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Let Helpmate Do Your Holiday Shopping!

Having trouble deciding what to get Aunt Sue, Uncle Joe, a colleague or a longtime friend this holiday?

Donate to Helpmate in their name and we will send them an exclusively designed holiday card letting them know of your donation.

Just make your check out to Helpmate and mail to:
P.O. 2263, Asheville, NC 28802.
Remember to include the name and address of your honoree.

If you want to use your charge card to make this gift just call Ann Flynn, Development Director at 828-254-2968 x11.

Go Green...

Receive our e-newsletter!
Sign-up online at:
www.helpmateonline.org

Men Who Care

On September 15th, 2009 nearly **200 Men Who Care** came together to take a stand against domestic violence.

Present among them was **Dr. John Stewart**, Past President of Helpmate's Board of Directors and a long time volunteer for the agency. It was his idea, well over 15 years ago, to challenge men in our community to understand the problem of domestic abuse and to care for its victims.

The second bi-annual Men Who Care luncheon at Asheville's Renaissance Hotel was co-chaired by **Dr. Stewart, K. Ray Bailey, W.Louis Bisette, Jr., Joe Brumit,** and **Robby Russell.**

The co-chairs had support of over 20 table hosts and over 50 community sponsors.

Attendees listened to an eloquent but difficult story told by a survivor and former Helpmate client, who explained her journey away from violence with the agency she now supports.

Community response was heartening to Dr. Stewart, who said, "I always knew that a huge piece of beginning to curb domestic violence was to hold up the scope and severity of this problem to the public. We needed to get their attention, and if so, they would respond, and they did."

Co-chair, **Joe Brumit** echoed Dr. Stewart's sentiments: "It is important for men to step up to the plate and educate themselves about domestic violence and the resources Helpmate provides to its victims, and how we can prevent this social epidemic."

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Nighttime in the Shelter

By Katy Carris

During third shift, when women need to talk I am here to listen, provide a comforting space, and help them to not feel quite so alone. Many nights I find women who are almost desperate for a project in order to distract them. Nights when the house is quiet there is always other work to be done such as compiling numbers for a grant, printing letters, sending out mailings, typing case notes, organizing the clothing closet, doing database entry, and/or answering the Hotline. Sometimes, a woman needs to be brought into shelter unexpectedly in the middle of the night. After intake (filling out paperwork if she is able) I get her settled into her room quickly and make sure all of her most immediate needs are taken care off. These needs can include getting food from the pantry or as crucial as figuring out how to get her children to the shelter and away from an abusive partner.

From around 6:00AM the house begins to awaken, daylight starts seeping in, the children stir, and a new day begins.

(Katy is the Helpmate staff person on third-shift in the shelter.)

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Executive's Letter

Late this summer, we lost my Grandmom Smith to nothing like a long battle with any major disease at all. She lived a good, long life, and went about as peacefully as I imagine anyone can. She left me with a bevy of fond memories: her ability to crochet anything whatsoever, her syrupy voice, soft skin that smelled of cold cream and baby powder, and a candy dish always full of Hershey's miniatures.

I thought I had a pretty good handle on my Grandmom. Her obituary was fittingly sweet and tidy, summed up by her church membership and the names of her surviving children, their spouses, and progeny.

So I was somewhat surprised when I read in the funeral home bulletin that Grandmom had been born in Georgia. Grandmom, as all of my family since the dawn of time, had hailed from East Tennessee. That she would have originated anywhere else didn't fit with my understanding about her young life. But I shrugged this off because, except during football season, coming from Georgia isn't all that much a transgression.

As my father and his siblings have sorted through Grandmom's belongings, their surfaced memories have come to me as random revelations about Mary H. Smith, and have helped me appreciate a woman far more complex than the one I thought I knew. But the greatest revelation has been the truth behind her Georgia birthplace. My great-grandmother had taken her pregnant self and her children to north Georgia to be nearer my great-grandfather, who was at the time in federal prison for moon shining. When they returned to Tennessee, my Grandmom was the newest edition of the Holt family.

All of this has caused me to contemplate the elusive nature of personality. What chance do any of us have to truly know someone else? Helpmate's clients have learned too well that personality can be inconstant and even volatile, and that trust in a nature that once seemed compassionate and loving can be horribly exploited. By the time our clients come to us for services, their faith in their own ability to judge character has been shattered. A healthy trust in others is something they must rebuild as part of their recovery from abuse.

The more interesting revelation for our clients is what they learn about their own personalities. As they work toward building lives that are free from violence and fear, they surprise themselves with the depth of their own resilience, their own creativity, and their own strength.

None of us can expect the full picture of our loved ones. Some—perhaps including my Grandmom—have edited the full picture so that its composition makes more sense in context (most certainly, the fact of my great-grandfather's incarceration did not fit into the church-going, simple, country childhood Grandmom painted for us grand kids). Others have edited the full picture so they can later manipulate the people and situations around them.

Most times, we're lucky to have a full picture of our own selves. We see better glimpses of our self-portraits when we are forced to rely on our innermost resources—as like Helpmate's clients—during times of grief, of trauma, of recovery.

– Valerie Collins

Nearly **\$40,000** was raised in **sponsorships and gifts through the event.** For victims of domestic violence, this community support means that they will have an opportunity to heal and have hope for their future. Last fiscal year, Helpmate provided services to over 1,600 clients through emergency shelter, individual and group counseling, case management, civil and criminal court advocacy, a 24-hour Hotline, prevention education and professional training.

Support couldn't come at a better time, as the recession has increased demand for Helpmate's services. This past fiscal year, Helpmate saw a 45% increase in the number of clients for which they provided safe shelter, a 43% increase in the maximum length of stay, a 25% increase in the number of crisis calls, and a 20% increase in the number of nights of emergency shelter provided.



Helpmate Welcomes our New Court Advocates

Helpmate is pleased to welcome **Melissa Kight** and **Lori Emery-Ownbey** to the Helpmate staff as our two Court Advocates. Melissa served as a graduate student intern with Helpmate in 2000-2001 and holds a Master's in Community Counseling from Western Carolina University. Lori holds a Bachelor's in Criminal Justice from Western, and has had years of experience working in judicial enforcement, as a probation/ parole officer and through specialized case management. We are excited to have them working for Helpmate.

Thank You, Men Who Care

Many generous and caring community members and businesses brought their leadership to the **Men Who Care** luncheon as event chairs, event hosts, or sponsors. We are grateful for their support and hard work. This event brought to mind the expression "it takes a village." We think it takes a community to conquer domestic violence and our community certainly stepped up to the plate.

For a complete list of sponsors please visit our website at www.helpmateonline.org.

Thank you, thank you, thank you to all the wonderful people who joined with Helpmate to make this event so successful and our gratitude to the men who by their participation said:
"I am a man who cares."

Ongoing Client and Shelter Needs:

- Gift Cards for clients (to Target, K-Mart, Wal-Mart, Ingles, etc.)
- Non-perishable food items
- Hand Sanitizer
- Tissues, toilet paper, paper towels
- New or gently used bath towels
- Portable fans
- Kitchen staples (coffee, cooking oil, sugar, aluminum foil etc.)
- Children's dishware (sippy-cups, plates, spoons, etc.)
- New women's sweatpants/sweatshirts (Sizes 6-3x)
- Alarm clocks
- Combination locks
- Brooms and mops
- Garbage bags
- Laundry detergent and dishwasher detergent
- First aid supplies (bandaids, gauze, etc.)
- Orajel
- Combs and hair brushes for adults and children
- Pillows, single sheets, blankets, quilts
- Sponges
- Cleaning supplies
- New women's underwear (all sizes)
- Emergency assistance for heating and other home bills
- Calendars, date/appointment books
- 3-ring binders (1.5"-2")

For more information, please contact:

Ann Flynn, at aflynn@helpmateonline.org or **254-2968 x11**.

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**Working with our
community to eliminate
abuse and fear**



United Way of Asheville
and Buncombe County

How You Can Help Battered Women

- Be a regular donor to Helpmate's Annual Fund
- Make a donation in honor or memory of someone. We will acknowledge the appropriate individuals per your direction.
- Make a Planned Gift, Specific Bequest, General Bequest or a Contingent Bequest.

For any questions regarding donations or bequests please contact Ann Flynn, Development Director at 254-2968 x 11

Helpmate is a private not for profit organization. Your contribution is deductible to the fullest extent allowable by law.

GO GREEN

Helpmate is working its way towards being more conscientious of our environmental responsibility. You can make a small and easy step to help us. Sign up and receive future issues of Helpmate's newsletter, **The Olive Branch**, online. Help us save paper and trees while reducing our cost for printing and postage. You will receive the same great newsletter in your e-mail box.

- Go to: www.helpmateonline.org
- Look for the box in the left column:
E-News Sign Up
- Enter your email address, click "GO" and follow the instructions.

Helpmate in the Holiday Parade

Thanks to the **Gray Line Historic Trolley Tours of Asheville**, Helpmate will be in this year's **Asheville Holiday Parade on Saturday, November 21st.**

The red trolley that you see often around town will become the Helpmate float for the parade! Thanks also to **Allegra Print & Imaging** and **FASTSIGNS** for donating float banners.