



Snow & slush, but take heart: ice cream stands are opening

We've got food on the brain, mostly the topic of food insecurity and its impact in our community. Resources like a food pantry, a community meal, and help obtaining SNAP benefits (commonly known as food stamps) are lifelines to individuals and families living with food insecurity. Read on to learn more.

Visit our Website

Familiar Faces in Unity House programs

Community Resources, the Unity House program that helps with life's essentials such as food, housing, employment, and clothing welcomes Dave Warren as Service Director.

Unity House's Domestic Violence Services program welcomes Tabitha Dunn as Service Director. You can read more about Ms. Dunn, and the array of services on offer, here.

These two are familiar faces at Unity House. If you haven't met them yet, please give us a call. We'd love to introduce you! (518) 274-2607 x4133

Bonus: these programs have the greatest need for volunteers, so it's a great opportunity to learn more and get involved! Our next volunteer information session is March 24th at 4pm.

Did you know that Unity House's Community Meals program serves as many 200 lunches in a sitting?

Monday through Friday, we offer healthy, delicious food in a welcoming community space. We set the table with dignity, using real plates and silverware. We want to extend this work, and are beginning a community dialogue about hunger and food security.

March marks the start of Talk Soup, an evening meal, served the last Tuesday of the month

What: Talk Soup

When: Tuesday, March 27th

Soup served at 6:00 pm, followed by a talk at 6:30.

Topic for March: *The Irish Famine: a food crisis with lessons for our time.*



It's sure to be good craic! (That's Gaelic for fun!)

Talk Soup, a community meal and conversation, will be offered on the last Tuesday of each month at Unity House's Front Door at 2431 Sixth Avenue in Troy. Please come share a meal with us and participate in a

Fab Fashion Finds!

Did you know? On average, each month Unity House provides over \$1,500 worth of ReStyle shopping vouchers so people can shop the store for needed items such as coats, boots, clothing, accessories, household linens and more.



Openings!

Unity House's Childcare and Therapeutic Services program has openings for infants, toddlers and preschoolers in the Troy and Albany locations. [Contact us](#) for a tour or more information.



February marked Teen Dating Abuse Awareness and Prevention Month.

Staff and friends from the Unity House Domestic Violence Services program were busy with outreach. Of note, a wonderful production of the Vagina Monologues by students with the [Theatre Institute at Sage](#), the annual Choreo Ball at the [Troy Dance Factory](#), and a great teen night with [TeamHERO](#) at the [Troy Boys and Girls Club](#).

Many thanks to community partners who work collaboratively to address the issue of domestic violence.



Annual Spaghetti Dinner at Christ Church

Eat well while doing good!

When: Friday, March 23
Where: Christ Church, 35 State Street
Tickets: \$14 for adults, kids ages 5-11 \$8 (little ones eat free.) Family Special: \$35 (2 kids, 2 adults)

Take-out available from 4-5pm.
You are asked to call ahead to the church: (518) 272-8392


Proceeds from the Spaghetti Dinner benefit Joseph's House, The Troy YWCA, Troy Area United Ministries, and Unity House.

Many thanks to Christ Church and their fabulous chefs for hosting the Spaghetti Dinner.

Spaghetti Dinner

Friday, March 23rd
5pm-8pm
Take-out 4-5pm (Please call ahead: 518-272-8392)

Proceeds will benefit:
Joseph's House
The Troy YWCA
Troy Area United Ministries
Unity House



Tickets:
Adults: \$14 Children 5-11: \$8
Children under 5: Free
Family Special (2 kids/2 adults): \$35

Christ Church Troy
Phone: 518-272-8392
35 State Street, Corner of 5th Ave,
Downtown Troy www.ctroy.org

Unity House Volunteer Information Session

March 22, 2018
4:00
2431 Sixth Ave.
Come hear about volunteer opportunities at Unity House!
Contact our [Volunteer Desk](#) to reserve your spot.

Basics for Babies

Unity House helps new parents of young children with baby essentials. **Can you help?**
Consider hosting a diaper drive, donating infant formula or baby food, or [make a gift](#) to support the Unity House Basics for Babies Campaign.

[Mission](#)

For Your Calendar

Golf for Good: A co-hosted event, the Unity House and Catholic Charities golf tournament is a great day! August 20th at Schuyler Meadows
Call [Mandy](#) at (518) 274-2607 x4139 for more details.

Mary Jane Smith Day: [May 15](#). Join us as we honor one of three founders with a day committed to service.

See Also:
[Transport Troy](#) meets the second Wednesdays of the month at the Independent Living Center in downtown Troy. If you love for Complete Streets, this is the group for you.

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.

The [Rensselaer Plateau Alliance](#) is hosting their [Woodland Gala](#) at the fab [Crooked Lake House](#) on Thursday, April 5th.

April 15: Taxes due, but more importantly, [Stewarts](#) will likely announce summer ice cream flavors.

Hmmm.... ice cream. Moxies or Snowman? It's like being asked to pick a favorite child.

Unity House of Troy, Inc. | (518)274-2607 | info@unityhousesny.org

With passion and integrity, Unity House embraces the view that everyone deserves equal economic, political, and social rights. We work together to open the doors of access and opportunity for everyone, particularly those in greatest need.

