choice of three locations: in South Troy at 435 Fourth St., downtown Troy at 21 First St. in the YWCA building or in Albany at 50 Phillip St., near the Empire State Plaza.

Many thanks for a great summer camp experience for those in our Traveling Summer Camp. Special thanks to Hannaford Supermarkets and The Robison Family Foundation for their support of this valuable program.



Save the Date for Golf for Good!

June 13, 2016
Schuyler Meadows



Public Health a Priority

Did you know Unity House is host to *Project Safe Point*? It's a mobile van offering various services and support for drug users seeking treatment. Among Project Safe Point's discreet services are screening and testing for HIV and Hepatitis C, opioid overdose prevention and response training including naloxone distribution, recovery readiness counseling, treatment referral, access to syringes and prevention materials and disposal sites for safe collection of used needles and syringes.

Given the public health crisis that opiate addiction has brought to many communities, along with higher incidence of infections like HIV and Hepatitis C, programs like Project Safe Point are an important part of any public health program that works to treat addiction and prevent the spread of disease.

Thank you Collar City Clay Guild!

Empty Bowls: they serve as a reminder of those who too often go to bed hungry. The Empty Bowls project brings together artists who create hand-crafted empty bowls and chefs who create tasty food. Together, they raise awareness and funds for area food pantries that address the needs of families facing food insecurity.

You can support the Unity House food pantry by donating funds, gift cards or collecting these pantry staples:

- Protein foods such as peanut butter, canned beans, tuna/fish/chicken
- Grains like rice or pasta
- Boxed cereal or oatmeal
- Cooking oils, pasta sauce
- Fruits and vegetables

Tenth Annual
**EMPTY
BOWLS**



VOLUNTEER SPOTLIGHT: The MSKP

What's MSKP? It's the Muslim Soup Kitchen Project.

Started in 2003 with a group of RPI college students who set out to do good, today the MSKP has grown to include volunteers of all ages. The MSKP focuses on providing meals for people in need at area soup kitchens. They prepare, cook and serve delicious meals once a month and on holidays. They have hosted bake sales to fund their meals, published a cook book of amazing recipes and coordinated the donation of a freezer for Unity House's Community Meals kitchen. The freezer is specially designated to preserve Halal meat for use in meals and was provided with the help of the Kazat Foundation.

Unity House Annual Report

You can view our annual report and list of donors on our website, www.unityhouseny.org. Want a paper copy? We'll mail you one! Contact the Unity House Development Team at (518) 274-2607, x4133 or at info@Unity-HouseNY.org.

Many thanks to all who support Unity House in ways large and small.

Make the Gift of Your Lifetime

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

For more information or a confidential conversation about bequests, trusts, life insurance or charitable annuities, please call Diane Cameron Pascone, Development Director at (518) 274-2607, x4133.

Ponies and chickens and games – Oh My!

It was a great day for the children and families in the Unity Sunshine Program. Thanks to SEFCU and some wonderful volunteers, children were able to enjoy pony rides, a music tent, games, a corn maze and more at the **Fall SEFCU Carnival for Kids**.



Many thanks to SEFCU and our great volunteers for a super day!



Volunteer Information Session

Did you know that Unity House hosts a Volunteer Information Session monthly? It's a one-hour info session on the opportunities for and expectations of volunteers. Check in with the Volunteer Desk to sign up: Volunteer@UnityHouseNY.org or (518) 274-2607, x4135.

PERSONAL CARE ITEMS NEEDED

- shampoo
- soap
- laundry detergent
- toilet paper
- feminine hygiene products





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Food Programming Fact

Did you know that Unity House’s community meals does not take a day off? Diners can have a meal every day of the year. For more information on supporting Unity House food programs, conducting a food drive for our food pantry, or volunteering in our kitchen, contact us at info@UnityHouseNY.org



Come shop the great finds at ReStyle, Unity House’s store. Focusing on gently used clothing, shoes and accessories, ReStyle offers lovely clothes at a great price. ReStyle is open weekdays from 10-4pm with special shopping hours the last Friday of the month for Troy Night Out.

Sojourner Place Needs You!

Our shelter for victims of domestic violence is in need of twin sized sheet sets, bath towels and personal care items. Can you help? Donations can be dropped weekdays at Unity House’s Front Door: 2431 Sixth Avenue. Parking in back!



Capital Roots, CEO and Unity House work together at Thanksgiving to provide families in need with a nutritious Thanksgiving meal for their home table.

There is still time to help! Consider a grocery store gift card or a direct donation of food or funds. Needed foods are: canned gravy, boxed stuffing, elbow macaroni, and pie crust mix.

Qualifying families will receive pantry goods, fresh local produce and a gift certificate for their turkey or other entrée. Many thanks to those who have hosted food drives to help with this endeavor.