

# HOPE Works!

VOLUME 11, ISSUE 4

~ A publication of Steps to HOPE ~

FALL 2008

## IN THIS ISSUE

<i>STH Programs Offered</i>	2
<i>Who's Who &amp; NEW</i>	2
<i>RPE Program</i>	3
<i>Case Manager's Update</i>	3
<i>Youth Programs</i>	4
<i>Holiday "Adopt a Family"</i>	5
<i>Second Chance Thrift Store</i>	5
<i>Polk County Toy Run</i>	6
<i>STH Golf Tournament</i>	7

## Calendar of Events

- Clothesline Project Oct. 11
- Golf Tournament Nov. 7
- Polk County Toy Run Nov. 29



Ward Street P.O. Box 518  
Columbus, NC 28722

## OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

### SILENCE WILL NOT PROTECT YOU OR YOUR FAMILY

*Families are supposed to take care of each other and protect one another from harm. But what if the harm is within the family?*

When someone you love puts you down, calls you names, or humiliates you, they are not loving you—they are controlling and abusing you. When someone you love threatens to hurt you or does something to hurt you, hurts your pets, destroys things that are important to you or keeps you away from friends and family, they are not loving you—they are controlling and abusing you. When someone you love controls what you do, who you see and talk to, what you read, where you go, limits your outside involvement, or uses jealousy to explain actions, they are not loving you. When someone you love intimidates you with fists through a wall, thrown chairs, or broken doors, they are controlling and abusing you. When someone you love slaps, hits, pushes, holds you

down, chokes, pulls your hair, uses a weapon on you or forces you to have sex, they are not loving you, they are controlling and abusing you.

Some people believe that they have the right to control the person they love with emotional abuse, threats, intimidation, and physical and sexual force. One way to hold on to that control is to keep it a secret within the family. This silence is more likely to be kept if you do not trust anyone to understand your situation, or if you fear the outside world is just as harmful as your situation at home.

If this happens to you, it is not your fault and you are not alone. Find someone you can trust: a good friend, a caring health care or social worker, a sensitive family member, or an understanding person from your faith community. Talk with someone who will listen to you, believe you, not blame you, not discriminate against you, keep what you tell them confidential, and allow you to



make your own decisions. The abuse is not your fault and you do not have to keep it a secret. A strong person does not have to always stand alone.

Domestic violence advocates like Steps to HOPE are often the best people to talk with in order to understand your rights. We are here to help you identify choices and to help you look at the risks and benefits of those choices. We will not pressure you to do something you are not ready to do, and we will keep what you tell us confidential. We are here to listen, inform, and support you. Only you can decide what is best for you—but you must break the silence in order to do that.

## DOMESTIC VIOLENCE AFFECTS EVERYONE: EVERYONE CAN MAKE A DIFFERENCE

### HOW YOU CAN HELP PUT AN END TO DOMESTIC VIOLENCE

- Cultivate a respectful

attitude toward members of your family and at your workplace. Avoid behaviors

that demean or control people.

*Continued on page 2*

**There is hope. Call 894-2340 or 1-888-968-4283.**

### STEPS TO HOPE AVERAGE MONTHLY STATISTICS

For period June-August, '08:

Steps to HOPE provided support to callers on 208 crisis line calls.

Safe shelter was provided to 3 women and 4 children.

Our staff provided assistance to 1 new male and 14 new female clients.

Counseling services were provided to 41 clients.

36 Adult and 32 children attended educational and support groups at our facility.

*Steps to HOPE's  
Board of Directors  
2008-2009*

Pat Sutphin, President  
Katrina Daniel, Vice-President  
N. Elaine Belk, Secretary  
William F. Jones, Treasurer  
Michael Bowers  
Dr. Thomas Dashiell, Jr., MD  
Helen Gilbert  
Don Hofmann  
Lynn Kirkwood  
Kate Manno  
David Satterfield  
Dr. Gordon Schneider  
Nathaniel Shields  
Larry Wassong

## DOMESTIC VIOLENCE AFFECTS EVERYONE: EVERYONE CAN MAKE A DIFFERENCE *Continued*

- When you are angry with your partner or children, respond without hurting or humiliating them. Model non-violent, respectful response to resolving conflicts in your family.
- If you have a friend or co-worker who is afraid of his or her partner or who is being hurt, offer your support and refer to the confidential services at Steps to HOPE.
- Call the police if you see or hear violence in progress.
- Learn more about Steps to HOPE! Contribute your time (volunteer!), resources, or money.
- Talk to your friends and neighbors when they belittle people, make jokes about violence, or ignore any battered person.
- Write a communication to your local newspaper editors and include your concerns about family violence, types of abuse, costs to society, healthcare, etc.
- Develop a safety campaign in your workplace, neighborhood, school, or house of worship. Build a consensus among your colleagues and neighbors that abusive behavior and language is unacceptable.
- Bring together the staff at Steps to HOPE and your organization for discussion, training, or program development, information on dating, and family interaction.

## 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 sexual 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.
- **HOPE for Youth and Adolescent and Teen Support Groups** – weekly character and skills building groups and enrichment activities for adolescent girls and boys.
- **Support Groups** – weekly women victims, male and female abuser group meetings, and bi-monthly parenting support and education group meetings, facilitated by trained professionals.
- **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 Program** – focused on primary prevention.
- **Second Chance Thrift Store** – outreach to victims; gently used, quality merchandise.

## WHO'S WHO-AND NEW-AT STEPS TO HOPE

**Connie Orr** continues to amaze STH with her multi-tasking prowess as she "Steps" into her new position as **Office Manager/Volunteer Coordinator**. In addition to her accounting and payroll responsibilities, she will work as the Second Chance Thrift Store's volunteer coordinator and serve as liaison. Her new responsibilities include preparation of grant reports

and financial analysis of income and expenses.

STH welcomes **Debra Backus**, who will attempt to fill Connie's shoes as **Receptionist** and also take on Steps' **Public Relations** responsibilities. Debra brings several years of office, computer and graphics experience with her to Steps. A recent transplant from Vermont, Debra enjoys painting, photography, read-

ing, gardening, tennis, knitting, baking and traveling.

Second Chance Thrift Store is pleased to have **David Borden** join their team! David has made significant improvements to the store's warehouse operation. Originally from Pittsburg, David has lived in Columbus for 15 years. He is a metal sculptor who enjoys reading and hiking.

## STH'S RPE PROGRAM

Rape Prevention's educational programming kicked off in the month of September. I was a guest in Susan Bowman's *Teen Living* Class at Polk County High School. For two weeks, the students and I explored subjects such as gender roles and stereotypes, sexual harassment, building healthy relationships, and preventing sexual assault.

In conjunction with Steps to HOPE's return to PCHS, Susan Bowman and I are reviving the *Taking A Stand* club for students. *Taking A Stand* club was created last year as a means to empower high school students to promote healthy relationships within their

school environment by being positive role models. One of the first projects the group had the opportunity to participate in was hosting a watering station for *Ache Around the Lake*, a 25k run to benefit St. Luke's Hospital, which took place on September 20th.

Another venture of the RPE programming is to host a *Clothesline Project* in support of Steps to HOPE's efforts for Domestic Violence Awareness month in October. *The Clothesline Project* is a visual display that bears witness to domestic violence—a clothesline hung with shirts decorated by survivors of domestic violence. Each shirt pro-

vides an opportunity for the artist to tell his or her experience, to help in the healing process, and to raise awareness of domestic violence in our community. The Clothesline Project will be displayed all day at the Columbus Festival on October 11, 2008. Later in the month, the display will be moved to the front window of Second Chance Thrift Store. If you would like more information on how to be involved with the Clothesline Project, please contact me at Steps to HOPE.

*Dollie-Brooke Reid*  
RPE Coordinator



*The Clothesline Project will be displayed all day during the Columbus Festival on October 11th, and in the front window of Second Chance Thrift Store later in the month.*

To learn more about RPE volunteer opportunities, please call Dollie-Brooke at 894-2340.

## CASE MANAGER'S UPDATE

As Case Manager for Steps to HOPE, my foremost responsibility is the management of our clients' needs. Those needs can and do vary widely depending on the individual situation.

Upon meeting the client for the first time, I conduct an intake interview. While there is some initial paperwork that must be completed, the intake process is essentially an exercise in listening on my part. The client must be assured that all information they choose to discuss with me will re-

main strictly confidential and free from judgment.

Once the client has provided me with whatever information they are comfortable discussing, we take the next step(s) together. Often, the client is not yet prepared to leave an abuser, but simply wants to talk with a counselor. Sometimes, clients need assistance understanding the often daunting legal process of pursuing a Protection Order. Emergency shelter for the client and his or her dependants may be necessary, along with legal

advice (provided by Pisgah Legal Services). I can assist with all of these situations, or refer them to someone who can if I am unable.

At STH, we can provide the client with many of the tools necessary for them to empower themselves. Our goal is to not only "fix" the immediate problems that our clients are facing, but to lay the foundation for a healthier future free of domestic violence.

*Jay Stevens*  
Case Manager

## STH'S 2009 CALENDARS ARE IN!

Members of **The Foxy Ladies Luncheon Club** have created a beautiful calendar to benefit Steps to HOPE.

Photographers Carolyn Ashburn, Elaine Pearsons, and Mara Smith each provided four area images for the 2009 **Steps**

to HOPE calendar. Smith remarks, "This calendar seems like a good fit for Carolyn's, Elaine's, and my work. It's women helping women."

Calendars are available at Steps to HOPE for \$15.00. All proceeds from calendar sales will

benefit Steps to HOPE.



For more information, please call 894-2340.

### RPE RAFFLE WINNERS

*Thanks to those who completed and returned the recent Rape Prevention Education survey.*

*Congratulations to the following raffle winners:*

*Joan Edgerton won a chocolate basket*

*Karen Schinke won a Starbucks basket*

*Rebecca Hudson won a cookware set*

*Rita Owens won a GPS system*

*Suzanne Orsillo won a portable DVD player*

## ADOLESCENT & TEEN SUPPORT GROUPS AND HOPE FOR YOUTH

Steps to HOPE adolescent and teen boys' and girls' groups meet weekly to develop strategies for dealing with conflict resolution; developing life skills and self-esteem; getting along with parents, siblings and teachers; and taking responsibility for your own actions. "Positive Action" curriculum is used. Both the boys' and girls' groups participated in special "summer's end" days in August, which helped ease students into the 2008-2009 academic year!

### Save a tree!

If you would rather receive an electronic version of this newsletter, send an email (from your preferred email account) to [pr@stepstohope.org](mailto:pr@stepstohope.org). Please include your name and mailing address.



**Boys' Group:** On August 13<sup>th</sup>, as a reward for their hard work and attendance over the summer, the Adolescent and Teen Boys' Group was treated to a day at Orchard Lake Campground in Saluda. As if by design, the morning's pouring rain eased a bit before the Group's departure, and ceased altogether by the time the van (many thanks

to Big Level Baptist Church for use of their van) pulled into the Campground mid-morning. The eleven boys in attendance – along with Steps to HOPE staff Cheryl Womack, Ruth Richardson and Jay Stevens, and chaperones Pastor Robert Orr and Jessica Patterson – spent an action-packed day fishing, swimming, boating and riding the zip line, pausing only long enough to enjoy their tasty

picnic lunch. A WONDERFUL time was enjoyed by all!



Boys enjoy the water during Orchard Lake outing



Girls prepare for their presentation during Family Night.

**Girls' Group:** To mark the end of their summer meetings, members of the Girls' Group—along with Steps to HOPE staff Ruth Richardson and Cheryl Womack, and chaperones Jennifer Pittman and Sandra Shaw—traveled to Spartanburg for a day of shopping

and lunch! After choosing a book at Barnes & Noble, the girls headed to The Grand Buffet for lunch before their return.

On August 21st, phase two was under way: a "Family Night", complete with lasagna dinner and dessert prepared by seven girls. Book reviews, recitation of original poetry, and a karaoke performance were a few of the evening's highlights.

Recently, the girls learned how to knit, and began mak-

ing wool neck gators and scarves for our servicemen and women stationed abroad, hoping for completion in time for Holiday shipment. Operation Helmetliner will receive the finished neck-wear and distribute them to our troupes where needed. (Operation Helmetliner was featured in the September 2008 issue of Family Circle. Visit [www.geocities.com/helmetliner/](http://www.geocities.com/helmetliner/) for more information.)



Snowdrop—"Hope"

*The Language of Flowers*

Kate Greenway, 1846-1901

London: Routledge, 1884

Botanical name: *Galanthus nivalis*

During the Victorian era, "florigraphy", or the assignment of meaning and language to flowers, became increasingly popular. It allowed the silent communication of feelings and meanings that the strict propriety of the times did not allow.

Sketches by Debra Backus

## SHELTER "WISH LIST"

Would you like to contribute toward making this a HOPEful season for the women and children at our shelter?

Here's the Fall edition of our **Steps to HOPE Shelter Wish List:**

- Non-perishable foods
- Trash bags
- Prepaid gas and grocery cards
- Cleaning supplies
- Paper products
- After-school snacks
- Coffee, sugar & creamer
- Batteries—all sizes.

We encourage you to call STH at 894-2340 for Wish List updates. Heartfelt thanks for your many generous contributions, without which we would surely struggle to provide for our clients!

## 'TIS THE SEASON: "ADOPT A FAMILY" THIS HOLIDAY!

As we enjoy the foliage and brisk Autumn temperatures, we begin to prepare for the upcoming holidays. This is a good time to consider what this seasonal transition might mean to those in need.

The coming of the holiday season quite often marks the onset of a very stressful time for families who have experienced domestic violence, or families having difficulty coping with today's challenging economy. These families might not have a pleasant holiday without help from their community.

Each year, Steps to HOPE conducts an "Adopt-a-Family" program wherein you and/or your organization "adopts" one of our needy families. Using a "Wish List" provided to STH by the family, the adoptive family (who may remain anonymous if they wish) provides holiday gifts. This wonderful act of generosity and kindness is sure to bring HOPE and happiness to recipients and donors alike!

To adopt a family, please contact **Jay Stevens** at Steps to HOPE, **828-894-2340**.

Your support is greatly appreciated!



## "FALL" INTO THE HABIT OF SHOPPING AT SECOND CHANCE THRIFT STORE

Following the summer's big "Bag Sale" in mid-August—which unofficially marks the end of the season here in Columbus—Second Chance Thrift Store closed its doors for three "Change-Over" days. Employees and volunteers used these days for cleaning, sorting and displaying the store's plethora of Fall and Winter merchandise.

By Wednesday, August 20th, the store was shipshape and ready for the unveiling of its new Fall line! On this much-anticipated and long-awaited **GRAND REOPENING DAY**—and perhaps to persuade the hot and humid temperatures outside by example—the seasons *inside* Second Chance Thrift Store changed from Summer to Fall almost overnight! Supporters and bargain-hunters alike began

arriving nearly a half-hour before the store's scheduled 10:00 AM opening, content to catch up with friends while glancing at their watches in advance of the big event. When the door was finally opened, more than two dozen people—several with tots and teens in tow—rushed enthusiastically inside and immediately dispersed, having previously planned their routes by peer-

ing through the storefront windows while waiting outside.

Second Chance Thrift Store manager **Ernestine Lewis** warmly greeted customers at the door and thanked each one for coming. Before long, buggies and baskets were filled, long lines were forming, and the store was a hub of activity on this day of record-breaking sales!



Need the perfect hostess gift this Holiday Season?

**My Grandma's of New England™ Coffee Cakes**

will be available at Steps to HOPE this November.

Only \$15.00 per cake! Treat yourself and your friends while supporting STH programs!



Call 894-2340 for more information.

*"If you enjoy shopping at Second Chance Thrift Store, just think of the fun you'd have as a volunteer—finding treasures while making friends! Imagine what a difference just three hours a week can make in the lives of victims of domestic violence!"*

**Connie Orr**  
Volunteer  
Coordinator

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



# Steps to HOPE 5th Annual GOLF TOURNAMENT

## Red Fox Country Club 07 November 2008\*



*We're On!! Hold Our Spot!!*  
~ Priority Entry Form ~

Team Captain: \_\_\_\_\_ Phone \_\_\_\_\_ Handicap: \_\_\_\_\_

E-Mail \_\_\_\_\_

Golfer #2: \_\_\_\_\_ Phone \_\_\_\_\_ Handicap: \_\_\_\_\_

E-Mail \_\_\_\_\_

Golfer #3: \_\_\_\_\_ Phone \_\_\_\_\_ Handicap: \_\_\_\_\_

E-Mail \_\_\_\_\_

Golfer #4: \_\_\_\_\_ Phone \_\_\_\_\_ Handicap: \_\_\_\_\_

E-Mail \_\_\_\_\_

Number of Players \_\_\_\_\_ @ \$100.00 per player = Amount Enclosed \$ \_\_\_\_\_

Please make checks payable to Steps to HOPE (Tax Deductible)

*Send check & registration to:*

Steps to HOPE, P.O. Box 518, Columbus, NC 28722

*For more information, contact:*

***Steps to HOPE 828-894-2340***



Thank you and your team in advance for your support. Our tournament team has worked hard since last year to improve on the outing, offering you an even better time this fall!

\*RAIN DATE: 14 November 2008

# Polk County Toy Run

## November 29, 2008

Rain or Shine

**Public Welcome**  
Be sure to attend the Bike Parade  
thru downtown Saluda, Tryon,  
Columbus, and Landrum ending at  
Columbus courthouse.



Sponsored by the Polk County Law Enforcement,  
Saluda Fire Department, Thermal Belt Outreach,  
DSS, Steps to HOPE, area motorcyclists, concerned  
citizens, and Saluda, Tryon, and Columbus  
businesses, and Christian Motorcyclists Association

For Information contact:  
Barry Gee 828-817-3084  
Kim Pack 828-894-3001

### Location:

Saluda, NC Fire Department  
I-26 Exit 59 or Hwy 176 and  
Follow Toy Run signs

BBQ Lunch is provided with  
a New \$10 Toy or a  
\$10 Donation.

All donations will benefit  
underprivileged children in  
Polk County.

Register: 11:00am—1:30pm

50/50 Drawing/ T-shirts

Door Prizes/ Santa Claus

Parade starts at 1:45 pm



**Steps to HOPE, Inc.** is Polk County's Sexual Assault and Domestic Violence Prevention and Treatment Center. For all victims of sexual assault or domestic violence in this community, there is: *Hope, Order, Protection, Encouragement.*

**Steps to HOPE** is comprised of seven full-time and eight part-time staff members trained in the issues of sexual assault and domestic violence who provide prevention and victim services, and 24 hours a day/seven days a week victim shelter. Over 60 volunteers support client services and/or the center's Second Chance Thrift Store.

*"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, Inc.**

Ward Street · P.O. Box 518  
Columbus, NC 28722

828-894-2340 · 1-888-968-4283  
E-mail: [steps@stepstohope.org](mailto:steps@stepstohope.org)

**DISPLAY A PURPLE RIBBON  
Raise Awareness About  
Domestic Violence**

What began close to two decades ago in scattered communities as a visible gesture of support for survivors and victims of domestic violence, today has become one of the most widely recognized symbols of the domestic violence movement—the purple ribbon.

Across the country, families and friends of victims have adopted the purple ribbon to remember and honor loved ones who have lost their lives at the hands of a person they once loved and trusted. Shelters and local domestic violence programs use the purple ribbon to raise awareness about the crime of domestic abuse in their communities.

In addition to the demonstration of support for victims and advocates, the display of purple ribbons throughout a community conveys a powerful message that there's no place for domestic violence in the homes, neighborhoods, workplaces or schools.



Ward Street • P.O. Box 518  
Columbus, NC 28722

***HOPE Works!***

*A Quarterly Newsletter of  
Steps to HOPE, Inc.*

