

HOPE Works!

VOLUME 15, ISSUE 1

~ A publication of Steps to HOPE ~

WINTER 2012

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CALENDAR

- Martin Luther King Day—
January 16
- Parenting Education—
February 9
- Valentine's Day—
February 14



Ward Street P.O. Box 518
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828-894-2340
www.stepstohope.org

TIS THE SEASON... FOR CHILDREN TO FEEL SAFE AND LOVED

I often wonder how many people believe that domestic violence affects only the two individuals involved in the abuse—the victim and the perpetrator. This couldn't be less true, especially in a violent household where there are children present. When children are exposed to violence, they become innocent victims of those who are responsible for providing the safety and structure needed for them to grow into healthy, happy, contributing individuals. Long-term exposure to violence can increase the likelihood that these children will:

- Abuse drugs and alcohol;
- Suffer from depression, anxiety, low self esteem, anger, temperament problems and posttraumatic disorders;
- Have difficulty in school;
- Develop chronic diseases;
- Have trouble forming emotional attachments;
- Have social, emotional, psychological and

behavioral problems.

These children perpetuate the cycle of violence, having learned abusive behavior from those they look to for guidance. As children repeat what they see and hear, we must ensure that this is not the gift we pass on to children.

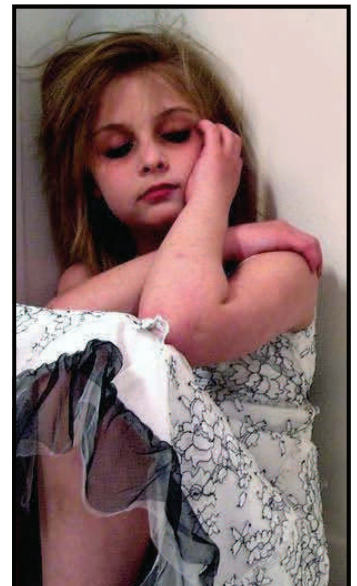
As unimaginable as it sounds, according to the 2008 National Survey of Children's Exposure to Violence, approximately 60% of American children are exposed to violence, crime or abuse. Of the 25% of children who witnessed violence, 6% had seen this violent behavior within their families, and 33% were also direct victims of physical abuse, emotional abuse or neglect when the violence involved a parent. (Office for Victims of Crime, November 2011).

Children are more likely to be exposed to violence than adults – at home, in school and in their communities. These experiences accrue over time and can result in serious consequences. If we are to focus on ending

the cycle of abuse, expanding awareness is essential to success.

Steps to HOPE's mission is to break the cycle of violence by offering youth skill-building services, Domestic Abuse Intervention Programs for both men and women, and Nurturing Parenting Programs – all of which are open enrollment for anyone interested. We are here to help. Please call us at 828-894-2340. Make children your first priority.

Cherie Wright
Case Manager



There is hope. Call 894-2340.

**STEPS TO HOPE
QUARTERLY
STATISTICS**

*For period September —
November, 2011*

Steps to HOPE provided support to 614 callers on crisis line calls.

Safe shelter was provided to 6 women and 7 children for a total of 235 shelter nights.

An average of 37 adults attended weekly educational and support groups at our facility.

2201.75 volunteer hours were worked in the agency and thrift store.

**ABUSE INTERVENTION, PARENTING
EDUCATION, AND YOUTH SKILL-BUILDING**

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. Toward that end, we accept that in order to successfully reduce the incidence of domestic violence we need to focus on prevention by providing services to victims' abusers and their children as well.

Most abusers are themselves products of abusive families and know no other way of interacting with their spouses, girlfriends/boyfriends and children when difficulties arise. They have not been shown non-violent alternatives to deal with extreme stress and frustration.

**DOMESTIC ABUSE
INTERVENTION
PROGRAM (DAIP)**

Steps to HOPE offers a 26-week **Domestic Abuse Intervention Program** facilitated by Ruth Richardson, Family Outreach Educator. It is our hope that by working with the abusers we can get to the root of the domestic violence problem and eventually see a decline in the number of DV cases in our community and the nation as a whole.

DAIP topics covered include:

- Introduction to Domestic Violence;
- Separating feelings from behavior;

- How to stop aggression—NOW;
- Understanding the use of violence, intimidation and isolation as a tactic of control;
- Responsibility for self;
- Defining Non-violence;
- Non-threatening behavior;
- Effective communication;
- Respect;
- Understanding the use of emotional abuse;
- Drug and alcohol involvement;
- Honesty and accountability;
- Effects of violence on children;
- Assessing lethality;
- Victim safety;
- Responsible parenting;
- Using children as a tactic of control;
- Trust and support;
- Mental disorders associated with domestic violence;
- Negotiation and fairness;
- Shared responsibility;
- Using gender entitlement

The Domestic Abuse Intervention Program is taught in a weekly group setting to promote feedback, participation and education. The program is offered to both men and women because we know partner aggression is often two-way, and men and women initiate domestic violence at similar rates. Participants hold each other accountable and share appro-

priate experiences. Enrollment is open to anyone interested.

**PARENTING
EDUCATION**

The 12-week **Parenting Education** class, co-facilitated by the Department of Social Services, offers fresh perspectives and insights to parents who might be challenged by or struggling with childrearing. Enrollment is open to anyone interested. The next class will begin the second week in February.

**YOUTH SKILL-
BUILDING**

Ruth facilitated a series of classes at Polk County Middle School last fall focusing on Internet safety, cyberspace bullying, conflict resolution, alcohol and tobacco abuse. Healthy relationships and dating abuse were also discussed. Ruth will return to PCMS in February to continue with classes.

For more information about these programs, contact Ruth Richardson.



Warm Wishes for the New Year!



STH CLIENTS "PAMPERED" IN MEMORY OF MAURINE CRANDALL

In memory of Maurine Crandall—a long-time volunteer and former Steps to HOPE Board of Directors member—Alysa Porter, Maurine's granddaughter, organized a Pampered Chef party where guests purchased kitchen items to benefit Step to HOPE.

Space does not allow a complete list of the items donated to our shelter, but a partial list includes:

- 12-piece set of stainless steel pots, pans and lids;
- Green knives: bread, utility, chef's, tomato, Santoku, 3 paring knives;
- Cake pan set;
- Classic and small batter bowl sets;
- Easy-read and dry



Before this generous donation, our shelter kitchen was stocked with donated odds and ends and lacked fitting lids and several utensils.

measuring cups and adjustable spoons;

- Spatulas, spreaders, whisks, scrapers, can and jar openers, garlic press, flexible cutting mats.

What a difference these beautiful new items will make to the women using the shelter kitchen!

In addition to hostess Alysa and her husband John, donors who contributed to the shelter kitchen gifts are: Ted and Laurie (Maurine's granddaughter) Curtis; Marian George (granddaughter); Beth (granddaughter) and Ben Horowicz; Marnie (daughter) and Bill McMurry; Austin and Chad McMurry (grandsons); Dave (son) and James (grandson) Crandall; and Maggie Dougherty (close friend and neighbor).

What a wonderful tribute to Maurine Crandall's memory by her family.

Steps to HOPE Staff

Rachel Ramsey, Executive Director
 Ruth Richardson, Family Outreach Educator
 Cherie Wright, Case Manager
 Connie Orr, Office Manager
 Debra Backus, Publicity Public Relations
 Drenda Brennan, Receptionist Administrative Assistant
 Cindy Thacker, Shelter Manager
 Cherie Rogers, Shelter Staff
 Chris Baschon, Shelter Staff
 Shirley Bradley, Shelter Staff

Second Chance Thrift Store

Edith Lance, Manager
 Randy Conklin, Retail Assistant; Driver
 Ken Kitchen, Retail Assistant; Driver Assistant
 Alan Pritchard, Warehouse Assistant

SHELTER WISH LIST

- Drinks: water, juice boxes, soft drinks
- Kid-friendly, easy-fix & microwavable meals: Spaghetti O's, Ravioli, Hamburger and Tuna Helper, pizza kits, pasta and rice dinners
- Quick breakfast foods: cereal, pop tarts, granola/breakfast bars, pancake syrup
- Canned goods: green beans, fruit, tomato sauce, evaporated milk, mushroom soup
- Individual fruit, applesauce, Jello, pudding
- cups
- Medicines: Tums, Tylenol—children's and adult, Ibuprofen, cough syrup, cold remedies
- Baby soap
- Diapers
- Tampons
- Laundry detergent
- Clorox
- Dishwashing detergent
- Pump hand soap
- Swiffer mop solution and dusting refills
- Cleaning supplies (Mr. Clean, etc.)
- Furniture polish
- Air fresheners (Lysol spray & plug-in)
- Nightlights
- Trash bags—small kitchen and large black
- Battery powered lamps
- Flashlights
- Prepaid phone cards

For updates to this list, please call Drenda at 894-2340. Thank you for your generosity and continued support!



Board of Directors 2011-2012

Paul Sutherland, President
 Pat Sutphin, V. President
 N. Elaine Belk, Secretary
 Larry Wassong, Treasurer
 Michael Bowers
 Denise Byers
 Dr. Thomas Dashiell, Jr.
 Helen Gilbert
 Donald Hill
 William Jones
 Lynn Kirkwood
 Sally McPherson
 David Satterfield



POLK COUNTY TOY RUN A SUCCESS

Barry Gee, Director of the Polk County Toy Run, teamed up with Steps to HOPE's Ruth Richardson; Polk County DSS supervisor Kim Wilson; Michelle Reedy of Thermal Belt Outreach Ministries; and Polk County Sheriff's Department Kim Pack and Sheriff Donald Hill to hold the annual Toy Run again this year. This popular fundraiser directly benefits Polk County youth at Christmastime.

The brisk November 26th temperatures and the failing economy did little to deter the over 425 motorcyclists and approximate-

ly 600 riders, who rode from areas near and far to drop off toys and donations of money at the Polk County Courthouse. Their ride began at the Saluda Fire Department and continued through Tryon to Landrum and Mill Spring. Area residents also generously contributed to the toy drive—which amounted to truckloads of toys and \$7,225 for area children.

“This was the best year since we had a Harley Davidson raffle a few years ago,” Toy Run Director Barry Gee said.

Steps to HOPE, along with the Department of

Social Services, Thermal Belt Outreach Ministries and the Polk County Sheriff's Department were the fortunate recipients of dozens of large bags of toys as well as a very generous cash donation.

All proceeds from the event were used to assist clients and other local families who would otherwise struggle to provide Christmas gifts for their families.

Thank you Barry Gee, the Polk County Toy Run organizers, and all participants for your hard work and generosity!



Save a tree!

If you would rather receive an electronic version of this newsletter, or read a copy online at www.stepstohope.org/newsletterarchives.html, send an email (from your preferred email account) to pr@stepstohope.org. Please include your name and mailing address.



ADOPT-A-FAMILY

Steps to HOPE's annual Adopt-a-Family was a blessed success again this year, with even greater participation from donors than previous years!

We felt overwhelming warmth and generosity this season from 18 organizations, families, or individuals in the community who opened their hearts (and pocketbooks) by donating food and wrapped gifts for those among us who have so much less.

Because of these caring people, dozens of beaming children in 22 families thrilled at the sight of gifts on Christmas morning, and tears of gratitude welled in the eyes of parents who worried that they would be unable to provide.

From all of us to each of you, THANK YOU for the blessings you have shared so generously. We appreciate your continued support so very much.

Have a happy, healthy, prosperous 2012!

Rachel, Ruth, Connie, Debra, Drenda, Cherie, Cindy, Cherie, Shirley, and Chris.



From L: STH Adopt-A-Family Coordinators Ruth Richardson and Cherie Wright with donor Linda McDaniel.

STH'S 8TH ANNUAL GOLF TOURNAMENT

GOLF FOR A WORTHY CAUSE

Steps to HOPE held its 8th Annual Golf Tournament at Red Fox Country Club on November 4th this year. Despite a very wet morning and a delayed start, nearly 100 players turned out to support Steps to HOPE by playing in this very successful tournament, celebrated as the charity event of the season!

Once again, a new Toyota Camry was offered as a hole-in-one prize on Red Fox Hole #10. **Everyone**, including a couple of golfers whose golf balls landed within inches of the hole, expressed deter-



With dozens of golf carts zipping by, Jim Liggett gives a meandering snapper a lift into the pond. Saving the snapper from an uncertain future brought Jim good karma: he went on to win the men's longest drive prize (although ability may have factored in a bit)!



Pictured from L: Dr. Jerald DeLaGarza, Dave Hunt, Bill Squadroni, and Bill Sorochak with the much coveted STH Golf Tournament trophy.

mination to keep coming back until they drive a new Camry home after the tournament!

Larry Wassong's golf ball teetered on the edge of the practice tee hole during the "Great American Ball Drop" but sadly did not roll in; Wassong graciously donated his prize money back to Steps to HOPE.

AND THE WINNERS ARE...

Congratulations to Dave Hunt, Bill Sorochak, Bill Squadroni and Jerald DeLaGarza who were overall winners of the Steps to HOPE Golf Tournament for the **second consecutive year!** Scott Myers, Gordie High, Shirl Axtel and Rick Delfosse put together the "B Flight" winning team. Golfers who won the "Longest Drive" challenges were Jessica Justice and Jim Liggett, while Jackie Brouse and Ben McEntire were win-

ners of the "Closest to the Pin" contest. Trophies and prizes were awarded to all winning golfers.

Steps to HOPE is greatly appreciative of the overwhelming support shown by golfers, individuals and area businesses who not only offered financial support but made countless donations in the form of snacks and drinks, gifts for door prizes, breakfast biscuits – and, of course, *time* – to help ensure the success of this annual charity event. Special thanks to Gold Sponsors Dave Hunt of Rutherford Property Management/McDonalds and Jerry Johnson of Tryon Federal Bank for their very generous support, and to Morgan Stanley Smith Barney, LaurelHurst/Laurel-Woods, Tryon Riding and Hunt Club and Tryon Estates – ACTS Community for their tournament sponsorships.

We hope to see you all again this year!



"Step Sisters" (L to R) Drenda-michell Brennan, Ruth Richardson and Cherie Wright.

HONORING OUR VOLUNTEERS AT A "COWBOY CHRISTMAS" LUNCHEON

O COME, ALL YE
FAITHFUL...

Steps to HOPE and Second Chance Thrift Store volunteers—who are so giving of their time and energy—were honored at a Volunteer Lunch on Tuesday, December 13th in the community room at Steps to HOPE’s Ward Street facility.



catered by Mountain View Barbeque.

Toward the end of the luncheon, a two-step line dance to “Jingle Bell Rock” was performed by Steps to HOPE and Second Chance Thrift Store staff. Not be outdone, volunteers jumped up and joined the “Not Ready For Prime Time Dancers”, and laughter, song and merriment filled the air!

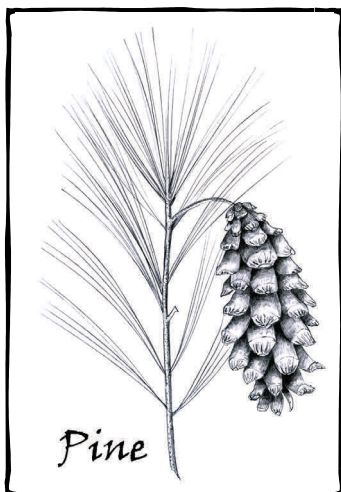


Second Chance Staff, from L: Ken Kitchen, Edith Lance, and Randy Conklin.

As with past years, certificates of appreciation were awarded to all volunteers. Five people received honorable mention for having logged in the greatest number of hours in the past fiscal year: Bernardine Monroe with 555 hours; Sally

McPherson with 375 hours; Tish Jaccard with 370 hours; Charles Leister with 360 hours; and Liz Quattlebaum with 355 hours!

Thank you, Volunteers! We appreciate you more than you know!



Pine

Pine —“Hope”

The Language of Flowers
Kate Greenway, 1846-1901

Sketch by Debra Backus

These 63 men and women volunteer for hours on end in the Thrift Store, as court advocates, and on our Board of Directors.

This year, Steps to HOPE staff served as wait staff—donned in boots, hats, bandanas and cowboy garb on loan from the Thrift Store. After skillfully maneuvering a few unanticipated ‘cow pies’, guests were treated to a delicious range-style barbeque lunch

Steps to HOPE
would like to express our gratitude to
MOUNTAIN VIEW BARBEQUE
for saving our
Volunteer Appreciation Lunch!

When our caterer didn’t show up, we called **Mountain View** who, within 20 minutes, was able to provide a *delicious* barbeque lunch - complete with sauces, rolls, and two sides - for 50 people!

Where we would have been without Mountain View, we shudder to think!



829 W. Mills St.
Columbus
894-7060

CHRISTMAS GIFT BASKET RAFFLE WINNER

Due to the popularity of last year's Second Chance Thrift Store's Mother's Day and Father's Day gift basket raffles, a beautiful Christmas gift basket was raffled off last month, which raised \$103 for the Shelter. There was an incentive for volunteers to sell raffle tickets this time—a gift certificate to Second Chance for having sold the greatest number of tickets!

Amy Bartlett was the

lucky winner of the Christmas gift basket, while MarJean Dahlgren (with 25 tickets sold) and Betsy Schenkel (with 24 tickets sold) both won gift certificates for their raffle ticket sales.

Congratulations to Amy, MarJean and Betsy—and many thanks for your participation and support! Every penny raised helps Steps to HOPE inch closer toward preventing and breaking the cycle of do-

mestic violence in our community.



*Second Chance Thrift Store
Christmas gift basket winner
Amy Bartlett*

SECOND CHANCE THRIFT STORE NEWS

Columbus' favorite 'department store' has brightened the holidays for so many this season.

*Why we need
your donations...*

By keeping prices low, Second Chance provides a means by which those who are struggling financially can provide Christmas gifts for their families. And very importantly, Second Chance makes it possible for Steps' doors to remain open, providing much needed shelter for victims of

domestic abuse as well as programs to break the cycle of violence.

As domestic violence funding decreases, Steps to HOPE has relied more heavily on proceeds from Thrift Store sales.

Forty-eight percent of Steps' income was generated from Second Chance last fiscal year (July 1, 2010—June 30, 2011). Comparatively, 33% of Steps income came from grants and 19% from donations, fundraisers or miscellaneous.

Thrift Store sales increased last year, which can be attributed to:

- The generous and continued donations by Polk County residents, which keep the racks and shelves well stocked. There's always a great selection from which to choose!
- In this economy, more

Stop, Drop and SHOP!

people than ever are shopping for deals—and there's no better place to find one than Second Chance!

- Our Thrift Store boasts of a daily turnover of merchandise. Items are reasonably priced to sell quickly—not to remain on display (thank you, Edith!).

If you haven't visited Second Chance in a while, it might be time to swing by—to shop, or to drop off those unwanted treasures from your home! Pick-up can be arranged should you have larger items to donate.

Many thanks for your continued patronage and support! May the New Year bring peace, joy and good health to you and your family.

DONATE
your unused
CELL PHONES
and help
Steps to HOPE!

We collect unwanted cell phones for emergency use by our clients.



**Supporting Steps to
HOPE is easy!**

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

Add your name to the
**SECOND CHANCE
THRIFT STORE
EMAIL LIST**

to receive notifications of Thrift Store sales and special events! Send an email to pr@stepstohope.org and put "Thrift Store email sign-up" in the subject line.

To learn about volunteer opportunities, please call Connie Orr at 894-2340.





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.
- **Youth Groups** – character and skills building groups 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.
- **Family Mediation** facilitated by a trained professional.
- **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.

Steps to HOPE, Inc.

Ward Street · P.O. Box 518

Columbus, NC 28722

828-894-2340 · 1-888-968-4283

www.stepstohope.org

E-mail: steps@stepstohope.org



Visit us at
www.stepstohope.org

HOPE Works!

*A Quarterly Newsletter of
Steps to HOPE, Inc.
Debra Backus, Editor*

Steps to HOPE, Inc. is Polk County's Domestic Violence and Sexual Assault Prevention and Treatment Center. For all 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."

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

HAPPY NEW YEAR!

May everyone enjoy a peaceful and safe 2012!