



turning point

spring 2009

FREEDOM FROM FEAR

When Teen Love Goes Wrong

by robin king



Allstate
FOUNDATION

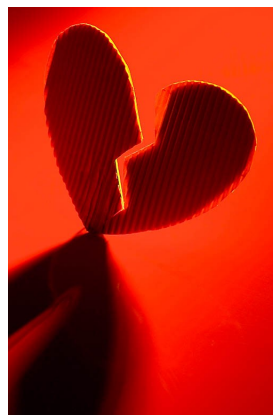
by sarah brouillette

In addition to physical and verbal abuse, abusers can also limit or withhold their victim's access to financial resources and management of those resources. This form of financial abuse cripples battered women's ability to be self-sufficient and live independently from their abusers, and often women feel they are incapable of escaping the abuse because of it.

Recently, Sistercare was awarded a **\$25,000** grant from the Allstate Foundation to provide the *Economics Against Abuse* for the Columbia, South Carolina area. This valuable program will provide financial education to increase domestic violence survivors' financial knowledge, skills and resources to manage their personal finances. Financial education is essential to empower women to become financially self-sufficient, economically independent and escape abusive relationships.

"For the last three years, Allstate's program surrounding domestic violence has provided more than \$3.5 million in grants to state domestic violence coalitions, local programs and individual survivors focused on economic empowerment and education," states Julianna Sparks, Allstate's Foundation Chair for the Southeast Region.

Sistercare is most grateful for the generous support of the Allstate Foundation.



The teenage years are a special time in one's life. Teenagers often experience a number of tumultuous roller coaster-like feelings as they undergo the many changes that occur during puberty. Not the least of these is the interest and natural attraction to the opposite sex coupled with raging hormones and growth spurts. Puppy love has frequently been considered one of the blissful images of youthful affections. The teen years are a time of confronting everything that parents say, looking for acceptance and cultivating individuality.

Unfortunately, our young people do not have a fair chance at healthy relationships if they are not educated about the signs and behaviors associated with abuse. Jealousy is sometimes considered cute and endearing in teen relationships. However, jealousy, especially over-the-top jealousy is an indicator of control issues. Jealousy often leads to isolation from friends and family, controlling behavior and implied male privilege. Male privilege is prematurely assumed by young men who sometimes make up their own rules as they seek to display their power and superiority. They seek to position themselves with their girlfriends as the one to make all the most important decisions. Often there is punishment for girlfriends who do not obey. This is a premature function because the young men have not finished growing, maturing, or understanding the skills and responsibilities needed to be the decision-maker or provider.

Meanwhile, girls who have not been taught how important they are as individuals, may reach out for what feels like comfort and protection from boys who don't quite know how to be the young men they want to be. The boys may feel the need to establish that they are in control. If the girls have not had sufficient Daddy time, they may reach out to young men who are just as vulnerable to sensitive feelings as they are. They get their self esteem trampled and become traumatized.

Another area where people overlook emotional damage is our way of being when we talk to each other. First of all, long before anyone else has the opportunity we often speak most harshly to ourselves. It is no surprise then, that verbal abuse is as devastating as it is. It can be found walking hand-in-hand with emotional abuse. It is through verbal abuse that blaming, minimizing and denial flourishes. Verbal abuse delivers threats that cut deeper than razors, intimidation that can stop a scholar or stifle a smile. The pendulum swings, with power and control, and sometimes awful consequences.

Today's technology has taken away the boundaries young people need between them as a healthy space from which to communicate. This erased space where thinking about options and choices and decisions occurs becomes a zone with demands. Where are you? Who are you talking to? Why are you in the library now? What are you spending your money on? Who said you could wear that dress? Why are you taking so long?

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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Songbird Café 2008 Hits the Mark!

by kathleen shaw



A fine mix of multi-talented musical artists played to a standing room only crowd at Sistercare's Sixth Annual Songbird Café fundraiser on October 23, 2008.

Singers/songwriters Ken Block, Drew Copeland, Jim Lauderdale and

Aubrey Collins provided a varied and entertaining concert with their unique styles.

Southern Way Catering graciously provided delicious hors d'oeuvres. Special thanks to Jimmy Stevenson who donated the venue at Leaside, as well as Ricky Wright, owner of Hampton Hill Athletic Club, who arranged the musical talent.

Sistercare would like to thank all attendees and supporters. Special thanks to the following sponsors whose financial support is critical to the event's success!

THE DOVE - \$20,000

Lexington Medical Center

THE EAGLE - \$15,000

BlueCross BlueShield of South Carolina

THE HERON - \$10,000

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Southeastern Freight Lines
UBS Financial Services
Wilbur Smith & Associates



From left: Jim Lauderdale, Aubrey Collins, Ken Block & Drew Copeland

THE CANARY—\$1,000

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Continued from front cover

by robin king

Girls and boys can find themselves caught in situations where they lack an appropriate model for behavior.

In an article published online about teen violence: <http://jezebel.com/5123094/lawmakers-attempt-to-stop-the-rise-in-dating-abuse-amongst-teens>, lawmakers in many states scramble to find ways to stem the tide of violence in teen dating. Among the solutions are changes in legislation where “lawmakers changed domestic violence laws to allow teenagers to obtain restraining orders in family court”. This occurred because “a survey by the NYC Department of Health and Mental Hygiene showed that dating violence had risen by more than 40 percent since 1999, when the department began asking students about the problem.”

The best protection our teens can have is education about the cycle of domestic violence. Add to that - caring family, friends, mentors, character development, an understanding of appropriate boundaries, legal support, counseling and constructive outlets for young men and women who need to prove themselves. The result could be a drastic reduction in dating violence. The result could be more respect among our youth as they mature. Ultimately, it could lead to adults who no longer suffer from the insidious ills of domestic abuse.

TACO BELL Continues its Loyal Annual Support!

by kathleen shaw

Many thanks to **TACO BELL** which generously supported Sistercare through its 16th Annual Tacos for Sistercare fundraiser on **November 1 – 15, 2008**.

Over the past 15 years, Tacos for Sistercare has raised over **\$218,000** making it one of Sistercare’s largest annual fund raising events.

Special thanks to franchise owner Fred Kotoske. Sistercare has honored Mr. Kotoske as one of eight individuals who has contributed significantly to the issue of reducing domestic violence in our community and for his support.

Funds donated from **TACO BELL** will go toward emergency shelter and counseling for battered women and their children in the South Carolina Midlands community. Muchas gracias, amigo bueno, **TACO BELL!**



(Back row): Richland County Sheriff's Department deputies

(Front row): Richland County Sheriff Leon Lott, Sistercare Executive Director Nancy Barton, Taco Bell Franchise Owner Fred Kotoske

Introducing Sistercare's 2009-2011 Board Members

by tamika I. sims

Sistercare elected the following members to its board of directors in 2009. Please join us as we welcome the new board members to our organization.

Betsy Choate is an enthusiastic member of Sistercare's Board who brings commitment, energy and years of loyalty to our work with battered women and their children. Betsy has significant experience raising funds, leading boards of directors and organizing community events. As a past President of the Junior League of Columbia, Betsy was involved with Sistercare and engaged in a meaningful project with a victim of domestic violence. As a result of her experience with Sistercare, Betsy has a strong understanding of interpersonal violence and the need for the community to play its part in contributing time and resources to the issue of domestic violence.

Dwight Galloway, General Manager with LEAF Specialty Finance, is a newly-elected Board member. As a child, Dwight learned first-hand how an abusive home could impact the lives of women and their children. He has committed to make time for Sistercare and make a difference in our community. Dwight hopes to raise awareness of the issue of domestic violence by spreading the word of Sistercare throughout the greater Columbia community. Dwight feels that education is the key to reducing the incidence of family abuse and to providing assistance to those in need.

Having become increasingly aware of Sistercare and its services through a number of its outreach and education efforts, **Felicia Howard** welcomed the opportunity to serve on Sistercare's Board of Directors. Felicia has a great deal of appreciation for the strong female role models in her life and owes a debt of gratitude to them. Playing a part in ensuring that all women are able to live in an environment free of abuse and, in turn, reach their fullest potential is one of the ways Felicia demonstrates her appreciation for the women in her life and in the lives of her two daughters and son. Felicia is the Director of Demand Side Management with SCANA Corporation.

Yes!

Songbird

continued from page 2

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(Monthly) (Yearly)

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Visit www.sistercare.com.

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Sistercare Makes Donating Easier Than Ever!

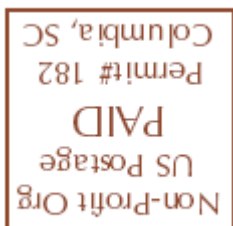
by kathleen shaw

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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