



turning point

FREEDOM FROM FEAR

Fall 2009

Dating Rights—Dating Responsibilities

by robin h. king

In Our Own Voices

“My work at Sistercare has been life-changing for me.”

Libby Campbell, Sistercare Support Group Coordinator

“Sistercare has helped me deal with my grief, and through the Speakers Bureau, affect others in a positive way.”

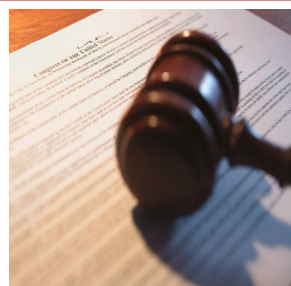
Frank Crachiolo, Sistercare Volunteer

“Never give up. There is always a better tomorrow. While going through domestic violence it looks hopeless, but if you don’t give up, you will survive and progress”.

Tammy C., Domestic Violence Survivor

“Organizations like Sistercare must exist to help the whole person, emotionally and spiritually. Sistercare's services help heal abused children so they won’t grow up to be abusers but through counseling they will be better mothers and fathers when they are of age. Sistercare is there when society fails to protect its women and children.”

Stephany Snowden, Sistercare Board Member



If your child or your friend were experiencing dating violence, would you notice it? Does dating violence have a predictable face or behavior? More than **80%** of parents do not think it is an issue and a majority of parents have never spoken to their children about dating violence.

Most people are not aware that teen dating violence does not discriminate between races, gender or socioeconomic lines. It is often hidden because teenagers have romantic views about love . They want to be independent from their parents and may be pressured by peers to display violent behaviors. This leads to missing opportunities to offer guidance and teach young people how to get to know each other without consuming or violating each other’s personal space.

Generally, young people tend to become too attached too soon. This premature bonding is seen as a badge of honor instead of the early burden of adult responsibility. Adolescents may not understand that teen years are for meeting and learning about all kinds of people and cultures. The time to pick a mate should not be urgent at age 15-20 years. Young people’s sensitivities often preclude waiting for intimacy or committed dating. They may seek emotional support from people they barely know. Consequently, they get caught in webs of relationships they neither understand nor have the skills with which to cope.

“Among female victims of intimate partner violence, a current or former boyfriend or girlfriend victimized 94% of those between the ages of 16-19.” (US Department of Justice, Office of Justice Programs, Bureau of Justice Statistics, 7, (2001)).

Perhaps our young people need to understand and be reminded that they are special individuals. They miss the freedom that should be associated with growing up, exploring the world, getting a good education, learning what their passion is, and allowing the maturation process to occur. They may not understand that finding a mentor, or some adult they have rapport with, could be the difference between silent trauma and the key to success.

If you are a teen and you are out in the dating world, you have rights in the matter as well as responsibilities. Your rights include knowing your feelings count, being able to express yourself and having your thoughts respected.

turning point

Sistercare publishes *Turning Point* three times a year and is a non-profit organization chartered under South Carolina laws to provide services to battered women and their children.

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Contributors

ROBIN KING,
Sistercare Grants Writer

KATHLEEN SHAW,
Sistercare Development Director

TAMIKA L. SIMS,
Sistercare Coordinator of Volunteer
Services & Community Outreach

803-926-0505 administrative office
803-765-9428 24-hour service line
1-800-637-7606 out of local area
www.sistercare.com

Bridge Over Troubled Waters

by tamika l. sims



Pictured from left: Chrystal Jenkins, Tamika L. Sims, Sistercare Coordinator of Volunteer Services & Community Outreach, Pete Williams, Beth Williams, James Cooper and Fred Kotoske

Kathleen Kelly, a writer about philanthropy and fundraising, has stated, “A historic and deeply rooted cultural belief in the United States is that our country’s social needs should be addressed by *voluntary action* to the greatest extent possible, rather than by government.”

On September 24th Sistercare paused to honor, show appreciation and recognize its volunteers for over **10,000** hours of service rendered to the agency. During economic downturns and previous recessions, volunteers have been found to be strong assets by being motivated to give more help to meet increased needs.

Those honored and recognized on this very special day were specifically selected

to receive awards because they have dedicated a part of their lives to making an amazing difference in the lives of battered women and their children.

Sistercare wishes to thank Verizon Wireless for its sponsorship of this year’s annual volunteer recognition luncheon.

The **Children’s Program Volunteer of the Year**, *Chrystal Jenkins*, was honored for her reliability, conscientiousness and dedication. Sistercare Children’s Counselor, Lynne Harvel, had this to say, “Chrystal has been an exceptional resource for the children’s program and for the overall operation of the shelter”.

The **Speaker’s Bureau Volunteer of the Year**, *James Cooper*, was honored for his diligence in educating the community on teen dating violence, the dynamics of domestic violence, Sistercare’s programs and services and other topics pertaining to Sistercare’s mission. Mr. Cooper’s dedication and commitment to breaking the intergenerational cycle of domestic violence is unparalleled.

The **Volunteer Business of the Year**, *IBM*, was chosen for its faithful, generous dedication to Sistercare and the many women and children we serve. The involvement of this business and its employees is unsurpassed as they stand out in the Midlands as highly community-spirited and generous to those in need. Beth Williams, project coordinator, has been a special friend to Sistercare as she so diligently and thoughtfully has overseen the volunteer projects.

The **Shelter Project Volunteer of the Year**, *Pete Williams & the Remodelers Council*, were selected for making it possible to expand one of Sistercare’s children’s counseling buildings. The work of these contractors and builders has allowed more children who are staying in our two Lexington County shelters to be counseled in one building. Sistercare is most fortunate to benefit from the good work and goodwill of this conscientious and generous group of gentlemen.

The **Community Outreach Volunteer of the Year**, *Allstate*, was recognized for its creation and coordination of outreach projects of giving special gifts to the women Sistercare serves in order to help raise self-esteem, make them feel special, and let them know the community supports them.

The final award given was the **Outstanding Volunteer of the Year**. The 2009 award was given to Fred Kotoske, Midlands Taco Bell Franchisee. Over the past **16** years, Fred’s *Tacos for Sistercare* fundraiser has raised nearly **\$240,000**. As the father of three daughters and a local businessman, Fred appreciates and understands the need for the business community to help address the issue of violence against women.

Sistercare is grateful to surround itself with such a special group of people.



The Allstate Foundation Helps Battered Women Help Themselves



by tamika i. sims

The Allstate Foundation has partnered with Sistercare over the past year to implement the *Economics Against Abuse (EAA)* Program. The EAA helps domestic violence survivors build their financial independence to get free and stay free from domestic abuse.

The following statements are from women who are benefiting greatly from the EAA Program:

"The EAA has helped me to get a savings account, and I feel proud of myself for being more independent. I am making it on my own now."

"Before the EAA there were times when I could not pay my rent on time because I had already spent my money. This program taught me how to prioritize and to pay important things first."

"I have been in shelter several times but this last time was different. I like to give credit to the EAA program because of the encouragement and education I received. I decided this time I can do it, and am on the road to becoming financially independent and living without violence."

The Allstate Foundation *Economics Against Abuse* Program provides resources, funds direct services and spreads the word on how to empower those touched by domestic and economic abuse. For more information and to find out how to help, visit www.ClickToEmpower.org.

Continued from front cover

by robin h. king

As a teen, you should be respected and treated in a civil manner; you don't have to participate in some activity you are uncomfortable with or that you know is not appropriate. No one owns you (or your body) if they buy you dinner or take you to a show.

At the same time you have a responsibility to *learn about yourself* and determine healthy boundaries. What are your limits and values? What kind of goals do you have for yourself? Other responsibilities include being considerate, asking for help if you need it, and respecting others and their thoughts. It is perfectly all right to say "no" from time to time and important to recognize that each individual is responsible for his or her choice in behavior.

Young people often do not realize that decisions they make in this time of life will affect them for years to come. A pregnancy, a sexually transmitted disease, substance abuse, a controlling or abusive relationship, unnecessary provocative behavior or dress, commitment before having a chance to figure out who you are, loss of education in order to be "taken care of" - can all be devastating.

In the space of a lifetime, the growing years from **13-19** are a blink in the eye of time. However, it doesn't feel that way for teens. If teens can be supported and encouraged to defer some of the adult behavior they rush into, and allow themselves time to grow and mature before they grab responsibilities they are not ready for, the prospects for violence-free living increase.



Lexington County Grant Improves Sistercare's Shelters

by robin h. king

Sistercare greatly appreciates the County of Lexington's award of a Community Development Block Grant for \$35,650 that will provide improvements to our emergency shelters. This grant will fund an accessible sidewalk, storage room, and storage building for Sistercare's Lexington County shelters for battered women and their children.

The grant will allow Sistercare to enhance safety through the addition of a sidewalk so the children and women residing in our shelters will not have to walk through a parking lot. Grant funds will help Sistercare to expand greatly-needed storage space to place donations which can offset the cost of purchasing items.



Sistercare Shelter Manager Chris Johnson had this to say, "Both residents and staff are very excited about the expansion to our Lexington County shelters, especially the sidewalk that will serve as a safe link between the two shelters".

Sistercare is most grateful to Lexington County for the generous grant which will permit us to complete this much-needed project.

Yes!

I will help prevent domestic violence.

Pledge Amount : _____

(Monthly) (Yearly)

Donations can be made through PayPal .
Visit www.sistercare.com.

My tax-deductible contribution is enclosed.

\$500 \$250
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Name _____

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Please contact me regarding shares of stock.

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Company name _____
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Telephone _____

Sistercare is a not-for-profit 501(c)(3) partner agency of the United Way.

Help Spread a Little Holiday Cheer

by **tamika l. sims**

Last year over **200** formerly battered women and their children participating in Sistercare's Holiday Adopt-a-Family Program received new clothing, toys and food. This year, due to uncertain economic times and conditions, some of the families we serve have lost employment; therefore, the need is greater for individuals, businesses, faith groups and civic organizations to become involved.

Why not consider being a sponsor for a family today? To learn more about Sistercare's Holiday Adopt-a-Family Program, please contact Sistercare's administrative office at 803.926.0505.

by **kathleen shaw**

Sistercare Makes Donating Easier Than Ever!

Sistercare's Automatic Monthly Giving Program has been developed to make monthly support to Sistercare simple and convenient.

This program allows a donor to make a monthly donation to Sistercare in any amount from their funds which are automatically withdrawn from a personal checking account.

For more information on how to enroll, visit Sistercare's website, www.sistercare.com, and click on "Give/Donate" on the side menu or e-mail or call Kathy Shaw, Development Director, at kagshaw@bellsouth.net or (803) 926.0505.

SISTERCARE IS ALWAYS IN GREAT NEED OF CELL PHONES AND USED, WORKING VEHICLES. PLEASE HELP DOMESTIC VIOLENCE SURVIVORS BECOME INDEPENDENT AND SAFE. TO DONATE, PLEASE CALL 926.0505 OR VIEW www.sistercare.com.



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