

HOPE Works!

VOLUME 22, ISSUE 1

A publication of Steps to HOPE

Summer 2019

IN THIS ISSUE

Coffee Cakes.....2

Golf Tournament.....2

Back to School.....3

Adopt-A-Family.....3

Steps to HOPE and Second Chance Thrift Store Staff & Board of Directors3

Wish List.....4

Interns.....4

Board Members4

New Warehouse Assistant...5

Second Chance Thrift Store..5

The Purple Door: Why I Volunteer by Shelby Cash6

We Love Our Volunteers6

#iAmSomebody Day Camp...7

Second Chance Thrift Store..7

Our Services.....7

What's Happening 20197

Our Donor Tree Giving HOPE, One Leaf at a Time.....8

STEPS TO HOPE PROUDLY ANNOUNCES OUR NEW EXECUTIVE DIRECTOR, BJ BAYNE!



On July 1, Steps to HOPE and Second Chance Thrift Store welcomed BJ Bayne as our new Executive Director.

BJ has extensive experience in domestic violence and sexual assault from cases she worked during her time with the Polk County Sheriff's Department. As a life-long resident of Polk County and Landrum, she is a natural fit for Steps to HOPE.

BJ is working with former Executive Director, Rachel Ramsey to learn the ropes. They have worked together in the past

to help victims of domestic violence and sexual assault.

BJ plans to lead Steps to HOPE into the future by focusing on the positive, having even more community involvement, having a stronger presence in the surrounding communities, and creating more helpful programs for the public.

BJ grew up in Landrum and now lives in Green Creek with her husband, Eric, their son, Zachery, and their beloved dogs. BJ also has two daughters, Heather and Shelby Cash.

MARK YOUR CALENDARS FOR OCT. 4TH

FREE FOOD, BOUNCIES, PRIZES & FUN COMING TO STEARNS PARK, COLUMBUS!

Steps to HOPE is thrilled to announce that our 3rd Annual Purple Party and Domestic Violence Awareness Walk is scheduled for October 4th, 4-6 PM at Stearns Park in Columbus.

This is a FREE community event and everyone (even your friendly pup on a leash) is welcome and encouraged to show up and show off your zaniest purple attire!

This year, look for a 60' bouncy obstacle course, bouncy castle, lawn games, free t-shirts, hot dogs, chips, drinks, popcorn, snow cones, cotton candy, and prizes galore! We will have a cake walk again this year too! And the best part, everything is FREE!

Other agencies from our area will be stationed around the park with information about services they provide and how

to reach them along with gifts and prizes too!

Our mission is to end domestic violence in our area and beyond using education and community outreach, but, until that day comes, we want everyone to know that there is always HOPE and there is always a place to turn during a crisis.

If you or your organization would like to be a part of this event or if you would like to be a sponsor, please call 828-894-2340 today or stop by Steps to HOPE and talk to us!

We are also signing up volunteers to help us set up, chaperone, take down and clean up after the event.

Please call Cindy Wicklund at 828-894-2340 for more information or to sign up.



Volunteer, Austin Cashwell grills hot dogs at last year's event.

Steps to HOPE

Many thanks to generous donors who make printing and mailing this newsletter possible!



Our Sweetest Fundraiser



Coffee Cakes
\$18.00*
each
* plus shipping

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

Call 828-894-2340
to order for Thanksgiving!



16TH ANNUAL THE HOPE GOLF CLASSIC RETURNS TO LINKS O'TRYON NOVEMBER 1

The Hope Golf Classic will return to Links O' Tryon on November 1 with a rain date of November 8.

Upgrades, additions, and improvements enjoyed by last year's players will be back for 2019, including the \$30 all-in-one contest entry but with even more chances to win big prizes!

Players may register online at stepstohope.org or they may call Paula to reserve their place on the roster. The tournament is very popular and tends to fill up quickly so please sign up early and secure your team's spot today!

\$125 per player/\$500 per team registration fee includes breakfast

with coffee and juice, a hot, delicious lunch, along with beverages and snacks throughout the day.

We sincerely appreciate the support of the players, volunteers, all of our sponsors (individuals and businesses), and the community at large.

Many thanks to our 2018 major sponsors!

The collage features logos for various sponsors including: The Hare & Hound Pub, Fountain Electric & Services, Gramling Brothers Surveying, McFarland Funeral Chapel, NEW VIEW REALTY, DoverMEI, Anonymous \$1000 Donation, HomeTrust Bank, Duke Energy, First Citizens Bank, Stott's Ford, Wells Fargo Advisors, and McDonald's. The central logo for 'THE HOPE GOLF CLASSIC' is prominently displayed, along with the text 'BENEFIT FOR STEPS TO HOPE'.

November 1

8:30 AM Registration
9:30 AM Shotgun Start

2019
REGISTER TODAY

Rain Date: Nov. 8

8:30 AM Registration
9:30 AM Shotgun Start



Steps to HOPE

To reserve your spot or be a sponsor please contact Paula Ravan
golf@stepstohope.org
828-894-2340
www.stepstohope.org

SCHOOL SUPPLIES NEEDED FOR BACK-TO-SCHOOL EVENTS FOR AREA STUDENTS

Area children return to school in just a matter of weeks. Landrum schools open back up on August 19th and Polk Schools are just a week later on August 26.

Many families of students in our area just do not have the means to purchase all of the supplies required. Many teachers are reaching into their own pockets to help provide for the students they know are in dire need.

Steps to HOPE participates in

3 major Back-to-School events in our area where we, along with other agencies, give students various school supplies. These supplies run the gamut from bookbags all the way down to pens and pencils. What we give depends largely on donations we received in either goods or money for goods.

Donations of any and all school supplies and/or

monetary donations for school supplies are greatly appreciated and always welcome.

Donations can be dropped off at Steps to HOPE's offices at 60 Ward Street, Columbus or mailed to PO Box 518, Columbus, NC 28722.

Please call Cindy at 828-894-2340 for more information.

Donations to Steps to HOPE are tax-deductible as defined by law.



SHARE YOUR HOLIDAY JOY AND BLESSINGS JOIN STEPS TO HOPE'S ADOPT-A-FAMILY '19

Christmas is Coming!

For many years, Steps to HOPE has been hosting the Adopt-A-Family program for Christmas. It is our goal to ensure that all children and families in our service area have a happy holiday filled with magical surprises. Thanks to donors including individuals, families, groups and businesses, along with the Seasonal Assistance Grant from the Polk County Community Foundation and proceeds and gifts from the Polk County Toy Run, we have been successful for more than a decade.

Christmas will be here before we know it and we are already talking to donors who wish to participate. If you or your organization or business would like to help families less fortunate than you or if you need a little help this year, please let us know! We ask for unwrapped gifts so we can be sure that each child receives a fair amount. If you would like to help wrap the gifts before the big day, we would love to have you! Call us or come by Steps to HOPE, 60 Ward Street, Columbus to sign up. Help us make some Christmas magic!

Steps to HOPE

Administrative Staff

BJ Bayne,
Executive Director

Cindy Wicklund,
Outreach and Programs
Coordinator

Connie Orr,
Finance & Human Resources

Jessica Cashwell,
Office Manager &
Volunteer Coordinator

Paula Ravan,
Marketing & Publicity

Sandra Halford,
Client Services &
Case Manager

Shelter Staff

Brittney Staley
Cherie Rogers
Cindy Thacker
Kitty Edwards

Second Chance

Thrift Store Staff

Edith Lance, Store Manager

Douglas Wofford,
Warehouse Assistant &
Driver

Joyce Neely,
Cashier & Retail Assistant

Randy Conklin,
Retail Assistant & Driver

Cameron Reed,
Warehouse Assistant

Dennis Sanders,
Warehouse Assistant &
Driver

2019-2020

Board of Directors

Patty Otto, President
Karen Mastruserio, V. President
Larry Wassong, Secretary
Chuck Elder, Treasurer
Marion Connor
Mary Duran
Cindy Gramling
Dee McBride James
Charles Lingerfelt, III
Sandra McCormack
Sally McPherson

Survivors of domestic violence often flee abuse with nothing more than the clothes on their backs. Traumatized and fearful, they turn to us for refuge from the relentless abuse they faced at the hands of their partner. We provide survivors with what they need while they are in our shelter and to start over on their own.

WISH LIST

- Laundry Supplies
- Cleaning Supplies
- Hand Sanitizer
- Disinfecting Spray
- Gas/Grocery Gift Cards
- Bottled Water
- Canned Fruit/Veggies
- Canned Meats/Tuna
- Canned/Dry Pasta
- Pasta Sauce
- Canned Beans
- Canned Soup
- Coffee
- Juice Boxes
- Bath Towels
- Kitchen Towels
- Twin Sheet Sets

STEPS TO HOPE'S SUMMER INTERNS 2019



Delaney Suddreth

Delaney Suddreth is a rising senior at Polk County High School and was chosen to intern this summer at STH. This program is supported by a grant from the Tryon Rotary Club. She is learning about the inner workings of a non-profit organization dedicated to building healthy relationships and helping those in abusive situations.

Delaney helps with client assistance, reception duties, and with keeping the office running efficiently.

She says she plans to work in the human services field and will be returning as a volunteer when her internship is finished.



Abel Casas

Abel Casas, a rising junior at Polk County High School, was chosen for a part time summer internship with Steps to HOPE that was made possible by a grant from the Tryon Rotary Club.

During his time at Steps to HOPE, Abel has helped shelter staff and client services, reception, and has been a major help at Second Chance Thrift Store.

Abel says he has learned responsibility, teamwork, and has gained self-motivation, and a willingness to learn.

Abel is enjoying his time at Steps to HOPE and has learned so much.



Maren Daniels

Maren Daniels is currently interning at Steps to HOPE to fulfill her Gender & Women's Studies minor at Maryville College, where she is a senior.

She helps keep the office organized, works with children of clients, works at the reception desk, and occasionally attends court with clients as a court advocate.

Maren says she is extremely grateful for the opportunity to work with Steps to HOPE and is excited to apply what she has learned to her future career.

Maren has been volunteering with Steps to HOPE since January 2019.

STEPS TO HOPE WELCOMES NEW BOARD MEMBERS!



Dee McBride James

Dee is the Executive Director at Tryon Estates. Mrs. James joined Tryon Acts Retirement Life in 2005 and has over 30 years experience in long term care. She has been a licensed administrator since 1997 and previously served on the board of NC Leading Age. She has also served on the Governor's Roundtable of Aging. She holds a Bachelor's Degree in Psychology with an Emphasis in Gerontology.



Charles Lingerfelt, III

Chuck is the owner and president of Lingerfelt Landscaping Maintenance Services. As a long-time resident of Polk County, and his service on many boards and committees around the county, Chuck saw a need for strength on the board of directors at Steps to HOPE. Chuck understands the importance of the services provided by STH and feels that his strengths in leadership and management will be very helpful to STH.



Dr. Mary Duran

As an emergency doctor at St. Luke's Hospital, Mary encounters domestic violence and sexual assault victims who require immediate emergency care. She sees the horrors of these crimes first hand. Because of that, Mary joined the board of directors at Steps to HOPE to lend her unique, in depth perspective and ideas about treating and supporting victims. She knows the shelter needs of people in our community and wants to be a part of the solution.



Dr. Sandra McCormack

Sandra is a local physician whose practice is housed in Lynn. She graduated from the University of Illinois and moved to Tryon many years ago. In her practice, she sees the physical and mental effects that domestic violence has on it's victims and those who live in direct contact with violence, be it physical, mental, or emotional. Sandra wants to work with Steps to HOPE to help families become stronger and live without violence.

SECOND CHANCE NEEDS YOUR DONATIONS!



Beautiful rugs, tables, chairs, dishes, framed art and more are priced very reasonably at Second Chance Thrift Store!

Columbus' favorite thrift store needs your gently used, quality donations as much as ever!

As government funding for domestic violence and sexual assault decreases, along with many other federally and state funded programs, Steps to HOPE relies even more heavily on proceeds from Second Chance Thrift Store.

When you donate quality items to Second Chance Thrift Store, our customers appreciate the higher-end merchandise and the fact that they are still able to purchase great finds at discount prices. We are able to charge a fair price and, therefore, make more money for the programs and shelter at Steps to HOPE. It's a WIN-WIN-WIN situation all the way around!

Even when items are donated that are not in sellable condition, a salvage company buys loads by the pound so nothing goes to waste! Unfortunately, there are certain items we cannot take. Some examples are larger, older television sets, and

mattresses and box-springs. These items are not for resale and cost us money to process and to dispose of them.

If you have items you wish to pass on to a new home, we cheerfully accept donations at our Blanton Street door during business hours, which are 10 AM - 4 PM Monday - Friday and 10 AM - 1 PM on Saturday. Ring the bell if the door is down and our warehouse staff will unload or help you unload. Larger furniture donations may be scheduled for pick up by calling Edith Lance, our store manager, at 828-894-2373. Donations of smaller items such as clothing, small appliances, toys, etc. may be dropped off at Steps to HOPE's administrative offices located at 60 Ward St., Columbus. Our office is staffed around the clock.

Many thanks to our generous community for donating great items to keep our shelves and racks well stocked. We appreciate you very much!

SCTS'S NEW WAREHOUSE ASSISTANT

Cameron Reed began work at Second Chance Thrift Store in April. He saved over the past year to buy himself a car and is currently working and saving so he can go to college. He hopes to get a degree in Banking and Finance and aspires to become a Financial Advisor.

Cameron enjoys his job in the thrift store because he knows it helps support the women and children in our shelter and others in the community who need the services of Steps to HOPE.

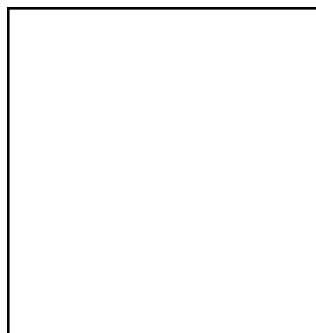


Cameron Reed



Chuck Elder

Chuck Elder has experience in healthcare and finance and is Steps to HOPE's new Treasurer of the Board of Directors. He received his Bachelor of Science from Oklahoma State University and Iowa State University. He was CEO at a medical clinic. Since his move to Landrum, SC, he has been involved in Habitat for Humanity. Chuck joined Steps to HOPE's board because he believes in our mission and wants to work to make Steps stronger.



Marion Connor

Marion is a native of Charlotte, NC. She moved to Tryon 10 years ago where she works as a Certified Public Accountant. She received her Bachelor of Science in Economics from Wofford College and her Master's in Accounting from Gardner Webb University. Marion also serves on the Board of Polk Equine Emergency Rescue. She joined Steps to HOPE because she supports the mission and wants to help our clients.



The Power & Control Wheel illustrates the many ways an abusive partner can manipulate a relationship. For a more in depth copy, call or stop by Steps to HOPE!

Volunteering can benefit your HEALTH

Research shows that volunteering is linked to...

-  Better self-reported well-being
-  Increased self-esteem
-  Reduced brain shrinking
-  Increased life satisfaction
-  Long living
-  Reduced depression symptoms

We need YOU to STEP UP and become a volunteer today!

THE PURPLE DOOR: WHY I VOLUNTEER BY: SHELBY CASH



I began volunteering at Steps a few years ago as a teenager. At first it was just a way to work for my community after my classes and get the community service hours I needed for Key Club. However, just a few days into it, I realized that this type of work was so much more than what I expected. It was a life changing and life saving experience for me.

You see, I struggle with Social Anxiety Disorder. For me,

everyday social interactions cause irrational fear, anxiety, terrible self-consciousness, and embarrassment. Most of my life, I have actively avoided any and all social interactions. The more isolated I was, the safer I felt.

I knew I needed a change in my life. My volunteer position at Steps to HOPE gave me an opportunity to help with the social media and the website, places where I feel secure and comfortable. It was the perfect job for me. Staff members at Steps to HOPE took the time and found what worked best for me and where I could be my best self. I used my talents to help out in ways that benefitted both me and the organization.

Since those beginning days, I have graduated to the reception desk and I am able to work on special projects with the staff, other volunteers, and interns. We have a lot of fun while we

work to provide services to so many who need us.

I will continue my work with Steps to HOPE because I know it is worthwhile. We are helping people in the community who are in vulnerable situations. We give people with nowhere else to turn a safe space where they too can work through their traumatic situations and get back on their feet. I feel like Steps to HOPE has done that for me as well, just in a different kind of way.

I love that I get to truly make a difference in the lives of so many people. If you have considered being a volunteer and just don't quite know where to start, call Steps to HOPE and they will put you on the right path. They have lots of opportunities available at the administrative offices and at Second Chance Thrift Store.

WE LOVE OUR VOLUNTEERS!

When you shop at Second Chance Thrift Store, chances are you are helped by several of our fabulous volunteers. These men and women work as cashiers, pricers, customer assistants, stockers, and cleaners. They work for the joy of giving and knowing that their time and energy is well spent helping us help others.

At Steps to HOPE, priceless volunteers help answer phones, work events, go to court, babysit, and do service

projects.

More than 30 volunteers work to help Steps to HOPE's staff and board and Links O'Tryon personnel make sure our players are treated to the best day of golf we can provide. A committee of staff members and volunteers work all year long to make our biggest annual fundraiser successful year after year. November 1 will be our 16th year!

With our DV Walk coming up on October 4th, volunteers are needed to help us make it a great event for the community,

and, when it is over, volunteers will help us restore Stearns Park.

Special people who truly care keep Second Chance Thrift Store going, bring events to life, and help pull off one of the top rated golf tournaments in our area. It takes generous people who want to make a difference in the lives of others. It's also a lot of fun!

To step up and become a volunteer at Steps to HOPE or at Second Chance Thrift Store, please call 828-894-2340 today and sign up!



Norma Pruitt answers the phone and greets visitors with her beautiful smile at Steps to HOPE.



Kristina Provines and Linda List ring up a customer's treasures at Second Chance Thrift Store.



Donna Donnelly and Rachel Childers sell All-in-One Contest Bands at The Hope Golf Classic 2018.

#IAMSOMEBODY SUMMER DAY CAMP 2019



2019 #iAmSomebody Day Camp participants wearing the tie-dye shirts they created. Just like the shirts, each camper is unique and beautiful!

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

#iAmSomebody Day Camp was held at Steps to HOPE June 17-21. It is free to anyone in 4th-12th grades and the participants learn they are important and absolutely not alone.

If you would like to support or join #iAmSomebody, please call or send an email to Brittney@stepstohope.org

Steps to HOPE: Our Services

- **24-Hour Hotline** – for crisis intervention and assistance.
- **Shelter** – emergency safe shelter for victims of domestic violence or sexual assault.
- **Counseling** – licensed counselor on staff 8-5 M-F. Call for an appointment. Walk-ins seen on first come, first served basis.
- **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. Free legal consultations Thursdays, 9 AM - 12 PM
- **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.

what's happening

@Steps to HOPE

classes • groups • events • programs

2019

<h2>daily mon-fri</h2>	<p>FREE COUNSELING SERVICES 8 - 5 PM Call to schedule an appointment!</p>	
<p>FREE WOMEN'S SUPPORT GROUP 6 - 7 PM Open to women of all ages No registration necessary</p>	<p>WOMEN'S / MEN'S BIP (BATTERER INTERVENTION PROGRAM) 4-5:30 PM / 6-7:30 pm Call 828-894-2340 to register 26 week course / \$10 per class</p>	<h2>mondays</h2>
<h2>tuesdays</h2>	<p>FREE ASK PROGRAM (ADOLESCENT SKILL-BUILDING & KARATE) 4-5 PM , Open to Ages 6-18 Call or come by to register</p>	<p>FREE WOMEN'S SELF-DEFENSE 5:30-6:30 PM Call to register Hand wraps required</p>
<p>FREE LEGAL ADVICE FROM PISGAH LEGAL Confidential Consultations regarding abusive situations 9 AM - 12 PM Walk-ins welcome or call to schedule an appointment!</p>	<h2>thursdays</h2>	
<h2>3rd thursdays</h2>	<p>FREE JOURNAL YOUR JOURNEY CLUB Aug. 15, Sept. 19, Oct. 17, Nov. 21, Dec. 19 5:30 - 6:30 PM, No registration necessary Journals, art supplies, and refreshments provided by STH!</p>	
<p>3RD ANNUAL PURPLE PARTY AND DOMESTIC VIOLENCE AWARENESS WALK 4 - 6 PM, Stearns Park, Columbus FREE Food, Games, Bouncies, Music, Fun!</p>		<h2>october 4th</h2>

Call for more information
828-894-2340



FYSB Family & Youth Services Bureau

Family Violence Prevention & Services Program



Council for Women & Youth Involvement
Department of Administration

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

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

Domestic Violence and Sexual Assault Shelter and Advocacy Program Serving Polk County, NC and Upstate SC for over 30 years!

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 survivor assistance."

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



Look for us on social media!

HOPE Works!

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

Steps to HOPE, Inc.

Ward Street · PO Box 518

Columbus, NC 28722

828-894-2340

stepstohope.org

501(c)3 Non-profit Organization



JOIN OUR EXCITING NEW DONOR TREE! GIVING HOPE, ONE LEAF AT A TIME!

Recently we began work on a large art display to go in our lobby to recognize and show appreciation to those who give to help Steps to HOPE. This fundraiser is a beautifully crafted tree trunk of solid wood that will have brushed metallic leaves indicating the levels of donation. We are excited to see this come together and it is our greatest hope that our community supporters will help us fill our tree with leaves. Local woodworkers, John and Sandra Culbreth, made the tree trunk and limbs and it is in place. The leaves are coming. Please feel free to stop by and admire it 8 AM-5 PM, Monday-Friday.



White doves on a gray background will fly above the tree and recognize donations of \$5000 or more.

Gold recognizes donors giving \$2500 - \$4999



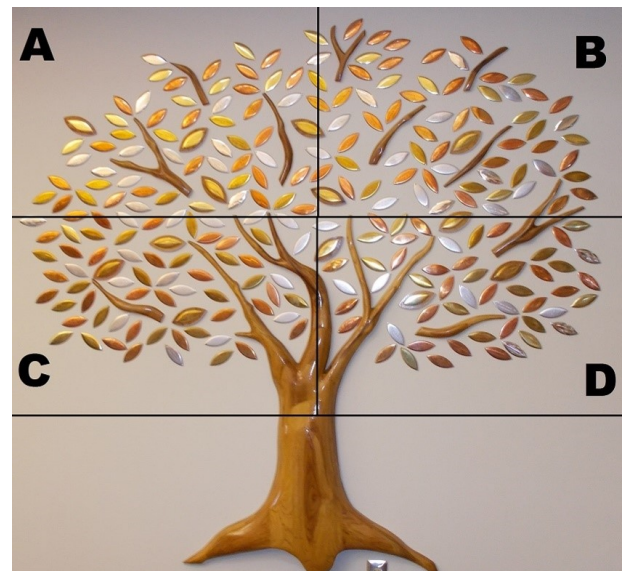
Silver recognizes donors giving \$1000 - \$2499



Copper recognizes donors giving \$500 - \$999



Bronze recognizes donors who give \$100-\$499



Tree above is similar to what our completed tree will look like.