

HOPE Works!

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A publication of Steps to HOPE

January 2016

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Did you know...?

- Domestic violence is the leading cause of injury to women in the United States.
- Every 9 seconds in the US, a woman is assaulted or beaten.
- On a typical day, there are more than 20,000 phone calls placed to domestic violence hotlines nationwide.
- Domestic violence affects people of all races, occupations, and income levels.

Data from National Coalition
Against Domestic Violence
website: www.ncadv.org



Ward Street • PO Box 518
Columbus, NC 28722

BEHIND CLOSED DOORS MOBILE ART

During October, in observance of National Domestic Violence Awareness Month, Steps to HOPE employees Jessica Powell and Heather Cash created a mobile art display that spent time in the Polk County Courthouse and at St. Luke's Hospital. With a "Welcome to Our Happy Home" sign and wreath displayed on the front and angry photos and unkind words and deeds written on the back, it offers a powerful visual reminder that things are not always as they appear. While a home can seem perfectly lovely on the outside, completely different and terrible things can be happening inside. Special thanks to the Polk County Courthouse, St. Luke's Hospital, Polk County Sheriff's Office, and Williamson's Paint Center in Landrum for their assistance.



JANUARY IS NATIONAL STALKING AWARENESS MONTH

STALKING: KNOW IT. NAME IT. STOP IT.

January is National Stalking Awareness Month, a time to focus on a crime that affected 7.5 million victims in one year. It is a crime in all 50 states, the U.S. Territories, and the District of Columbia, yet many victims and criminal justice professionals underestimate its seriousness and impact.

In one of five cases, stalkers use weapons to harm or threaten victims, and stalking is one of the significant risk factors for homicide of women in abusive relationships.

Victims suffer anxiety, social dysfunction, and severe depres-

sion at much higher rates than the general population, and many lose time from work or have to move as a result of their victimization.

Difficult to recognize, investigate, and prosecute, stalking is not a single, easily identifiable crime but a series of acts, a course of conduct directed at a specific person that would cause that person fear. Stalking may take many forms, such as assaults, threats, vandalism, burglary, or animal abuse, as well as unwanted attention. One in four victims reports that the stalker uses technology, such as computers, global positioning

system devices, or hidden cameras, to track the victim's daily activities.

Stalkers fit no standard psychological profile, and many stalkers follow their victims from one jurisdiction to another, making it difficult for authorities to investigate and prosecute their crimes. Communities that understand stalking, however, can support victims and combat the crime. If more people learn to recognize stalking, we have a better chance to protect victims and prevent tragedies.

www.stalkingawarenessmonth.org
www.ovv.usdoj.gov

THERE IS HOPE! Call 828-894-2340

***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.



MCDONALD'S/RUTHERFORD MANAGEMENT WINS 12TH ANNUAL GOLF TOURNAMENT



Tournament Winners: Keith McDonald, Dr. Jerald DeLaGarza, Dave Hunt, and Joe Wantuch

Red Fox Country Club played host to Steps to HOPE's 12th Annual Golf Tournament on November 6. The rains stopped just in time and just long enough for the 27 teams to start on time and play all 18 holes in this very popular, sold-out tournament. Stott's Ford offered a new Ford Focus as a hole-in-one prize and there was a very close shot but sadly, the car was not won this year.

Congratulations to Team McDonald's/Rutherford Management and players Dave Hunt, McDonald's owner/operator, Keith McDonald, Dr. Jerald DeLaGarza, and Joe Wantuch for the overall tournament win. The "Flight B" winning team was made up of Jimmy Littlefield, Brian James, Harold Davis, and Earl Davis. Trophies and prizes were awarded for the closest to the pin winners

Kevin Blackwell and Lee Heelan and the longest drive winners Brian James and Jessica Justice.

This year's tournament was proudly dedicated to Rachel Ramsey who helped breathe Steps to HOPE into existence. For the better part of 30 years, Rachel served as Executive Director for the agency and worked exhaustively in the battle against domestic violence and sexual assault in Polk County and surrounding communities. Many, many thanks go out to Rachel for her hard work and dedication to Steps to HOPE and its mission.

This annual golf tournament is the largest fund raiser for Steps to HOPE and has been hosted by Red Fox Country Club since its inception 12 years ago. The tournament registration fee remains the

same as it was for the first tournament at \$100 per player and includes breakfast, lunch, snacks, and beverages along with gifts and door prizes for all golfers. Steps to HOPE greatly appreciates the golfers, volunteers, and area businesses who provide not only financial support for this event but tremendous donations of food, drinks, gifts, door prizes and, most importantly, time, as well. Many thanks to Frank Ortiz, Tournament Committee Chair, and all Committee members who start planning early each year and meet regularly to ensure the tournament is a great success year after year.

Special thanks to Gold Sponsors Dave Hunt of McDonald's/Rutherford Management, Jerry Johnson of HomeTrust Bank, Patty Otto of The Hare & Hound, and to Red Fox Country Club for their very generous support. Many thanks also to Stott's Ford, Duke Energy, Brady Insurance, and Tryon Riding & Hunt Club.



"Flight B" Winning Team from left: Brian James, Jimmy Littlefield, Earl Davis, and Harold Davis

DOMESTIC ABUSE INTERVENTION PROGRAM: WORKING TOWARD MAKING SAFER FAMILIES

The goal of the 26-week DAIP — Domestic Abuse Intervention Program — is to educate participants on healthy family relationships.

Taught in weekly men's and women's group settings, DAIP promotes feedback, participation, and education. Participants hold each other accountable as they share experiences.

Goals of the DAIP program are healthier and happier families, better parenting, and breaking the cycle of generational violence by covering these topics:

- How to stop violence
- Personal responsibility
- Effective communication
- Respect
- Drug and alcohol abuse
- Honesty
- Accountability
- Trust and support
- Affects of violence on children
- Responsible parenting

When asked to share one thing DAIP members have learned that will positively impact their families by promoting safety at home, they offered the following comments:

♦ "The one skill I have learned is listening instead of arguing: sit down, shut up, and listen."

♦ "I've learned it's better to talk about what is bothering me so we can solve the problem and fix it. And it's not healthy to have 'magical thinking' because it's not what you might think it is."

♦ "The tools I have learned are: accepting responsibility for my own actions, and understanding the importance of recognizing early on when I am becoming angry."

♦ "This class has helped me with talking with my family and with my work. I don't get as upset as I used to."

♦ "I've learned how to control myself and to not try to set others right."

♦ "I've learned to take a time out and take a walk when I get angry."

♦ "I am able to use the 'I' word—starting a discussion with 'I believe...'. I've learned about empathy—trying to put myself in other's shoes, and about the 'hierarchy of needs' - the realization that I have missed some part of the pyramid. I need to find out what I have missed."

♦ "I've learned how to start each day with a positive thought. I pre-plan my encounters with other people."

♦ "I've been taught how to manage my anger by taking a time-out and writing in my journal. It has affected how the kids look at me and how they treat me."

♦ "It has taught me to be at peace with myself."

For more information about DAIP or abuser intervention, please contact Heather Cash, Outreach Program Coordinator, at 828-894-2340.

Steps to HOPE

Administrative Staff

Lee Lindsay,
Executive Director
Connie Orr,
Office Manager &
Volunteer Coordinator
Sandra Halford,
Case Manager
Jessica Powell,
Client Services &
Administrative Assistant
Paula Childers,
Publicity & Public Relations
Heather Cash,
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
Andrew Edney,
Warehouse Assistant
Ken Kitchen,
Retail Assistant
Joyce Neely,
Cashier & Retail Assistant
Douglas Wofford,
Warehouse Assistant

2015-2016

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Polk County Toy Run 2015

The very successful 2015 Polk County Toy Run was held Saturday, November 28. A total of \$11,470 was raised along with hundreds of toys. Four local non-profit organizations including Steps to HOPE each received a check for \$2,750 and toys to be distributed to underprivileged children for Christmas.



Pictured left to right: Heather Cash with Steps to HOPE, Kim Wilson with Polk County DSS, Michelle Reedy with Thermal Belt Outreach Ministry, Barry Gee, Toy Run Director, Kim Pack with the Polk County Sheriff's Office, and Polk County Sheriff Donald Hill. Photo by Leah Justice, Tryon Daily Bulletin

Volunteer to help us Volunteer to HELP YOU!

In a report by the Corporation for National and Community Service entitled "The Health Benefits of Volunteering - A Review of Recent Research", it is stated that numerous studies "consistently demonstrate that there is a significant relationship between volunteering and good health; when individuals volunteer, they not only help their community but also experience better health in later years, whether in terms of greater longevity, higher functional ability, or lower rates of depression."

www.nationalservice.gov/pdf/07_0506_hbr.pdf



For more
information about
volunteering or
to sign up for our
next volunteer
training workshop,
please call
Connie Orr
828-894-2340

STH TEAM MEMBERS ATTEND SUMMIT



Heather Cash and Jessica Powell

Steps to HOPE team members Heather Cash, Sandra Halford, and Jessica Powell attended the class titled: Adverse Childhood Experiences Southeastern Summit 2015: Building Resilient, Interdisciplinary Workforces, Communities and Families on September 25 and 26, 2015. Team members learned that childhood traumatization

builds over time and leads to health problems later in life. ACE scores tally abuse, neglect, and other hallmarks of childhood trauma. The rougher the childhood, the higher the score and the higher the risk of later issues. Community and positive family involvement is key in healing and the sooner began, the better. Learn more and find your ACE score at www.acestudy.org

VOLUNTEERS RECOGNIZED AT ANNUAL VOLUNTEER BREAKFAST

At Steps to HOPE's December 10th holiday breakfast, more than 50 volunteers received certificates of appreciation for their contributions during the July 1, 2014 - June 30, 2015 fiscal year. Of those volunteers, five very special ladies received honorable mention for logging the most number of hours worked at Second Chance Thrift Store. These volunteers were Bernardine Monroe with 456 hours, Sally McPherson with 452.75 hours, Liz Quattlebaum with 327.25 hours, Alice Evans with 230 hours, and Ruby Drew with 229 hours.



From left: Bernardine Monroe, Sally McPherson, Liz Quattlebaum, Ruby Drew, and Edith Lance, Second Chance Thrift Store Manager.

We wish to extend our deepest gratitude to all of our fantastic volunteers. Their selfless donations of time and effort help make possible our very worthy mission of preventing domestic vio-

lence and sexual assault in our community and providing shelter and treatment to victims and their children.



Volunteers and Steps to HOPE and Second Chance Thrift Store employees enjoy a delicious breakfast at Southern Manners in Columbus, NC.



We would like to extend our sincerest gratitude to the Polk County Community Foundation for the grant recently awarded to Steps to HOPE for the purchase of a new vehicle. The eight-passenger minivan will allow us to bring shelter clients, their children and their possessions to safety in our shelter and to transport clients to medical appointments, counseling sessions, legal meetings, and to find housing and employment. In addition, the van will be used for travel to outreach events to raise awareness of domestic violence and sexual assault in and around our community and to transport youth to and from programs and events.

ADOPT-A-FAMILY AND SHARE THE JOY

Steps to HOPE's Adopt-A-Family, along with the Share the Joy grant from the Polk County Community Foundation, toys and proceeds from the Polk County Toy Run, and donations from generous individuals, businesses, and organizations share their blessings with less fortunate families who are struggling to make ends meet at Christmas-time. Donors bring wrapped gifts for the children and for their parents too! Boxes of food are distributed to recipients as well. 16 families and 45 area children were helped during the 2015 holiday season. Donor families and organizations were extremely generous and the lobby at Steps to HOPE overflowed with beautifully wrapped gifts. We can only imagine the joy on the faces of the children as they unwrapped their presents on Christmas morning. We offer our greatest gratitude for the kind hearts, Christmas spirit, and generosity of all our donors!



From left: Jessica Powell of Steps to HOPE, Lori Busch, and Principal Brad Durby from Eddlemon Adventist School, Spartanburg, SC.

SAVE A TREE!



Prefer an electronic version of our newsletter?

*Please email us at pr@stepstohope.org
Please include your name, mailing address, and email address!*

Thank you!

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

*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,
please call

828-894-2373

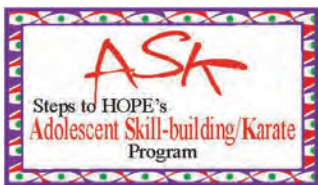
SHELTER "WISH LIST"

Would you like to contribute to the women and children at our shelter?

Our most needed items:

- Pop tarts, grits, granola bars, instant oatmeal
- Individual drinks: juice, water, tea, soda
- Canned fruit
- Canned meats: tuna, chicken, salmon
- Prepaid phone cards
- Gas and grocery cards
- Cleaning chemicals and supplies
- Hand sanitizer
- Disinfecting spray
- Bath towels
- Twin sheet sets
- Kitchen towels

Many heartfelt thanks for your generous contributions!



Weekly after school program for adolescent boys and girls ages 6-18. Trained facilitator.

Topics include:

- Resolving conflict in an appropriate manner
- Developing life skills
- Self esteem
- Getting along with family and teachers
- Taking responsibility for your own actions

828-894-2340

Call for info!

THE SURVIVOR PLANT—STRONG AS EVER

In April 1986, when preparing the shelter for its first open house, a volunteer named Betty Knopp brought in a large, gnarly plant and placed it in the shelter's one room living/dining/play area and office. Betty said, "I've finally found the perfect home for this plant. It's a survivor just like the women and children in this shelter." It survived her four children growing up along with a host of pets and it had been knocked over, broken, and spilled many times. The Survivor Plant is still housed in the shelter today and grows as proud and strong as ever!



SECOND CHANCE THRIFT STORE WINS COLUMBUS HOLIDAY CONTEST!

In December 2015, the Town of Columbus sponsored a contest for Best Christmas Decorations for area businesses. With a beautiful photo by Lorin Browning (shown below) featuring Second Chance Thrift Store's Christmas window display, Columbus' favorite "department store" won the \$100 cash prize

and some well-deserved recognition!

Second Chance Thrift Store brightens the holidays each year with lovely window displays, beautiful decorations, unique merchandise and low prices, making Christmas shopping easier and more fun for so many people.

Proceeds from Second Chance Thrift Store make it possible for Steps to HOPE's doors to remain open. Steps provides much needed shelter for victims of domestic violence and sexual assault as well as classes for area children and programs aimed at breaking cycles of violence in our community.



"CHASING SQUIRRELS" BY LEE LINDSAY

If you have ever written a grant to obtain money for a non-profit, raise your hand! If you were successful and granted what you asked for, then I will say, "Good on ya' mate!". I have Aussie cousins, so I can't help it.

I had written grants before I took this position and had attended a few grant-writing classes. However, comparing my previous experience to what we do for Steps to HOPE would be like saying, "I've watched a rocket take off, I should be able to do that myself. No problem!" Just now you should be thinking - very funny and ha, ha!

My "learning path" since I took over as Director back in July, particularly with respect to our grants, has been steep and rocky. One of the major rocks in the road was for me to learn the various grants by their lovingly applied acronyms: DV, SA, ML, DFF, VOCA, and FVPSA. (If you really want to know what the acro-

nyms stand for, I will gladly give you a quick tutorial, for a small fee.) The state and federal grants we receive cover sometimes as much as 25% of our operating budget and the details required for each of the six grants are endless. As most folks know, anything for the government needs lots of details.

Fortunately, I am blessed with the people around me, in the office and in other agencies similar to ours, who have pointed me in the right direction and humored me when I got side tracked by what Rachel Ramsey referred to (before she retired, laughing all the way) as "chasing squirrels". Chasing squirrels in the Steps to HOPE office is a daily occurrence involving distractions both major and minor. These squirrel interruptions seem entirely critical when they first run through and your inner self seems driven to chase them down. Sometimes, I suspect that it is such a relief to step away from doing required "grant homework" that a strong desire erupts to seize one of the

squirrel interruptions by the tail and shake it into submission as an outlet for a "grant-induced headache."

All kidding aside, these grants are a very important part of what helps Steps to HOPE provide services to domestic violence and sexual assault victims in grave need of help. The Council for Women, the Governor's Crime Commission, the North Carolina Coalition Against Domestic Violence, North Carolina Coalition Against Sexual Assault and many others find ways to provide resources to agencies like Steps to HOPE. The goal is to break the bitter cycle of domestic violence and sexual assault in our own communities.

So, to the friends and supporters of Steps to HOPE I say, "Have a Blessed, Happy and Prosperous New Year."

Peace and Joy,
Lee



DONATE CELL PHONES and help Steps to HOPE!

We collect unwanted cell phones for emergency use by our clients. Phones not needed here are purchased by Shelter Alliance to benefit domestic violence shelters across the US.



**Supporting Steps to
HOPE is easy!**

You'll find a collection basket in our lobby for convenient drop-off of your old cell phones!

Spring Clean

and help Steps to HOPE fight domestic violence!

Please donate your gently used treasures to
Second Chance Thrift Store

828-894-2373

Call today to arrange pick-up of your tax-deductible donation!

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



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 Polk County's Domestic Violence and Sexual Assault Prevention and Treatment Center. 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."

STEPS TO HOPE: SERVICES PROVIDED

- **24-Hour Hotline** – for crisis intervention and assistance.
- **Confidentiality** – all services are guaranteed confidential.
- **Shelter** – emergency safe shelter for victims of domestic violence or sexual assault.
- **Counseling** – individual counseling with a licensed counselor.
- **Referrals** – hospital (staff will transport and assist); court (free legal aid may be provided through Pisgah Legal Services).
- **Court Advocacy** – trained volunteers accompany and support clients through the judicial process.
- **Case Management vs. Crisis Intervention** – holistic support of clients.
- **ASK—Adolescent Skill-building Karate Program**– character and skills building for adolescent girls and boys.
- **Support Groups and Education Programs** facilitated by trained professionals: women victims; male and female abuser; parenting education; and support group meetings.
- **Community Education** – through schools, organizations and civic groups.
- **Public Awareness** – presentations and workshops.
- **Resource Library** – videos, pamphlets and brochures are available.
- **Advocacy Center** – forensic interviewing of children.
- **Rape Prevention/Victim Services**
- **Second Chance Thrift Store** – outreach to victims; gently used, quality merchandise.



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

**BULK RATE
U.S. POSTAGE
PAID
Columbus, NC
Permit No. 25**

Wishing you a happy and healthy 2016!