

HOPE Works!

VOLUME 15, ISSUE 2

~ A publication of Steps to HOPE ~

SPRING 2012

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CALENDAR

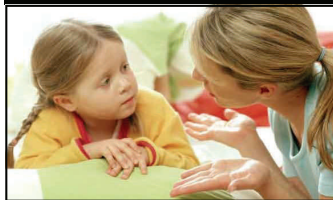
- Volunteer Appreciation Week—April 15-21
- Good Friday—April 6
- Easter—April 8
- Orthodox Easter—April 15
- Denim Day—April 27
- Hunter Pace—May 6
- Mother's Day—May 13
- Never Too Old To Play—May 18, The Meeting Place
- Memorial Day—May 28
- Father's Day—June 17



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www.stepstohope.org

APRIL IS SEXUAL ASSAULT AWARENESS MONTH: IT'S TIME...TO TALK ABOUT IT!

Its time...to talk to your children about healthy sexuality.



Sexual violence is an issue that affects everyone in a community regardless of age. Understanding and talking to your children about healthy sexual development can help parents and caregivers to protect their children from sexual violence.

What is healthy sexual development?

Parents and caregivers often want to know what behaviors and expressions are part of normal sexual development for children. Ideas of what's "normal" can vary depending on culture, beliefs, and other factors. It's important to remember that:

Human beings are sexual beings from birth. It is common for children to be curious about the body and sexuality.

Children receive messages about sexuality from a very young age. Sexual behav-

iors can be ignored, highlighted, punished, or supported. For example, consider how differently parents may react to a child who touches their own genitals while taking a bath. Such reactions send messages that may stick with children and help to shape their view of sexuality as they mature.

There are warning signs of child sexual abuse and it is important to know what they are, and to know the difference between behaviors that are cause for concern and behaviors that are common and healthy.

Why talk to your children about sexuality?

Prevent sexual abuse. Talking to your children about sexuality provides them with information that may help protect them from abuse. Basic information, such as using proper names for body parts, and understanding boundaries around sexuality—that certain parts of their body are private—can help children understand boundaries, identify abuse and tell someone

they trust.

Open the lines of communication. Talking to your children about sexuality builds trust and lets children know that they can come to you for help. Talking discourages secrets and establishes that no topic or question is off limits.

Lower their potential risk. Children whose parents talk to them about sexuality are more likely to delay intercourse and more likely to practice safer sex when they do become sexually active (Martinez, Abma, & Copen, 2010). Talking to children about sexuality doesn't give them permission to be sexually active; it ensures that they have the information needed to act in a healthy, responsible manner when they do become sexually active.

(Reprinted from National Sexual Violence Resource Center at www.nsvrc.org/qaam/current-campaign)



There is hope. Call 894-2340.

A Women's Support Group at Steps to HOPE



WOMEN TO WOMEN

1st & 3rd Tuesday
5:30 - 6:30 PM

A women's group for all women in a relaxed setting to encourage conversation, sharing and support.

RACHEL REFLECTS

"Blame television!" How many times do we hear that when our world seems to have gone crazy or turned upside down? Yes, it is easy to "place blame" when we see, read or hear of the horrible things that happen on a seemingly daily basis. It makes it easier for us to handle if we can blame some outside influence when children are neglected or abused, or when defenseless animals are maimed or killed. We find

it hard to accept that human beings can, on their own initiative, cause such misery and pain.

Abusers never see themselves as being at fault; "I was drunk", "I was high", "I was stressed", "I was tired", "she/he made me mad". Are we really so controlled by outside influences that we think we aren't responsible for our own actions? Where is the accountability? At some point, the blame-

game has to stop. Each and every one of us must take responsibility for our own actions, words and deeds, and we must be held accountable to others for what we do.

How do we turn things around? We who believe in and live by the rules of non-violence can no longer afford to sit back and shake our heads. *We must speak up!* Abuse in any form, of any one or thing, should not be tolerated.

VOLUNTEER OPPORTUNITIES

Service Hours



Rebekah Hyder, a teacher candidate in the North Greenville University College of Education, is fulfilling a field experience requirement for her Service Learning course. With Drenda Brennan as mentor, Rebekah interviewed Family Outreach Educator Ruth Richardson; interviewed and shadowed Case Manager Cherie Wright as she accompanied clients to court; helped in the preparation of materials for Steps to HOPE classes; and volunteered at Second Chance Thrift Store.

Senior Project

Ashley Jackson, a student of Polk High, has chosen learning about domestic violence treatment and prevention at Steps to HOPE as her senior project. Drenda mentored Ashley, who worked on cover design for Middle School alcohol/tobacco prevention and Internet safety booklets; creation of a non-profit display board for use at the Middle School career fair; and compilation of materials used in Parenting Education. Ashley also volunteered at Second Chance.



Office Volunteering



We have quickly become dependent upon Bill Jones and his Thursday morning assistance answering our 5 incoming lines and front door. Bill, a member of our Board of Directors, has been cheerfully and professionally greeting clients and visitors for several months now, freeing up time for Drenda to work away from the phone and front desk area.

Volunteering at Steps to HOPE is a WIN, WIN, WIN! Stop by to tour our facility and meet the staff, and tell us what *you* have in mind!

CHILD ABUSE PREVENTION MONTH

Child Abuse in America

Children are suffering from a hidden epidemic of child abuse and neglect. Over 3 million reports of child abuse are made every year in the United States; however, those reports can include multiple children. In 2009, approximately 3.3 million child abuse reports and allegations were made involving an estimated 6 million children.

Children of all ages, races, ethnicities, and socioeconomic backgrounds are at risk for physical abuse.

According to the US Health and Human Services Department, the incidence of deaths due to child abuse and neglect have risen steadily since 1998, from 3.13 to over 5 deaths per day in 2010.

Alarming Statistics

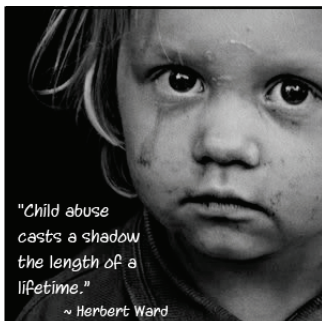
- **Child abuse is reported every ten seconds.**
- More than **five children die every day** as a result of child abuse. Roughly 80% of those children are younger than 4.
- An estimated 50-60% of child fatalities due to maltreatment are **not recorded as such on death certificates.**
- More than 90% of juvenile sexual abuse victims know their perpetrator.
- About 30% of abused and neglected children will later **abuse their own children**, continu-

ing the horrible cycle of abuse.

- **14% of all men and 36% of all women in prison** in the US were abused as children.

- Children who experience child abuse & neglect are **59% more likely to be arrested as a juvenile, 28% more likely to be arrested as an adult, and 30% more likely to commit violent crime.**

- Abused children are **25% more likely to experience teen pregnancy.**



"Child abuse casts a shadow the length of a lifetime."
~ Herbert Ward

- Children whose parents abuse alcohol and other drugs are **three times more likely to be abused** and more than four times more likely to be neglected than children from non-abusing families.

- **As many as two-thirds of people in treatment for drug abuse** reported being abused or neglected as children.

- The estimated annual cost of child abuse and neglect in the US for 2008 was **\$124 billion.**

(www.childhelp.org)

What YOU can do.

Discipline your children thoughtfully. Never dis-

cipline your child when you are upset, rather give yourself time to calm down. Remember that discipline is a way to teach your child. Use your actions to show children and other adults that conflicts can be settled without hitting or yelling. **Support prevention programs** such as Steps to HOPE Parenting Education.

Know what child abuse is and what the signs are. Physical and sexual abuse clearly constitute maltreatment, but so does neglect, or the failure to provide a child with needed food, clothing and care. In addition to unexplained injuries, depression, fear of a certain adult, difficulty trusting others or making friends, sudden changes in eating or sleeping patterns, inappropriate sexual behavior, poor hygiene, secrecy and hostility may indicate a child is being neglected or physically, sexually or emotionally abused.

Report abuse. If you witness a child being harmed or see evidence of abuse, or if a child tells you about abuse, make a report to DSS or the local police, which can be done anonymously. When talking about abuse, listen carefully. Assure the child that he/she did the right thing by telling an adult, and affirm that he/she is not responsible for what happened.

(www.cwla.org)

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
Shirley Bradley, Shelter Staff

Second Chance Thrift Store

Edith Lance, Manager
Randy Conklin, Retail Assistant/Driver
Clark Loro, Cashier/Retail Assistant
Alan Pritchard, Warehouse Assistant
Douglas Wofford, Warehouse Assistant

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

**STEPS TO HOPE
QUARTERLY
STATISTICS**

*For period December '11 —
February '12*

Steps to HOPE provided support to 638 callers on crisis line calls.

Safe shelter was provided to 6 women and 9 children for a total of 244 shelter nights.

On average, 25 adults and 3 children attended weekly educational groups at our facility.

110 adults and 412 children attended educational or skill building programs instructed by Steps to HOPE outside our facility.

2229 volunteer hours were worked in the agency and thrift store.

STEPS TO HOPE AT POLK MIDDLE SCHOOL

For two weeks in February, Ruth Richardson, Steps to HOPE's Family Outreach Educator, worked with all Polk County Middle School 6th grade Social Studies students, bringing awareness to such issues as: tobacco use, alcohol abuse, and Internet safety. Students watched educational videos, participated in discussions and inter-

active activities.

Late last year, Ruth worked with PCMS 7th and 8th grade Social Studies students on similar programs.

Ruth continues to facilitate Steps to HOPE's **Domestic Abuse Intervention Program** for both men and women; **Parenting Education Program**, in collaboration with

DSS, which began on February 9th; and **Youth Groups** where she teaches appropriate anger management/conflict resolution skills and drug awareness.

For more information about these Steps to HOPE programs—designed to break the generational cycle of violence—contact Ruth Richardson at 894-2340.

STH'S YOUTH GROUP KIDS SPEAK OUT

How do kids like attending Ruth Richardson's Youth Groups at Steps to HOPE? Some comments from three lively 13-year old boys who make up one group include: "It's kinda fun, and you learn stuff about how to control yourself and your body." "It helps me to control my anger."

And what do these kids take away from their weekly participation in STH's Youth Groups? They're learning to diffuse their anger by "...talking to friends, playing sports or a game,

or listening to music. It calms you down, and you might even forget all about it." "Afterwards, you can go back to the person who made you mad and tell them how you felt."

The boys' tips for managing anger include:

- "Just walk away and try to ignore it. Don't give it your attention."
- "Don't get involved with people who are angry."
- "When you get mad, you forget what it is that you want or need

to say, and you don't make sense."

- "Anger can physically hurt you. You might hit something hard with your fist, or even have a stroke."
- "You can hurt someone or break something."
- "Remember there's a difference between being annoyed and being angry."

We are encouraged when we hear insightful remarks such as these that our programs designed to break the cycle of violence are working.



PLACE YOUR AD HERE

Would you like to see *your* advertisement in this newsletter for an entire year, and a large display ad in Second Chance Thrift Store's front window for a month? When you become a **Steps to HOPE Golf Tournament Double Eagle Sponsor**, your ad will be delivered to more than 1,600 homes and businesses in the Polk County vicinity. Other sponsorship opportunities are available for semi-annual and single issue advertising. To ensure best ad placement in our next newsletter, **call 894-2340 today!** Thank you for your continued support.

CHARITY GOLF TOURNAMENT SCHEDULED

**Steps to HOPE's
9th Annual Golf Tournament
Friday, November 2, 2012**

EARLY REGISTRATION

Name _____

Phone # _____

Single Player Team

Return to Steps to HOPE, PO Box 518, Columbus, NC 28722

DJD YOU KNOW...

*STH's Charity
Golf Tournament
Registration Fee
is unchanged since it's
inception in 2004!
Can you think of a
better deal??*

**9TH ANNUAL HUNTER PACE FOR HOPE
BENEFIT AT GREENSPACE & GOLDEN HILLS**

Historic Greenspace and Golden Hills of Fairview have generously volunteered use of their land for the 9th Annual Hunter Pace for HOPE—a benefit for Polk County’s domestic violence and sexual assault prevention and treatment center, Steps to HOPE. The sanctioned event will be held on May 6th (rain date is May 13th) on 1300+ acres of the former Del Guercio thoroughbred horse training facility. Greenspace and Golden Hills have a combined 20+ miles of exclusive trails by a lake, streams, open land and hardwood forests. More than 125 riders and horses are expected for a unique day of hunter pace competition.

9:00 AM and last competitors may start the ride until 2:00 PM. Lunch—available until 2:00—is included in the entry fee and carrots are provided for all horses. Riders of all capabilities and disciplines are encouraged to compete.

The hunter pace is designed to replicate the original Foxhunt by hav-

ing riders compete over terrain in a safe and disciplined manner. Safety rules are always enforced and riders must wear hard hats and have negative Coggins for their mounts. For more information, call Steps to HOPE, or visit the official Western Carolina Hunter Pace web site at www.WCHPace.org.



May 2011 Hunter Pace for HOPE.

Front row, from L: STH Board members Helen Gilbert, Pat Sutphin, and Elaine Belk. Back row, from L: Board members Tom Dashiell, Bill Jones, Lynn Kirkwood, and Larry Wassong; Executive Director Rachel Ramsey; Board member Paul Sutherland.

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Volunteers will begin registering competitors and directing trailer parking at 8:00 AM. The official start of the pace begins at

SECOND CHANCE THRIFT STORE WELCOMES PRITCHARD AND WOFFORD



Alan Pritchard

Second Chance welcomes Alan Pritchard as Warehouse Assistant. A native of Mill Spring, Alan

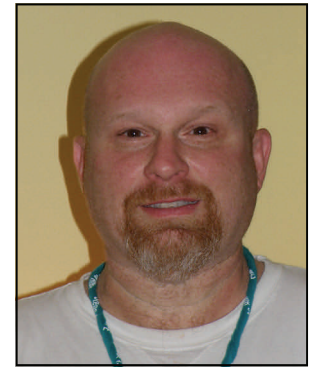
worked at Habitat for 6 years before joining STH.

In his free time, Alan enjoys watching movies, playing the guitar, fishing, golfing and hiking.

“I really like working for a charity organization and giving back to people.” shares Alan.

Also joining the crew as Warehouse Assistant is Douglas Wofford. Douglas has always lived in

Landrum and is very active in Christ Community Church where he delivers Meals on Wheels.



Douglas Wofford

KENNETH KITCHEN RETIRES FROM STH

After 4 years working as Second Chance Thrift Store’s Retail and Driver Assistant—picking up donations in Polk County and beyond—Ken Kitchen retired on February 28th. Thrift Store Manager Edith Lance organized a party in his honor, well attended by volunteers and STH staff—all of whom wished him well but were very sad to see him leave.

“Ken is extremely honest, dependable and hard-working. And he’s fun to work with!” shares Edith. “Ken, Randy and I made a good team and are like family. I will truly miss him.”

As Ken reflects on his life since retiring from a 34-year career at GE, it becomes clear that he does not approach retirement sitting down. Upon leav-

ing GE, Ken worked at Timkin for 3-1/2 years and at James Tool for a year before finding his niche working at Second Chance Thrift Store—where he quickly became “...one of Steps to HOPE’s finest ambassadors,” according to Executive Director Rachel Ramsey.

“Steps to HOPE provides a very important community service.” said Ken. “It’s not like manufacturing where you’re making a product. Here, there’s a face to the people you’re helping”.

Ken’s plans for this most recent retirement: “Whatever Miss Kitchen tells me to do!” Ken continues, “I have too many jobs to do around the house. After I finish Miss Kitchen’s list and mine, I plan to come back as a volunteer.”

Ken is the proud father of two sons and grandfather of 4—three girls and a boy. In addition to spending more time with his grandchildren, Ken hopes to make time for a little fishing.

“I’ll miss the people—meeting and interfacing with the public and the people I work with. But I’ll be back!”

It’s hard to keep a good man down—which makes us very happy!



Kitchen receives Certificate of Appreciation from Mgr. Lance



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.



NATIONAL VOLUNTEER AWARENESS MONTH

STH'S PRICELESS VOLUNTEERS...

April reminds us that we need to take time to acknowledge our 66 regular volunteers, without whom we would have to close our doors, especially in these trying economic times.

...AT THE THRIFT STORE

The following is a list of our dedicated Thrift Store volunteers, arranged by number of years worked in support of Steps to HOPE.

OVER 15 YEARS

Jean Jeanson, 16; Sally McPherson, 17; Joyce Minkler, 17; Bernardine Monroe, 17; Betsy Schenkel, 15; Mary Wofford, 16.

10-14 YEARS

Carolyn Daily, 14; Myrtle Heitman, 12; Charles Leister, 13; Dale Minkler, 10; Karen Molnar, 10; Bonnie Zelinskie, 10.

5-9 YEARS

Judith Becker, 5; Carolyn Cobb, 8; Don Cobb, 8;

Lynette Conrad, 6; Ingeborg Ege, 5; Lynn Geier, 5; Gretrud Godlewski, 6; Mary Hales, 7; Tish Jaccard, 7; Dianne McCraw, 6; Marshall Monroe, 6; Joann Newman, 7; Bob Quattlebaum, 6; Liz Quattlebaum, 6; Dorie Rumsey, 5; Dallas Seiler, 9; Leona Seiler, 9; Mary Swift, 9; Harry Walker, 8; June Wilson, 5.

LESS THAN 5 YEARS

Gavyn Bannister, 4; Lee Berry, 4; Mark Coppage, 3; MarJean Dahlgren, 4; P.J. Darr, 4; Ruby Drew, 4; Deanna Durham, 3 months; Kathleen Foerster, 4; Roberta Kellerman, 3; Kristina Provines, 3; Mary Ross, 4; Barbara Rowe, 4; Gail Stockdale, 3; Dyanne Ward, 3; Linwood Williams, 2.

...AS COURT ADVOCATES

Bea Rolla, Jeannette Schmeikel and Ninalee Kinney accompany clients to court for orders of protection as Court Advocates—

Bea for the last 9 years, Jeannette for 6, and Ninalee Kinney for 3. Last year, we welcomed new Court Advocates Pat Huwyler, Bonnie Tillman, and Jane Ogle, who will also volunteer occasionally at the shelter offices.

...AND ON THE BOARD OF DIRECTORS

Our 13 board members not only volunteer at monthly meetings, but also help to organize and run our fundraisers, and have full oversight of all agency programs, facilities and finances.

Where would we be without our 66 outstanding volunteers?? Forty-eight percent of our operating income is generated by Second Chance Thrift Store sales—where 71% of our volunteers are! It's clear that we would struggle to keep our doors open without their support.

Many thanks to all of our committed volunteers!

SHELTER AND OFFICE WISH LIST

SHELTER

- Drinks: water, juice boxes, soft drinks
- Kid-friendly, easy-fix & microwavable meals: Spaghetti O's, Ravioli, Hamburger and Tuna Helper, pizza kits, pasta or rice dinners
- Individual fruit, Jell-O, applesauce and pudding cups
- Medicines: adult and

- children's strength Tylenol and Advil; Tums; Pepto Bismol
- Tampons
- Laundry detergent
- Dishwashing detergent
- Swiffer mop and duster refills
- Air fresheners
- Toy cookware, utensils, dishes, plastic food, etc. for our child's kitchen playset.

OFFICE

- Picnic table for garden area
- Public address system for fundraising events.

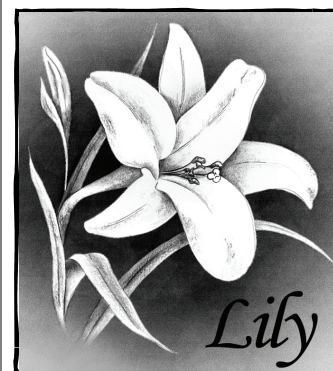
For updates to this list, call Drenda at 894-2340. Thank you for your continued support.



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.



Lily — "Hope"

The Language of Flowers
Kate Greenway, 1846-1901

Sketch by Debra Backus



Sexual Assault
Awareness Month

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, including Women to Women, a support group for *all* women.
- **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
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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*

**BULK RATE
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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
Orders
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."