The Beacon



"Building a just and compassionate community one person at a time"

Fall/Winter Issue/November 2014

A Semi-Annual Publication of Bethesda House Schenectady, Inc.

Help Hope Haven

A message from the Executive Director

Welcome to The Beacon's Fall/Winter issue!

One of my favorite things about Bethesda House is that we have the ability to successfully provide a wide variety of services to our community's homeless and impoverished citizens because of the work, support, and dedication of so many. I am honored to have the opportunity to work with remarkable staff, volunteers, and community supporters who make a difference in the lives of the guests and residents of Bethesda House.

During our last year, Bethesda House experienced changes that were both positive and negative. We were blessed with the fresh breath of growth as we began developing our Social Work Department. However, just as we were feeling the upward motion we received the devastating news of Federal funding cuts.

As you can imagine, we paused and reflected on the changes that would need to be made to the services we offer. As an agency, the decision was made to minimize the reduction in services and we were rewarded. Bethesda House benefited from community, local, and State support. In my tenure at Bethesda House, I have experienced that in dark hours and in times of great need - salvation presents light and hope and I am deeply grateful.

Thank you to our volunteers and donors, your incredible support has initiated tremendous accomplishments over the last twenty-two years. Our future holds for us growth in our services and the continued commitment to end chronic homelessness in our community. Please consider a gift during this holiday season to help us reach our goal and continue to make a difference; with your support it will be done.

Many Blessings to you and your family.

We are thankful for our volunteers. Bethesda House volunteers are pictured after an appreciation luncheon event held in June 2014.



Rules should not be a list of "Do Nots"



Don't cross the street without looking both ways. Don't steal. Don't disrespect others. Don't harm others out of anger. Don't lose your job. Listen to your boss, listen to your doctors, listen to authority...

An entire article could be written on the rules and proper etiquette we are expected to follow as members of society. It isn't enough to just abide by the laws; there are unspoken rules and regulations for those who wish to be "successful" in today's changing world.

But there are many individuals who grow up believing these rules are arbitrary. Respect for elders doesn't directly fix poor living conditions and manners don't put food on the table. How does society treat those who have always been told they were set up for failure whether they followed the rules or not? They are labeled delinquents and a threat to the fabric of society.

It is part of our mission at Bethesda House to provide learning experiences for the impoverished in our community to help them appreciate the rewards of following the rules. One does not have to lose their independence or conform to unfair expectations when they are stably housed with resources available. Our residents and guests are encouraged to believe they can succeed by following societal rules and continue to work on their basic living and treatment goals.

Raymond was in and out of jail before he became a resident at Bethesda House. When not incarcerated, he lived in abandoned buildings. During his last incarceration, Bethesda House was contacted. Our case management and residential team worked with Raymond and engaged him in services to help control his outrages with counseling and by consistently taking his medication. Once released from jail, Raymond was admitted into our residential program where he continues to progress with his service plan. Living at Bethesda has taught Raymond how to abide by societal rules. He no longer has to worry about fulfilling his basic needs and can focus on self-improvement.

At Bethesda House, our communication to our guests and residents is that "don't" can mean confinement as it projects negativity. Rules provide structure and stability. Through the wide range of services we offer, we hope to change the connotation of the word "rule" by abolishing the list of "do not"s and instead, provide positive actions to follow in order to become a successful, independent and a functional member of society. *

Switching the Focus from Survival to Improvement

By Rachael Chabot, Development



Pictured left to right, Bethesda House Case Management team, Tyrone Young, Crystal Thomas and Ronya Bynum. They work together to provide essential services to our clients helping to make the transition from Survival to Improvement.

The services Bethesda House provides may not seem essential to people who are employed, have an income, have a home and feel warm and safe but they are essential to the homeless and impoverished. A place that provides shelter from the blazing sun or the unforgiving, frigid wind is taken for granted by most. When financial management is not taught, it is very easy to be taken advantage of and not have resources to survive. The impoverished focus on surviving and live for today; thinking and planning for the future is a foreign idea. Bethesda House's services are designed to help ease the worry of survival so the focus can move to the future and on improvement.

The plethora of services, to which Bethesda House offers our residents and guests, is diverse and effective. Our drop in center is the point of access for all of our services. Bethesda House receives donations regularly; staff categorizes hygiene kit items, food, and clothing donations so they can be used in the most effective way.

Basic needs are offered through our daily meal, food pantry, our Hospitality Center, and our clothing room. We provide showers, telecommunication services, and hygiene kits to those who need them. Our case management team engages our guests and residents in financial/income and housing management; program participants work with our staff to develop a budget and then learn how to manage their money in productive and positive ways. Bethesda House also provides services to improve other aspects of our guests and residents lives. We offer nutrition education and access to our blood pressure clinic. We promote the idea of a safe home through our Narcotics Anonymous and Women's groups. Bethesda House's newest addition is the literacy program. \circledast

Literacy Program

By Rachael Chabot and Caroline Codd, Development

This past summer, Rachael Chabot collaborated with Kelly Lachinsky from Literacy New York at the Schenectady County Public Library to establish a literacy program at Bethesda House. The program had a rough start but before fall, Deborah Santamaria, our Literacy Coordinator, "got the word around."

We learned that while many people were interested, especially young mothers, in reality it was difficult for them to attend sessions due to the lack of child care. Deborah worked with Kelly to overcome obstacles, recruit literacy volunteers, and increased interest by talking about the program during other services and programs. Flyers for tutors were made and sent to local colleges and high schools. Today, most of the students are women. The sessions have been consistent. The program has two main tutorsone teaches basic literacy skills while the other focuses on TASC preparation. We have had consistent one-on-one sessions and the students are improving. Ms. Santamaria is hopeful that the program continues to grow and that soon we will have our classroom full.

Our intention is to further the literacy skills of those who desire it. The ultimate goal is to provide people with the skills necessary to pass the TASC however some of the proximate goals are more realistic. Many people interested in this program have a very minimal comprehension of literacy; their reading levels are those of elementary school students while their writing is often illegible.

Improving Case Management Services

Anne McGhee, Program Director

Sue Williams and Tyrone Young are two essential additions to Bethesda House's Case Management Team.

Sue Williams, a former employee and long-term volunteer, is once again utilizing her insight and gift of compassion while providing initial assessments for the individuals who are in need of crisis management and housing. Sue's presence is comforting to those in crisis; she provides the light and hope that is so desperately needed.

Tyrone Young has been volunteering in Bethesda House's Hospitality Center for a few years. He has always been interested in helping others; his friendly, positive manner brings a smile and a sense of hope to our guests and residents. Recently, he switched his focus to helping the Case Management team. Tyrone provides triage and assessment to the people waiting for crisis, housing and income

stabilization services. He assesses the clients' needs and offers basic living services while they wait for a Case Manager.

Together, Sue and Tyrone perform triage, complete critical paperwork and look at the entire person to ensure all possible resources are accessed. As a result of their assistance, Case Managers can take time to meet with each individual to ensure all their needs are met. Our experience is that a greater number of people are seen daily and the service is more immediate; crisis situations are resolved at a quicker rate and the guests' minds



Pictured above is Deborah Santamaria, Literacy Coordinator.

Improving these skills can improve their independence. With the Literacy program, they will be able to read and comprehend a contract instead of trusting someone else to read it to them. They will be able to read information off of signs instead of relying on someone else to point them in the right direction. Increasing independence usually increases confidence. With a more positive and confident outlook, self-improvement is much more manageable.

If you are interested in volunteering as a tutor for the literacy program, call 518-378-7873 and ask for Deb Santamaria. *



Bethesda House Volunteer



Sue Willliams Bethesda House Volunteer

are eased. *

Tyrone has been a valuable asset to the Case Management Department. His strong work ethic and professional disposition have been an asset to our agency. Tyrone has successfully motivated and encouraged our clients to set higher expectations and goals to achieve self-sufficiency. He has complemented our Case Management Department through his energetic approach to helping others. He has devoted countless volunteer hours assisting the program department with the clothing room, emergency food pantry, and devoting his time serving meals to the community."

-- Ronya Bynum

Sr. Housing/Outreach Case Manager

"Sue has been with our agency for many years and has served in several capacities throughout the agency. Sue's knowledge of the population we serve, resources in our

community, and her passion to serve is of undeniable benefit to Bethesda House."

Three Faces, One Faith

By Rachael Chabot and Caroline Codd, Development

Our services prove effective. When our staff talks to our guests and residents and reflects on the journey they have taken, it is evident that all of them have made significant improvements. Without our services our guests and residents would be living stagnant lives with little hope for a better future.

A 22-year old single mother of a 3-month old son, Rita was forced to enter the homeless system. She could no longer live with her mother and suddenly had to find a way to support herself and her son. Rita was automatically placed in a homeless shelter for women and children, a place she called home until she was referred to Bethesda House. Bethesda House's Case Management staff helped her secure permanent housing, which gave Rita the stability and the confidence she needed to finally begin to get her life on track. Through case management referrals and benefit advocacy, Rita and her son accessed much needed emergency assistance with furniture, clothing, and other essential household goods. In conjunction with partnering agencies, Rita and her son now have the opportunity to leave the life of homelessness behind and begin a stable life in permanent housing. After dropping out of school in 10th grade, Rita is on her way to obtaining her GED. Her goals are to enter the professional world, provide a steady income, and be a role model for her son. Rita is currently enrolled in an educational program that will help her to continue to work toward earning her GED and remaining on the path toward a healthy and fulfilling life.

After losing her job and subsequently being evicted from her apartment, Tina slept on park benches in and around Schenectady for months. At 47, Tina risked her life every night by sleeping out in the open. Desperately wanting to get her life back on track, she came to Bethesda House. At first she obtained emergency and basic life needs services, such as our daily meal, showers, clothing room, and our food pantry. Tina never talked about being homeless and seemed to be benefitting from our services, always grateful for a hot meal and shower. One morning, our Case Manager arrived to work and found Tina sleeping on the agency's picnic bench. Tina finally opened up and shared her story of being homeless for months. Our Case Manager was able to quickly get her into emergency housing until permanent housing could be found. She returned to Bethesda House the next day and was immediately assisted with locating permanent housing. No longer would Tina have to face the nightly danger of sleeping out in the open and she would finally be safe from the dangers of homelessness. The Case Manager also referred her to an area provider who helped her to enroll in the CNA Program with Schenectady Community College. Tina has since completed the program and obtained full-time employment, no longer needing assistance from the Department of Social Services.

After a long journey, Tina was able to return to employment and get her life back on track through our services and partnering agencies. Tina has stated that she is extremely thankful to Bethesda House for assisting her on her road to self-sufficiency and life-fulfillment. *





Celia and her daughter were both victims of domestic and sexual abuse...

Her husband provided them with a home and basic needs, making it hard for her to leave. One night, in fear of her daughter's life, Celia escaped under the cloak of darkness. They left with no intention of returning, abandoning everything they had to start fresh. For the first couple of nights, they wandered the streets together, in search of food and shelter. She knew that finding a job would be difficult; she did not have adequate experience to find employment that could support both herself and her daughter.

After a couple of weeks living on the streets, Celia made the decision to give up her daughter in hopes that a better life could be provided for her. Although it was a devastating decision, she knew she could not give her daughter the world she deserved. She grew tired of searching and gave in to living in poverty. After years of being impoverished, she went with one of her friends to Bethesda House where they received services. She showered, attended our daily meal and met with a Case Manager who helped her obtain the emergency services she needed. Celia has been improving at a consistent rate; she is receiving benefits and has a home. She has not contacted her daughter but hopes to be reunited when she is back on her feet. *

Proposed Federal Budget Cuts Hurt the Homeless Community

By Rachael Chabot and Caroline Codd, Development



Ending chronic homelessness is a multi-step process in which every single step is a necessary advancement towards self-sufficiency for individuals and families across the country. It is impossible to say we are doing everything we can to help the chronically homeless and impoverished in our communities.

The federal government and the Department of Housing and Urban Development (HUD) announced their 2015 requested budget which was approved by President Obama. According to the budget proposal, 84% of its funds will be used to "renew existing rental assistance/ operating subsidies, fund accrued capital needs of public housing and renew existing homeless assistance grants." This means that the majority of funds will be used to recover from a large budget cut from two years ago and to keep existing housing plans in place. This does not provide much room for growth and development. The government has had two years to recover from that budget cut; the progression forward to improve the adjustments from previous cuts will be delayed.

This year's requested budget isn't just decreasing room for growth, it's hindering the progress of ending chronic homelessness by taking funds from crucial programs like support services and case management. The proposed HUD budget states "for every 1% increase in renewals, other programs must decrease by 5% to keep the budget level." This once again delays the progression forward by renewing old programs and relieving the focus off of new and seemingly more innovative ones.

Although the budget proposal reveals that HUD intends to introduce "a more stable efficient funding cycle" with hopes to "ensure fiscal responsibility." These are still harsh economic times for many, our federal government included. The importance of support services and case management for the chronically homeless and impoverished does not appear to be emphasized in this 2015 budget.

Losing significant sources of funding is an obstacle we must work to overcome at Bethesda House. HUD Case Management support services and United Way Bridge Builder which supports our Representative Payee program have been cut. Both funds are critical in the housing stabilization of the impoverished that we serve. Bethesda House has been using the Housing First Model for the last 12 years. We have seen that this model works in part due to the support services that are wrapped around the individual and/or family. We are continually reminded of the complexities and difficulties of alleviating and ending chronic homelessness.

The funding cuts are devastating to Bethesda House; Case Management is a critical component to housing and income stabilization. We are

fortunate to have an approved agreement with Schenectady County for funding that will be a bridge as we explore other funding options for our Representative Payee Program. In addition, we received approval of a NYS OTDA contract which provides funding for emergency shelter services and rapid re-houseing for our community's homeless. *

For more information on the potential damage from the 2015 requested HUD Budget, we recommend reading the article posted on: http://www.cbpp.org/cms/?fa=view&id=4148

"Having a Rep-Payee provides me with a sense of security, knowing my bills/rent are paid each month and having the ability to still have spending money and food on the table."

-- Rep-Payee recipient, Jane Harris

"For the first time in many years I have had the opportunity to purchase my children Christmas presents, without over spending and leaving myself further in debt and homeless."

-- Rep-Payee recipient, Susan Jones

"With my money being managed each month, it allows me to focus on other areas of my life such as mental health treatment without having to worry about, payment of bills, homelessness, and food on the table."

-- Rep-Payee recipient, Harry Crandall

"The Rep-Payee program assists individuals with disabilities organize their day, knowing their bills are paid and there is a structured plan in place to satisfy financial obligations."

-- Kevin McCormick, LCSW

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Looking through a child's eyes...

By Caroline Codd, Development

The innocence and determination in a child's eyes can be an inspiration to those of us who have forgotten how to be selfless. Children like 11-year-old Briana Denny provide hope as they give back to the community selflessly.

Briana is a busy girl. She is an All Star cheerleader, hip-hop dancer, bowler, softball player and an outstanding student at Schalmont Middle School. Despite having so many responsibilities, she found time to organize and administrate her own donation drive with Bethesda House in mind.

In school she read a story about a homeless boy and on her own time, Briana collected items for over 3 weeks from friends, family and classmates. She came to Bethesda House with two large bins of toys, clothing and other goods for our guests and residents. Her parents had no part in the arrangement - Briana did everything herself. And this isn't the first time this little girl has put her best foot forward to help those in need. She's raised money for cancer patients and collected toys and crafts for the Ronald McDonald House. At 11 years old, Briana has done more for her community than many adults have done in their lifetime.

It doesn't take a lot to help those in need. A compassionate smile or encouraging words can make somebody's day. It is imperative that we teach our youth about worlds and lifestyles outside their own and open their eyes to the endless possibilities to help others. Children like Briana bring us hope and show us how simple it is to lend a helping hand when we aren't worried and stressing about our own lives. Way to go, Briana! *

Bethesda House Holiday Wish Appeal

It's time for Bethesda House's Fall Appeal! Each year we compile a list of gifts for friends and supporters in the community who wish to donate. Bethesda House gratefully acknowledges the generous gifts we receive that help us support the needs of so many. The items on our Wish List reflect our day-to-day needs. Donations are accepted between 9:30 am - 4:30 pm.% Please call 518-374-7873 for details.

Day to Day

Food

• Non-perishable items

Kitchen

• Spices, Coffee, Iced/Hot Tea, Lemonade

Clothing Gently used items for men/women

Practical Shoes Fall/Winter Clothing/Dresses

Adopt our Food Pantry

A \$50 donation gives us \$200 in food products from the Regional Food Bank. A \$100 donation gives us \$500 in food products from the Regional Food Bank.

Adopt an Apartment

Visit bethesdahouseschenectady.org for details

Gifts that keep on giving

Deferred gifts to Bethesda House can have a lasting effect on our future strength and sustainability. Please give serious consideration to:

- A bequest to Bethesda House
 - A donation of a life insurance policy
- A gift of appreciated asset (stock, property)

New underwear and socks

Hygiene Products

• Regular and hotel size shampoo, deodorant, toothpaste, soap, razors and toothbrushes

Linens

• Sheets, towels, wash cloths

Seasonal

• Home Depot/Lowes Gift Cards

Name _____

Friends of Bethesda House/Profile Update/Gift

Bethesda House of Schenectady, Inc

Organization _____

Address _____

Daytime Phone _____

Fax _____

E-mail _____

Enclosed is my contribution of \$_____(Please make checks payable to Bethesda House)

Are you a GE Employee/Retiree? ____ Yes ____ No (Bethesda House is a GE Match Recipient)

Would you like to learn more about volunteer opportunities at Bethesda House? <u>Yes</u> No

You can also make donations at www.bethesdahouseschenectady.org using PayPal.







Bethesda House Donors

May - October 2014

Friend Up to \$100

Alplaus United Methodist Church Angle, Elizabeth G. & King, F.E. Appell, Patricia and Craig Aqua Plumbing and Heating, Air Conditioning and Refrigeration Arthur, Charles and Frances Baker, Daniel and Jane Bartlett, Elizabeth Blau, Michael A. Blood, Sarah Bloodgood and Joanne Herrick, Sheila Bouton, Susan Brower, Allen and Carol Brudos, Darwin Bubb, Ian G Buda, Donna and Leo Chaney-Artis, Shahmeeka Conyers, Carol and Comparin, Thomas Crandall, Jeffrey Danielson, Susan and Lee D'Ascoli, Richard and Karen Deierlein, Paul DeMasi, Michael Denisoff, Gail Dodson, Carlene Drago, Karen A Duesterdick, Paul and Tracey Edgar-Johnson, Jennifer and Matthew ohnson -Fagan, Dianne Farmer, Robin Favreau, Dan Felice, Linda C Ferro, Paul Fialkoff, Sanford and Suzanne Fitzgerald, Mary Flower, Margaret F Flynn, Dorothy and Charles Franklin, Richard and Linda Furman, David and Carol Galway Central School Gerharz Equipment, Inc. Ghanshyam and Lilowtie Gocool Gilbert, Alfred Giokas, George and Marie Gittinger, Norman C. and Mildred Glindmyer, Ken Goldman-Eisner, Mildred Green, Dominique Hamelink, Drew and Crystal Hatch, Charles and Mcgrath, J Hawkes, Charlotte A Horizon Food Equipment, Inc. Hunt. Marsha Innovative Computer Concepts, Inc. Jernberg, Pamela Johnson, Karen Brown Keats, Roy and Susan Kerr, Ruth Kimmer, Jeffrey W Lisha's Kill Reformed Church Little, Meredith Long, William F. Machin, Jean MacLaury, Kay E MacMurray, Susan Masi, Brian Mausert, Lauren McArthur, Doraleen and Lawrence McAteer, Margaret M. McClaine, Roy and Mary McGhee, David and Alice Miskinis, Lorraine Morlock, Walter and Edith Mutryn, Alice

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- Chipolte
- Congregation of Agudat Achim
- Eastern Parkway Methodist Church
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- St. George Episcopal Church
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- St. Mary's of Gallway
- St.Joseph's of Glenville
- Subway
- Temple Gates of Heaven
- The Ladies Philotochos Society of St. George Greek Orthodox Church
- Union College
- Unitarian Universalist Society

Bethesda House is grateful to these individuals and organizations who donated from \$1 to \$19,999. Your generosity allows us to continue our mission this fall and winter with helping others by providing for basic needs in an environment that encourages and supports positive life changes.

We thank you and look forward to another successful year. Every donor is important to us. Our goal is to list each person or organization as the donor wishes.

A special Thank You to donors contributing through United Way, we are grateful that you chose to direct your donor dollars to Bethesda House of Schenectady, Inc. Thank you to donors who participate in the GE Match.

If your name does not appear as you would like it to, please call Bethesda House 518-374-7873 so we may correct our records.

Thank you for your continued support.

Bethesda House

is an Interfaith ministry to the homeless, disabled and economically disadvantaged citizens of Schenectady County, building a just hospitable and inclusive community one person at a time by affirming the dignity and addressing the needs of each guest entering this House of Mercy.



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Cash is king for non-profits

Cash is, they say, king. Without it, non-profits cannot sustain the programs and services they are designed to provide. Fundraising is a necessity which provides the means to achieving solutions for an identified societal need.

Bethesda House is an inter-faith organization dedicated to the homeless and impoverished people in Schenectady County. During the last twenty-two years, staff and volunteers provided essential services that met the basic needs of existence. During our 2013-14 fiscal year, your donation dollars helped to serve a daily average of 200 individuals and families that walked through Bethesda House's doors. Without the generosity of our donors, we would not have been able to provide the level of service to house, feed, clothe, counsel, and financially stabilize guests and residents.

Bethesda House's 4th Annual Event was held on October 23rd, 2014. We were fortunate to have Judge Karen A. Drago as our guest speaker. Judge Drago captivated her audience as she spoke about Alternative Court and Drug Court, two concepts she was instrumental in creating and cultivating.

It was an evening of enlightenment and reflection. We shared smiles, stories, and laughter with old and new friends and supporters of our agency. We are fortunate to have exceeded our fundraising goal for this event, each dollar directly supports our program and services. Fundraising cannot happen without you. With your continued support we are partners in our commitment to end homelessness. Thank you for your generosity.

A special Thank You to: Our **Event Sponsors;** the Golub Foundation, Sunmark FCU, Mood Media, Lane Press of Albany, Peggy and Calvin Crossley *(in memory of Mrs. Lynne Snyder)*, Genghis and

Nahla Khan, Unitarian Universalist Society, Robert Christoffel (in memory of Mary Christoffel), Ralph Blackwood and Nancy Nicholas, and Reverend Robert Feuh.

Our **Honorary Committee:** Keith and Patricia Barney, Barbara Blake, Ronya Bynum, Abby Curro,

Karen D'Ascoli, Linda Felice, Harold & Karen Fogg, Alex Hallenstein, Leonard Herman and Honorable Guido Loyola, Mary Isabella, Honorable Karen Brown Johnson, Meredith Little, Rev. Robert Long, Bradley and Cathy Lewis, Ellen MacNeal, Kevin McCormick, Anne McGhee and Michele Armstrong, Edith Morlock, Paul & Dolores Nelson, Alberta Peroutky, Laetita Rhatigan, Ellen Schultz, Kimarie Sheppard, Terry & Anne Marie Stroble, MJ Teresco, Congressman Paul Tonko, Susan Williams, Dr. and Mrs. Roy Wood, Ronald Zimmerman.



Our the state of t





Bethesa House annual fundraiser featured speaker, Judge Karen A. Drago.