

# HOPE Works!

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A publication of Steps to HOPE

January 2017

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## Does your partner...?

- insult, demean or embarrass you with put-downs?
- control what you do, who you talk to, or where you go?
- push you, slap you, choke you, or hit you?
- control the money in the relationship? Take your money or Social Security check, make you ask for money, or refuse to give you money?
- threaten to commit suicide, or threaten to kill you?

**Any "yes" answer should raise a red flag with you.**

Data from thehotline.org



Ward Street • PO Box 518  
Columbus, NC 28722

## PROMOTING HEALTHY RELATIONSHIPS

Parents and other adults involved in the lives of teens and preteens find that navigating those waters can be tricky. Steps to HOPE has found new and exciting ways to help!

Six weeks of conversations regarding family and bringing kids into adulthood in the best, least painful ways will be held Tuesdays at 6 PM at the Polk County Library starting Jan. 17.

In addition to our conversation series, Steps to HOPE has been busy working within area schools to teach teens and preteens what healthy relationships look like.

Heather Cash, Outreach Program Coordinator, and Jessica Powell, Client Services, have been placing bulletin boards in the schools since February 2016 and they began teaching classes at Polk Middle this past semester as part of the health curriculum.

12 classes were taught using written scenarios showing both sides of an abusive relationship. Then students debated which party in the scenario was the abuser and which was the victim and why. We believe that recognizing abuse is the first step to ending it.

Many thanks to PC Schools for allowing us to educate their students about healthy relationships.

## WHAT IS A HEALTHY RELATIONSHIP?

How do you define a healthy relationship? Who in the relationship decides what is healthy and what is not?

Healthy relationships allow both partners to feel supported and connected but still maintain a sense of self. Good communication and boundaries are the two major components of a healthy relationship.

Good communication allows you and your partner to have a deep understanding of each other and allows you to connect. In a healthy

relationship, partners treat each other with respect and can speak openly to one another about their thoughts and feelings. Healthy partners support each other in good times and in bad.

Boundaries are also very important in healthy relationships. Each person should be able to express to their partner what they are comfortable with, and what they are not. When it comes to sex life, finances, family and friends, personal space and time, each partner should have the freedom to express

him or herself and be respected. In a healthy relationship with boundaries, both partners trust each other, allow them to spend time with friends and family, and do not check up on their partner or require them to "check in".

Ultimately, the two people in the relationship decide what is healthy for them and what is not. If something doesn't feel right, you should have the freedom to voice your concerns to your partner.

[www.thehotline.org](http://www.thehotline.org)

**THERE IS HOPE! Call 828-894-2340**

**SAVE A TREE!**



**Prefer an electronic version of our newsletter?**

*Please email us at [pr@stepstohope.org](mailto:pr@stepstohope.org)  
Please include your name, mailing address, and email address!*

**Thank you!**

**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**

**TEAM BARTON, FOY, EDWARDS, AND PLACAK  
WINS 13TH ANNUAL GOLF TOURNAMENT**

Links O'Tryon hosted Steps to HOPE's 13<sup>th</sup> Annual Golf Tournament for the very first time. Friday, November 4th was the perfect day for golf, and the 28 teams took to the links for 18 holes.

2016 Champions are Jeffrey Barton, Barry Foy, Eric Edwards, and Phillip Placak, with an overall low score of 58, net 51. This was the second win for their team; they took the trophy in 2013 too.

St. Luke's Hospital's team took home the trophies for overall low gross with a score of 58. Team members were Michael Baughman, Don Hofmann, Bill Miller, and Bill Hillhouse.



*2016 Winners: Jeffrey Barton, Barry Foy, Eric Edwards, and Phillip Placak*

*Photo by Lorin Browning*

Caroline Brown, Ann Gargiulo, Georgeanne Murphy, and Bonnie Sakos were the Women's Winners with a low score of 75, net 58.

Each member of those teams were presented with a trophy and a cash prize.

The team winning second place overall was made up of Art Brown, Joe Boals, Dennis Sakos, and Dave Truitt with a score of 64, net 53 and each received a free round of golf from Links O'Tryon and a cash prize.



*A Beautiful Trophy Design for 2016 Champions  
Photo by Phillip Placak*

Closest to the Pin winners were Harold Wilson, Craig Leffew, and Sarah Lyter and Closest to the Line winners were Sarah Holzem and Brian James. These contest winners were presented with a new golf club or bag.

Unfortunately there was no winner of the hole in one contest sponsored by Stott's Ford. Gordie High almost won the \$5,000 putting contest sponsored by First Citizens Bank.

Golf committee members work very hard each year to create a successful event. Many thanks to the Golf Committee Chair, Cleve Nichols and to Volunteer Coordinators, Elaine Belk and Rita Nichols. Other committee members were Helen Gilbert, Jessica Powell, Larry Wassong, Lee Lindsay, Patty Otto, Paul Sutherland, Roger Newman, Paula Childers, and Marc Brady.



*Women's Winning Team:  
Caroline Brown, Ann Gargiulo,  
Georgeanne Murphy, Bonnie Sakos  
Photo by Lorin Browning*

Many thanks for the great support shown by area businesses. Special mention is given to Patty Otto and the Hare & Hound Pub, Dave Hunt and McDonald's, HomeTrust Bank, Duke Energy, Jesse Navarro and Robert Gato of Farm Bureau, Side Street Pizza & Pasta, Bojangle's, Budweiser of Spartanburg, Tryon Estates, King Law, Lorin Browning Photography, Foothills Amish Furniture, Spartanburg County Sheriff's Office, and to Links O'Tryon.

## POLK COUNTY TOY RUN 2016

The Polk County Toy Run is held annually on Saturday following Thanksgiving and benefits local non-profit organizations helping families with children during the Christmas season. Riders are asked to bring a new toy or pay a \$10 registration fee to participate. Additionally, Toy Run T-shirts and 50/50 raffle tickets are sold.

On November 26, 2016, approximately 400 bikes, and about 550 riders left the Saluda Fire Department and made their way through Saluda, Tryon, Landrum, the Sandy Plains community of Green Creek, Mill Spring and then to Columbus, where they parked in front of the Polk County Courthouse.

Riders covered the Courthouse steps with the hundreds of toys they brought.

A total of 47 very large bags of toys and \$15,000 was split between four Polk County agencies, including Steps to HOPE. Other agencies were Thermal Belt Outreach Ministries, the PC Sheriff's Office, and PC DSS.



Hundreds of toys cover the Polk County Courthouse steps and pictured left to right are Barry Gee, Polk County Toy Run founder, Kim Pack of the Polk County Sheriff's Office, Kim Wilson of Polk County DSS, Heather Cash, Outreach Program Coordinator at Steps to HOPE, and Michelle Reedy of Thermal Belt Outreach Ministries.

## ADOPT-A-FAMILY AND SHARE THE JOY

Adopt-A-Family at Steps to HOPE, along with the Share the Joy grant from the Polk County Community Foundation, Polk County Toy Run toys and proceeds, and donations from generous individuals, businesses, and area



6 1/2 year old Emma Green of Tryon collected change, had a lemonade stand, and sold cookies to raise money for her three "kids" ages 7, 5, and 2.

organizations blessed less fortunate families this Christmas.

22 families with a total of 59 area children were helped during the 2016 holiday season. Generous donors had the lobby at Steps to HOPE overflowing with gifts many times for the "adopted" families.

Our hearts were warmed by the generosity shown by so many people, especially by children, who wanted to share their own blessings.

We are incredibly grateful and can only imagine how wonderful the families touched by the kindness and generosity of all our donors must feel. Many thanks to all who partici-

pated and made 2016 our most successful year yet!

If you wish to participate next year, please call Heather Cash at 828-894-2340, "like" our Facebook page, or watch local newspapers for ads.



Financial Advisor, Jay Geddings presents gifts donated at Edward Jones in Columbus to Lee Lindsay for Steps to HOPE's Adopt-A-Family program.

### Steps to HOPE

#### Administrative Staff

Lee Lindsay,  
Executive Director  
Connie Orr,  
Office Manager &  
Volunteer Coordinator  
Sandra Halford,  
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  
Kent Holden, Secretary  
Larry Wassong, Treasurer  
Carole Bartol  
Michael Bowers  
Sheriff Donald Hill  
Diane Nelson  
Patty Otto  
Julie Threlfall  
Sylvia Youngers

## Surprising Benefits of Being a Volunteer!

- **Makes you feel like you have more time!**
- **Helps you develop more skills!**
- **Helps you have a livelier body!**
- **Helps build experience!**
- **Makes you feel more love!**

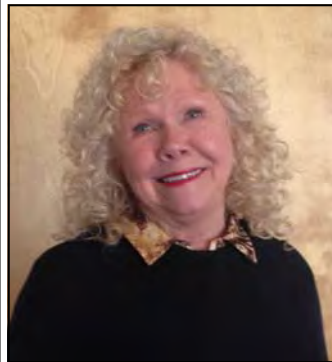
*"One of the great ironies of life is this: He or she who serves almost always benefits more than he or she who is served."*  
 ~Gordon Hinckle

From an online article at [www.forbes.com](http://www.forbes.com)



For more information about volunteering or to sign up for our next volunteer training workshop, please call **Connie Orr**  
**828-894-2340**

## NEW BOARD MEMBERS AT STEPS TO HOPE



Sylvia Youngers

Steps to HOPE welcomed two new members to the Board of Directors in 2016. Sylvia Youngers and Kent Holden both wanted to get involved in the community and volunteer their time for a cause they believe in. Both are very interested in the help and services provided by Steps to HOPE to victims of domestic violence and sexual assault.



Kent Holden

## VOLUNTEERS RECOGNIZED AT ANNUAL VOLUNTEER BREAKFAST

Steps to HOPE's holiday breakfast was held at LaurelHurst in Columbus on December 8th. Close to 50 volunteers received certificates of appreciation for their contributions during the July 1, 2015-June 30, 2016 fiscal year. Of those volunteers, five special ladies received honorable mention for logging the most hours worked at Second Chance Thrift Store. Those ladies were Bernardine Monroe with 950 hours, Sally McPherson with 570.5 hours, Liz Quattlebaum with 304.75 hours, Alice Evans with 258.25 hours, and Janice Green with 252 hours.

Retiring volunteers were also honored: Harry Walker with 12 years of service to Second Chance



From left: Bernardine Monroe, Janice Green, Liz Quattlebaum, and Alice Evans. Not pictured: Sally McPherson.

Thrift Store, and Helen Gilbert and Elaine Belk on the Steps to HOPE Board of Directors with 11 and 10 years, respectively.

These special people who give so freely of their time are priceless. They help keep alive Steps to HOPE's mission of ending domestic

violence and sexual assault in our community and providing treatment for victims.

We wish to extend our sincerest gratitude to each of them. We could not do it without our wonderful volunteers!



Second Chance Thrift Store year-round volunteers and employees and Steps to HOPE staff and board members enjoy a delicious breakfast at LaurelHurst in Columbus, NC to celebrate the holidays.

## STEPS TO HOPE'S NEWSLETTERS AND DIRECT MAIL FUNDRAISING CAMPAIGNS

Steps to HOPE sends out three mass mailings per year. This includes our bi-annual newsletter (January and July) and one direct mail fundraiser.

In 2015 and again in 2016, the direct mail fundraiser card was sent at Christmas, a time when people wish to share their blessings from the year with others.

In 2014, the direct mail fundraiser card was sent in June and featured a bride with the names of NC domestic violence fatalities adorning her wedding dress. It was a stark reminder of the lives lost in NC due to domestic violence.

Most all printings at Steps to HOPE are done on recycled paper (much of which has been donated) and everything from layout and design work, to printing, stuffing, and stamping is done in-house by staff members and volunteers.

Our most recent "Gift of HOPE" direct mail fundraiser card, took less than \$500 to produce and was mailed to

over 2,500 database addresses. It is expected to raise as much as 15-20 times that amount.

Direct donations are gifts of hope to victims who so

desperately need it and are vital to the continuation of programs at Steps to HOPE.

Many heartfelt thanks to everyone who donates in any way. You keep us going!

*Last year, North Carolina averaged one Domestic Violence fatality every six days.*

*Remember my name... Remember my dreams.*

*Full of hope and promise, a young woman walks down the aisle and places her future in the hands of another. Disregarding countless warning signs, she chooses instead to trust in the power of her love, and in new beginnings.*

*Sometime later, this one time bride and her children live in constant fear of physical and emotional abuse. Hope has been replaced by despair as she struggles to break free.*

*Your donation to Steps to HOPE helps provide safe shelter and services for women and children living in danger from domestic abuse - women who deserve a chance to raise their children in safety, because no one should live in fear.*

*Please help us help families living with abuse.*

*Thank you!*

Steps to HOPE

*At Christmas, and throughout the year, Steps to HOPE strives to bring awareness and provide assistance to the children and adults affected by domestic violence and sexual assault with the end goal of breaking the generational cycles of abuse that exist in families right here in our area.*

*We believe that providing safe shelter, a solid plan and path for victims to escape an abusive relationship, and by helping provide the necessary tools to rebuild their lives, we are also giving their children the innocent bystanders a chance to have a secure and peaceful home.*

*No greater gift can be given than the gift of love, the gift of HOPE, to members of our community who so desperately need it! Won't you help us put a smile on the faces of some children this Christmas?*

**Give the gift of HOPE**

## HONORING VICTIM OF SCHOOL VIOLENCE

Steps to HOPE staff members and officers from the Polk County Sheriff's Office dressed in super hero attire to honor Jacob Hall, the 6-year-old who died as the result of injuries received in the Townville, SC school shooting that occurred on September 28, 2016.



From left: Captain B.J. Bayne, Det. Sgt. Jay Turney, Connie Orr, Sheriff Donald Hill, Paula Childers, Jessica Powell, Det. Sgt. Jesse Smith, School Resource Officer Dane Fox, and Det. Sgt. Todd Arwood



**You shop. Amazon Gives!**

Begin your shopping at [smile.amazon.com](https://smile.amazon.com)

Choose to donate to **Steps to HOPE** Columbus, NC

A portion of your Amazon purchase is donated to Steps to HOPE!



**DONATE CELL PHONES and help Steps to HOPE!**

We collect unwanted cell phones for emergency use by our clients. Phones not needed here are purchased by Shelter Alliance to benefit domestic violence shelters across the US.

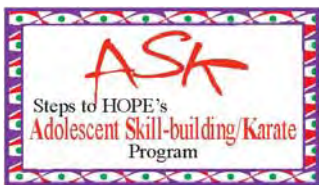
**SHELTER  
"WISH LIST"**

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

Our most needed items:

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

**Many heartfelt thanks for your generous contributions!**



Weekly after school program for adolescent boys and girls ages 6-18. Trained facilitator.

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

**828-894-2340**

**Call for info!**

**1036 BED NIGHTS LOGGED IN LAST 6 MONTHS**

If ever there has been a doubt about the services provided by the shelter at Steps to HOPE, the past 6 months should completely prove the need.

Since June 10, 2016, a total of 1036 "bed nights" have been logged for women and their children.

Much needed renovations were almost complete when we welcomed a mother and her two young children and gave them an escape from an unsafe, abusive home. We reopened a week early, before it was really ready, because that family had no other safe place to go.

The shelter is secure and is staffed around the clock year-round. It is available for emergency temporary refuge for victims of domestic violence and/or sexual assault.

For safety reasons, only women and children are allowed to stay in the shelter, but we will also provide assistance to men who seek refuge from an abusive situation.



*Two of the 14 beds in the women's shelter at Steps to HOPE*

**"GOOD WORKS" BY LEE LINDSAY**



*Daisy Scout Troop #13161 (Abby, Addison, Ciera, Lauren, Olivia, and Sofia) with Lee Lindsay*

Why do we look for a cause to believe in? How does it feel to work for a good cause?

Today, events all around our world make us pause to wonder if there is any hope for peace in our time or even in the place where we live. My belief is that finding moments of peace is a quest that you can make for yourself. The peace and joy that comes from giving the gift of your time, money, or just a helping hand, is a legacy like no other.

Steps to HOPE is fortunate to be located in a community where its people help us make a difference in the lives of those to whom hope seems out of reach. There are those who volunteer their time in our store or offices and many who are downsizing their homes donate clothing, household goods, or furniture to our store, Second Chance Thrift Store. Sales there generate funds used to keep Steps to HOPE in operation.

There are also those who have made a wonderful difference during their time among us and have continued even beyond their passing. Because they understood what Steps to HOPE does, they made a bequest or endowment to help us grow and continue the good works that they believed in so much. Some had experienced for themselves the despair and

fear of domestic abuse and the hopelessness that is part of it. They wanted to continue to make a difference for the next generation.

I was fortunate enough this Christmas to witness a group of six and seven-year-old Daisy Scouts come in to deliver presents to their "adopted family". I sat with them and they explained why they had given these gifts. They were learning not only about the fact that there are people in this world with less than they have, but were also learning the legacy of giving and bringing happiness to others. Seeing the joy in their faces, I believe there is hope for peace in our time.

Help us make a difference. We need you!

Wishing you health and happiness in 2017,

Lee

We all win when you keep it local!

donate\* and shop at

# Second Chance Thrift Store

to support programs at

## Steps to HOPE

*Polk County's domestic violence and sexual assault treatment and prevention center!*



Please call 828-894-2373 for information or pick up of your gently used furniture, clothing, and household items!

Located at 232 E. Mills Street - Columbus, NC

Store hours: Mon, Wed, Fri: 10-4; Tues & Thurs: 10-5; Sat: 10-1

\*Steps to HOPE is a non-profit 501c3 and donations to Second Chance Thrift Store are tax-deductible.



### CERTIFICATE OF APPRECIATION

awarded to

**DONORS & PATRONS**  
of

**Second Chance Thrift Store**

Coupon good for \$1 off \$5

or more purchase

One coupon per customer

Expires 2/28/2017

### 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.



## LOCAL GENEROSITY FOR LOCAL HOPE

When you donate your gently used clothing, furniture, and household items to Second Chance Thrift Store, it directly helps keep Steps to HOPE moving forward and our mission to end domestic violence and sexual assault in our community alive.

Almost half of our annual operating budget comes from the sale of items at Second Chance Thrift Store.

Funds generated there are used 100% by Steps to HOPE to support programs and to provide services to victims of domestic violence and sex crimes right here at home.

Simply put, the shelter could not exist without the thrift store and the thrift store could not exist without the generosity of folks like you!

Thank you for giving HOPE to those in need by donating, shopping, and volunteering! We couldn't do it without YOU!

**Steps to HOPE, Inc.**  
Ward Street · PO Box 518  
Columbus, NC 28722  
**828-894-2340**  
email: [steps@stepstohope.org](mailto: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/sexual assault.
- **Counseling** – referrals for individual counseling.
- **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 client support.
- **ASK—Adolescent Skill-building Karate Program**– character and skills building for adolescent girls and boys.
- **Education Programs** – Batterer’s Intervention Program with trained facilitator for men and for women.
- **Community Outreach** – working with schools, organizations and civic groups.
- **Public Awareness** – presentations and workshops.
- **Resource Library** – videos, pamphlets and brochures 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](http://www.stepstohope.org)

**HOPE Works!**

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

Domestic Violence and Sexual Assault Prevention and Treatment Center serving WNC and Upstate SC. 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**

Support Steps to HOPE when you shop!

**amazon**smile  
You Shop. Amazon Gives.



VISIT OUR WEBSITE  
[stepstohope.org](http://stepstohope.org)