Spring 2021

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

A MESSAGE FROM THE EXECUTIVE DIRECTOR

Welcome to the Spring/Summer 2021 edition of Bethesda House's *The Beacon*



e navigated through 2020, a year filled with uncertainty and anxiety, and entered the new year with renewed hope and assurance that 2021 would be a year of resolution and change.

Hope lifts our spirit to the road ahead and delivers a fresh page to write a renewed story.

The challenges that the pandemic created at Bethesda House forced us to reexamine our processes and how we delivered services and interacted with our residents and clients. It was refreshing to witness staff coming together, sharing ideas and brainstorming creative approaches and procedures so that we could continue providing critical and timely services in order to stabilize the well-being of our clients.

Each day, we were here and that alone was comforting to Schenectady's homeless and vulnerable citizens. Bethesda House is stronger than ever and I could not be more proud of our staff.

As you turn the pages of our newsletter, you will read about the changes we made to our domain and our logo (pg 1). We are adding a new residential program, Cara House (pp 2&3); after three funding applications to the State, we were overjoyed on February 3rd to hear that our request was approved!

I am deeply grateful for the many individuals, organizations, businesses and congregations who have really stepped up to provide us with additional financial donations during this crisis. To my surprise and delight, checks have shown up unannounced in our mailbox and have at times brought me to tears. You are an amazing community and together we will get through this and be stronger for it in the end.

Kimarie A. Sheppard

BH Gets a New Look

Notice something different? After 29 years, Bethesda House has a brand new logo and domain name. Come find us at **bethesdahs.org**!

This year gave us the opportunity to look deeply and intimately at the areas in which we have room to grow, in our relationships, our careers, our health and our sense of self. Bethesda House took this opportunity to heart and has made some exciting changes internally and externally to make sure we have the modern mindset to address the current issues our community faces.

Historically, our agency has been on the cutting edge of some of the most difficult to solve problems, making us uniquely adept at finding solutions. We were one of the first agencies to implement the *Housing First* model, we incorporated a satellite food pantry and implemented a CODE BLUE program

at our main location under the NYS Governor's mandate. With all of our initiatives we have always taken a holistic in-house approach to the services we provide. We've adapted to the online space by hosting virtual fundraisers and using social media to connect with those in need.

Changing a logo is easy. But for us it's a symbol of our commitment to continuously evolve and grow, to rise up to meet the challenges of poverty and homelessness in our community,

to ensure we don't fall behind as we help

protect individuals from doing so. We're here to meet you where you're at and are so grateful for you standing by our side along the way. Here's to new beginnings!

Logo design by Andrea Guilbo.

Bethesda House

Cara House Coming 2022

By Caroline Codd

Big News!

Bethesda House is thrilled to announce we are officially approved to build and open Cara House, which will have 26 supportive housing studio units, 16 emergency shelter beds, and comprehensive medical care, case management, and social work services. Cara House will provide housing for single adults who are recently released from incarceration or who are chronically homeless.

Since 2019, New York State jail and prison populations have been fluctuating due to changing bail reform policies. However, we are currently seeing the number of people incarcerated in Schenectady County above pre-pandemic levels with a 15% increase. On top of the increase in homeless around the country due to the COVID-19 economic fallout, we have a lot of work to do to ensure those who are released can acclimate back into society instead of becoming chronically homeless or being thrust back into the prison cycle.

In many cases, homelessness itself is considered a crime when it comes to sleeping in public places, causing public disturbances (usually in the midst of a mental health episode) or large homeless encampments. Bethesda House has made it a priority to form relationships and work in tandem with our local police to ensure as many individuals as possible make it inside our doors instead of a holding cell. These relationships paid off when an encampment was recently peacefully broken up at the edge of Vale Park and Bethesda House was able to find housing for three people from the camp.

Cara House will operate with a full staff to provide social services, financial management and education classes to help manage reintroduction back into society. Often these education classes are required as part of parole, but Cara House residents will have a greater chance of completing their courses without the pressure of external circumstances such as transportation or worrying about where they're going to get their next meal.



As we've seen for the last 29 years, one has little to no control over their physical, mental and financial wellbeing when they're not provided safe, adequate housing. Our success with the Housing First model will be the impetus for this next undertaking in serving our community's most vulnerable populations. We've always believed strongly in championing the individual and just because someone has found themselves behind bars does not mean they don't have gifts to share. Cara House's programming will work one-on-one with residents to re-examine their relationship with their community, build trusting relationships within a therapeutic social support network, and encourage a sense of respect and self-assuredness so they feel empowered to make decisions in their best interest. This will be in tandem to the holistic services we already provide at our main location.

If everything is lined up as planned, our groundbreaking will be this summer with a goal of opening the summer of 2022! As we are starting to see the long-term financial and mental health impacts of the pandemic, this timing is critical to ensure we are able to care for those most affected. We could not have achieved this milestone without your unwavering support and advocacy.

Online Resources

https://www.vera.org/downloads/ nys-jails-fact-sheets-2021/ schenectady_2021-02-10-205801.pdf

https://www.criminaljustice.ny.gov/crimnet/ojsa/jail_population.pdf

We're Building Cara House and Could Use Some Help

Introducing the BH BUY A PAVER CAMPAIGN

You can buy a personalized paver for the Cara House garden and entranceway to help us create the newest Bethesda House residence. Each brick paver you buy will be engraved with the name of your choice or a brief message.

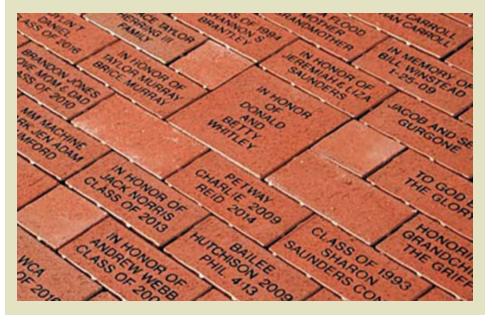
Pavers will be placed near the building entrance, garden or reading area.

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	\$1,500	7 Lines of Text, 20 Characters Total Can Include a Business/Personal Logo or Clipart (call us for details)

We will soon be creating an ordering system to assure your message gets on a brick to show your critical support. Keep watching our site for details. Visit us at www.bethesdahs.org.



COVID Updates (**)

Staying Open in the Shutdown

After over a year of shutdowns and restrictions from COVID-19, Bethesda House has continued to keep our doors open. The dedication of our staff and volunteers allowed us to keep our residents safe while continuing to operate our emergency and permanent housing for those who found themselves with nowhere to go in the middle of a pandemic. Providing safe housing options was and continues to be of the utmost importance to us, not only to keep the COVID numbers down in our community but also to provide a semblance of stability when the world changed overnight. A beacon of hope in the dark. That's been our mission since the beginning and it has carried us through the most trying of times.

Even as budgets were cut and shelters closed their doors across the country, we know that we were able to stay afloat because of the community we belong to. With your tireless support and generous donations, we may not have been able to have as many people physically in the building but we have been out in the community with our outreach and prevention services operating at full-speed. We've seen first hand how much of a lifeline Bethesda House is to the chronically homeless and impoverished in Schenectady because we treat everyone as an individual, not as a statistic. Even coming out of the pandemic, we can look at the numbers and recognize each one as a life. A life that deserves to be lived as any other. Thinking this way may feel strenuous at times, but it is a direct way to connect to our shared humanity.

As restrictions lift in New York State, we are continuing to follow CDC and NYS guidelines on capacity and spacing limits. We've slowly started to increase utilization of our daily meal and even started having outdoor barbecues, which allows us to feed a greater number of people and has been such a pleasant use of our garden area! We're greatly looking forward to the day when our hospitality room is buzzing over morning coffee, when we can all share a laugh together at our fundraisers, or when we can fill our buildings with volunteers of all ages again.

Do Your Part, Get the Shot

As we learn to navigate this new world, it's now up to us to do our part by getting vaccinated if you can. Bethesda House stands behind the safety and efficacy of these vaccines.

Due to mental health challenges and other external restraints, the homeless population faces many obstacles when it comes to making and keeping critical medical appointments. For years, our Home Health team has been transporting guests and residents to their appointments and is now making vaccine appointments a priority.

There are a number of vaccine pods around the county, including the Schenectady City Mission. By getting vaccinated, we protect ourselves and those around us from experiencing the worst symptoms of COVID-19, creating a safer community for everyone.¹

If you are feeling hesitant about getting the vaccine, know that while this particular vaccine is new, the technology behind it has been studied for decades.² The sooner we all get vaccinated, the sooner we can discover what this new normal will look like. We are encouraging all our staff, residents and guests to get vaccinated so we can start to operate our indoor space at a higher capacity, including welcoming more volunteers! Especially as the summer arrives, we want to provide a safe space to get out of the heat and make sure we have enough beds for those seeking respite. Although many of our lives may be returning to normal, so many are still experiencing the aftermath and upheaval of losing a job, a loved one or a home due to COVID-19. We see new faces every day. For those to whom the pandemic was the straw that broke the camel's back, they deserve relief and a chance to rebuild. The safer and more supportive our community is, the more chance they have.

On the Horizon

The pandemic has shone a light on so many broken pieces that had been swept under the rug - in the systems we adhere to, the communities we belong to, and in our own lives. Progress and change take time but at Bethesda House, we are committed to learning from the past while keeping our eye on the future. Our goal has always been the prevention of poverty and homelessness through adequate safety nets and holistic services. By staying ahead of the pulse, we were able to remain afloat when the world changed overnight. We had to make adjustments and sacrifices like everybody else, but we are coming out of this stronger and more prepared than we've ever been to protect the most vulnerable populations in Schenectady County.

Homelessness was already on the rise before the pandemic and has only been exacerbated since.³ Rising housing prices and decreased wage earnings have made it more difficult for people to pay rent even if they're working full-time. More than half of Americans were already living paycheck to paycheck and had little to no savings before the pandemic blew the lid off of any security they had.⁴ Even though evictions are paused, once the moratoriums are lifted, rent will be due and so many just don't have it. Brighter days are on the horizon, but we can't forget those just trying to make it to tomorrow.

With almost three decades of experience, Bethesda House is ready to take on the aftermath of COVID, providing education, shelter and services to those in need. Our Street Outreach program has been crucial in helping those who do not want to come to the shelter by providing food, seasonal clothing and other necessities. Our Code Blue and emergency shelter programs have operated this year for those in need of a place to land. Once Cara House is built and operational, we will have 26 more permanent supportive beds and 16 emergency beds to offer. We will always aim to be a beacon of light in the dark and know that helping just one life causes a ripple effect that can create a better world for us all to live in. Even after this year of isolation, we can remember that we are more connected than we realize. By choosing to see the good and potential in others, we choose to see the good and potential in ourselves. Thank you for seeing the good and potential in Bethesda House year after year.

Online Resources

https://www.cdc.gov/coronavirus/2019ncov/science/science-briefs/fullyvaccinated-people.html

https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/mrna. html#:~:text=mRNA%20vaccines%20 have%20been%20studied,into%20an%20 mRNA%20vaccine.

https://endhomelessness.org/new-report-shows-rise-in-homelessness-in-advance-of-covid-19-crisis/

https://www.washingtonpost.com/business/2020/08/17/breakdown-what-living-paycheck-to-paycheck-looks-like/

Connection after COVID

It's been over a year of living through the life-changing experience of the COVID-19 virus. Some were impacted more than others. Many of us have discovered higher standards for our quality of living (how did I ever manage all that before?), and others have required a greater level of support during this time. We all had to learn how to live in the new normal. Whatever changes, trials and revelations the pandemic brought about for you, you may now be staring at the light at the end of the tunnel wondering, "What is life going to look like?" The COVID vaccines and lessening of restrictions has spurred a desire for many to go out, reconnect with others, recognize the joy of each day. But despite this new awareness, many continue to experience long lasting effects of COVID and the impact it has had on social functioning.

Finding connection after a year of isolation can be both exciting and daunting. From small talk with strangers to re-learning how to be in a crowd, we may find ourselves confused in situations that were previously normal and uneventful. This up and down emotional rollercoaster can be exhausting, but if we trust it is a new process, we can navigate this re-introduction with more grace and ease.

Whether this year has been a lesson learned, a loss, a blur or all of the above, we can all collectively acknowledge it has been a harrowing journey that we continue to navigate carefully. Choices of rushing back to our day to day lives or creating a life with greater space for reflection and clear intentions, these are ongoing discussions we will have with ourselves and others. It is a new world, and with that, can be filled with new possibilities.

At Bethesda House, we've found one of the most rewarding sources of connection is a commitment to one's community. Whatever communities you belong to, investing in them and staying connected, reminds us how much we need each other. We see the best in people every day because of the community we belong to. As much as we receive, we aim to give back and more. Thank you so much for your patience, persistence and generosity this last year. We cannot wait for the day when we can all be together again.



We're Open for Volunteers!

"In a sector where we usually have more work to do than we have staff to do it, volunteers boost our power."

The world is opening up again. As capacity guidelines

continue to lift, we are looking forward to

welcoming back our volunteers, a

vital pillar in keeping this House of Mercy afloat. While you may find yourself busier than ever, if you have the time to spare we

are looking for volunteers to help in a variety of operations. Our volunteers

have always been like family to us and some have been with

us since we opened. If you're looking to be a part of a community

that is passionate, dedicated and most of all, likes to have fun, our doors are

open to you.

Here are our Volunteer Opportunities: Drivers to

deliver food to households in need; Food Pantry, to put food bags together,

process intakes, or be a leader as the Food Pantry Coordinator;

Hospitality Center point person, interact with our day program guests and assist them with phone calls, faxing documents, handing out hygiene kits, directing quests to appropriate Case Management or Social Work

staff; or assisting Program and Case

Management staff with data entry.

Make a difference, use your skills, help others, and be part of our community! We are waiting for you!

Please visit the Volunteer page on our website or reach out to adminasst@bethesdahs.org if you have any questions.

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

• Gently used items for men/women

Practical Shoes

Spring/Summer Clothing **New Underwear and Socks**

Hygiene Products

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

- Sheets, towels, washcloths
- Blankets

Seasonal

• Home Depot/Lowes Gift Card

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)



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:	
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Would you like to learn more about volunteer opportunities at Bethesda House?YesN	lo
You can also make denations at www.bethesda	he ore

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Bethesda House is grateful to the individuals, congregations, businesses, and private foundations who donated from \$1 to \$10,000. 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.

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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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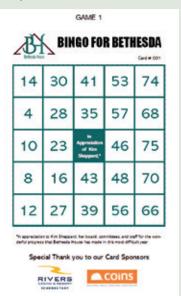
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FUNDRAISING

Fundraisers are the catalysts of change

In a world full of distractions, fundraisers raise awareness of the needs in the community you live in as well as beyond the fence. Fundraising is not just about raising money to support our mission but to share our vision, goals, outcomes, and success.

We had an interesting year creating virtual fundraising that replaced our long-term fall and spring events. While they were successful, we are anxious to be able to have our summer – Music, Munchies, and Friends; our fall – Banquet, Baskets, and Games; and our spring – Bowling and just plain ol' fun!



May 13th was our BINGO for Bethesda! What fun! There were five games of chance in which players could play with one or as many cards they wanted to play. Did you know.... that traditional BINGO is played with 75 balls? ... that there is also, 30, 90, and 80 ball BINGO? ... that there are over 60 million BINGO players in the United States? ... and that there are about 50 more since May 13th? We had so much fun that we are going to have another night in 2022. Look for the date on our website!

Special **THANK YOU**! to our event Sponsors: John Sheppard, Kevin McCormick, Kathy Rooney, Bennett Contracting II, LLC, Clark Financial Planning, Rivers Casino & Resort, Richard & Eunice Werner, and COINS.

Visit our website www.betheasdahs.org to donate, see how we are growing, the services we offer, how you can volunteer, or join our Board of Directors.









From Our Home to Yours – THANK YOU!