

INSIDE

unity house

Making Life Better



A cascade of consequences

It's one way to describe what happens when people already living on the margins are pushed beyond their breaking point.

For people living in poverty, life can be a challenging balancing act. If I work 40 hours this week, I'll have enough to buy groceries AND pay the rent. If child support comes in time, I'll be able to pay Daycare the monthly fee, so I can go to work.

But what if work hours are reduced? What if you miss a shift to take care of a sick child? What if there is an unexpected car repair or a cold snap means a higher than expected utility bill?

Help from Unity House can mean the difference between food insecurity and having enough, being homeless or not, having the utilities on or off. That was the case of someone we'll call Trish. She's a good example of how even the smallest thing can mean a world of difference. In Trish's case, the small thing was eyeglasses and it wasn't the reason she had come seeking help from Unity House. Legally blind, Trish was working hard to support herself and her children despite the challenges of severely limited eyesight. She sometimes used our food pantry, where she was able to get a three day supply of emergency food for herself and her children. Her glasses, which were heavy specialty frames and lenses, were so worn out that they would not stay on her face. She had to hold them up to get anything done. Staff noticed her predicament and worked with her to get new glasses. It was a good thing too: Trish had secured a job and was worried about how she would perform where her glasses were sometimes as much of a hindrance as a help.

Another example is 'Gary', who had a colostomy

bag. Gary was Medicaid-eligible so his needed medical supplies were covered, but the problem was he often ran out of bags before he was eligible for new ones. For many people, they would pay out of pocket for more bags, but that was not an option for Gary who was barely getting by. To deal with the shortfall, Gary would often try to re-use the bags, something they are not designed for. This was a problem in all the ways you can imagine and caused a good deal of anxiety for Gary. You can see how problems might snowball. Through Unity House's Deuteronomy Fund, which helps where no other funding source exists, Gary was able to get a steady supply of bags. Not only did this restore his confidence, it restored his dignity. Being able to access help through a private conversation with our staff was a game-changer for Gary.

In the case of Trish or Gary, it's seemingly little things that make a big difference. There are also big things that make a monumental difference, like childcare. A Child's Place at Unity House not only offers services for children with developmental delays, the program also offers child care for working parents and community-based universal pre-kindergarten in conjunction with the school districts.

Whether it's weathering a crisis to avert disaster, solving a unique problem, or even more support like direct housing, food, or groceries, Unity House helps make life better. If you'd like to get more involved, please call me directly at (518) 274-2607 x4130 or find us online to stay up to date.

With gratitude,

Chris Burke, Chief Executive Officer



The I Love Unity House Gala was a great night honoring Community Heroes: CDPHP; Trio Clara Hunt, Charleena Keels and Louise Liberty; Congressman Paul Tonko; and Assemblymember John T. McDonald III. Thank you to our sponsors and guests for a great event!





Unity House store offers gently used clothes, shoes and accessories to shoppers in need

The store, open weekdays at Unity House's Front Door at 2431 6th Avenue, is open from 10 am to 3 pm. Donations of clean clothes, shoes, bags, and other accessories can be made via the double green donation doors in the back parking lot. To make sure we can readily use items, call ahead for a conversation. Please, so our volunteers are not overwhelmed, consider limiting clothing donations to no more than 4 bags at a time. Be sure to plan for a visit to the store where you can browse the merchandise, meet the volunteers, and say hello our new store manager, John Keefe. You can read more about John and the amazing volunteers who help run the store, on our website: unityhouseeny.org.



It's never too early to plan ahead.

Consider getting a head start on toys and gifts for children served by this wonderful program. The program provides fills wishes and needs for almost 1,500 children across Unity House programs. If you see toys or needed items, please consider donating new items for use at Holiday time. Donations should be unwrapped and you should know that we are often in need of items for middle-schoolers and teenagers, children whose needs are sometimes overlooked.



Thank you Nighthawks and the Women of Troy!

International Day of Women on March 8th at Nighthawks on Broadway in downtown Troy was a great day for brunch with fabulous women from Troy and beyond. Coordinated by Nighthawks and staff from Unity House's Domestic Violence Services program, the brunch was a wonderful way to honor International Women's Day. Many thanks to our guest speakers, to diners, and to staff at Nighthawks for hosting.

Golf fore Unity House

To benefit the programs of Unity House

June 10, 2019
Schuyler Meadows Club



It's going to be a great day of golf in support of good things on Monday, June 10th at Schuyler Meadows. Join us! Call Mandy at (518) 274-2607 x4139 to register your foursome, or just join us for dinner.

ADVOCACY AHEAD

Of course you know that Unity House champions the cause of people in need and lobbies for common sense practices that can address the needs of our consumers, but did you know we are vocal about it? Staff recently took the time to visit our State Capitol to lobby for awareness of the needs of survivors of domestic violence, an issue that requires a collaborative community response. If you'd like to learn more, or get involved, call Nina for more detail on our Advocacy Committee: (518) 274-2607 x4133.

SUMMERCAMP means FUN!

Help make for an awesome summer by sending a child to camp. Donate to Unity House's Travelling Summer Camp so children ages 5-12 can enjoy fun times visiting parks, museums, lakes, and theme parks for good, safe fun. You can mail in your donation, or visit our secure website. On behalf of many smiling, adorable faces, thanks! Special thanks to the Robison Family Foundation for their steadfast support of the Unity House Travelling Summer Camp.

"At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us."

-Albert Schweitzer

Many thanks to the many volunteers, friends, and supporters who make our work possible.

Planning ahead for Fall:

NOVEMBER IS HUNGER AND HOMELESSNESS AWARENESS MONTH. If you'd like to help caseworkers who perform street outreach, or our programs that house vulnerable populations or prevent homelessness, please consider hosting a collection drive for new socks, underwear, and bras.

Hey, You! Yes, You!

Wanna volunteer? It's fun, flexible and fab to do with a friend. Call our Volunteer Desk at (518) 274-2607 x4135 or reach out to us on Facebook to learn more about volunteer opportunities at Unity House.



Toiletries Always Needed

Personal care items like shampoo, deodorant, hair ties, toothbrushes, combs, tampons and sanitary pads are always in need at the Unity House Food Pantry and in our shelter for victims of domestic violence. Across Unity House programs diapers in all sized (except newborn!) are always appreciated. Donations can be dropped off at Unity House's Front Door at 2431 6th Ave. For questions about hosting a Collection Drive or about donations in general, call us for a conversation: (518) 274-2607 x4133.





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



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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.



SNAP Benefits

Commonly known as food stamps, SNAP stands for Supplemental Nutritional Assistance program. Unity House has dedicated resources to help people obtain or re-certify their benefits. Fun Fact: SNAP is one of the most important pieces of the food insecurity safety net.

Community Meals Meets Need

Our kitchen dishes up over 200 plates of food a day. That's a lot of people affected by food insecurity- when you don't have enough or reliable access to food to meet your needs. We are grateful for the many hands that help bring meals to the table. If you'd like to help, consider volunteer in our kitchen or dining room on weekdays, midday.



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, Director of Development & Grants at (518) 274-2633 ext. 4133.