

SUMMER 2005

Offices & Crisis 693-3840
Email: info@mainstayhelp.org
website: www.mainstayhelp.org



In Support of
Violence-free Homes



Dear Mainstay Supporters,

I am both humbled and excited to be Chairperson for Mainstay's Board of Directors for 2005-2006. This is my third year of service at this wonderful organization, and during my first two years I have had the privilege of meeting many of the staff and volunteers involved with the organization. I am most impressed with our staff and volunteers dedication to and compassion for the people we serve. It is indeed overwhelming to think of the role we play in the lives of those dealing with domestic violence.

Statistics report that nearly one-third of American women report being physically or sexually abused by a husband or boyfriend at some point in their lives. I can't bear to think of how high that number might be if we knew of all the unreported cases. I also shudder to think how that number would increase if we included the cases in the Hispanic population living in this country. It is my hope that we will take the necessary steps in order to act not only as a refuge for these victims of domestic violence, but to provide the necessary support to help them gain positive influences and stability in their lives.

As an organization, we are putting in place additional services this year in order to better serve the people with whom we work. Moreover, we will be breaking ground in the upcoming summer months on our transitional housing project. This is a significant step for all of us and will greatly impact the lives of the people we serve. This is just one of many projects on the agenda for the coming year, and you can be confident that we are always working to ensure that the needs of our county are being met.

Over the next year we must pull together as staff, volunteers and board members, working selflessly in order to meet the needs of those affected by domestic violence. On behalf of the Board of Directors, I want to thank each of you for your continued support of Mainstay. Without your financial contributions, volunteer hours, and commitment, we could not exist to help those in need in Henderson County.

Sincerely,
Dwayne W. Powell, Chairman
Board of Directors

Mainstay Mountain Medley

It was an amazing day! The inaugural Mainstay Mountain Medley, held on Saturday, May 28th, was a huge success. The evening five-mile run and 1-mile walk had nearly 200 participants from not only Western North Carolina, but from all over the country, as well as a family from Holland.

After a morning rain, the weather cleared up for a delightfully cool, clear evening that was appreciated by the runners, walkers, and all who helped with the Medley. "This was the first year for what will be an annual fundraising event for Mainstay and we could not have done it without the dozens and dozens of volunteers who helped us," said Executive Director Tanya Blackford. "We thank each of you who helped—from the cookie bakers and sign makers to the registration-takers, course workers, finish line recorders and clean up crew."

The proceeds of Mainstay Mountain Medley will be used for construction costs of a four-unit, two-bedroom each, apartment house. The apartments will be built by nonprofit Housing Assistance Corporation for the temporary housing of women and children of domestic violence.

Mainstay thanks the following sponsors of the first annual Mainstay Mountain Medley: Environmental Permitting Consultants, Inc.; AG Edwards; Apple Country Realty; David A. Ellis, MD, PA.; Dan Gilbert Insurance; Feelin' Great; Flanagan Printing Company; Gabler Molis Toland, CPA; Glade Holdings, Inc.; Macon Bank; McNutt Service Group; Pisgah Physical Therapy; Dwayne Powell at Smith Barney; Skip Sawyer, Agent at State Farm Insurance; Times-News; and Western Carolina Orthopedics and Sports Medicine.

To view the race results, please visit our website at
www.mainstayhelp.org

Save the Date!

Bill Harley, a nationally recognized storyteller, will perform Monday evening, October 10, 2005, at Blue Ridge Community College's Bo Thomas Auditorium. Check our website for a link find out more about Bill Harley. This will be a fundraising event for Mainstay.

MAINSTAY BOARD OF DIRECTORS 2004/2005

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Volunteer Opportunities



Looking for something rewarding to do? Then think about giving a few hours each week or each month as a Mainstay volunteer. We'd love to have you be a part of our volunteer team—we work hard, but we have fun doing good work! Volunteers are currently needed for:

- Store Assistants, particularly on Saturday
- Donation Sorting Volunteers
- Office/Front Desk Volunteers
- Gardener to Tend Planters

For more information about volunteer opportunities

at Mainstay, contact Sandy McGlashan at 693-3840 or sandy@mainstayhelp.org

Volunteer Training

If you are a **store or donation sorting volunteer**, plan to attend a training session to be held at Mainstay at **8:30 am on Tuesday, July 12**. We'll have enough refreshments for you to skip breakfast at home, and you will be on your way by 9:45 am. If you have any friends interested in volunteering for Mainstay, please bring them with you! See you there.

If you are a **receptionist/office volunteer** or an **O.C.**, please plan to attend a training session on **Tuesday, July 19**. Same time, same place as above; still great refreshments, but no leftovers from the week before—we promise! Bring an interested friend if you like. See you there.

Summer Wish List



Items Most Needed:

Paper Towels & Toilet Paper
Fluorescent lights: 40 & 48 watt
Garbage Bags: 55, 30, and 13 gal.
Women's Reg. Size Panties, Bras, Socks
Laundry Detergent
Styrofoam Plates
Grocery Gift Cards
Wal Mart Gift Cards
Phone Cards – US & Mexico
New Standard Size Pillows
White Standard Pillow Cases
Diapers: sizes 3, 4, 5, & 6
Boy's Underwear & Socks
Children's Night Clothes
Small Lamps for Nightstand

Also Needed:

Hair Conditioner
Ethnic Hair Products
Tampons
Coffee/Decaf/Creamer/12-Cup Filters
Plasticware (forks, spoons)
Batteries: 9 V, AA & AAA
Dry Erase Markers/Highlighters
Sippy Cups (spill proof only)
Kiddie Scissors
Polaroid Film (Spectra)
Dishwashing Liquid
Dishwasher Powder
Cleaning Products
(no carpet cleaners or floor wax)



2005 Volunteer Recognition

More than 70 volunteers, staff and board members attended Mainstay's 2005 Volunteer Recognition Breakfast at Mélange Bed & Breakfast on April 19. Even though it was a little cool for the outdoor location, the food was wonderful, the setting beautiful, and best of all there was a wealth of friendship and community.

Organizing the event was one of the first tasks for Mainstay's new Coordinator of Volunteer Services Sandy McGlashan. "Even as a newcomer, I have already seen how much each of you as a volunteer does," said Sandy, "You so generously give your time,

your knowledge and skills, and most importantly your compassion to Mainstay."

Mainstay is fortunate to have so many wonderful and competent volunteers who help the agency operate its resale store and office, assist with client services, help maintain its facility, design its website, and make numerous other special projects happen.

Thanks to all for nearly 12,000 volunteer hours given to Mainstay over the past year.

SPECIAL RECOGNITION:

5-Year Awards:

Rosaleen Dawes, Store Volunteer
Lorette Giuffre, Store Volunteer
Nerlyn Montes, Store Volunteer
Ed Nielsen, Maintenance Volunteer
Mary Anne Patrie, Office Volunteer
Jack Reed, Donation Repairs Volunteer
Al Pizzuto, Maintenance Volunteer

10-Year Award:

Helen Reilly, Options Counselor

15-Year Awards:

Dona Green, Office Volunteer
Sallie Pruett, Options Counselor



Resale Store volunteer Rosaleen Dawes shows her certificate for five years of service to Mainstay. She was presented with a handmade soap dish by potter Tom Ferguson and handmade soap.



Helen Reilly (center), a volunteer Options Coordinator with Mainstay for ten years, received a pottery bowl, created by potter Tom Ferguson, and handmade soap.



Enjoyable conversation in the lovely pavilion at Mélange was a great part of the morning's event.



Sandy McGlashan and Tanya Blackford have just presented board member and maintenance volunteer Al Pizzuto with a tool belt donated by Louis Williams & Sons to recognize his five years of service.



Sallie Pruett (center) was recognized for 15 years of service as a volunteer Options Coordinator. She was presented with a pottery bowl by Tom Ferguson, handmade soap, and a gift certificate for a massage.

THE PEOPLE OF MAINSTAY

Doris Underwood Groover

Dec. 8, 1924 - May 24, 2005



Doris Underwood Groover, one of the first board members of Mainstay, died peacefully on Tuesday, May 24, 2005, in the Carolina Village Medical Center.

According to Renee Kumor, who was the Mainstay's first board president, "Doris was an extremely practical person who had real administrative and organizational skills." And those are invaluable skills for a volunteer to bring to any organization, especially a new start up agency.

Doris didn't come alone to Mainstay—she brought her husband, Clyde. "As a new agency, we needed every thinker we could get. We had to learn the legal ramifications of having a shelter and a staff," said Renee. "Clyde and Doris both were able to think through problems and come up with sound solutions."

Doris researched many of the logistical aspects of the agency, and she was very hands on in getting the board up and running. She was responsible for putting together the agency's insurance package and the benefits packages for the staff, and in addition, she served as the board secretary. Renee was quick to point out, "That if it wasn't for Doris, a lot of the infrastructure of Mainstay wouldn't be here."

Renee ended our conversation by noting that "No matter what else she did, Mainstay held a place in Doris' heart."

Elissa Merrill

Volunteer



Elissa has the unmistakably kind voice that you hear if you phone Mainstay on a Tuesday afternoon. She greets visitors and helps with many other projects that are presented to her weekly, just as she has for the nearly three years she has volunteered with Mainstay. "Mainstay serves a good purpose by helping women so they don't have to put up with abuse," says

Elissa. "They can find their independence and start over."

Elissa has lived in Hendersonville all her life, and is a young artist in training who is already producing some pretty outstanding fiber art. She takes art classes and is currently focusing on a method of fabric dying using a Japanese technique called shibori. Her short-term goal is to get some of her art shown in a gallery, and she'd also like to find a way to teach her art to children who may not otherwise have an opportunity to be exposed to fiber art.

Her dedication and commitment to Mainstay are solid, and she brings a joy to the agency that is appreciated by all who come in contact with her.

Carla Wright

Store Manager



Carla Wright grew up in Fort Worth, Texas. A violist, Carla is a retired orchestra teacher and active performing musician. Here in Hendersonville, she is a member of the Hendersonville Symphony and serves on its education committee. She is also a member of the Parlor Players, a music performance club.

She enjoys sewing and crafts and her three cats. Carla's husband Ed is also a musician whose instrument is the trombone.

Carla says she feels working for Mainstay allows her to contribute to a good cause. She has never worked in a retail situation before coming to Mainstay, but has risen to the challenge and especially enjoys using her creativity in the display aspects of the store.

In Memory



This Spring Mainstay lost two dedicated volunteers and dear friends. **Agnes Hughes**, a Mainstay volunteer since 1993, died on May 4, 2005. **Madeline Mauro**, who volunteered for two years, died on May 26, 2005. Both women volunteered in Mainstay's Purple Ribbon Resale Store—we are grateful to Agnes and Madeline for their years of compassionate service and friendship to Mainstay. To their families, we extend our heartfelt sympathy.

Thank You Terra Nova Café & Bakery

Mainstay thanks Terra Nova Café & Bakery, located just off Main at 133 4th Ave. E., for providing Mainstay with a steady supply of some of the best baked goods in town. Terra Nova's breads come fresh from the oven all day and are the perfect accompaniment to their complete selection of espresso drinks, teas, and refreshing cold beverages. Homemade soups, unique salads and delightful sandwiches make Terra Nova perfect for lunch; they are open from 7 am everyday with live music on Sat. nights. 828-698-8584.