



Building a more compassionate community one person at a time THE BEACON

Spring/Summer 2025

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

A MESSAGE FROM THE EXECUTIVE DIRECTOR



I find energy, strength, and determination in spring. We shake off the cold of winter and illuminate the path for change. Spring is dedicated to planning our upcoming fiscal year and deciding which seeds to plant for greater growth in the services we offer to the homeless.

Over the past year, the Agency has undergone several changes regarding funding, programs, and staff. We end the year feeling stronger and look forward to the new year.

Our staff exhibits perseverance and commitment while working with a diverse population consisting of individuals who are unhoused, unsheltered, or facing eviction. The dedication of the staff is undeniably inspiring. We feel privileged to be accepted and trusted to enter into our clients' world, to partake in their journey, and to provide the resources and support essential for their success.

Our volunteer community is continually expanding, with each volunteer providing invaluable support to

our programs and services. It is encouraging to observe individuals from diverse backgrounds coming together with a common objective: to empower and uplift one another. This collaborative effort not only strengthens our mission but also underscores the effectiveness of community-driven change.

In this newsletter, we are excited to share stories about our new volunteers and the service areas to which they contributed.

We express our profound gratitude to all individuals who contribute to raising awareness of Bethesda House within the community as a sanctuary of safety, where we welcome all and provide a diverse range of services aimed at fostering learning, growth, and connection. Your support—whether as a volunteer, donor, community partner, or advocate—nurtures our mission and creates a lasting impact on the lives of countless individuals.

As we look forward to the rest of spring and welcome summer, we are excited to embrace opportunities for continued growth and empowerment. Thank you for being part of this journey with us.

Kimarie A. Sheppard





A Month of Volunteering: What It Means to Bethesda House and Our Community

By Lisa O'Sullivan, Day Program Supervisor

Each act of volunteerism is a powerful reminder of the compassion and care that exists within our community. At Bethesda House, volunteer engagement has shown us just how deeply our partners, clients, residents, staff, and supporters are connected through service, generosity, and a shared commitment to uplifting one another.



Through their selfless commitment, we witness how deeply our clients, residents, staff, supporters, and partners are connected. Week after week, without fail, our clothing room opens its doors to those in need, thanks entirely to the unwavering dedication of our volunteers. Residents have access to groceries and daily essentials because of those who consistently offer rides to the store, ensuring no one is left behind. In our pantry, couples work side by side, thoughtfully preparing and organizing food so families can gather around the table with dignity and nourishment. Generous families continue to show up in countless ways—donating time, goods, and care—uplifting our mission with each thoughtful gesture. And in our kitchen, volunteers are on the front lines every week, serving meals with warm smiles that often do more than feed—they brighten someone's entire day. These acts of kindness, big and small, create a living portrait of what community truly means. At Bethesda House, we are honored and humbled to witness compassion in action every single day.



In May, we kicked off the month with three dedicated volunteers, Tyrone, Keesha, and Mohani, from **Broadview**, who rolled up their sleeves to help sort through bags of donated clothing. Their work—sorting items by season, size, gender, and type, and removing any unwearable clothing—transformed our clothing room and storage area into an organized, accessible space. This behind-the-scenes effort means that we're ready when someone walks through our doors in need of a warm jacket, clean socks, or even just a fresh pair of underwear. The used sweatshirt they helped sort made a world of difference for Joe, who now faces the cold nights a little more comfortably.



A group of **18 volunteers from Elevence with Anthem Blue Cross Blue Shield** joined our kitchen team, led by AI, our Head Chef and Nutrition Coordinator. Their cheerful, can-do attitude brought new energy to our food service operation. Whether stocking pantry shelves, unloading delivery trucks, prepping meals, cleaning, cooking, or rolling silverware, they did it all—working together to ensure we continue serving hot, nutritious daily meals and supporting our community through our food pantries. Their team volunteers four times a year, and each visit leaves a lasting impact.

As part of **United Way's 518 Day**, volunteers from **MVP Health Care** chose Bethesda House as their project site, and the results were inspiring. The morning shift, with Courtney, Lenny, and Samantha, jumped right in, weeding garden beds, planting vegetables, and cleaning window screens around our property. Their smiles and determination reminded us how



beautiful community spirit can be. And when the ice cream truck pulled up, it became a moment of joy and togetherness for volunteers, staff, clients, and residents alike.

The afternoon MVP crew—Cora, Priscilla, Vinny, and Kyana —focused on our **Cara House** property. They tilled the flower beds, planted sunflowers along the building's edge, and sowed fresh vegetables in our new raised garden bed. Before wrapping up, they filled hygiene kits with full-sized products—body wash, shampoo-conditioner, deodorant, toothpaste, and toothbrushes—items our homeless clients rarely have access to. These kits help our clients maintain dignity and personal care. This month's kits were generously stocked through donations from **Broadview**.

To close out the month on a high note, we had *Brick the Barber* on site providing free haircuts to our clients. The transformation was more than just physical—one gentleman, after his cut, looked ten years younger. When I told him he was looking sharp and asked how he felt, **his response said it all: "I feel like a human."**

It's a powerful reminder that something as simple as a haircut—something many of us take for granted—can be truly life-changing. For our guests, it's more than grooming; it's a step toward restoring dignity, confidence, and a sense of self-worth that may have been lost along the way.

Its partners, like Broadview, Anthem Blue Cross Blue Shield, United Way, MVP, and Brick the Barber, allow Bethesda House to expand its reach and deepen its impact. **It is the dedicated volunteers who show up week after week.** Their commitment allows us to serve our clients and guests with greater care, making our programs more thoughtful, welcoming, and impactful. Their efforts ripple outward.

Because Broadview volunteers sorted clothing, **Joe** sleeps warmer tonight. Because Anthem volunteers cooked a hot meal, **Anthony and his family** didn't have to wonder what they'd eat for lunch. Because MVP volunteers beautified the property, a **resident** can now sit proudly in her garden, nurture vegetables she helped plant, and feel a renewed sense of dignity and belonging.

These seemingly small acts—folding shirts, chopping vegetables, planting seeds—are not small at all. They are acts of love, and they remind every person who walks through our doors: *you matter*.

Interested in Volunteering? You can sign up online or email jsisum@bethesdaohs.org for more information!



Loss, Grief, and Healing

By Micki Basal

Over a year ago, I started working at Bethesda House, at the Cara House facility, and the main location, 834 State Street, as a part-time Grief, Loss, and Healing Counselor. I am a retired Nursing Director, having spent the last 30 years working with traumatized youth. I went back to school for a degree in grief counseling around the same time. This was an effort not only to help my clients but also to educate society at large on how to cope with grief and loss. I had a long career in oncology nursing and believed I had a good grasp on death, loss, and trauma. As it turns out, I did not at all! In 1995, I faced the loss of my father and soon realized how little I knew about grief and trauma.

Our society often faces challenges when it comes to healing from losses, whether caused by death or other forms of disenfranchised loss. Disenfranchised loss is a type of loss that isn't widely accepted or openly acknowledged, making the mourning process even more painful. Sometimes, these types of losses can be more overwhelming than the loss through death itself. That's why I feel truly drawn to work with the residents at Bethesda House, as their losses have been truly significant and profound.

Initially, I aimed to facilitate grief peer support groups, understanding that sharing stories can be a supportive,

educational, and healing experience. However, my work with the individual residents has been the most successful part thus far. Research shows that ignoring our grief will eventually cause the pain to catch up with us in some way. I am constantly amazed by the knowledge I gain from the people I counsel. Each has generously shared their pain, and as layers of trauma and grief are peeled away, we both become more aware of the many losses that have impacted their lives. In doing so, catastrophic suffering from early life often comes to light. This pain has frequently been buried deep in their minds, but through their willingness to communicate and share, painful memories can be confronted and addressed.

Recently, one resident remembered how, when she was only seven, she saw her beloved nanny hit by a car and killed. Her nanny was a safe and loving presence in an otherwise abusive home. While she does not frequently think about this event, it has significantly contributed to the anxiety attacks she faces daily. Working through this grief has been the first step toward healing and reducing her panic attacks.

Every day, staff at Bethesda House help residents cope with their trauma and subsequent challenges. I hope that more residents will join us in exploring their grief and discovering how past losses influence their present lives.

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

Wish List reflect our day-to-day needs. Donations are accepted Tuesdays and Thursdays, 9:00 - 4:00 or by calling Bethesda House (518-374-7873) to make arrangements.

Day to Day

Food

- Non-perishable items

Kitchen

- Spices, coffee and tea
- Can openers
- Pots and pans
- Cooking utensils

Hygiene Products

- Regular and hotel size shampoo, deodorant, toothpaste, soap, razors, toothbrushes and feminine hygiene products

Linens

- Sheets, towels, washcloths
- Blankets

Seasonal

- Home Depot/Lowes gift card

Our Veterans' Program needs the following:

- Twin sheets
- Twin comforters
- Pillows
- Bed bug covers (mattress, box spring and pillow covers)
- Blankets
- Hygiene kits
- Socks (varying in size)
- Underwear (varying in size)
- Undershirts (varying in size)
- Towels
- Wash cloths
- Hand towels
- Slippers (varying in size)



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

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 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)

The Future of Code Blue

By Caroline Codd, Development Coordinator

Code Blue is a state-mandated program to ensure that homeless individuals and families have a safe place to rest their heads at night during the harsh winter elements. From November to April, we include additional beds for those seeking life-saving reprieve from the cold. Each year, we experience a significant uptick in our intake numbers, and this year was no different. The stark reality that there is an increase in the homeless population was evident during the annual US HUD-mandated point-in-time count.

The point-in-time (PIT) count is a snapshot of the number of people experiencing homelessness on a single night; it is typically done in the last few days of January and provides an estimate of the number of people without safe, stable housing. Bethesda House has been the lead agency for the PIT since before 2009.

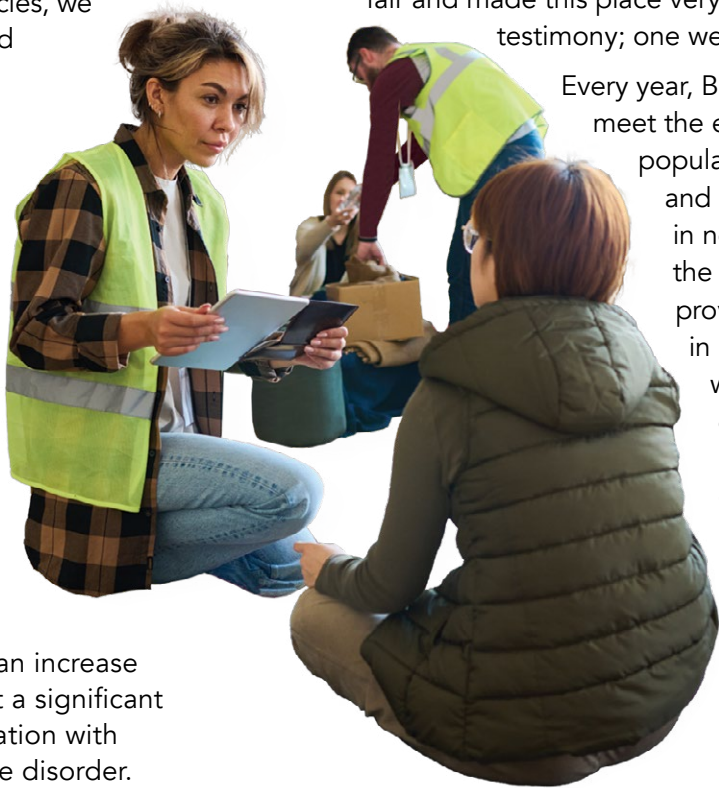
With volunteers from other agencies, we search the streets and abandoned buildings in Schenectady and surrounding areas to count the number of homeless individuals without shelter. In January 2023, the unsheltered count was 7; in January 2024, it was 18; and in January 2025, it was 29. 2025 saw a 61% increase in unsheltered people over January 2024. Numbers tell stories, and this dramatic increase speaks to the critical need for more supportive services for the homeless and impoverished in Schenectady.

Not only have we experienced an increase in the homeless population, but a significant increase in the homeless population with mental illness and substance use disorder. This year, Bethesda House modified the staffing structure by including social work staff on-site when the shelter opened, to reduce unsafe behaviors and to address immediate mental health concerns.

This year, we experienced a high demand, often reaching full capacity by 6 pm. At times, due to demand, additional accommodations were included. Even with the extra space, the need outweighed the level of services we could provide.

Not only are Code Blue shelters life-saving, but they also serve as key points of contact for intake and intervention. After working with our staff, two Code Blue shelter guests are now in stable and safe, supportive housing. Another guest received critical medical care and assistance from our in-house nursing team. He was connected with a primary care provider and engaged with our clinic's resident doctors. Shelter guests who are employed used Bethesda House's laundry and hygiene support before they went to work. We aim to engage each individual who comes through our doors and build trusting relationships. Many of our guests expressed that they felt safe at our shelter. They appreciated the consistent enforcement of rules and our Code Blue staff's sense of fairness. One guest said, "I can actually sleep because you guys are fair and made this place very safe." This is a significant testimony; one we don't take for granted.

Every year, Bethesda House staff rise to meet the ever-changing needs of the population we serve. Your support and dedication to helping those in need make a difference in the quality of services we can provide to the most vulnerable in our community. Donating warm clothing and footwear during colder months has a meaningful impact on our guests, who lack a steady income and rely on public assistance. Next year, we plan to build on the effect we made this year, to continue to serve as a "House of Mercy" for all.



Save the Dates!!!

Bethesda House's Fundraisers are scheduled!

 October 16, 2025 Light Up Bethesda House Max410 Water's Edge	 May 8, 2026 Bowl for Bethesda
---	---

Details for each event will be posted on our website: www.bethesdaahs.org
View our website for photos of the summer and fall fundraisers.

Chasing Chickens: Stopping the Chase on Trauma

Caroline Codd, Development Coordinator

It's likely that, until recently, when you heard the word "trauma," you associated it with a distant war, a fatal car crash, or a violent tragedy. But did you know that at least 70% of the global population will experience at least one categorically traumatic event in their lifetime? While this doesn't mean every single traumatic event leads to developing PTSD or other psychiatric disorders, it indicates that the scope of traumatic impacts is far broader than we have previously known.

In working with the chronically homeless and impoverished population, every individual we encounter has experienced trauma to some degree. Childhood experiences such as poverty, hunger, and parental neglect are considered traumatic factors that, if not addressed, can lead to a devastating and lifelong cycle of severe mental illness and substance abuse. We refer to Maslow's Hierarchy of Needs, which suggests that human needs are arranged in a hierarchy, with the most basic needs at the bottom and higher-level needs at the top. Individuals must satisfy the lower-level needs before focusing on the higher-level needs. This is why at Bethesda House, we meet each individual where "they are at" to ensure they are stabilized with safe housing and adequate nutrition before exploring long-term healing.

Not every homeless individual struggles with substance use disorder; in fact, the majority do not. It may appear more widespread because they are visible to us in public, rather than hidden away in private or expensive treatment facilities. We observe their struggle and wonder how they reached this point, not realizing it could happen to any one of us.

Adequate trauma therapy is difficult to afford even with the highest quality insurance, and substance use disorder serves as a coping mechanism for many trapped in its cycle. Initially, it can help ease or dull the memories and emotions of shame and trauma, but over time, usage will affect an individual's stress response and decision-making. They may lose their jobs and housing, commit crimes that land them in jail, and become ostracized by their friends and families. Consequently, the cycle of shame and trauma continues.

Often times, staff observe clients trying to drown out their trauma with drugs and alcohol, instead of allowing themselves to process their experiences and feelings in a safe environment. Staff often have to support clients by teaching them a more structured approach to sifting through their trauma, rather than the chaotic approach akin to "chasing chickens."

Our staff members at Bethesda House compassionately address the roots of the trauma cycle and understand that healing is not a linear process. We build trust so our guests and residents feel comfortable, having open conversations with us about how trauma and an individual's history can unexpectedly surface, and how they can feel like they're making progress, only to self-sabotage and relapse.

We continue to engage with them even if they have relapsed and discuss how they've been "chasing chickens." In this case, the chickens are their thoughts, and they can run around all day chasing them until they're burnt out, exhausted, and defeated. If they stop the chase, they don't feel the urge to catch the chickens, but instead, can let them run around until they settle on their own. When they stop the chase, they can sit with their emotions and memories and let them flow through, instead of trying to drown them out with drugs and alcohol.

The more we understand trauma and its complex effects on our psychological well-being, the more compassion and patience we extend to those who are struggling. We believe in the inherent dignity of every human being, and regardless of their background, we believe in their future.



Friends up to \$100

Adamec, John & Cheryl
 Ahola, Nancy
 Almas, Bridget
 Brunt, Penelope G.
 Cipollo, Deanna
 Clinton, Lisa
 Corrado, Mary
 Curtis, George & Katarina
 Demasi, Michael &
 Mithen-Demasi, Lori
 Dempster, Janice
 Ferri, Thomas
 Furman, David & Carol
 Gittinger, Mildred
 Give Lively
 Gordon, Shelley & Darsinos, John
 Griffin, Norman & Margaret
 Grom, Walter & Anna-Maria
 Guillermo, Silvanis
 Guzzo, Judy & Peter
 Hemmendinger, David & Kort, Gail
 Hughes, Amanda
 Hunt, Marsha
 Jagdeo, Amit
 Jeffery Hilt
 Kazmierczak, Christine
 Kelly, Kristine A.
 Magid, Alvin
 Mariotti, Michael
 Mauro, Dean
 Maynard, Skylar L.
 McKee, Rita
 Miner, Melinda
 Murphy, Drew
 O'Neil, Michael & Joan
 O'Sullivan, Lisa
 Reich, Gary & Margaret
 Scicchitano, Gerald & Mary
 Scott, Rhiannon
 Shapiro, Ricki
 Sisum, Johnalee
 Sosnow, Peter
 Tallman, James
 The Blackbaud Giving Fund
 Valachovic, Dorothy
 Woods, Michael

Sponsor up to \$499

1st National Bank Of Scotia
 Alexis Wood
 American Online Giving Foundation
 Bair, Elaine
 Baker, Jane L.
 Barney, Keith & Pat
 Batten, Nancy Jane
 Bersch, Eric
 Birbal, Annand
 Bittner, Carolyn
 Bouton, Susan
 Brown, Alvin
 Bubba, Ian G.
 Butler, Arthur
 Callahan, Deirdre
 Casso, Tony
 Chabot, Rachael
 Christoffel, Thomas
 Clynk
 Codd, Caroline
 Connolly, Brian
 Conroy, Timothy & Suzanne
 Coppola, Anthony & Helen
 Coppola, Sharran A.
 Cummings, Edward & Mary
 Cummins, Kimberly & David
 Curley, Leanna
 Curro, Stephen & Abby
 Defilippo, Nancy
 DeMeo, Megan
 Diebold, Alain & Annalisa
 Downey, James
 Downey, Timothy
 Duesterdick, Paul & Tracey
 Egnor, Christian & Melissa
 Eslick, Jennifer
 Evangelical Lutheran Church
 Of The Good Shepherd
 Greenbush Tape & Label, Inc.
 Greene, Richard G.
 Guido, Annette
 Hagerty, Jack & Jeanne
 Hamblin, Carol & Miller, Robert
 Healy, Raymond
 Herbert, Clifford
 Herman, Leonard
 Hicks, Analine
 Isabella, Mary F.

Jaquith, Rosemarie
 Johnson, Philip & Brigitte
 Katz, Miriam
 Kautz, J. Edward &
 Nancy Peterson
 Kerker, Valerie & Robert
 Kreifels, Douglas & Deborah
 Lincourt, Patricia
 Lobo, Melvyn
 Long, Rev. Robert
 MacLaury, Kay
 Mann, Richard & Joanne
 Marrano, Kristin
 Marshall, Alan & Mary
 McCormick, Martha
 McCullough, Daniel &
 Fitzgerald, Mary
 Mitta, Srinivas R.
 Moran, Donna & Richard
 Morgan Stanley
 Morrison, Patricia
 Neizel, Mary
 Neville, Roy E. & Mary C.
 O'Connor, Kevin J.
 Olmstead, Matt
 Ostreich, Michelle
 Peck, Jean
 Pilczuk, April
 Pomeroy, Anne
 Quick Response Restoration
 Rattner, Robert & Janice
 Reilly, Kathleen
 Rhatigan, Laetitia
 Roach, Karen
 Roecker Dave & Lauren
 Rooney, Kathleen
 Schenectady Ole Timers
 Baseball Club
 Schultz, Ellen
 Sciocchetti, Linda
 Selin, Diane
 Sheppard, Molly
 Sigma Delta Tau & Sigma Chi
 Union College
 Smith, Janice
 St. Kateri Tekakwitha Parish
 Stageman, Delanne
 Stees, Ray
 Stephanou, Hadia
 Teresco, M. J.

Terwilliger, Linora
 Tobiesen, Jon & Nancy
 Tobiesen, Peter & Joshua
 Underwood, Anthony & Rosemary
 Vivier, Barbara
 Walther, Anita
 Ward, Anthony
 Waselauskas, Paula
 Willis, Harry & Sandra
 Wolfram, Katherine
 Woodzell, Ellen

Patron up to \$999

Bennett Contracting, Inc.
 Cauthorn, Meg
 CDPHP
 Ciarniello, Sue & Mackey, Valerie
 Denisoff, Gail
 Emmanuel Friedens Church
 First United Methodist Church
 Fox Pest Control
 Frank and Sons Body Works, Inc
 Frank, Paul
 Fusco, Heather
 Global Partners, LP
 Grant, James & Lynn
 Klapp, Kenneth & Rosemarie
 Lawlor, Brian
 LeChase Construction
 Lynch, Mike & Carol
 MacNeal, Ellen
 Mason, Paul & Christine
 Mausert, Richard & Kathleen
 Mohawk Honda
 Morrow, Brenda
 Saint John of God Parish
 Sapone, John & Karen
 Stone, Audrey
 Sunmark Credit Union
 Thatcher, Crystal
 Upadhyay, Roberta

Citizen up to \$3,999

Balasubramanian, Dr. N&A
 Christman, Anne
 Clark, Andrew
 Coker, Margaret
 Dunkerley, Gary & Kathleen
 Gerstler, William & Cheryl
 Hannaford
 Hazen, Brian

Home Solutions Plus, LLC
 Innovative Computer Concepts, Inc.
 Knapp, Mineke
 Luken Daily Bread Food Pantry, Inc.
 Lynwood Reformed Church
 McCormick, Kevin
 Meier Law Firm
 Porter, Don & Lois
 Regeneron
 Reschovsky, John & Sandra
 Rivers Casino
 Roeser, Randall & Patricia
 Seacord, Cynthia
 Sheppard, John
 Sheppard, Kimarie
 SRG Architects
 Stewart's Foundation
 Stroble, Terry & Anne Marie
 Sweeney, Jim
 Terwilliger, Cathy
 Unitarian Universalist
 Society Of Schenectady
 Williams, Susan M.
 Wood, Andrew & Anne

Advocate up to \$10,000

Blackwood, Ralph &
 Nicholas, Nancy
 Broadview Federal Credit Union
 Crossley, Margaret
 Federal Home Loan Bank,
 Small Business Grant
 Khan, Genghis & Nahla

Benefactor up to \$40,000

Eastern Parkway
 United Methodist Church
 Ryan, Sheila A.
 The Community Foundation
 The Schenectady Foundation
 Werner, Richard and Eunice

Ambassador up to \$100,000

Neil & Jane, William & Estelle
 Golub Family Foundation, Inc.
 The Coins Foundation
 The Edward D. Cammarota
 Foundation, Inc

Bethesda House is grateful to the individuals, congregations, businesses, and private foundations who donated from \$1 to over \$100,000. 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 at either slotano@bethesdaohs.org or (518) 374-7873, ext. 1220 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

Alltown Fresh
 Burnt Hills United Methodist Church
 Cathy Terwilliger
 CDPHP
 Congregation of Agudat Achim
 Eastern Parkway Methodist Church
 First Reformed Church
 of Schenectady
 Friendship Baptist Church
 Hannaford
 Immanuel Lutheran
 John Sheppard

Honorarium/Memorial Name

Anne Christman
 Mary Christoffel
 Robert Christoffel
 Marianne Sheppard

Ladies of Charity
 Schenectady Vicarate
 Lane Press of Albany
 Lynwood Reformed Church
 Manhattan Bagel
 Margaret Coker
 Our Redeemer Lutheran
 Panera
 Price Chopper
 Rivers Casino & Resort
 Schenectady Ole Times
 Baseball Club

Schenectady Quilters
 Sharran Coppola
 St. George Episcopal Church
 St. George's of Clifton Park
 St. Joseph's Catholic Church
 St. Kateri Tekakwitha
 St. Stephen's Episcopal Church
 Congregation Gates of Heaven
 The Ladies Philotochos
 Society of St. George
 Greek Orthodox Church

Mark Bonitatibus
 Linda Jateau
 Elaine Ognibene
 Michael & Beverly Roscoe

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

Richard Werner
President

Margaret Coker
Vice President

Mineke Etienne
Secretary

Rick Mausert
Treasurer

Robert Michaels

Jennifer Eslick

Arthur Butler

Devena Pressram

Bethesda Administration

Kimarie A. Sheppard
Executive Director

Megan DeMeo
Deputy Director

Crystal Thatcher
Director of Homeless & Residential Services

Sharon Lotano
Finance Manager

Christina Foreman
Case Management Supervisor

Lisa O'Sullivan
Day Program Supervisor



Design and Printing by Lane Press of Albany

Photography by Jessica Gravelin

Fundraising – a Critical Element for Non-Profits

By Caroline Codd

“Fundraising is the gentle art of teaching the joy of giving.”

– Hank Rosso



There's something oddly satisfying about watching a bowling ball strike pins with perfect timing and force. The loud crash, flying pins, and energy of a clean strike creates a moment that feels both powerful and fun. Many people enjoy bowling but rarely take a moment to appreciate the beauty of that exact instant when the ball meets the pins.



When a bowling ball hits the pins just right, it triggers a delightful chain reaction, almost like a carefully choreographed dance. The pins bounce, fly, and spin in various directions, creating a small explosion of energy that's fun to watch. If you look closely, it's a beautiful display of motion and excitement. And remember: sometimes a near-miss can be just as dramatic as a perfect strike.



On May 9th, 2025, Bethesda House hosted its 12th Bowl for Bethesda at Boulevard Bowl on Erie Boulevard in Schenectady. This year, 18 teams created a roar of thunder as bowling balls rushed or slow-rolled toward the waiting 10 pins at the end of the lane.



Thank you to our event sponsors: Rivers Casino & Resort, Tech Solutions, Sunmark CU, The Sheppard Family, Richard and Eunice Werner, Bennett Contracting, Greenbush Tape & Label, Inc., ICCI, Meier Law Firm, Dr. Gary & Kathleen Dunkerley, Kevin McCormick, John & Karen Sapone, Barbara Vivier, Regeneron, Frank and Sons Body Works, Amazon, Meg Cauthorn, and Dr. Mineke Etienne.



Thank you to all team members who filled the night with laughter.



**MARK YOUR CALENDARS:
OUR 13TH BOWL FOR BETHESDA
WILL BE MAY 8, 2026.**

