

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

### A MESSAGE FROM THE EXECUTIVE DIRECTOR

# Welcome to the 2022 Fall/Winter edition of Bethesda House's The Beacon



t is hard to believe that another calendar year is ending – and what a year 2022 has been!

In April, Bethesda House's Groundbreaking Ceremony for our new residential facility Cara House took place. It was wonderful to see many friends, supporters, and elected officials in attendance whose support reminds us how important Bethesda House is to the homeless and poor. Without your support, we would not be able to provide all the services that we do and without Bethesda House many homeless and poor would not have access to basic needs such as clothing, food, showers, or shelter.

As we close the year, we celebrate new beginnings and growth. After receiving approval for state funding, we are partnering with Schenectady County to provide permanent housing for dozens of individuals who are homeless or at risk of becoming homeless. Households in this program will also receive wrap-around services to assist in continued housing and income stabilization.

Your support gives us strength to live Bethesda House's mission to provide services to the poor. Thank you!

Wishing you a very warm and blessed holiday season.

Kimarie A. Sheppard





# **BUILDING TOGETHER**

This upcoming year is a big fundraising year for us as we prepare to open Cara House. While we were awarded funds for the building costs after a competitive grant cycle, we are actively raising money for internal costs such as furniture, tech systems, medical supplies, and program development. This includes the re-entry program, which will be a dedicated rehabilitation program for those recently released from incarceration in Schenectady County.

We could not have gotten to this point without the support of our community. Cara House will serve a crucial need to the vulnerable in Schenectady and we are entirely grateful for all contributions to make this happen. Please consider helping us to kick off this fundraising effort so we can stay on track to open by summer of next year. Together we can build something truly great!

# **Compassion, Even in Fear**

By Caroline Codd

# "Poverty is the worst form of violence." – Ghandi



Compassion can be complicated. In the last few years of political unrest, a global pandemic, and the general inundation of news stories playing on our heartstrings and asking for our help, many of us have experienced a physical, emotional and psychological burnout. Compassion fatigue can have a boomerang effect, in which we turn off our news alerts, pause the petitions, turn away from the world's tragedies and toward our own well-being. This intentional, conscious self-protection is a necessary component to maintaining resilience in the face of adversity. It may seem cliché, but putting on your own oxygen mask before helping others is tried and true.

However, self-preservation is a delicate balance. It can quickly manifest into extreme fear of the "other", cutting off compassion to those outside one's immediate inner circle. This is a difficult, nuanced phenomenon, but an important one as we navigate the waters of our current culture.

In terms of the nation's rising homeless crisis, it seems compassion fatigue has turned this vulnerable group of people into the "other". There are over 90,000 currently unhoused persons in New York State but with the lack of safe havens and affordable housing, thousands of these individuals are left to find shelters outdoors. They are perceived by many housed individuals as not just an eyesore, but as a threat and a danger. Headlines and media outcry especially in largely populated areas make it seem like there is no safe corner and a random attack could happen anytime. Moreover, while there is a larger percentage of violent crime within the homeless community, the narrative of homeless attacks on the unhoused population has been thrown out of proportion. Most of the time the only crime committed by the homeless population – is being homeless.

Dwindling resources in the mental health industry, including the closure of psychiatric units, the loss of emergency psychiatric beds and lack of accessible, preventative resources have increased the number of mentally ill people with nowhere to go. A popular theory is to attribute the increased violence to this rise of mental illness on the streets. This theory is largely rooted in stigma against the mentally ill population while in fact; homeless people with mental illness are highly vulnerable to violence, with a reported lifetime incidence of 74% to 87% of violence being perpetrated against.

Even if there were increased funding for psychiatric care and units, without safe, reliable shelter, these services are a temporary band-aid to a larger issue. 30% of the homeless population struggle with mental illness. These individuals need housing, not a hospital bed.

It is difficult to track crime against unhoused people, due to the population's general distrust of government and police entities. They are less likely to report crimes against them and seek treatment for any injuries due to the high cost of medical bills. However, recent evidence shows that the homeless population is disproportionately at a higher risk of being a victim and/or witness violent attacks compared to the general population - almost 50% vs. 2%. Older people and those experiencing homelessness for more than two years faced an especially high risk of experiencing a violent attack. This is alarming considering the homeless population is aging overall. With no access to safe shelter and physical/ mental health resources, they have very little defenses, exacerbating the cycle of homelessness as they deal with the ramifications of physical and mental trauma.

These attacks do not fall only within the parameters of the homeless community. Between 1999 and 2017, there were almost 4 times as many fatal incidents against homeless people as there were fatal hate crimes in the county. The unhoused population is not currently protected under hate crime law, but many advocates believe they should be due to rising targets against them.

There is a documented relationship between the criminalization of homelessness and the increase of hate crimes or violent acts against homeless people. Criminalization of homelessness involves a myriad of policies that make sleeping in public places, begging and even sharing food against the law. This is under the guise of precaution against large congregations of unhoused persons in one place as a safety measure. Residents fear harassment, property damage, physical altercations and worse. These are all natural human fears; we all deserve to feel safe in our own home.

However, a criminal socialist pooled data that proved an increase in the number of homeless structures in an area is not necessarily associated with any increases in property crime - in fact, very close to zero. This may be due to the fact that homeless encampments pop up in areas already vulnerable to crime or it may be based on the culture of the camp – some are more benign than others. Either way, there is no evidence to show that large congregations of homeless are the sole factor in increased crime rates. We know that crime is more often than not a desperate reaction to unlivable circumstances and not a direct testament to mental illness or substance use. Bethesda House has a strong relationship with Schenectady PD for this very reason, to keep all of Schenectady safe as we redirect the most vulnerable to our wraparound services and housing resources before they are left to fend for themselves in the streets.

In trying times such as these, it is imperative we take care of ourselves in any way we can. It is also a testament to our humanity, to lean into our empathy and challenge our fears of the "other". The homeless population is not just a "problem" as it's often referred to. They are brothers and mothers and friends in trouble. If they are continued to be seen as a problem to solve or worse to sweep out of sight, they will never receive the compassionate care they need and break the cycle of homelessness. We must challenge the perception of unhoused people as a homogenous lot of dangerous criminals and instead advocate for better housing options and more accessible, affordable mental and physical health care. At Bethesda House, we know what works. We have seen it work over the last 30 years as we have always assumed the "inherent dignity of every person"

Let us self-preserve not just as an end goal, but as a means to help those who cannot. Let us challenge our judgments of the "other" (which is a natural selfprotection mechanism from our dear brains), and see each other through our shared humanity. Change is possible if we operate from compassion and non-violence, not just in the way we act but in the way we think, feel and speak. We are wired to take care of each other.

#### Sources:

https://www.psychiatrictimes.com/view/never-ending-loophomelessness-psychiatric-disorder-and-mortality

https://nhchc.org/wp-content/uploads/2019/08/vv-29-1\_ptr\_ a8\_122-136.pdf

https://www.npr.org/2022/01/24/1074577305/homeless-crime-experts

https://online.simmons.edu/blog/aging-on-the-streetsamericas-growing-older-homeless-population/

https://nationalhomeless.org/wp-content/uploads/2018/12/ hate-crimes-2016-17-final\_for-web.pdf

https://endhomelessness.org/blog/the-disturbing-realitiesof-homelessness-and-violence/



By Caroline Codd

With cold weather upon us, we may be getting ready to hunker down, bundle up, turn on the fireplace and ride out the winter. This season may feel daunting as we prepare to shovel out our cars and dust off our wooly hats, but can also be a season of nostalgia and comfort. Sipping hot cocoa, weekend ski trips, or the perfect excuse to stay inside and do absolutely nothing.

The unhoused and unsheltered often do not have the luxury of these cold weather comforts. Those who make it into shelters when the temperature drops find themselves in overcrowded and often dangerous spaces. For those who remain on the streets, the cold weather is a matter of life and death.

Code Blue is a policy enacted by the Department of Homeless Services for winter nights when the temperature drops to 32 degrees or below, including wind-chill, between 4:00 PM and 8:00 AM. This policy relaxes normal department policies to ensure everyone is warm and safe for the night. Schenectady County added 23 beds last winter season for Code Blue emergencies and has a coordinated outreach program to get people off the streets when the weather drops. For the severely mentally ill, they may not have the wherewithal to find shelter and it is imperative they are reached and encouraged to sleep indoors where they can.

Bethesda House will be working with the City Mission this year to staff our 18-bed emergency shelter for Code Blue purposes. We are actively hiring for staffing positions and collecting donations such as hats, jackets, blankets and other cold weather essentials. This program is essential to the safety and well-being of the homeless community in Schenectady County. Your support and donations help us to increase our outreach during these times of emergency so no one is left behind. Thank you for your generosity during this time of year.

#### Sources:

https://www.coalitionforthehomeless.org/get-help/know-your-rights/extreme-cold-weather-code-blue/

https://dailygazette.com/2021/11/02/schenectady-county-declares-code-blue/

# THE MIND MATTERS

By Caroline Codd



(L-R) Amanda Hughes, Jacquelyn Hassfurter

Bethesda House has always been on the cutting edge of best practices for curbing homelessness and serving the vulnerable in our community. Looking at the larger picture has allowed us to see the details needed. Over the last 30 years, we have never settled for the status quo and have continued to integrate services to keep up with the needs of the community.

Compassionate, effective mental health treatment is one of those needs. Although conversations about destigmatizing mental health seem to be everywhere on the news and in pop culture, there is still a deep stigma and fear against mental illness in the homeless population. This population cannot afford self-care days, often has no support system and is more likely than not in the vulnerable position they're in because of their mental illness. While as a society we are growing in empathy for every day depression and anxiety, there is still a myriad of misunderstandings against more severe mental illnesses such as clinical depression, panic disorders, psychosis and schizophrenia – all ailments that if left untreated, make it extremely difficult, if not impossible, for someone to hold a job and function within society.

Unfortunately, they are left on the outskirts, to fall through the cracks and fend for themselves.

At Bethesda House, we saw this trend and a need for more mental health support in Schenectady County so we implemented our own in-house psychiatric care unit led by Jacquelyn Hassfurter, our Psychiatric Nurse Practitioner.

"I never thought I would be working with this population, but I've discovered such a deep passion for it...a true calling," she says. Jackie's background is in neurosurgery and after a medical mission to Zambia showed her the isolated nature of being mentally ill in a community, she decided to enter the psychiatric field. Her previous work was with children and adolescents, but when Bethesda House called, she answered.

She comes to Bethesda House three times a week to process psych evaluations, administer medicine and track progress in her clients' stability. Since she started three years ago, she has seen hundreds of individuals and has several clients she manages on a consistent basis. The goal of the program originally was to serve as an entry point and instill trust amongst Bethesda House's guests and residents with a mental health provider so they would be open to receiving treatment from established Medicaid providers. However, due to budget restraints and COVID policies, most of these providers are at capacity with waitlists 7 months to a year long. This waiting period can have disastrous consequences.

While her workload has increased, so has her compassion for this vulnerable population. She feels for them, knowing that they cannot help the way they are. She says one of the greatest misunderstandings about this population is "when they present as psychotic in nature, it's never intentional. Even if they act out and get violent, it's almost always out of fear."

Through this compassionate lens, Jackie has built rapport among the community, forming relationships with some of Bethesda House's most private and distrusting guests and residents. She's a familiar, friendly face in the community, someone you can trust to advocate for those who are unacknowledged or swept away by society at large. She has helped multiple clients who were previously psychotic to fully stabilize through the use of long acting injectable medications, which provide a slow release of medicine instead of the highs and lows of daily doses. This is no small feat. Even if just one person can feel more at peace and function more cohesively, it makes all the difference in the community.

The mind is a powerful yet fragile thing. We all need support in taking care of our mental health, but the homeless population also needs help climbing the barrier wall that blocks them from getting support. When asked how the community can help, Jackie advises everyone to examine their fears and biases against the severely mentally ill, to educate themselves on the matter, advocate for cohesive community treatment, and take the time to know them. They are a part of the Schenectady community with dreams and heartaches just like any of us.

Working alongside our in-house medical care unit and our dedicated case management team, the in-house psychiatric care unit will continue to serve as a key component in making this difference. At Bethesda House, prioritizing mental health care is put into practice, not just words. We will continue to stay on the cutting edge to give everyone a fighting chance at a stable, peaceful, meaningful life.

#### Sources:

https://mentalillnesspolicy.org/consequences/homeless-mentallyill.html#:~:text=Numerous%20studies%20have%20reported%20 that,is%20lower%20among%20homeless%20families.

https://endhomelessness.org/blog/new-study-offers-hope-forhomeless-people-with-schizophrenia/#:~: text=Schizophrenia%20affects%20a%20little%20more,and%20 experiencing%20homelessness%20each%20day.

# More than a Shelter

By Caroline Codd

30 years ago, Bethesda House opened as a drop-in day shelter, offering respite from the streets, a cup of coffee and access to a telephone. Today we have evolved into a lead agency in the quest to end homelessness by offering innovative solutions and proactive services to the most vulnerable in Schenectady County. We are more than a shelter. We are a safe haven.

We are more than a temporary, emergency fix to the complexities of chronic homelessness and poverty

When someone walks through our doors, they will not find an overcrowded, chaotic shelter that may be more dangerous for them than the streets. They will find a safe space for them to lay their head, and the services needed as they transition to self-sufficiency with pride and purpose. Our wraparound services provide the tools and support to overcome the root cause of homelessness through a holistic and scalable model. Bethesda House's open-door policy creates a judgment-free, low-barrier access to services, where availability of services takes priority over one's willingness to take part in them. We are open to all who seek our services, regardless of their history and lifestyle.

Some habits are quick to develop and hard to unlearn and forced treatment has proven ineffective. If someone is struggling to stay sober or is not ready for mental health treatment, they are still a human being and deserve a hot meal, a shower and a bed to sleep in at night. This is why Bethesda House will always work to expand our outreach and services so we can be a safe haven for all who seek it. With your continued support, we can keep these doors open creating opportunities for better livelihoods and a thriving community here in Schenectady.



## We are Building Cara House and You Can Help

# **BUY A PAVER CAMPAIGN:** Your eternal support to end homelessness

You can buy a personalized paver for the Cara House garden and entranceway to help us create the new Bethesda House residence, Cara House. Once you selected the size of the brick to purchase, you will enter what you would like to have engraved on the order form.

Pavers will be placed near the building entrance or garden area.

We want to create an inviting, warm and beautiful welcome for our residents, guests and staff. Your special message will be part of Cara House for decades to show your support for caregivers and people in need.

# **Paver Sizes & Prices**

-		
4" x 8" Brick Paver	\$100	3 Lines of Text, 20 Characters Total
8" x 8" Brick Paver	\$250	5 Lines of Text, 20 Characters Total, Clipart Available
12" x 12" Paver 5	\$1,500	7 Lines of Text, 20 Characters Total Can include a Custom Business Logo, Personal Logo or Clipart (call us for details)

Please go to our website at www.bethesdahs.org to place your





Giving from the heart, often to those you will never know, and expecting nothing in return except the gratification that you have touched the life of another, is the true meaning of unselfishness.

All gifts regardless of size or purpose have one thing in common, they speak volumes about the life of the donor. That voice continues to speak and be heard long after they no longer have a voice of their own. Each gift becomes a living thing, growing and reaching far beyond anything the donor could have imagined.



# Save the Dates!!!

### **Bethesda House's 2023 Fundraisers** are scheduled!



## BETHESDA HOUSE WISH APPEAL

It's time for Bethesda House's Wish 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

Linens

Day to Day Food

- Non-perishable items
- Kitchen
- Spices, coffee and tea
- Can openers
- Pots and pans • Cooking utensils
- Clothing

- Gently used items for men/women • Men's sweatpants, sweatshirts,
- T-shirts in various sizes
- Practical shoes
- Coats, warm clothes, gloves, hats
- New underwear and socks
- **Hygiene Products**
- Regular and hotel size shampoo, deodorant, toothpaste, soap, razors, toothbrushes and feminine hygiene products

### Adopt Our Food Pantry

the following: Twin sheets • Twin comforters

Blankets

Seasonal

- Pillows
- Bed bug covers
- (mattress, box spring and pillow covers) • Blankets
- Hygiene kits
- Socks (varying in size)
- Underwear (varying in size)

• Sheets, towels, washcloths

• Home Depot/Lowes gift card

**Our Veterans' Program needs** 

- Undershirts (varying in size)
- Towels • Wash cloths
- Hand towels
- Slippers (varying in size)

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 bethesdahs.org for details.

### Gifts that Keep on Giving

Deferred gifts to Bethesda House can have a lasting effect on our future strength & 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)

Wish List reflect our day-to-day needs. Donat	ions are accepted
Tuesdays and Thursdays, 9:00 - 4:00 or by	calling Bethesda
House (518-374-7873) to make arrangements.	<b>n</b> \$ <i>n</i>



### Bethesda House of Schenectady, Inc. Friends of Bethesda House/Profile Update/Gift

Name \_\_\_

Organization

Address

Daytime Phone \_\_\_\_\_

Fax

E-Mail\_\_\_\_

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

Credit Card: MC Visa AMEX Discover

No:

Exp. Date: \_\_\_\_\_\_ Sec. Code: \_\_\_\_\_

Signature:

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? \_\_\_\_Yes \_\_\_\_No

### You can also make donations at www.bethesdahs.org

#### Bethesda House Donors: June 1 2022 - October 31, 2022

#### Friends up to \$100

Apkarian, Brian Blackmer, Richard Bob, Theone T Brown, Alvin Brugeman, Rachel Cipollo, Deanna Coluzza, John Cox, Paulvn Demasi, Michael & Mithen-Demasi, Lori Fisher, Brandon Foucher, Ethan Hemmendinger, David & Kort, Gail Hobbs, Ray'chel Johnson, Marie Koniowka, Lisa Lauria, Mary Leja, Cora M. Lemmerman, Eugene & Pauline Macivor Brunner, Shari Mann, Richard & Joanne Mason, Robert & Patricia Mauro, Dean McArdle, Teresa L & Edward F. Morrison, Patricia Network For Good Panico, Robert & Anita Sargent, Steven Stees, Ray Stevens, Gregory Susan Disco Tallman, James The Blackbaund Giving Fund Vaccaro, Nancy Waddell, Douglas & Donna Wildgrube, Jean

### Sponsor up tp \$499

Ahola, Nancy American Legion Post 1005 Barney, Keith & Pat Batten, Nancy Jane Birbal, Annand Blake, Barbara Bouton, Susan Chouffi, Audrey Ciarmiella, Susan Clark Financial Planning Coker, Margaret Coppola, Sharran A Cramer, Steven & Bonnie Macwhinney-Cramer Curro, Stephen & Abby Daigle, Joe & Barbara Denisoff, Gail Diffley, Michael Duesterdick, Paul & Tracey Eastern Parkway United Methodist Church Elsie Sheffer Eslick, Jennifer Evangelical Lutheran Church of The Good Sheppard Fessel, Linda First United Methodist Church Fitzgerald, Mary Fox Pest Control Gerstler, William & Cheryl Greenbush Tape & Label, Inc. Guido, Annette Hallenstein, Alex & Betty Hannaford Healy, Richard & Joan Hebert, Clifford & Janet Hostig, Kimberly Hughes, Amanda Innovative Computer Concepts, Inc. Knapp, Richard M

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#### Citizen up to \$3,999

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George Greek Orthodox Church

Subway

The Sapones

St. Kateri Tekakwitha Parish

Bethesda House is grateful to the individuals, congregations, businesses, and private foundations who donated from \$1 to \$5,000. Your generosity allows us to continue helping others by providing for basic needs in an environment that encourages and supports positive change.

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. If your name does not appear as you would like it to, please contact the agency's Administration Assistant at either adminasst@bethesdahs.org or (518) 374-7873, ext. 116 so we may correct our records.

A very 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.

Thank you to donors who participate in Amazon Smiles, Clynk and other Hannaford fundraising initiatives.

Your gifts of spirit and generosity are deeply appreciated.

#### **In-Kind Donors:**

AllTowne Fresh BJ's Bombas Appeal Company CAPCOM Cares Cathy Terwilliger CDPHP Congregation Agudat Achim Eastern Parkway United Methodist Church Goldstein Subaru Hannaford

#### **Memorial Names:**

Winnie Childs Jesse Roensch Emmanuel Aragosa June Schemerhorn Jennifer Eslick John Sheppard Lane Press Maragret Coker Our Redeemer Lutheran Church Panera Bread Price Chopper Rivers Casino & Resort SEFCU Foundation Sharran Coppola ShopRite

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Mary Christoffel Marianne Sheppard Eli Krieger Ruth Seypino Allen Matterdi Beverly Roscoe Joseph Morawaski Marga Vandenburgh

**Honorarium Name:** 

Alice McGhee

#### **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.

#### **Board of Directors**

Cathy Terwilliger President

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Kimarie A. Sheppard Executive Director

Anne McGhee Deputy Director

Crystal Thatcher Director of Residential Services



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# FUNDRAISING

### At the end of the day it's not about what you have or even what you've accomplished... it's about who you've lifted up, who you've made better. It's about what you've given back.

Fundraising makes a difference! Bethesda House's Development Committee has regular meetings to plan our annual events to ensure they are successful, meaningful, and fun. Fundraising dollars support our work to provide critical services to the homeless and poor in Schenectady County. Our on-going fundraising motivates project and program planning, and it promotes program growth and development.





















**Light Up Bethesda House** On October 20, 2022, Bethesda House's 12th Annual Fall Fundraiser was in full action! How exciting it was to see so many friends and supporters, many of whom have been part of the Agency for over 30 years.

We had a night full of raffles, TRIVIA, prizes, and FUN!

JD, derekd@mohawkhonda.com, led the TRIVA festivities. Great conversation, laughter ringing throughout the room and an abundance of positive energy as the competition heightened.

Thank you to our Event Grand Sponsors: Jacquelyn Hassfurter and the COINS Foundation. To our Event Sponsors: Christina & Alex Dell, Dr. & Mrs. Gary Dunkerley, Kevin McCormick, Delores & Paul Nelson, RBM – Guardian Fire Protection, Jaswant & Harbans Singh, Stewarts Shops, Susan Williams, Mohawk Honda, SRG Architects, Fox Pest Control, Greenbush Tape & Label, Marvin & Company, P.C., Wendy and Dennis O'Connor, Phil's Body Shop, Chris Rattazzi – eXp Realty, Tower Auto Sales, SunMark Credit Union, Richard & Eunice Werner, and TechSolutions.

Thank you to our **Table Sponsors**: Annie & Andrew Wood, Richard & Kathy Mausert, and Rachael Chabot. Thank you to our **Honorary Committee** members: Keith & Pat Barney, Susan Bouton, Sue Ciarmiella, Sharran A. Coppola, Michael & Gail Diffley, Cheryl & William Gerstler, Annette Guido, Alex & Betty Hallenstein, Leonard Herman, Kimberly Hostig, John Lubrant, Anne McGhee, Stephen & Stephanie Rockmacher, Randall & Patricia Roeser, John & Karen Sapone, John Sheppard, Kimarie Sheppard, M J Teresco, Congressman Paul Tonko, and Paula Waselauskis.

# MARK YOUR CALENDARS! OCTOBER 19, 2023 FOR OUR 13TH ANNUAL EVENT!

IN 2023, WE HAVE A LOT TO CELEBRATE WITH THE OPENING OF OUR NEW RESIDENTIAL FACILITY – CARA HOUSE!