

HOPE Works!

VOLUME 19, ISSUE 2

A publication of Steps to HOPE

July 2016

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SAVE A TREE!



Prefer an electronic
color version

of our newsletter
and mailings?

email us at
pr@stepstohope.org
(include your name, mailing
address, and email address)

or visit our
new website
stepstohope.org
and sign up today!

Steps to HOPE, Inc.
Ward Street • PO Box 518
Columbus, NC 28722



Pictured left to right: Connie Orr, Jessica Powell, Secretary Johnston, Paula Childers, Kathleen Balogh (NC Council for Women), and Lee Lindsay (Photo credit: Michael O'Hearn, Tryon Daily Bulletin)

NC SECRETARY OF THE DEPARTMENT OF ADMINISTRATION VISITS STEPS TO HOPE

On June 22, Kathryn Johnston, Secretary of the Department of Administration for the State of North Carolina along with her Public Information Officer, Chris Mears, and Kathleen Balogh of the NC Council for Women, toured the shelter and administrative offices at Steps to HOPE in Columbus.

The purpose of this visit and visits to other domestic violence shelters across the state is to report back to Governor Pat McCrory regarding shelter needs and to provide an overall

status report on these agencies. Johnston said, "The main focus of these visits to the shelters across the state is to find the barriers that prevent women from getting the services they need."

Executive Director of Steps to HOPE, Lee Lindsay, along with Board President, Paul Sutherland, and Director of Client Services and Case Manager, Sandra Halford, spoke to Secretary Johnston about challenges faced by Steps to HOPE on a daily basis. Some of the biggest

hurdles are finding affordable housing for clients to transition into when they are ready to leave the Steps to HOPE shelter and the lack of a dedicated family court in Polk County. Currently, victims of domestic violence or sexual assault must speak in open court regarding their cases which can be detrimental to the process of breaking free and healing.

We are hopeful that Johnston's visit will shine a light on Polk County and help bring much needed attention to our area.

THERE IS HOPE! Call 828-894-2340

NEW WEBSITE

It is with great excitement that we unveil our new website!

Aside from an updated look, the new website features a powerful new way to browse the happenings at Steps to HOPE, making it easier for you to better understand our services and capabilities and to keep up with current events.

stepstohope.org

Sign up for our mailing list to receive updates from Steps to HOPE about upcoming events and to keep up with what's going on at Second Chance Thrift Store. Exciting things are in the works at Steps and Second Chance and we'd love to share with you!

NEW WEBSITE

BIG CHANGES COME TO STH'S ANNUAL CHARITY GOLF TOURNAMENT NOVEMBER 4

Steps to HOPE
13th Annual
CHARITY GOLF TOURNAMENT

Friday, November 4^{*}, 2016
8:30 am Sign-in
9:30 am Shotgun Start
** Rain date November 11*

NEW VENUE!
LINKS O' TRYON

Online registration begins June 1, 2016 at
www.stepstohope.org
or call 828-894-2340 for more information
Register early! Our roster fills up fast!

Breakfast, lunch, beverages, and snacks included! **\$125** per player
\$500 per four player team

fantastic CASH PRIZES!
first and second place

fantastic DOOR PRIZES!
everybody wins!

PREMIUM PRIZES!
awarded for
Closest-to-the-Pin & Driving Contests

PUTTING CONTEST
Sponsored by First Citizens Bank

HOLE-IN-ONE-PRIZE
2016 FORD FOCUS
Sponsored by STOTT'S Ford

This tournament raises funds to assist victims of domestic violence and sexual assault, and to insure a continuation of programs designed to prevent and break the cycle of domestic violence in our community.

All proceeds directly benefit Steps to HOPE, a non-profit 501(c)3 entity and donations are tax deductible as defined by law.

Many thanks to these major sponsors!

McDonald's, Sysco, HomeTrust Bank, STOTT'S Ford, The Hare & Hound Pub

registration holds the 4-player team spot.

Our golf tournament is very popular and always sells out; we expect this year to be no different. We always wind up with a player waiting list so please sign up early and secure your team spot!

A new addition this year, First Citizens Bank in Tryon will sponsor an all new putting contest. The prize has yet to be determined but, rest assured, it will be a great one!

There will be trophies awarded for tournament winners, premium prizes for closest-to-the-pin and driving contests, and, a chance at a car with our hole-in-one contest, as always, each player will receive a great door prize!

Breakfast, lunch, beverages, and snacks are included in the \$125 per player/\$500 per team registration fee.

Steps to HOPE greatly appreciates all the support shown by golfers, volunteers, individuals, businesses, sponsors, and the community at large.

We look forward to seeing you November 4* for the best day of golf ever!

*November 11 rain date

Our annual charity golf tournament has already seen quite a few changes and upgrades, the most obvious being the new venue.

Links O' Tryon will host the event on November 4* this year. With a clubhouse, restaurant facilities, and patio areas, we expect lunch and breaks

to be even better than before.

In addition to the new venue, we have modernized player/team registration by adding the online method. Please visit our new updated website, stepstohope.org, where you can sign up and pay all in one convenient place. One player

**REGISTER YOUR TEAM TODAY AT
WWW.STEPSTOHOPE.ORG**

POLK COUNTY COMMUNITY FOUNDATION AWARDS BRADLEY BOARD INITIATIVE GRANT

In June 2016, Steps to HOPE was awarded a grant from the Polk County Community Foundation for the creation of a pilot adult training and youth mentoring program. The initial offering from Steps to HOPE utilizing this grant is a free 6-week parent/teen support group entitled "So you have a teenager, now what?!" The group is designed to help parents and their teens over hurdles presented during these formative years. Led by licensed facilitator, Sam Etheredge, group meetings will be interactive with adults and their teen(s) tackling questions such as, "How can we communicate better?", "How do we negotiate and find compromise?", "How do we build great family memories to-



POLK COUNTY COMMUNITY FOUNDATION

gether?", and more. Meetings are scheduled to be held at the Polk County Public Library on Wednesdays from 5:30 pm - 7 pm, beginning July 6 and running through August 17. Dinner will be provided free of charge to participants. If you are interested in signing up, please call Steps to HOPE at 828-894-2340.

In addition to the parent/teen support group, Steps to HOPE is in the process of building a group to promote peer

mentoring relationships between 8th grade students at Polk County Middle School and juniors and seniors at Polk County High School and the Polk County Early College.

Thanks to this generous grant given by the Polk County Community Foundation and Steps to HOPE's commitment to healthy relationships and community outreach, expect more exciting news, programs, and adventures designed to empower and support our local youth!

Steps to HOPE Administrative Staff

- Lee Lindsay,
Executive Director
- Connie Orr,
Office Manager &
Volunteer Coordinator
- Sandra Halford,
Director of Client Services
and Case Manager
- Jessica Powell,
Client Services &
Administrative Assistant
- Paula Childers,
Publicity & Public Relations
- Heather Cash,
Outreach Program
Coordinator

Shelter Staff

- Cindy Thacker
- Cherie Rogers
- Brittney Staley
- Kitty Edwards

Second Chance Thrift Store Staff

- Edith Lance,
Manager
- Randy Conklin,
Retail Assistant & Driver
- Ken Kitchen,
Retail Assistant
- Joyce Neely,
Cashier & Retail Assistant
- Douglas Wofford,
Warehouse Assistant

2016-2017

Board of Directors

- Paul Sutherland, President
- Sally McPherson, Vice President
- Heidi Mendez, Secretary
- Larry Wassong, Treasurer
- Carole Bartol
- Elaine Belk
- Michael Bowers
- Helen Gilbert
- Sheriff Donald Hill
- Diane Nelson
- Patty Otto
- Julie Threlfall
- Sylvia Youngers

ASK
Adolescent Skill-building Karate

★ **FREE** ★
after-school program
at Steps to HOPE

Weekly classes with trained
facilitators open to
girls and boys
ages 6-18

Call 828-894-2340
For more info!

ASK is our free weekly after-school program (same hours during the summer) that teaches karate lessons and skill-building for adolescent boys and girls ages 6-18.

ASK 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

Classes are taught by our trained facilitator, Sam Etheredge. Sam has a black belt in karate and a Master's degree in Counseling.



Display a Purple Ribbon to PROMOTE AWARENESS

The purple ribbon began as a small visual gesture of support for survivors and victims of domestic violence and is now one of the most widely recognized symbols of the movement against domestic violence.

Families and friends have adopted the purple ribbon to remember and honor loved ones affected by domestic violence.

Additionally, displays of purple ribbons in a community conveys a powerful message that domestic violence is not welcome or tolerated there.

2016 SUMMER INTERN FOR STEPS TO HOPE



Victoria Swink

Victoria Swink was chosen to be this year's summer intern at Steps to HOPE, a part-time position made possible by a grant from the Polk County Community Foundation (PCCF).

Victoria lives in Green Creek with her mother, Dianna, brother, Carson, and two mastiffs, Juicy and Judas. She is a rising senior at the Polk County Early College where she will graduate with an

Associate's degree.

Victoria enjoys music and working at concerts and music festivals around the area. She is a contributing writer and music promoter for various music blogs and websites and she writes for other web-based outlets. She is ultimately working towards a career in writing.

For fun, she likes to read, paint, and hike.

HAVE FUN AND SUPPORT A GREAT CAUSE TOO! BINGO!

STEPS TO HOPE

BINGO

Presents

Bingo Night

July 29 6-9pm

DOWNSTAIRS AT STEPS TO HOPE

Wall Street • Columbus • 828-894-2340

Prizes Pizza Concessions

\$1 \$2 \$3 \$5 Games!

Join us for a night of fun!

everyone is welcome!

* All proceeds directly benefit Steps to HOPE and our fight to end domestic violence *

Volunteering and its Surprising Benefits

Help Others and Help Yourself

With busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering are enormous to you, your family, and your community. The right match can help you to reduce stress, find friends, reach out to the community, learn new skills, and even advance your career. Volunteering can also help protect your mental and physical health. Learn more about the many benefits of volunteering and find tips on getting started as a volunteer at www.helpguide.org

www.helpguide.org

For more information call
Connie Orr
828-894-2340

A GRANT AND VOLUNTEERS UPDATE SHELTER



At Steps to HOPE, we want our clients to feel as comfortable and as “at home” as possible during their stay in our shelter.

As in any home, over time, wear and tear begins to show and, at some point, something must be done. Our shelter was in dire need of an update.

A fantastic group of the Thermal Belt Habitat for Humanity volunteers offered to come in and paint. These men worked daily for several weeks and have painted the entire interior a cheerful yellow color.

Along with new flooring made possible by a grant from The Cannon Foundation, the shelter looks and feels like a different place!

With donated furniture, quilts, accents, and other household items, we are working diligently to make the shelter the best it can be.

We appreciate the abundant support of individuals and businesses in our community and could not complete our mission without it. We would like to extend special thanks to Williamson’s Paint Center in Landrum and Benjamin Moore Paints for their contributions to this project.

If you are interested in donating items specifically for our shelter, please call 828-894-2340 for information, any questions you may have, or to arrange pick-up. You are also welcome to email us at steps@stepstohope.org for more information.

SHELTER “WISH LIST”

To keep expenses as low as possible, furnishing and decorating the shelter is largely done with donated items.

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

Daily needs:

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

Big ticket items:

- Flat, mountable TVs
- Lamps & lamp shades
- Arm chairs
- Sofas and or loveseats
- End/side tables
- Wall art
- Full-length mirrors
- Bath rugs
- Dish sets
- Pots & pans
- Chests of drawers
- Bunk/twin beds
- Small appliances

Many heartfelt thanks for your generous support!

Steps to HOPE

Sweetest Fundraiser



Coffee Cakes
\$15.00 each

Available in:

- Cinnamon Walnut
- New England Blueberry*
- Granny Smith Apple
- Banana Walnut
- Golden Raspberry
- Cappuccino
- Red, White, & Blue Patriot*
(blueberries & cranberries)
- Pumpkin Spice
- Cape Cod Cranberry
- Chocolate Chip
- Lemon Poppy*
- Ted Williams All-Star Chocolate
*nut-free

Call 828-894-2340
to order for Thanksgiving!



“RUMMAGE FOR A REASON” A GREAT SUCCESS!

In April, Steps to HOPE hosted “Rummage for a Reason”, which provided new and expectant parents and grandparents with much needed baby items.

Baby clothes, blankets, socks, bibs, diapers, wipes, bottles, etc. were donated by corporate sponsors and others to be distributed by Steps to HOPE.

Drawings were held among Rummage participants for an Eddie Bauer car seat and winter snuggie car seat covers.

At least 40 families were allowed to “shop” with no payment required.



STEPS TO HOPE INSTALLS BULLETIN BOARDS AT POLK COUNTY HIGH AND MIDDLE SCHOOLS



Beginning in February of this year, Steps to HOPE installed bulletin boards Polk County’s high school and middle school each month.

Keeping with contemporary themes and eye-catching displays, we hope to open a door to communication with teens and pre-teens about the difficult subjects of domestic violence, sexual assault, and child abuse in a fun and accessible way.

Unfortunately, domestic violence and sexual assault knows no age limits and we want area children to know that help is available and that there is always hope.



“WHO’S NEXT?” BY LEE LINDSAY

Like many people who have been out in the working world, I spent most of my time getting my work accomplished and planning what I had to do next. A few times during my career, I was away from work for vacation, surgery or having a couple of babies and had to plan who would take care of my job while I was away. Usually, it was never for very long and if you were very lucky, not much piled up while you were out. I’m sure most of you have been in that situation. What I never had to think about were things like - Who is running the company? Who is taking care of the budget and paying the bills? Who is in charge of payroll? These things had never fallen within my sphere of influence or responsibilities.

Imagine my surprise when for the first time in 47 years of working, I was alerted to the need for a Succession Plan. In other words, who will take over if I suddenly fall off the planet or become otherwise unavailable (mentally or physically)? The state and federal grants we receive for the support of our agency require us to have a plan of this nature and you would think it might be relatively easy for a place that only has 16 paid employees and 50+ volunteers. Guess again!

Deciding who would be the best resource to make bigger decisions versus the everyday, basic running the show, was an interesting exercise. For one thing, the pool of choices is relatively small. In addition, making an inventory checklist for the location of

critical documents and agency information was a learning experience all by itself.

Now to give you the good news - The Steps to HOPE Succession Plan is signed, sealed, delivered and available for execution should the need arise. My feeling is that the agency would function very well indeed. We have a staff and Board of Directors that are dedicated to making sure this agency functions whatever might happen. That is a comforting feeling for them and for me and I hope for our community who support us so faithfully.

Thank you to everyone for all you do!

Lee



Did you know...?

- 1 in 3 women and 1 in 4 men have been victims of [some form of] physical violence by an intimate partner within their lifetime
- 1 in 7 women and 1 in 18 men have been stalked by an intimate partner during their lifetime
- 1 in 15 children are exposed to intimate partner violence each year, and 90% of these children are eyewitnesses to this violence

Data from National Coalition Against Domestic Violence web-

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**

STEPS TO HOPE RELIES ON SECOND CHANCE

Second Chance Thrift Store provides outreach for Polk County’s domestic violence and sexual assault prevention and treatment center, Steps to HOPE. Funds from the store’s affordable, gently used items support programs that provide services to victims of these heinous crimes as well as programs to prevent and break the generational cycle of violence.

During the last fiscal year, the thrift store provided roughly 49% of Steps to HOPE’s operating budget.

As we adjust to budget cuts on the state and federal levels, Steps to HOPE relies on Second Chance Thrift Store as much as ever.

Without that income, Steps to HOPE would be unable to provide critical services to the people in our community who so desperately need us.

Your donations and shopping at Second Chance directly effects the community in which we live and we thank you sincerely for your continuing support of our store and our mission.



CERTIFICATE OF APPRECIATION

awarded to

DONORS & PATRONS

of

Second Chance Thrift Store

Present this coupon and take **\$1 off \$5 or more purchase**

One coupon per customer Expires 8/31/2016

Present this coupon and take **\$1 off \$5 or more purchase**

One coupon per customer Expires 8/31/2016

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



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



Visit us at
www.stepstohope.org

HOPE Works!

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

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

**Help
Order
Protection
Encouragement**

"The mission of Steps to HOPE is to create a community free from the violence of domestic and sexual abuse through education, advocacy and victim assistance."

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