

HOPE Works!

VOLUME 21, ISSUE 1

A publication of Steps to HOPE

Spring 2018

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Does your partner...?

- insult, demean or embarrass you with put-downs?
- control what you do, who you talk to, or where you go?
- push you, slap you, choke you, or hit you?
- control the money in the relationship? Take your money or Social Security check, make you ask for money, or refuse to give you money?
- threaten to commit suicide, or threaten to kill you?

Any "yes" answer should raise a red flag with you.

Data from thehotline.org



Ward Street • PO Box 518
Columbus, NC 28722

Steps to HOPE's First Annual Purple Party & Domestic Violence Awareness Walk

On October 14th, the First Annual Purple Party & Domestic Violence Awareness Walk was held at Stearns Park in Columbus. The event was enjoyed by more than 150 people and was very successful by all accounts. The news team from WLOS Channel 13 came out and featured the event on the evening news.

Attendees were encouraged to wear purple to show support for the walk and for victims of domestic violence. At the walk, they were given additional purple items to wear such as beads, nail polish, glow necklaces, and hair extensions.

Sheriff Donald Hill provided free hotdogs, bottled water was provided by Food Lion, chips and soft drinks were provided by Sam's Club, and



Steps to HOPE gave away free t-shirts. There were yard games to play for prizes, a photo booth, and more fun activities. Rock painting for the Steps to HOPE Rock Garden and sidewalk chalk were especially popular with the

younger attendees. In addition to all of the fun things to do, information about Steps to HOPE was readily available.

Steps to HOPE plans to hold this event at Stearns Park each year in October.

Sexual Assault Awareness Month: The Clothesline Project



April is Sexual Assault Awareness month. In the United States, one in five women will be assaulted by the age of 35. Of those, 63% of assaults will go unreported because victims are embarrassed or believe the system will fail them as it has others in the past.

Fortunately, 2017 saw major shifts in the discussion of sexual assault and harass-

ment. Victims are more empowered than ever to boldly come forward and tell their stories. It is now our job to listen and take action against perpetrators.

This April, Steps to HOPE will sponsor and promote The Clothesline Project, an awareness campaign that represents sexual assault victims in a sobering visual way. To help with this project, please call Jessica at 828-894-2340 or email her at jessica@stepstohope.org.

This issue dedicated to Paul Sutherland - see page 2



This issue of HOPE Works! is dedicated to Mr. Paul Sutherland who served on the Board of Directors for Steps to HOPE for 8 years and as President of the Board for most of that time. He worked tirelessly to promote Steps to HOPE and our mission to end domestic violence.

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

Team Barton, Foy, Edwards, and Placak Win the 14th Annual STH Charity Golf Tournament

Links O'Tryon hosted Steps to HOPE's 14th Annual Charity Golf Tournament on Friday, November 3th. The weather was perfect and 26 teams - 104 players - took to the course for 18 holes of play in this very popular tournament.

Congratulations to the 2017 Steps to HOPE Golf Tournament Champions: Phillip Placak, Jeffrey Barton, Eric Edwards, and Barry Foy with an overall low net score of Net 49. Entegra Bank's team, made up of Brian Jones, Keith Gilliland, Ryan Wall, and Travis Aldred, won the Overall Low Gross Score trophies with a score of 52.

The Women's Winners, were Lisa Spriggs, Susan Haldeman, Jenny Taylor, and Kris Johnson, winning with a low net score of 72 Net 56. Second place winners included John Petty, Danny Jones, Wayne Jones, and Craig Culbreth with a net score of 56 Net 50. All of the winners named above were awarded cash prizes.

Closest to the Pin winners were Jeff Powell on #4, Eric Edwards on #7, Craig Culbreth on #12, and Sofia Lilly on #15. Most Accurate drive winners were Ethan Waldman and Kris Johnson. All contest winners were presented with high-value prizes including a Foothills Amish Furniture rocking chair, a Yeti-style cooler from Freeman Gas, and a golf bag and driver from Callaway, and putters and another driver. Stott's Ford sponsored fabulous Hole-in-One prizes on all the Par 3 holes including luxury travel and a brand new 2017 Ford Focus on #12. First Citizens Bank



2017 Winners l-r: Eric Edwards, Phillip Placak, Jeffrey Barton, and Barry Foy

sponsored a \$5,000 cash prize for a putting contest.

Steps to HOPE greatly appreciates all of the support shown by the golfers, volunteers, and businesses who not only offer financial support but make donations of gifts for prizes, food and beverages, time, and their talents, to help ensure the success of this event. Special mention is also given to Dover MEI, Gramling Brothers Surveying, Wells Fargo Investments, Duke Energy,

Lorin Browning, the Polk County Sheriff's Office, and Marc Brady and the staff at Links O'Tryon.

Tournament Committee members work very hard each year to create a successful event. Many, many thanks to our 2017 Committee Chair, Cleve Nichols, and the Volunteer Coordinator, Rita Nichols. Their hard work and dedication, along with Jessica Powell, Larry Wassong, Lee Lindsay, Patty Otto, Jay Davies, Kent Holden, Anne Moss, Cindy Gramling, and Paula Culbreth, makes for a fantastic event and is very much appreciated.



Women's Winning Team l-r: Jenny Taylor, Lisa Spriggs, Kris Johnson, and Susan Haldeman

A hearty thank you goes out to Gold Sponsors Dave Hunt of McDonald's/Rutherford Property Management, HomeTrust Bank, and Patty Otto of the Hare and Hound Restaurant for their very generous annual support!

2018 Tournament November 2 at Links O'Tryon

Local Artist Donates Paintings to Steps to HOPE

Kansas Wofford Sealey of Landrum recently donated five of her original paintings to adorn the walls at Steps to HOPE. Each painting depicts an iconic scene found in the towns served by and surrounding the domestic violence and sexual assault center.

For Columbus, NC, she painted the Doughboy statue that is located near the courthouse. For Saluda, NC, she showcased the buildings along Main Street; for Tryon, NC, she painted Morris the Horse; for Landrum, SC, the Landrum Depot. Kansas is pictured holding her painting of the old Esso Station that is located near the state line between Landrum and Tryon.

Sealey's paintings are located in the administrative offices and will be seen by people who seek assistance from Steps to HOPE. They are meant to provide a bright spot and a feeling of home.

Steps to HOPE provides help and hope to those who find themselves in terrible domestic situations. If you or someone you know is being abused, please call our 24-hour helpline at 828-894-2340. If you believe in and would like to help further Steps to HOPE's mission to end domestic violence and sexual assault and to promote healthy families, please call or visit stepstohope.org online. There are countless opportunities to donate your resources or talents,



sponsor programs, volunteer, or participate in events. Call today for more information!

See more of Sealey's work on her 'The Reason to Create' Facebook page.

2017 Adopt-A-Family Program and the Polk County Toy Run

With generous support from the Polk County Community Foundation Seasonal Assistance Program, the Polk County Toy Run, and other groups, each year Steps to HOPE invites businesses, organizations, families, and individual members of the community to share their blessings with families struggling to make ends meet at Christmastime.



Rachel Childers, volunteer, and STH's Cindy Wicklund, Jessica Powell, and Paula Culbreth sell 50/50 tickets at the Polk County Toy Run 2017

Generous community members buy and wrap gifts for children in need. The Polk County Toy Run and the Seasonal Assistance Grant from the Polk County Community Foundation help to fill any gaps that may arise to fulfill their Christmas wishes. A holiday meal and other gifts are given to the entire family so that they too can have happier holidays.

In 2017 all 24 of our client families, including 62 area children, were adopted. The lobby at Steps to HOPE was jam-packed with beautifully wrapped gifts and cute, larger-than-life stuffed animals! We can only imagine hearing the delighted squeals and laughter and seeing the smiles on their faces

Christmas morning as the children opened their gifts.

To all who participated in 2017 and in years past, Steps to HOPE cannot thank you enough! If you would like to participate in 2018, please contact Jessica at 828-894-2340 or email her at jessica@stepstohope.org.



Steps to HOPE's Cindy Wicklund and Jessica Powell surrounded by gifts in the lobby just before Christmas 2017

Steps to HOPE

Administrative Staff

Lee Lindsay,
Executive Director
Connie Orr,
Office Manager &
Volunteer Coordinator
Sandra Halford,
Client Services &
Shelter Manager
Jessica Powell,
Outreach Program
Coordinator
Paula Culbreth,
Publicity & Public
Relations
Cindy Wicklund,
Administrative
Assistant & Client
Services Backup

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
Andre Kolberg,
Warehouse Assistant

2017-2018

Board of Directors

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

Surprising Benefits of Being a Volunteer!

- **Makes you feel like you have more time!**
- **Helps you develop more skills!**
- **Helps you have a livelier body!**
- **Helps build experience!**
- **Makes you feel more love!**

“One of the great ironies of life is this: He or she who serves almost always benefits more than he or she who is served.”

Gordon Hinckle
From www.forbes.com



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

Coats Donated to Steps to HOPE

Each year, hundreds of thousands of gently worn coats are distributed across North America to children, women and men in need through One Warm Coat's Coat Drive program.

This year, Carolina Ophthalmology and First Citizens Bank donated coats to Steps to HOPE and other charities for children

and adults in need of warmth. The coats were delivered to Steps to HOPE by Carolina Ophthalmology just in time to be distributed before the frigid cold temperatures experienced by our area in January.

Jessica Powell and Laura Mintz of Carolina Ophthalmology sit atop boxes of donated coats at STH



Volunteers Recognized at Holiday Brunch

Steps to HOPE and Second Chance Thrift Store's Annual Holiday Volunteer Brunch was sponsored this year by Parsec Financial and was held at Green River Plantation on December 14th.

Volunteers were treated to a delicious brunch and were recognized for their contributions to Second Chance Thrift Store during the July 1, 2016 - June 30, 2017 fiscal year. Of those volunteers, five very special ladies received honorable mention for logging the most hours worked at the store. Bernardine Monroe won top mention with 1398.75 hours, followed by Sally McPherson with 644 hours, Kristina Provines with 273.75 hours, Rosalind Knight with



Left to right: Roz Knight, Sally McPherson, Kristina Provines, Bernardine Monroe. Not pictured: Alice Evans

242.75 hours, and Alice Evans with 236 hours. Steps to HOPE and Second Chance Thrift Store are deeply grateful for all volunteers who selflessly give their time, effort, and energy to keep the store going and help further our mission of ending domestic

violence and sexual assault in our community. Steps to HOPE provides shelter and treatment to victims and their children. Many thanks go out to Parsec Financial for their generous sponsorship this year.



Second Chance Thrift Store year-round volunteers and employees and Steps to HOPE staff and board members enjoy a delicious brunch at Green River Plantation in Rutherfordton, NC to celebrate the holidays

Alarming Numbers Prompt Community Members to Support Steps to HOPE's Mission



ON A TYPICAL DAY,
THERE ARE MORE THAN

**20,000
PHONE
CALLS**

PLACED TO DOMESTIC
VIOLENCE HOTLINES

**1 IN 3 WOMEN
& 1 IN 4 MEN**

HAVE BEEN VICTIMS OF PHYSICAL
VIOLENCE BY AN INTIMATE PARTNER

EVERY 9 SECONDS

IN THE US,
A WOMAN IS ASSAULTED OR BEATEN



**1 IN 15
CHILDREN**

ARE EXPOSED TO
INTIMATE PARTNER
VIOLENCE EACH YEAR
(90% OF THESE ARE EYEWITNESSES)

Along the walking path at Steps to HOPE's first annual Purple Party and Domestic Violence Walk, signs with statistics were placed every few feet to let participants know exactly why they were there walking. Several participants were surprised by the statistics presented and were prompted to make donations right then and there. Donations made to Steps to HOPE help support the shelter and victims right here in our community.

Will YOU Consider a Donation to Help?

The Purple Door: Stories of Survival & Statistics

Since December 2017, a twice-monthly column has been appearing in our local newspapers titled The Purple Door. The articles are written by members of the Steps to HOPE board of directors, survivors of domestic and sexual abuse, and others who are interested in furthering the mission of Steps to HOPE to end domestic violence and sexual assault in our society.

The first article, "Yes Virginia, there is a Santa Claus" was written by Steps to HOPE Board President, Kent Holden. It speaks of the financial stresses and strains of the holiday season and the increase in domestic violence cases seen around that time of year. The statistics are staggering and sobering. Steps to HOPE is here to help. We offer shelter for those who are in need of a safe place and we offer our Adopt-A-Family program to those who face financial hardship. To some, Steps to

HOPE is much like Santa Claus, offering the gifts of hope and help to families who have no other place to turn.

Articles have since touched on the different types of abuse people face. Abuse is not only physical but can be emotional, sexual, and financial, just to name a few.

In The Purple Door column as well as in our society, we have begun to celebrate rather than shun the Silence Breakers who have the courage to come forward and speak up. This is a major shift and step forward for all victims.

A sobering account of survival was published in "A Survivors Perspective" by Julie Threlfall. It is a hard-hitting explanation of how draining domestic abuse is on victims over the long period of recovery after the abuse is over.

There are so many more



topics to be covered in this series, each with its own astounding facts and thought-provoking details that are important for all of us to know, to look for, and to be active in eradicating these heinous crimes.



**You shop.
Amazon Gives!**

Begin your shopping at
smile.amazon.com

Choose to donate to
Steps to HOPE
Columbus, NC

A portion of your
Amazon purchase is
donated to
Steps to HOPE!



**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.

SHELTER "WISH LIST"

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

Our most needed items:

- Laundry supplies
- Cleaning chemicals and supplies
- Hand sanitizer
- Disinfecting spray
- Gas and grocery cards
- Pop tarts, grits, granola bars, instant oatmeal
- Individual drinks: juice, water, tea, soda
- Canned fruit
- Canned meats: tuna, chicken, salmon, SPAM
- 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

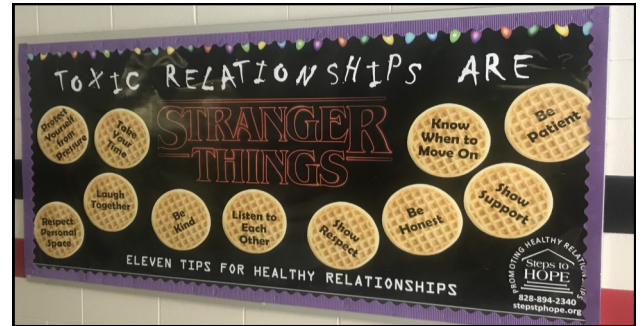
Call for info!

Thank You!

Thanks to a very generous technology grant from The Polk County Community Foundation, Steps to HOPE was able to purchase a new laptop, a graphics computer, a computer for accounting, and a wide format printer. These machines will be used to make large, beautiful signs for outreach and events and to print the bulletin boards placed in area schools each month. The machines were delivered in January and were used to create the "Stranger Things" bulletin boards for February.



POLK COUNTY COMMUNITY FOUNDATION



Your Legacy Lives On By Lee Lindsay

Do you find yourself watching the news and shaking your head in disbelief or outrage over events happening in the world today? I do, on a daily basis and wonder what the next crisis or disaster will be. I have found myself wondering if it's even possible to change anything for the better or move the needle at all.

Thankfully, there are people in our world who discover in themselves a need to make a difference in the place where they live. Sometimes this desire arises from an episode in their own lives that says to them, "you need to do something about that". Sometimes the desire may come when someone does a kind act for them and helps them during a difficult time. Or maybe their own parents taught them that giving of yourself is a rare gift that can make a difference. And when does the idea for doing something turn into reality?

Maybe it's at retirement, or some even find time while they are in the working world. Whenever it happens, an individual may volunteer, attend community meetings, join community organizations or just find a way or the means to give a little back.

There are so many opportunities to do this and the impact can be greater than you know. I have been privileged to witness:

- An entire family joined together to clean up around an elderly person's home. In the process, the children learned the gift of giving of themselves and the joy of making someone's life happier.
- A small church women's group decide to pool their resources and then research where to put them to do the most good.
- A Brownie Scout Troup buying presents to give a mother and her baby a special Christmas and to hear

the Brownies explain why it was important to them.

- A group of Habitat volunteers helping to restore our shelter to livability after a serious mold outbreak closed our doors.
- Volunteers picking up trash along the roads just to keep our area beautiful.
- Someone paying for someone else's groceries because they knew it would help.

One thing to remember is that giving is a legacy that will be remembered and repeated if we teach it to others or show others what it looks like. It doesn't always have to be money. Time and talent freely given are just as valuable. If you would like to share your time, talent or resources with Steps to HOPE, please call us at 828-894-2340.

Peace and blessings to all,
Lee Lindsay

We all win when you keep it local!

donate* and shop at

Second Chance Thrift Store

to support programs at

Steps to HOPE

Polk County's domestic violence and sexual assault treatment and prevention center!



Please call 828-894-2373 for information or pick up of your gently used furniture, clothing, and household items!

Located at 232 E. Mills Street - Columbus, NC

Store hours: Mon, Wed, Fri: 10-4; Tues & Thurs: 10-5; Sat: 10-1

*Steps to HOPE is a non-profit 501c3 and donations to Second Chance Thrift Store are tax-deductible.

\$1
value

CERTIFICATE
OF
APPRECIATION
awarded to
DONORS &
PATRONS

Coupon good for \$1 off \$5
or more purchase
One coupon per customer
Expires 3/19/18-3/31/18

Purple and Teal Ribbons Promote Awareness

Purple and teal ribbons began as a small visual gestures of support for victims and are now widely recognized symbols.

The purple ribbon was adopted to remember and honor loved ones affected by domestic violence and the teal ribbon to show support for survivors and victims of sexual assault.

Displays of purple and teal ribbons in a community convey a powerful message that domestic violence and sexual assault are not welcome or tolerated here.



Second Chance Thrift Store IS Steps to HOPE

It happens at least once every day: someone calls the office and asks if we have [fill in the blank]. Or someone calls and asks if we would like a donation of [fill in the blank] and are confused when we suggest calling Second Chance Thrift Store.

Everyone's favorite thrift shop—**Second Chance**—is part of Steps to HOPE. The store is responsible for a large portion of Steps to HOPE's operating income and provides valuable outreach to victims of domestic violence and sexual assault.

There are many ways to help Steps to HOPE and through the store is the easiest and most fun. **SHOP** for great merchandise for the entire family. **DONATE** your gently used goods. **VOLUNTEER** your time to work in the store. Our volunteers keep us going!



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

Domestic Violence and Sexual Assault Prevention Center and Shelter serving and educating WNC 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."

Support Steps to HOPE when you shop! **amazon**smile
You Shop. Amazon Gives.



VISIT OUR WEBSITE
stepstohope.org

HOPE Works!

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Steps to HOPE, Inc.*

Paula Culbreth, Editor

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** – referrals for 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 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** - 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 at community events.
- **Resource Library** – videos, pamphlets and brochures 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 & Youth Involvement for financial support.