



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

(518) 274-2607
info@unityhouseny.org
www.unityhouseny.org



Non-Profit
U.S. Postage
PAID
Albany, NY
Permit #220

unity house

Making Life Better

CONNECTIONS



Honoring Survivor Voices:

Special thanks to those who joined us for National Crime Victims' Rights Week.

For more info on our community partnerships and how we renew our commitment to justice for victims of crime and survivor families, please visit our website.



**Domestic Violence
TEXT HOTLINE**
We are here for you 24 hours a day 7 days a week!
Text us or visit us on the web:
TEXT 518-720-6161
CALL 518-272-2370
or
rc.chat/uhdvs

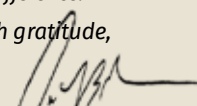
Can you help with needed school supplies in late August? You can find a full list of needed items on our website.

Wish Lists Make Life Better Amazon has ended their charitable giving program, but you can still see **Unity House Wish Lists** to draw inspiration for how to help your favorite Unity House programs and shop locally for needed items. You'll find everything from coats to crib sheets. Take a look today!

Hot Meals Did you know that we serve a daily meal to 50 and sometimes 100 people each weekday? Meals make up a small portion of the thousands of pounds of food our community resource center dispenses each week. If you'd like to help address food insecurity, please consider volunteering, setting up a monthly donation, or hosting a food drive for needed pantry goods.

The impact we can make is tremendous, as you'll see in the story of Stella, at right. These successes are possible only with the support of people like you. You are the reason we can help make life better for people in need. So that we can help more people like Stella, I hope you'll consider making a gift today or consider setting up a monthly gift that sustains. Together, we can make a world of difference.

With gratitude,



David L. Bach
Chief Executive Officer

HOUSING: THE KEY TO SUCCESS

Special thanks to all who joined us for our Breakfast Conversation on community living for adults with mental illness. We hope you'll join us for more talks on this topic and more.



From left, Margaret Arias of Unity House, Assemblymember John McDonald III, Troy resident Michael Baxter and Rev. Cynthia Van Alstyne, of the Unity House board of directors.

CORE VALUES

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

We'll call her Stella,

but her name could just as easily be Annemarie or Yvette. Stella's story is worth sharing. It will break your heart, but also restore your faith.

Stella is a grandmother who found herself taking in her grandchildren after they were removed from their home. Stella was overwhelmed with the needs of her young grandkids, not only with the demands on her time, but with the physical needs of the children. She came to Unity House where she was able to sit down with an intake staffer at our community resource center. Together, they were able to assess what would best serve Stella and the children. Immediately, Stella was able to pick out groceries for her household and bring home hot meals for her and the children.



Our staff are trained in providing trauma-informed care. Our front-line workers were able to convince Stella to apply for SNAP benefits, commonly known as food stamps. Stella was reluctant to apply, thinking these benefits are only for those with a greater need. But staff patiently explained to Stella how she had worked all of her adult life, paying into a system that is designed to offer a safety net for those who may need it at times. Stella applied for needed benefits and has a follow up appointment to speak with our dedicated coordinator who has expertise in SNAP benefits. She'll help Stella track the status of her application and navigate her options. Stella left Unity House with not just food but also with hope.

That one meeting didn't solve everything. For Stella, coming to Unity House was an important step, if only to prevent greater crisis. People like Stella who face food insecurity are often forced to make painful spending trade-offs such as pay the rent or fill the fridge. These choices can lead to a cascade of consequences, sometimes resulting in eviction. For now, Stella and her children are housed, clothed, and fed.

Stella will be back, with her grandchildren in tow to get clothes and shoes from the Unity House store, for which she was given a gift card. In this way, Stella and the children have the dignity of choice. They are not simply handed a bag of clothing, they can pick out what suits them best. They don't get a box of food or toiletries, they are able to choose what works for them. In this way, Stella and her children experience having their needs met in an affirming way.

You, our supporters, volunteers, and donors, are what make this valuable work possible. Please know how much your support means, to Stella, her grandchildren and the many others who walk through our doors. You are helping to bridge the gap between panic and security. Thank you for all you do for Stella and others to make life better.



Kudos to Gwen Wright

of the Unity House board of directors. Gwen was among those named a Trailblazer by the Women's Fund of the Capital Region. Learn more by visiting our website.

Our Travelling Summer Camp is so much fun!

School-age children experience the classic fun of the Capital Region. Our campers visit museums, hike at state parks, make arts and crafts, and visit the best our region has to offer. If you'd like to help send a child to camp, please set up a donation on our website, or drop your check in the mail to: 2431 Sixth Ave, Troy, NY 12180, att: summer camp



Calling all Volunteers!

We offer volunteers fun and flexible opportunities to share your talent and time. We host information sessions so you can learn about the opportunities for and expectations of volunteers. Visit our website, check our social media, or call our Volunteer Desk to learn more: (518) 274-2607.



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 our Development Office at (518) 274-2607 x4134.

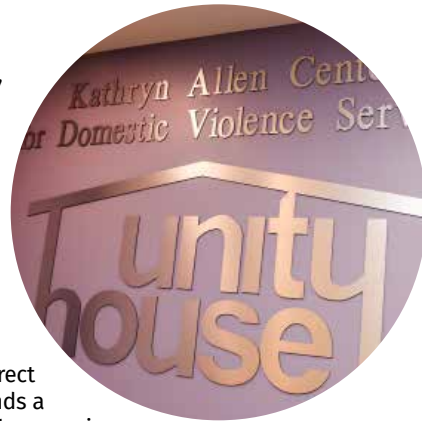


SNAP stands for Supplemental Nutrition Assistance Program

We help people sign up for or recertify for this valuable benefit, which is one of the most important parts of the food security safety net. If you or someone you know has questions, call Karen at (518) 274-2607 x4108

The Kathryn Allen Building: offers community-responsive programming

Inside our new site at 6 102nd Street*, next to the Family Dollar store in Lansingburgh, our domestic violence services team offers valuable services to survivors of domestic violence. Outside, the team engages in community work to address the epidemic of violence, especially among youth. Partnering with SNUG, a group working with those at greatest risk of harm from gun violence, staff offer direct outreach. Community violence demands a collaborative, community response. The new site offers great public spaces, which staff and volunteers are busy greening, offering not only street beautification, but a proven public safety measure. If you'd like to help with our community garden, public mural, youth summer arts program, or our community events, please reach out about volunteering. We have loads to do, both on site and off. Call our Volunteer Coordinator at (518) 274-2607 x4135



*The late Kathryn Allen was an advocate for social justice and among the founders of Unity House's Safe at Home campaign, helping survivors of domestic violence. The Kathryn Allen Building is our first site named after a woman and houses the Unity House Law Project.



It's never too early to plan ahead

Please consider buying new toys and necessities for children in need. Thank you to our many regulars who help put the sparkle in the holidays for the children we serve.



Got tampons?

Personal care items are always needed at our 33-bed shelter and in our supportive housing programs. At A Child's Place, there is often a need for diapers, especially larger sizes and pull-ups. New bras and underwear for women and men are also needed. If you'd like to take up a collection, you can drop off items at 2431 Sixth Avenue in Troy, weekdays from 8:30 - 4:30.

Board Member Spotlight

Advocates in Action: Kate Koval

Kate Koval has been volunteering with Unity House for 20 years. It was the late Kathryn Allen, also a steadfast supporter and seen here on the left, who introduced Kate, at right, to the idea of service. Kate started out volunteering on a Unity House event committee. As she learned about the work of human services, she got more involved; eventually Kate stepped up to join the Unity House board of directors, which she now leads. Kate credits Kathryn as her mentor, for encouraging her to give back and to do so in a meaningful way.



All volunteers can be sure of one thing: the positive impact they make.

For Kate, of particular resonance are the needs of people experiencing homelessness and food insecurity. Unity House's Community Resources program is often the first point of contact for people who need help with life's essentials such as housing, food, and clothing. Of the many people served by Unity House annually, a majority find help through Community Resources. Often, people come in crisis; staff work to address immediate needs and then work together with them towards stability.

to help people overcome barriers to employment, or addressing food insecurity.

Kate would be the first to tell you that volunteering changes the giver as much as the receiver, "I have learned so much over the years. I see how the disparities in our own community can seem overwhelming. But everyone has something to give. It all comes down to giving back, to make life better, right here, in the communities where we live and work."

Volunteers are vital to the fulfillment of the Unity House vision of serving and empowering people in need. Not all volunteers lend as much time as Kate does in leading the Unity House board of directors, but all volunteers can be certain of one thing: they make a difference.

When asked what advice she would give someone considering volunteer service, Kate encourages people to look far and wide. "Try different things, at different organizations, and you'll find something that speaks to you. At Unity House, for people who want to get involved, there is something for everyone because Unity House offers so many different services."

For some, it's justice for survivors of domestic violence that strikes a chord, or housing for the vulnerable. For others, it might be helping children with developmental delays, working

Thank you! to The Robison Family Foundation

For your steadfast support of Unity House's traveling summer camp and a new playground at the Kathryn Allen Building.



Really interested in how Unity House works?

Perhaps you or someone you know might join our staff. A full list of job postings is on our website, unityhouseNY.org