

# HOPE Works!

VOLUME 18, ISSUE 2

~ A publication of Steps to HOPE ~

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## CALENDAR

- ◇ Meal Planning Workshop—  
August 11
- ◇ Let's Budget Presentation—  
August 13
- ◇ October—Domestic Violence  
Awareness Month
- ◇ Golf Tournament—  
November 6



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www.stepstofope.org

## RACHEL RAMSEY RETIRES

On June 30th, after 29 years at the helm of Steps to HOPE, Rachel Ramsey retired—again.

More than 30 years ago, Rachel, along with a local professional businesswomen's club, saw a need to help women victimized by domestic and/or sexual violence—which led to the establishment of Steps to HOPE.

In 1985, after two directors had quickly tried and failed, Rachel left the banking world to keep Steps to HOPE's doors open while a third director could be hired. Stepping away from Steps, however, proved impossible. Rachel stayed on, retiring once in 2007—after spearheading a \$2.3 million dollar campaign to

provide the program with a new office building and shelter — only to return in 2009 for a second round.

### Order of the Long Leaf Pine

Rachel was bestowed the Order of the Long Leaf Pine for her work at Steps to HOPE and her impact on domestic violence awareness statewide. The prestigious award, given to a select group of North Carolinians with a proven record of life-long service to the state and community, was presented at a luncheon to celebrate Rachel's career at Tryon Estates on June 3, with more than 75 of Rachel's family, friends and colleagues in attendance. The Order of the

Long Leaf Pine recipients, who are given the title "Ambassador Extraordinaire", include Oprah Winfrey, Michael Jordan, Andy Griffith, Billy Graham and Maya Angelou.



*Presentation of the Order of the Long Leaf Pine by Paul Sutherland, Board President.*

### Steps to HOPE lobby dedication

A beautiful portrait of Rachel adorns the Steps to HOPE lobby, offering a warm greeting to all who visit while helping staff, who had the privilege and good fortune to work with her, adjust to her absence. We wish her every happiness in her well—deserved retirement.

~STH Staff



*Rachel enjoys a farewell lunch with Steps to HOPE staff Edith Lance (Second Chance Thrift Store Manager); Sandra Halford; Connie Orr; Lee Lindsay; Rachel Ramsey; Heather Cash; Jessica Powell; Genavieve Alapi.*



**There is hope. Call 894-2340.**



PROMOTE  
AWARENESS  
*by wearing purple  
domestic violence  
ribbons and teal  
sexual assault ribbons.*

## STEPS TO HOPE: MAKE-OVER AT 30!

What better way to celebrate a 30th Anniversary than with a make-over? The retirement of 2/3 of the Steps staff means fresh faces will greet you when you next visit the agency. Until then, here's an introduction...

### LEE LINDSAY Executive Director



I've only been Executive Director for 24 days and yet it seems sometimes like I haven't been anywhere else - *ever*. I have so much to absorb as the intricacies of running an entire non-profit agency become apparent, but I am incredibly lucky to have a great staff and so many wonderful volunteers and advisors who help us win the day each and every day!

Saying goodbye to Rachel in her capacity as Executive Director was not an easy thing to do. She has made such a difference in this agency and in our community since those "one-room" days 30 years ago. The good news is that I am very fortunate Rachel is still there for me to pick up the phone to chat for a

minute, and her support of the agency continues on.

Quite a number of people here and there in the community have asked me, "What will you do differently once Rachel is gone?" Well, my very first important and somewhat daunting step was to go sit in her chair. It kind of took my breath a little and I had to sort of meditate a few minutes to get my head around it all.

My mission for the future is to continue to grow the outreach and awareness efforts in our community so that people will know that domestic violence and sexual assault are a very real menace in our own little community. Until you gain an understanding of the day to day workings of Steps to HOPE and what it is and does, you can't really appreciate how much is offered to people in desperate need. STH reaches out to women who are in very dire circumstances. Much of the time they may fear for their own and their children's lives and come here for solace and safety with nothing but the clothes they are wearing. The word "hope" has had no meaning in their lives. We give them a safe haven and help them take the first steps towards a brighter and happier future. Who could ask for a better purpose than that?

Please come to Steps to HOPE and let us tell you the story of how Steps has

made a difference in our community for over 30 years. We still have a lot of work to do and who knows, maybe someday we won't be needed at all. I like to dream!

### PAULA CHILDERS Publicity/Public Relations



A lifelong resident of Polk County and Landrum, Paula holds a Bachelor's degree in Business Administration from Limestone College. She most recently worked in customer service and sales for the Aviation Carpet division at Mohawk Industries in Landrum. She brings a great deal of experience to her new position as she served as editor/co-op advertising/customer relations for an auto parts company for over 7 years. She does party and event planning as well as catering "just for fun". During her free time, Paula enjoys time with her large family and her friends, crafting, cooking, and traveling. She currently lives in Polk County with her daughter Rachel and their dog Toto. She truly believes in Step's to HOPE's mission and is very excited to embark on a new adventure with the organization.

MAKE-OVER AT 30, CONTINUED.

**HEATHER CASH**  
Outreach Program  
Coordinator



Heather

Heather Cash joined Steps to HOPE in June of 2015 as the Outreach Program Coordinator. Heather graduated from the University of South Carolina Upstate with a Bachelor's of Science in Psychology and a minor in Child Advocacy Studies. Her duties include: Managing all groups and education classes, keeping records for all groups and education classes, coordinating the outreach for and use of the Child Advocacy Center (CAC), coordinate education programs at the Polk County Schools, facilitate events to present and bring awareness to the community such as health forums and fairs. Heather enjoys spending time with family and friends, reading, laying out by the pool during the summer, and going to the beach.

**SAM ETHEREDGE**  
Outreach Program  
Facilitator

Originally from Saluda, Sam Etheredge has a BS in

Social Work from Limestone College and a Masters in Counseling from Webster University. He earned his black belt from Spartanburg Martial Arts in April, 1995 and has been teaching Karate as part of the ASK—Adolescent Skills-Building / Karate—program at Steps to HOPE for the past three years. He also facilitates the Men's and Women's DAIP—Domestic Abuse Intervention Program—classes.



Sam

Sam lives in Spartanburg with his wife and 4 children. He participates in a Motorcycle Ministry as the Youth Leader, likes outdoor sports/activity; enjoys a wide variety of music and food, especially cookies for which he confesses to having a "serious addiction to."

**BRITTNEY STALEY**  
Shelter Staff



Brittney

Brittney graduated from Polk County High School and is currently employed there as a job coach for the special education department. She also coaches girls basketball at the Middle School. Brittney is finishing her degree in secondary education at Gardner-Webb University.

**GENAVIEVE ALAPI**  
Summer Intern



Genavieve Alapi was chosen to be Steps' summer intern, a part-time position made possible by a grant from the Polk County Community Foundation (PCCF). She is a rising senior at Landrum High School and has worked in crisis ministry prior to Steps to HOPE by volunteering at homeless shelters.

Genavieve lives in Landrum with her mother and step-father. She enjoys running, swimming, and hanging out with friends in her spare time. After high school, Genavieve plans to attend a university and become a neonatal nurse. She describes herself as having "a passion for helping people and hopes to make the world a better place."

Steps to HOPE

*Office Staff*

- Lee Lindsay, Executive Director
- Connie Orr, Office Manager
- Sandra Halford, Case Manager
- Jessica Powell, Receptionist/  
Administrative Assistant
- Paula Childers, Publicity/  
Public Relations
- Heather Cash, Outreach  
Program Coordinator
- Genavieve Alapi, Intern

*Shelter Staff*

- Tamara Black
- Cherie Rogers
- Brittney Staley
- Cindy Thacker

*Second Chance  
Thrift Store Staff*

- Edith Lance, Manager
- Randy Conklin, Retail  
Assistant; Driver
- Ken Kitchen, Store Assistant
- Joyce Neely, Cashier/Retail  
Assistant
- Alan Pritchard, Warehouse  
Assistant
- Douglas Wofford, Warehouse  
Assistant
- Rosemary Taylor, Cashier

*Board of Directors  
2015-2016*

- Paul Sutherland, President
- Sally McPherson, V. President
- Heidi Mendez, Secretary
- Larry Wassong, Treasurer
- Carole Bartol
- Michael Bowers
- Elaine Belk
- Helen Gilbert
- Donald Hill
- Diane Nelson
- Patty Otto
- Julie Threfall

### STEPS TO HOPE STATISTICS

2014—2015 Fiscal Year

6 MONTH STATISTICS:  
July 1, 2014—  
December 31, 2014

Steps to HOPE provided support to 1002 callers on crisis line calls.

Safe shelter was provided to 15 women and 8 children for a total of 1186 shelter nights.

313 additional services were provided to 157 women and 114 men.

An average of 19 adults and 20 children attended weekly educational groups at our facility.

3830.5 volunteer hours were worked in the agency and thrift store.

## COMMON DOMESTIC VIOLENCE MYTHS - AND WHY THEY ARE WRONG

**MYTH:** Domestic violence only happens to poor women and women of color.

- Domestic violence happens in all kinds of families and relationships. Persons of any class, culture, religion, sexual orientation, marital status, age, and sex can be victims or perpetrators of domestic violence.

**MYTH:** Some people deserve to be hit.

- No one deserves to be abused. Period. The only person responsible for the abuse is the abuser.
- Physical violence, even among family members, is wrong and against the law.

**MYTH:** Alcohol, drug abuse, stress, and mental illness cause domestic violence.

- Alcohol use, drug use, and stress do not cause domestic violence; they may go along with domestic violence, but they do not cause the violence. Abusers often say they use these excuses for their violence.

(Michigan Judicial Institute, Domestic Violence Benchbook, 1998, p. 1.6 - 1.7)

- Generally, domestic violence happens when an abuser has learned and chooses to abuse. (Michigan Judicial Institute, Domestic Violence Benchbook, 1998, p. 1 - 5)
- Domestic violence is rarely caused by mental illness, but it is often used as an excuse for domestic violence. (Michigan Judicial Institute, Domestic Violence Benchbook, 1998, p. 1 - 8)

**MYTH:** Domestic violence is a personal problem between a husband and a wife.

- Domestic violence affects everyone.
- About 1 in 3 American women have been physically or sexually abused by a husband or boyfriend at some point in their lives. (Commonwealth Fund, Health Concerns Across a Woman's Lifespan: the Commonwealth Fund

1998 Survey of Women's Health, 1999)

- In 1996, 30% of all female murder victims were killed by their husbands or boyfriends. (Federal Bureau of Investigation, 1997)
- 40% to 60% of men who abuse women also abuse children. (American Psychological Association, Violence and the Family, 1996)

**MYTH:** If it were that bad, she would just leave.

- There are many reasons why women may not leave. Not leaving does not mean that the situation is okay or that the victim wants to be abused.

The most dangerous time for a woman who is being abused is when she tries to leave (United States Department of Justice, National Crime Victim Survey, 1995) however, many victims DO leave and lead successful, violence-free lives. Steps to HOPE can help. **REMEMBER:** there is hope.

## SHELTER WISH LIST

- Women's deodorant products
- Plastic storage bins/totes w/ lids
- Dishwashing soap
- Baby wipes
- Mirrors for bedrooms
- Canned foods (with long shelf life)
- Sets of dishes
- Laundry detergent
- Sets of pots & pans
- Hair dryers
- Vacuum cleaners
- Household cleaning products

For updates to this list, call Jessica at 894-2340.



## CHILDREN, YOUTH & DOMESTIC VIOLENCE

Children are often considered the “hidden” victims in families where domestic violence is occurring. Studies have estimated that 3.3 million to 10 million children are witnesses to domestic violence annually. Children, just like their adult caregivers, experience trauma from the physical and verbal abuse transpiring in the home. Furthermore, 30% to 60% of perpetrators of domestic violence also abuse children in the household. Children can demonstrate a variety of problems, due to exposure to domestic violence, inhibiting their personal success in the classroom and other social settings.

### Impact of Exposure to Domestic Violence

#### Newborn to 5

- Sleep and/or eating disruptions
- Withdrawal/lack of responsiveness
- Intense/pronounced separation anxiety
- Inconsolable crying
- Developmental regression, loss of acquired skills
- Intense anxiety, worries, and/or new fears
- Increased aggression and/or impulsive behavior

#### Age 6 to 11

- Nightmares, sleep disruptions
- Aggression and difficulty with peer relationships in school
- Difficulty with concentration and task

completion in school

- Withdrawal and/or emotional numbing
- School avoidance and/or truancy

#### Age 12 to 18

- Antisocial behavior
- School failure
- Impulsive and/or reckless behavior, e.g.,
  - ◇ School truancy
  - ◇ Substance abuse
  - ◇ Running away
  - ◇ Involvement in violent or abusive dating relationships
- Depression
- Anxiety
- Withdrawal

\*Adapted from National Child Traumatic Stress Network.

## NURTURING FAMILY PROGRAMS

### Parenting Education

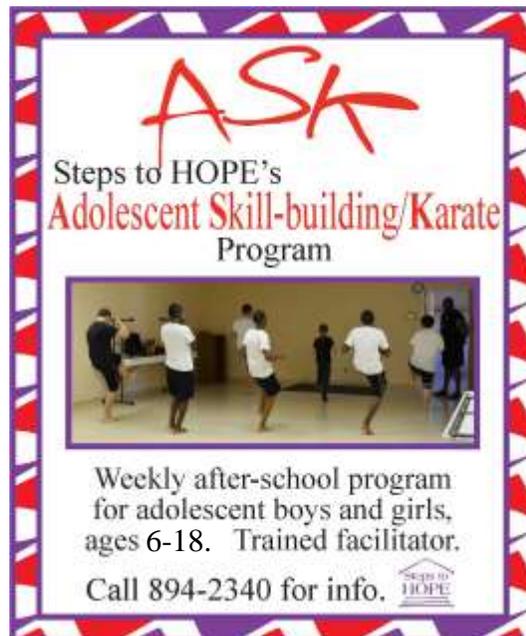
Participants in the 12-week Parenting Education program become more effective parents through learning about children’s needs and development; developing routines; domestic violence; and safe environments.

Babysitting is provided if needed. The next Parenting Education Program is tentatively scheduled for early Fall. Call 894-2340 for details.

### ASK Program

Topics of the ongoing ASK youth programs include:

- Resolving conflict in an appropriate manner;
- Developing life skills;
- Self esteem;
- Getting along with family and teachers;
- Taking responsibility for your own actions.



NORTH CAROLINA STATISTICS  
January 1—August 1  
2015

24

Homicides

Of those 24,

6

were  
murder-suicides

## 12TH ANNUAL GOLF TOURNAMENT

**It's Tournament Time!**

**Steps to HOPE's**  
12th Annual Charity  
**GOLF TOURNAMENT**  
\$400 4-person team includes  
breakfast, lunch, snacks, & drinks

**Friday, November 6, 2015**  
**Red Fox Country Club**

Limited to 27 teams so register early!  
**Call Steps to HOPE at 894-2340**

With less than three months remaining, our tournament roster is already half full! If you're considering playing, now's the time to register! We had a waiting list for cancellations the past two years.

Thanks for all the support again this year. Special thanks to Gold Sponsors:

Dave Hunt, McDonald's/  
Rutherford Management  
Corporation;

Jerry Johnson,  
HomeTrust Bank, Tryon;

Patty Otto, Hare &  
Hound, Landrum.

## COMMUNITY SUPPORT



*Pictured from left to right: Anita Summey, Aurelia Mayer, Millie Granger, Camille Alexander, Pat Doggett, Jimmi Buell, FCS, Pearl Suber, Wilda Corley, Sue Mathers (sitting)*

People from the Green Creek community and beyond gathered at Cool Mama's with Steps to HOPE to help raise awareness in the fight against domestic violence in our community.

The Extension Community Associates of Polk County recently purchased a picnic table built by Polk County High School's FFA and donated it to Steps to HOPE. Thanks to this generous donation, women and children who seek shelter at Steps to HOPE will have the opportunity to sit and enjoy the outdoors or have a meal outside in a safe environment.

**Steps to HOPE**  
thanks  
**Cool Mama's Bakery**  
for hosting their  
**BARBEQUE & Bluegrass BENEFIT**  
and for joining our fight to break  
and end the cycle of domestic and  
sexual violence in our community.  
Steps to HOPE - PO Box 518 Columbus - 894-2340

Would you like to be  
added to our  
**Email list?**

Simply send your email  
address to  
[pr@stepstohope.org](mailto:pr@stepstohope.org)  
and we'll keep you  
apprised of news, up-  
coming events and  
opportunities.

**Thank you!**

SECOND CHANCE THRIFT STORE

# Second Chance Thrift Store

## IMPORTANT DATES

**Tuesday, Sept. 1: \$2.00 Bag Sale**  
**Closed Sept. 2-5 for Change-Over**  
**Re-opening**  
**Tuesday, September 8**  
**with ALL NEW FALL LINE**



*Second Chance Thrift Store* is vital to the continuation of Steps to HOPE's programs designed to break and end the generational cycle of domestic and sexual abuse in our community. As Second Chance provides nearly 50% of Steps to HOPE's operating capital, we know all too well that we simply couldn't keep our doors open without your patronage and your tax-deductible donations. Call 894-2373 to schedule a pick up of your gently used merchandise—and plan to stop by to see why Second Chance is often referred to as "the Belk's of Columbus."

**RUNNING OUT OF SPACE?**  
*We can help!*

**Please donate to**

**Second Chance Thrift Store**

Help Steps to HOPE break the cycle of domestic violence and sexual assault.

**CALL 894-2373**

for a pick-up of your *tax-deductible* treasures!

**Thank you!**

**Second Chance Thrift Store** challenges you to...



**232 E. Mills Street** to see the myriad of options for buying nearly new—and saving a bundle! Drop off your unwanted treasures, or call 894-2373 to arrange a pick-up.

Join Second Chance's Email List to receive notifications of Thrift Store sales and special events. Send an email to [pr@stepstohope.org](mailto:pr@stepstohope.org) and put "Thrift Store email sign-up" in the subject line.



## 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 Skills-Building Karate group** – 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, 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

828-894-2340 · 1-888-968-4283

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

E-mail: [steps@stepstohope.org](mailto:steps@stepstohope.org)



Visit us at  
[www.stepstohope.org](http://www.stepstohope.org)

### HOPE Works!

A Semi-annual Newsletter of  
Steps to HOPE, Inc.  
Debra Backus, Editor

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

Help  
Order  
Protection  
Encouragement

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

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

OUR 30<sup>th</sup> YEAR  
OF CLIENT SERVICES