

HOPE Works!

VOLUME 20, ISSUE 2

A publication of Steps to HOPE

August 2017

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Prefer an electronic version of our newsletter and mailings?
email us at

pr@stepstohope.org
(include your name, mailing address, and email address)
or visit our website
stepstohope.org
and sign up today!

Generous donors who understand the importance of sharing what we do at Steps to HOPE provide funding to make printing and mailing this newsletter possible!
Thank you!



POLK COUNTY GIRL SCOUTS COLLECT FOR SHELTER PLAYGROUND REJUVENATION



Leah collects Lowe's cards at the Fabulous 4th in Columbus

Polk County Girl Scouts are on a mission to replace broken and outdated playground equipment at Steps to HOPE. They began fundraising efforts in the spring and made a donation of \$150 towards that cause.

Because they are not allowed to ask for cash donations, during the Fabulous 4th Celebration in Columbus, they took in donations of Lowe's

gift cards at the Steps to HOPE booth. Over \$400 was raised.

The efforts are ongoing and gift cards are still being accepted by the Girl Scouts. Monetary donations are being accepted by Steps to HOPE.

To help with this project, please call Steps to HOPE at 828-894-2340, bring a gift card or your donation to Steps to HOPE or mail it to PO Box 518, Columbus, NC 28722.

ONGOING COMMUNITY OUTREACH WITH BULLETIN BOARDS IN SCHOOLS

Imagine being a child trapped in the middle of an abusive relationship. Where would you go? Who would you turn to?

Far too often, children are pushed aside, forgotten, or, even worse, suffer abuse firsthand. Steps to HOPE wants students to know that help and hope are available to them.

Through our bulletin board outreach program in area schools, children receive positive messages regarding healthy relationships through familiar themes.

To sponsor this project, please call 828-894-2340.





Be among the first to receive news of sales or special events at

Second Chance Thrift Store!

Register your email online at www.stepstohope.org or email pr@stepstohope.org

DONATIONS

to
Steps to HOPE
and
Second Chance Thrift Store
are
TAX DEDUCTIBLE!

(as defined by law)

Donating to and shopping at Second Chance Thrift Store directly helps keep Steps to HOPE's much needed domestic abuse and sexual violence shelter and prevention programs running.

Many thanks for your support!



To arrange for pick-up, call **828-894-2373**

14TH ANNUAL GOLF TOURNAMENT COMING TO LINKS O'TRYON NOVEMBER 3, 2017

Steps to HOPE
14th Annual CHARITY GOLF TOURNAMENT
Friday, November 3*, 2017
8:30 am Sign-in
9:30 am Shotgun Start
* Rain date: November 10

Register and securely pay at www.stepstohope.org or call 828-894-2340 for more information

Breakfast, lunch, beverages, and snacks included! **\$125** per player / \$500 per four player team

Prizes include:
- First and second place CASH PRIZES!
- Premium DOOR PRIZES! (energy, wine)
- PREMIUM PRIZES! awarded for Closest to the Pin, Longest Drive, & Putting Contest
- HOLE-IN-ONE-PRIZE (2017 FORD FOCUS)

Many thanks to these major sponsors!
McDonald's, HomeTrust Bank, I&H The Bar & Beer Pub, STOTT'S Ford

PROMOTING HEALTHY RELATIONSHIPS
Steps to HOPE
828-894-2340
stepstohope.org

Domestic Violence and Sexual Assault Treatment and Prevention Center serving Western NC and Upstate SC

Last year our annual charity golf tournament saw quite a few changes, the most obvious being the new venue. Again this year, Links O' Tryon will host the very popular event on November 3*.

The many upgrades, additions, and improvements enjoyed by players at last year's tournament will be enjoyed again in 2017, including the \$30 all-in-one contest entry but with even more chances to win big prizes!

Our very popular "Say Cheese" roving photo cart will be on the move again with photos being posted right to our Facebook page! "Like" us now so you don't miss out on updates or to check the photos from last year.

Online player/team registration is up and available now online at stepstohope.org, where you can sign up and pay all in one convenient place. One player registration

holds the 4-player team spot. The tournament is very popular and tends to fill up quickly so please sign up early and secure your spot!

Beautiful trophies will be awarded again this year for tournament winners. There will be premium prizes for contests including, but not limited to, closest-to-the-pin and a driving contest, and, as always, contest entry gives you a chance to win a new car with a hole-in-one! Every player will receive a great door prize which could be anything from a rocker from Amish Furniture valued at \$230 to a restaurant gift card or a Lodge cast iron pan!

The \$125 per player/\$500 per team registration fee includes a McDonald's biscuit breakfast, lunch catered by the Hare & Hound Pub, beverages from Budweiser of Spartanburg, and snacks. In addition to the burgers and brats served for lunch in years past, we will also have barbeque sandwiches.

Steps to HOPE greatly appreciates all the support shown by golfers, volunteers, individuals, businesses, sponsors, and the community at large.

We look forward to seeing you November 3* for the best day of golf ever!

Our rain date for 2017 is *November 10.

REGISTER YOUR TEAM TODAY AT WWW.STEPSTOHOPE.ORG

A BRAND NEW LOOK FOR STEPS TO HOPE

Those who are familiar with Steps to HOPE have probably already noticed the use of the colors purple and teal over the years to represent domestic violence and sexual assault, respectively. These colors come from the nationally recognized awareness ribbon campaigns that have been successful for ours and other causes over the years.

Thinking along those lines and wishing to bring more visibility and awareness to Steps to HOPE, we recently adopted a purple door to represent our organization. In addition, we updated our logo to make our mission abundantly clear.

The purple door is meant to encourage people to open the

door... to a happy home, to a better life, to peace and tranquility.

It is our hope that the combination of the door, our new logo and abundant use of the color purple will immediately bring Steps to HOPE to mind.

We want everyone to know who we are and that we exist to provide help and hope to men, women, and children who suffer in an abusive relationship.



Steps to HOPE Administrative Staff

Lee Lindsay,
Executive Director

Connie Orr,
Office Manager &
Volunteer Coordinator

Sandra Halford,
Director of Client Services

Cindy Wicklund,
Client Services &
Administrative Assistant

Paula Childers,
Publicity & Public Relations

Jessica Powell,
Outreach Program
Coordinator

Shelter Staff

Cindy Thacker
Cherie Rogers
Brittney Staley
Kitty Edwards

Second Chance Thrift Store Staff

Edith Lance,
Manager

Randy Conklin,
Retail Assistant & Driver

Ken Kitchen,
Retail Assistant

Joyce Neely,
Cashier & Retail Assistant

Douglas Wofford,
Warehouse Assistant

Larry Dyer,
Warehouse Assistant

2017-2018 Board of Directors

Kent Holden, President
Sally McPherson, Vice President
Larry Wassong, Secretary
Jay Davies, Treasurer
Cindy Gramling
Sheriff Donald Hill
Anne Moss
Diane Nelson
Patty Otto
Julie Threlfall
Sylvia Youngers

DOMESTIC VIOLENCE AWARENESS WALK SET FOR OCTOBER 14 AT HARMON FIELD

OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

BREAK THE SILENCE TO END THE VIOLENCE!

October is Domestic Violence Awareness Month. We plan to host our first annual awareness walk at Harmon Field in Tryon on October 14. Everyone is invited to attend and to

wear purple to show support. Closer to the date, look for further information regarding times.

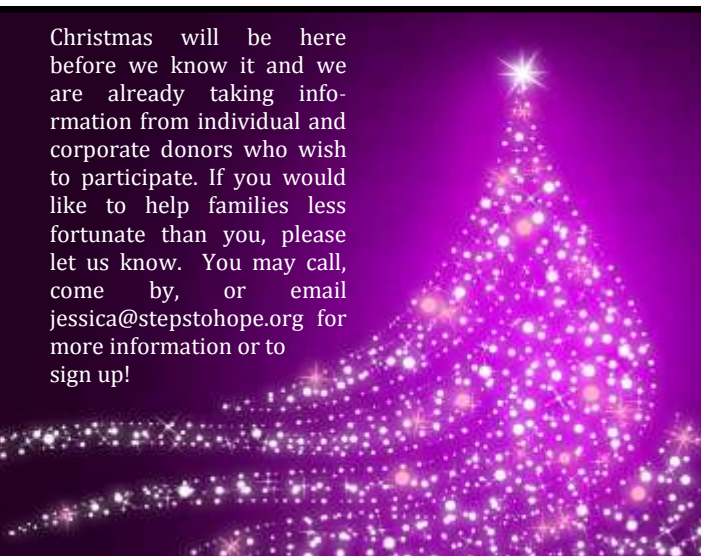
If you or your business

would like to participate as a sponsor or vendor, please call 828-894-2340, stop by the office, or email jessica@stepstohope.org.

WE'RE DREAMING OF A PURPLE CHRISTMAS FOR STEPS TO HOPE'S ADOPT-A-FAMILY 2017

For over a decade, Steps to HOPE has been hosting the Adopt-A-Family program at Christmastime. It is our goal to make sure that all area children and families have a happy Christmas filled with surprises. Thanks to donations from individuals and businesses, along with the Share the Joy grant from the Polk County Community Foundation and proceeds and gifts from the Polk County Toy Run, we have been successfully doing that for many years and we expect 2017 to be no different.

Christmas will be here before we know it and we are already taking information from individual and corporate donors who wish to participate. If you would like to help families less fortunate than you, please let us know. You may call, come by, or email jessica@stepstohope.org for more information or to sign up!





**Display a
Purple Ribbon to
PROMOTE
AWARENESS**

The purple ribbon began as a small visual gesture of support for survivors and victims of domestic violence and is now one of the most widely recognized symbols of the movement against domestic violence.

Families and friends have adopted the purple ribbon to remember and honor loved ones affected by domestic violence.

Additionally, displays of purple ribbons in a community conveys a powerful message that domestic violence is not welcome or tolerated there.

STH WELCOMED CINDY WICKLUND TO STAFF



Cindy Wicklund was hired in March to fill the position of Client Services and Administrative Assistant. She came to Steps to HOPE by way of the Polk County Sheriff's Office where she worked as a daytime deputy.

With experience in law enforcement and dealing with both sides of domestic violence cases, Cindy is a perfect fit. She is also a lifetime resident of Polk and Rutherford Counties and is bilingual, speaking both

English and Spanish. This asset is most helpful with Spanish-speaking clients. Cindy holds an Associates Degree in Criminal Justice Technology and is Basic Law Enforcement Training (BLET) certified.

Cindy is married to Deputy Tony Wicklund of the Rutherford County Sheriff's Office and they currently live in Rutherfordton with their fur babies. In her spare time, Cindy enjoys reading, thrift shopping, and being outdoors.

LARRY DYER JOINED SECOND CHANCE STAFF

In late January, Larry Dyer joined the staff at Second Chance Thrift Store as a Warehouse Assistant.

Larry is a native of Polk County and graduated from Polk County High School where he was a runner on the track team. His best event was the 400 meter.

Larry is a quiet person and is very friendly, a hard worker, and is always ready to do whatever is necessary to get the job done.

He is a valuable addition to the Second Chance Thrift Store. We are very lucky to have him as part of our team!



NEW BOARD MEMBERS AT STEPS TO HOPE



Jay Davies

Jay Davies moved to Polk County with his wife, Zora, 10 years ago and has been active in several charities since that time. He joined the STH Board earlier this year hoping to advance the mission of ending domestic violence and sexual assault in our area. As of July 1, 2017, Jay took over as Treasurer and is very active on several committees at Steps to HOPE.



Anne Moss

Originally from Augusta, GA, Anne attended college in Spartanburg and eventually made her way to our area. She is a Licensed Professional Counselor and Licensed Counselor for Substance Abuse in NC and GA. Working with chemical dependency, she has seen the effects of domestic violence on clients. She is eager to work towards ending domestic violence.



Cindy Gramling

Cindy is a lifelong resident of Polk and Spartanburg Counties and she is excited and eager to work to eliminate domestic violence and sexual assault in our area. She has been active in our communities her whole life, raising her 3 sons here with her husband Marion, working with Mobile Meals and with D1RT (District One Released Time).

OUTREACH MEANT TO EMPOWER WOMEN



For 8 weeks, beginning in mid-July, Adam Palmer will be teaching a women's self defense class downstairs at Steps to HOPE on Tuesday evenings from 6 - 7:30 pm. There is no charge for the classes but size is limited so please call to register.

Adam is a former Army Sergeant who currently teaches physical fitness classes at Tryon Health and Fitness. He is a native of the area and is passionate about teaching women how to protect themselves in the face of danger.

We expect this outreach program to be an ongoing event. If you are interested in attending now or in the future, please call Jessica at 828-894-2340 today!

Life is messy!

Last fiscal year, Steps to HOPE sheltered 26 families fleeing domestic violence situations. We welcome these families as part of our family.

Some days are dirty and hard, and some days we celebrate and make messes. Together we clean it up and start anew.

Steps to HOPE needs laundry and cleaning products!

Laundry detergent and softener, paper towels, disinfectants and household cleaners, etc...



Donations may be dropped by our office anytime.

Thank you for your support!

STEPS TO HOPE HOSTS DAMSEL IN DEFENSE

In addition to helping people out of domestic abuse situations, we want to teach people to defend themselves during an attack.

In April, Steps to HOPE hosted a girl's night event with Damsel in Defense products in the spotlight. Damsel Pro, Molly Morris of Landrum, spoke to a group of 27 women about self defense techniques and showed products that were available for purchase. A percentage of proceeds were given to Steps to HOPE along with a set of children's books. Attendees were also given the opportunity to purchase products for clients at Steps to HOPE.

We expect to host another event in the near future. If you are interested in attending, please call Jessica at 828-894-2340 today!



Giving Back Helps You and Others!

Volunteering makes an immeasurable difference in the lives of others. But did you know how much you help yourself by giving back? From lowering stress to boosting self-confidence, volunteering offers many health benefits—especially for older adults.

Volunteering can help you:

- **Physically**
 - **Mentally**
 - **Emotionally**
- ✦ **Decreases your risk of depression** *Volunteering with and for others increases social interaction and helps build a support system based on common commitment and interests—both of which have been shown to decrease depression!*
 - ✦ **Increases your self-confidence** *Volunteers enjoy a sense of purpose and fulfillment.*
 - ✦ **Keeps you physically and mentally active** *Volunteer activities get you moving and thinking at the same time.*
 - ✦ **Reduces stress levels** *Volunteering gives a sense of meaning and appreciation—both given and received.*
 - ✦ **The happiness effect** *Helping others has the same “feel good” effect as working out due to the release of dopamine—so the more you volunteer, the happier you become!*

from www.createthegood.org

For more information call
Connie Orr
828-894-2340

2ND ANNUAL “RUMMAGE FOR A REASON”



Left - right: Steps to HOPE employees: Paula Childers, Sandra Halford, Cindy Wicklund, Jessica Powell, Courtlee Culbreth (volunteer), and Connie Orr

On April 8, we hosted our Second Annual “Rummage for a Reason”, providing new and expectant parents and grandparents with new baby items.

Baby clothes, blankets, socks, bibs, diapers, wipes, bottles, etc. were donated by corporate sponsors, church groups, and individual donors to be distributed by STH.

A \$25 Wal-Mart gift card was given to each of the first 17 families through the door and drawings were held for two brand new car seats and a new foot spa!

Over 40 moms, dads, and grandparents were given the opportunity to “shop” for free!

We promote healthy relationships by providing support to families in the community in as many ways as possible.

Many thanks to community partners, individual donors, and local church groups who provided baby items and financial support to help make this event possible.

If you would like to participate in next year’s “Rummage for a Reason” or other outreach projects, please call 828-894-2340.

OUR VOLUNTEERS ARE THE BEST!

A Volunteer Appreciation Brunch was held on April 26 at LaurelHurst in Columbus to celebrate the hard work and dedication of the special people who volunteer to keep Second Chance Thrift Store running on a daily basis. Close to 40 volunteers received Second Chance Thrift Store gift certificates with the dollar amount based on the number of years worked at the store.



Of those volunteers, special recognition was given to Ms. Bernardine Monroe who logged 6063 hours and to Ms. Sally McPherson, who is also a board member at Steps to HOPE, with 5822 hours. Both of these ladies, along with Karen Molnar, have volunteered for more than 15 years.



Bernardine Monroe



Sally McPherson



Karen Molnar

HAVING FUN WHILE MAKING A DIFFERENCE

BY LEE LINDSAY, EXECUTIVE DIRECTOR

Would you enjoy being with good company and having a good time while you make a difference for a cause that is important to you?

In May, Marianne Blazar of the Orchard Inn and Irmay Chmielewski of The Dressing Room in Saluda did just that. She opened the beautiful Orchard Inn and hosted a fashion show with the latest clothing and accessories from Irmay's shop to raise money for Steps to HOPE. The sixty people who attended contributed enough money to house a mother and two children for three weeks in our shelter.

Do you ever wonder how your donated dollars are used? In the case of Steps to HOPE, donations stay right here in our area to aid the victims we serve. To house a victim and

two children in our shelter for a twenty-four hour period typically costs about \$100. This provides the basics - a room and beds, utilities, etc. However, some services we provide are less obvious and include: 24/7 staffing for the Steps to HOPE shelter and Crisis Hotline, a security system with the monitoring service, options counseling for victims with our Case Manager, transportation as needed, assistance with job searches, referrals for health care and mental health assistance, housing and job searches and much, much more.

Many times, the darkest hours of the night are when victims desperately need the ear of someone who understands what they are facing and can listen and support them. We

are here for that at any hour. So, plan some fun for your community friends and neighbors and help us to continue to provide services as we have for over 32 years. Please contact Steps to HOPE at 828-894-2340 to share your ideas or visit our website at www.stepstohope.org to see what is coming up!

As always, thanks to everyone for all you do,



Our Sweetest Fundraiser



Coffee Cakes

\$15⁰⁰ each

Available in:

- Cinnamon Walnut
 - New England Blueberry*
 - Granny Smith Apple
 - Banana Walnut
 - Golden Raspberry
 - Cappuccino
 - Red, White, & Blue Patriot* (blueberries & cranberries)
 - Pumpkin Spice
 - Cape Cod Cranberry
 - Chocolate Chip
 - Lemon Poppy*
 - Ted Williams All-Star Chocolate
- *nut-free

Call 828-894-2340
to order for Thanksgiving!



This fundraiser generates enough to pay the power bill in the shelter for 6 months!

#IAMSOMEBODY & KINDNESS ROCKS PROJECT

Over two years ago, Brittney Staley, Shelter Aide at Steps to HOPE, began a movement with the hashtag #iAmSomebody meant to uplift, inspire, and encourage anyone who suffers from depression, anxiety, or other mental illnesses and to bring awareness to suicide prevention.

Sometimes, a person only needs to hear a kind word to feel they have worth.

The Kindness Rocks Project was created to spread inspiration and a moment of kindness for unsuspecting recipients through random inspirational rocks dropped along the way.

In that spirit, during the July 17-21 #iAmSomebody Day Camp held at Steps to HOPE, children painted colorful rocks with inspirational messages and left them around our area to be found.



SECOND CHANCE THRIFT STORE BAG SALE & CHANGEOVER

Twice annually, Second Chance Thrift Store has a bag sale followed by a week of cleaning and a complete inventory changeover.

This year, the \$2 bag sale will be held on Tuesday, August 29. The store will be closed

August 30 - September 4 and will re-open with all new fall merchandise at 10:00 AM on September 5.

The Bag Sale and Re-opening events are very popular so arrive early to get the best merchandise and deals!

\$1 value

Present this coupon and take **\$1 off** \$5 or more purchase

One coupon per customer
Coupon good 9/18/17 - 9/30/17

CERTIFICATE OF APPRECIATION

awarded to

Donors & patrons

of

Second Chance Thrift Store

\$1 value

Present this coupon and take **\$1 off** \$5 or more purchase

One coupon per customer
Coupon good 9/18/17 - 9/30/17

Steps to HOPE, Inc.

Ward Street · PO Box 518
Columbus, NC 28722

828-894-2340

email: steps@stepstohope.org
501(c)3 Non-profit Organization



STEPS TO HOPE: SERVICES PROVIDED

- **24-Hour Hotline** – for crisis intervention and assistance.
- **Shelter** – emergency safe shelter for victims of domestic violence or sexual assault.
- **Counseling** – individual counseling with a licensed counselor.
- **Hospital Transport** – staff will transport and assist.
- **Court Advocacy** – trained volunteers accompany and support clients through the judicial process. Free legal aide 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** – neutral, safe ground for parents 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 at community events.
- **Resource Library** – videos, pamphlets and brochures are available.
- **Rape Prevention/Victim Services** – outreach and education.
- **Second Chance Thrift Store** – outreach to victims; gently used, quality merchandise.
- **Confidentiality** – all services are guaranteed confidential.



Thanks to the Family Violence Prevention Services Program, US DHHS, and NC Council for Women for financial support.



Visit us at
www.stepstohope.org

HOPE Works!

*A Semi-annual Newsletter of
Steps to HOPE, Inc.
Paula Childers, Editor*

Steps to HOPE, Inc. is a Domestic Violence and Sexual Assault Prevention and Treatment Center serving Western NC and Upstate SC.

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

Help
Order
Protection
Encouragement

"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."