

HOPE WORKS!

A PUBLICATION OF STEPS TO HOPE

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SAFE & SANITARY SHELTER

Domestic violence rates have risen nationwide since the pandemic began. Here's how Steps to HOPE is working to meet victims' needs, no matter what.

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THE BEST OF THE BEST

Second Chance Thrift Store is obviously our favorite place to shop. Turns out, we're not the only ones! Find out what makes Second Chance a Foothills fave.

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OUR UPCOMING EVENTS

Steps to HOPE is bustling as we prepare for our annual events, plus new classes and programs we're sure you'll love! Check out what's on our calendar this fall.

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Administrative Staff:

BJ Bayne

Executive Director

Jessica Cashwell

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Heather Cash

Communication & Development Coordinator

Sandra Halford

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Connie Orr

Finance Manager

Kelsey Reedy

Outreach Educator & Program Coordinator

Shelter Staff:

Cindy Thacker

Manager

Libby Chavez

Kitty Edwards

Annette Mucciolo

Cherie Rogers

Second Chance Thrift Store

Staff:

Edith Lance

Store Manager

Randy Conklin

Assistant Manager

Elizabeth Lance

Warehouse Assistant

William Miller

Warehouse Assistant

Joyce Neely

Cashier & Retail Assistant

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STH Executive Director BJ Bayne receives Duke Energy Citizenship & Service Award



Craig DeBrew of Duke Energy and BJ Bayne, Executive Director of Steps to HOPE

Steps to HOPE Executive Director BJ Bayne was awarded the 2019 Duke Energy Citizenship & Service Award at a special meeting of the Carolina Foothills Chamber of Commerce on February 10.

Volunteer service is a noble tradition, and now more than ever, volunteers are needed to help others and bring communities closer. Each year, Duke Energy recognizes these efforts by honoring a person or group with the Duke Energy Citizenship & Award.

This award is a tribute to those who make a difference by volunteering their time, talent and energy to make a positive impact on the lives of others. Recipients of this award help foster a culture of citizenship and service which encourages others to get involved.

As a lifelong resident of Polk County and Landrum, BJ has a long history of service to this community. She has worked in law enforcement and as an emergency medical technician, and has served on the board of directors for multiple organizations in the area.

Steps to HOPE welcomes first apprentice



Maddy Arrowood
Marketing & Publicity

Maddy Arrowood joined the Steps to HOPE team in May as the organization's first apprentice, a part-time position made possible by a generous grant from the Rotary Club of Tryon.

Maddy is a lifelong resident of Polk County. She is currently pursuing a degree in history from the University of North Carolina at Chapel Hill. Previously, she interned at the Spartanburg Herald-Journal and the Charlotte Observer, and served as editor-in-chief of UNC's student newspaper.

Second Chance voted 'Best of the Best' in the Foothills

We here at Second Chance Thrift Store and Steps to HOPE are honored to have been named "Best Consignment/Thrift Shop" in the Tryon Daily Bulletin's 2020 reader's choice awards, featured in *Life in Our Foothills* magazine. We devote ourselves to serving this community and it's incredible to see the support from you all that we receive in return.

Second Chance Thrift Store is a vital part of Steps to HOPE's work to break and end the generational cycle of domestic and sexual abuse in our community, as



Second Chance is the main source of STH's operating income. Every purchase made at our store directly supports the mission to provide safe shelter and resources to victims of abusive relationships in Western N.C. and Upstate S.C.

None of our work would be possible without the generosity of this community. Your valuable donations and loyal patronage are the fuel that keeps our shelter doors open and our programs running.

A thank-you to our essential workers

We would like to say a sincere thank you to our volunteers at Second Chance Thrift Store. We are all living through difficult times, which makes your volunteerism even more meaningful and indispensable.

Our dedicated volunteers have always gone above and beyond, helping Second Chance thrive in the community and act a major source of income for Steps to HOPE. Thanks to them, we have had a successful re-opening while keeping our store sanitary and safe for both customers and staff.

Because of the hard work and dedication of our volunteers, we are able to continue providing safe shelter and support to those in our community who need it the most. The refuge and resources that Steps to HOPE provides our community with all start with you.



We're open!
Come on in and see us (from a safe distance, of course!)

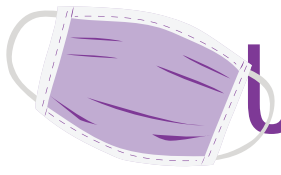
As a health and safety precaution, Second Chance Thrift Store is operating under restricted hours.

We're open from 10 a.m. to 2 p.m. Monday - Friday.

Customers are strongly encouraged to use the provided hand sanitizer, practice social distancing, and refrain from entering the store if they are experiencing flu-like symptoms.

Masks are required to enter the store.

Thank you for your cooperation!



UNMASKING DOMESTIC VIOLENCE

As the coronavirus pandemic continues to disrupt life for everyone, those in abusive relationships can find themselves overlooked and without options. While shelter-in-place orders are crucial to stemming the spread of COVID, they also mean victims are forced to stay in a home with their abuser amid increasingly stressful circumstances.

Steps to HOPE has continued working full-time to help clients in every way possible throughout the pandemic. A variety of services and programs, from counseling to legal assistance, are available remotely and are free as always.

The shelter is also still fully operating and is not yet at capacity. Executive Director BJ Bayne said that all CDC and health department sanitization recommendations are being followed and guidelines are being reevaluated daily for updates in order to ensure the health and safety of clients and staff.



Some ways COVID-19 uniquely impacts survivors:

- **Abusers may share misinformation about the pandemic to control victims or prevent them from seeking medical attention.**
- **Abusers may threaten to withhold or cancel insurance.**
- **Travel restrictions may impact a victim's escape or safety plan - it may not be safe for them to use public transportation or to fly.**
- **An abusive partner may feel more justified and escalate their isolation tactics.**

WE'RE STILL HERE!

One challenge we've seen brought on by the pandemic is reaching those clients who would ordinarily come in to our office during the day, but are now trapped at home with their abuser. Others might not have access to transportation, or may not even know that STH is still operating.

Those in need of assistance from Steps to HOPE are urged to call the 24-hour hotline at (828)-894-2340 – unless it is an emergency situation, in which case you should call 911 immediately. If you are unable to speak safely, send a message to Steps to HOPE on Facebook. From there, you can get connected with a case manager, schedule an appointment with a counselor, or learn about other services available through Steps to HOPE.

How to shelter in place while living with an abusive partner

Measures such as quarantine and social distancing may increase tension within households. Below are some safety planning strategies for those living with domestic violence:



1

Pack a bag.

Have a bag packed with essentials in case you decide to leave. Essentials may include important documents, medications, clothes, cash, and electronic chargers.

2

Choose a location.

Identify a room or area of your home that is safest in the case of an argument. Stay near the closest exit. Avoid rooms with weapons in them. Be as aware as possible of where the abuser is in the home.



3

Have a code word.

Set code words or signals with your children so you can communicate with them discreetly. You should also establish a code word with someone you can trust (ex. apple = things are getting bad, come get me).



4

Reach out.

Call 911 in an emergency. Familiarize yourself with the resources that are available in your area, such as Steps to HOPE.



HELP US PROVIDE SAFE SHELTER

Our emergency safe shelter is always open to those seeking refuge from domestic violence and/or sexual assault. Oftentimes, victims arrive at the shelter with little more than the clothes they are wearing. Because of the generous donations provided by our community, Steps to HOPE is able to provide them not only with a safe place to stay, but also all their basic necessities.

The shelter is facing some new challenges brought on by the pandemic and stay-at-home orders. Because the process of securing clients their own safe place to live has been slowed down significantly, temporary shelter residents are now staying for a longer term. This means the shelter is in greater need of donations such as:

- Clorox wipes
- Lysol spray
- Toilet paper
- Paper towels
- Laundry detergent
- Dish soap

All donations are accepted and greatly appreciated! Please contact us at info@stepstohope.org or call (828)-894-2340 if you have any questions.

Community Enrichment Classes

A NEW CLASS EVERY FRIDAY

Check out our YouTube channel for videos covering a new topic each week.

We've covered topics ranging from job and interview readiness to cleaning hacks – stop by to see what we'll talk about next!



For more information, please contact Kelsey Reedy at outreach@stepstohope.org or call (828)-894-2340

Women's Empowerment Group

EVERY TUESDAY 1 - 2 P.M.

Topics to be covered include:

- Building confidence
- What is beauty?
- What makes YOU feel beautiful?
- Boundaries and healthy relationships
- Respect and dignity
- How can we empower women as a GROUP?

To sign up and receive the Zoom meeting invitation, please contact Kelsey Reedy at outreach@stepstohope.org or call (828)-894-2340

Adopt-A-Family

ACCEPTING APPLICATIONS FROM NOV. 1 TO DEC. 1

Each year, members of our community come together at Christmastime to share their blessings with families struggling just to make ends meet.

Individuals, groups, and businesses are invited to help us purchase and deliver unwrapped gifts for local children in need.

If you would like to participate in any way this holiday season, please email info@stepstohope.org or call (828)-894-2340.

Holiday Coffee Cake Sale

Available in:

- Cinnamon Walnut
 - Cinnamon (No Nut)*
 - Granny Smith Apple
 - Banana Walnut
 - Golden Raspberry
 - Cappuccino
 - New England Blueberry*
 - Red, White & Blue Patriot
 - Pumpkin Spice
 - Cape Cod Cranberry
 - Chocolate Chip
 - Lemon Poppy*
 - Ted Williams Chocolate
- *Nut-free



**\$20 EACH • ORDER NOW FOR
THANKSGIVING & CHRISTMAS**
CALL (828)-894-2340

JOIN US ON THE GOLF COURSE FOR A GOOD CAUSE



It's almost hard to believe, but the 2020 Hope Golf Classic is just around the corner! Our 17th annual charity golf tournament returns to the Links O' Tryon on November 6.

Again this year, we will be offering the \$30 all-in-one wristband that gives you many chances to win luxury prizes, including a new car, on every Par 3 hole. You could also win big by competing in our Most Accurate Drive, Closest-to-the-Pin, or Putting contests.

Our tournament roster fills up quickly and teams have already begun reserving their spots, so be sure to sign up soon! The registration fee is \$125 per player/\$500 per team and is partially tax-deductible. Breakfast and lunch are included, as well as other refreshments throughout the day.

The Hope Golf Classic is our biggest fundraiser annually. Without it, none of Steps to HOPE's work in this community would be possible. And right now, we need and appreciate your support more than ever.

LEARN MORE OR REGISTER ONLINE NOW AT [STEPSTOHOPE.ORG/GET-INVOLVED/EVENTS](https://stepstohope.org/get-involved/events)



Ready to reserve your spot?
Thinking about becoming a sponsor?
Contact Jessica Cashwell at
(828)-894-2340 or
office@stepstohope.org for
more information!



Rotary Club
of Tryon



FVPSA

FAMILY VIOLENCE PREVENTION
AND SERVICES PROGRAM



**Council for Women &
Youth Involvement**

Department of Administration



Community Foundation
of Henderson County

Thank you to the Family Violence Prevention Services Program, U.S. DHHS, N.C. Council for Women & Youth Involvement, Rotary Club of Tryon, and the Community Foundations of both Polk and Henderson Counties for your financial support.



**BULK RATE
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*Domestic Violence and Sexual Assault Shelter & Victim Advocacy Center
Serving and Educating Western N.C. and Upstate S.C. for Over 30 Years*

The mission of Steps to HOPE is to create a community free from the violence of domestic and sexual abuse through education, advocacy, and victim assistance.

We provide emergency temporary safe shelter to those seeking refuge from domestic violence and/or sexual assault.

For victims of domestic violence or sexual assault in this community, there is:

**HELP
ORDER
PROTECTION
ENCOURAGEMENT**

Steps to HOPE, INC.

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@stepstohopepolk

HOPE Works!

A semi-annual newsletter of Steps to HOPE
Edited by Maddy Arrowood

OUR SERVICES:

- **24-Hour Hotline** – crisis intervention and assistance.
- **Emergency Safe Shelter** – temporary shelter for victims of domestic violence and sexual assault.
- **Counseling** – free licensed counselor by appointment.
- **Hospital Transport** – staff will transport and assist.
- **Court Advocacy** – trained volunteers accompany and support clients through the judicial process. Free legal aid may be provided by Pisgah Legal.
- **Case Management vs. Crisis Intervention** – holistic support of clients.
- **ASK**—Adolescent Skill-building Karate Program— character and skills building for adolescent girls and boys.
- **Advocacy Center** – forensic interviewing of children and adults.
- **Child Safe Exchange Center** – neutral, safe ground for parents or guardians to meet and exchange children for visitation.
- **Support Groups and Education Programs** – facilitated by trained professionals.
- **Community Education & Public Awareness** – presentations and workshops in schools, organizations, civic groups, and local events.
- **Resource Library** – videos, pamphlets and brochures available.
- **Second Chance Thrift Store** – outreach to victims; gently used, quality merchandise.
- **Confidentiality** – all services are guaranteed confidential.

CALL (828)-894-2340 ANYTIME FOR MORE INFORMATION