

United
Family
Services

Connect

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Children from violent homes speak through the arts

*"The language of art gives children a voice, and those who work with them a way of listening."
Cathy Malchiodi, Breaking the Silence: Art Therapy with Children from Violent Homes*

He was only nine years old, but the kid definitely had "attitude." He sauntered into the playroom at The Shelter for Battered Women with big baggy pants, an oversized black tee shirt and messy hair, tight-lipped, fiercely guarded. His body language said, "I'm gonna be tough so nobody can get to me."

He spoke barely a word to anyone. During group sessions with other children staying at The Shelter with their mothers, he shared nothing.

Then one day United Family Services expressive

arts therapist at The Shelter, Sarah Ness, brought out watercolor paints. She asked the children to show what their anger looked like.

"As he began to paint," Sarah says, "he began to open up. His painting was so expressive, you could just see the pain inside of him. He used very dark colors. He was very thoughtful, putting his heart into it. It was his way of relating to the other kids without having to say it. He painted for an hour and a half.

"Afterwards," she recalls, "he was able to begin sharing with the group. You could see his guard melting

away."

The little boy was so proud of his pictures that he hung them around the room. "He began coming in to meet with me," Sarah says. "He even dressed up in a superhero costume for our Halloween celebration. He no longer had to be the tough older kid he wasn't ready for yet. He could relax and be a kid again. Once you got past that tough exterior, he was such a sweet, creative kid."

Weeks after the boy and his mother left The Shelter and found a safe place of their own, his mother came back for a visit. "I don't



Through art and therapy, Sarah Ness and Hontah Epps help children find coping strategies for dealing with their stressful situations while learning new skills.

know what you did to my son," she told Sarah, "but he begs me every week to come back to the group." The mother is trying to work out her schedule to make this happen. Meanwhile, they are safe and doing well.

Research has shown that creative activities are an effective way of treating children with trauma histories. Arts therapy

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provides a safe way to experiment with feelings and nonverbal expression. It is a way to build trust with others, release stress and increase self-confidence. Sarah and Shelter children's therapist, Hontah Epps, see these results every day. Since most children remain at The Shelter for a maximum of 30 days, the goal of the therapists is to help them develop a "toolbox" of coping strategies: ways to soothe themselves in stressful situations and express themselves when they are feeling sad or scared.

Sarah uses drama, music, Play-doh, puppets, doll-houses, paints and other

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President's Column: Help Starts Here

In March we celebrated National Social Work Month to recognize social workers' unique contributions in encouraging people to use their strengths and resources to achieve their goals. This year's Social Work Month theme – "Building on Strengths: Help Starts Here" – highlights the unique education and training of the nation's

600,000 social workers who work with families and communities to assist them through those rough spots in life and inspire them to make changes that create a better future.

When challenges loom, the tendency is to focus on what is wrong and how it got that way. Social workers look at challenges through a unique lens. By focusing on the abilities, resources and support systems available, social workers assist people during challenging times.

Social workers support American families and communities by providing connections between the areas from which people draw their strength –

home, health, family, friends, and community. Social workers have the unique ability to look at the whole individual, family or community to identify factors that can contribute to success and then help build upon those strengths.

We not only thank the social workers here at United Family Services for the service and dedication that they bring to their job every day, but all the social workers in our community who are building strong families and communities through the work that they do. Thank a social worker today!

And don't forget that April is Child Abuse Prevention and Sexual Assault

Awareness Month. United Family Services sees the tremendous devastation that child abuse and sexual assault have on the individuals and families who come to the agency for our services. It is our job to educate the community about these effects and focus efforts to stop these cycles of violence through education and prevention programs.

I hope that you will read the articles in this newsletter to see what you can do personally to get involved and support the many community efforts and programs.

Mark J. Pierman
President and CEO



Celebration will mark centennial of service to families in the community

Not many nonprofit agencies in the United States have been in operation continuously for 100 years. Yet one of those esteemed community service organizations is right here in our area.

Less than a year from now – in March 2009 – United Family Services officially will be 100 years old.

We are planning a

month-long celebration commemorating this agency's success in improving the lives of families in our area. The celebration will include a gala event, community symposium, staff celebration, and book about the agency's history. Information about all of these activities will be publicized in the coming months.

United Family Services was founded as Associated Charities in 1909 by a group of 100 business, faith and community leaders who each contributed \$25 to help the needy in the Charlotte community. Since that time, the agency has continually adapted services to meet the changing needs of individuals and families. Today United Family Services is a multi-service agency through which 100 employ-

ees and 350 volunteers help 60,000 people a year in four counties.

Heading up the Centennial Celebration Committee are Jolee Fennebresque, chair; Gwen Poth, public relations chair; and Beeland Voellinger, events chair, assisted by committee members Khaki Daniel, gala event coordinator; Kelly Lew, history chair; UFS counselors Jeannie Owens and Mary Russ, staff representatives, and Sharon Roncevich Baxter, board of directors representative. Vice President for Programs and Services Sharon Thacker is serving as staff liaison in compiling the 100-year history of the agency.

According to Gwen Poth, the committee is looking for some important information. "We hope to talk

If you have information or experiences with United Family Services that you would like to share with the Centennial committee, or with researchers for our 100-year history book, please contact Kelly Lew at 704.650.4016

to anyone affiliated with UFS (former employees, clients, volunteers and friends) who has the time to share any memories during our research process," she says. "We especially would like information on the 100 people who launched the agency in 1909."

Why people need to know that **APRIL** is Child Abuse Prevention and Sexual Assault Awareness Month

All too often, the terrible problem of sexual violence in our community is a subject to be avoided at all costs. Too often those “costs” include the silencing of children and adults who have been victimized. And only through education can people learn to recognize the danger signs of child abuse and sexual assault and what to do when incidents occur.

The statistics are alarming. One in four girls and one in six boys will become a victim of sexual abuse by the time they turn 18. Last year over 100,000 children were reported to the Department of Social Services as alleged victims of child abuse or neglect in NC. In 2006, there were 34 children who were victims of child abuse homicides in NC. More than 1,000 people sought out United Family Services' Rape Crisis for help following sexual assault through offices in Cabarrus, Mecklenburg and Union counties.

Union County Rape Crisis and The Tree House Children's Advocacy Center are unique in providing both comprehensive sexual assault and child abuse prevention and intervention services for all of Union County. Last year our Union County staff helped 236 victims of sexual violence through accompaniment at the hospital, the Tree House Children's Advocacy Center, advocacy, counseling, play therapy, support groups and court education. Alarmingly, 81% of these victims were under the age of 18. Thousands of children and parents participated in educational sessions on child abuse prevention.

In commemoration of Child Abuse Prevention and Sexual Assault Awareness Month in April, United Family Services spearheads the Union County Blue Ribbon Campaign. Thousands of blue ribbons are distributed to organizations and community members. The blue ribbons are worn on lapels, shirts, jackets and bags to invite people of all ages to join our prevention efforts to stop child maltreatment and sexual violence before it ever occurs.

The following are ways that you can get involved:

- Join the Violence Prevention Taskforce which meets at United Family Services' Union County office every fourth Thursday from 9:00-10:30am. This multi-disciplinary, community-based team reaches out to the community through education, awareness, and the prevention of child abuse/neglect, domestic violence and sexual violence.
- Attend a workshop on “Keeping Children Safe” or “Protecting Our Children: Recognizing and Responding to Child Abuse & Neglect”.
- Participate in the Blue Ribbon Campaign by wearing a blue ribbon to show that you care about children and families. Blue ribbons can be ordered for free from United Family Services.
- Participate in the Union for Change fundraiser in which you can donate spare change to United Family Services' Tree House Children's Advocacy Center. All proceeds will go directly to the Tree House programs and services for abused victims of sexual violence and their families.

Together, we can make a difference and create a safer community, free of sexual violence and child abuse.

For more information on Union County activities, contact Pam Caskey or Brandy Redmile Stephens in UFS' Monroe office at 704.226.1352 or pcaskey@ufsclt.org and bredmile@ufsclt.org.

The symbol of the blue ribbon began in 1989 when Bonnie Finney of Norfolk, Virginia, started a personal crusade against child abuse. Her grandson was killed by his mother, Bonnie's daughter. In her grief, Bonnie tied a symbolic blue ribbon to the antenna of her van to increase public awareness about child abuse, and the movement spread from there. The local Blue Ribbon Campaign is funded by United Family Services and Union County Smart Start. To get your blue ribbons, or if you would like more information about United Family Services' Child Abuse Prevention and Sexual Violence Prevention Services, including safety programs, educational classes, volunteering and professional training, call 704.290.0163. You can also visit www.preventchildabusenc.org.





How well do employees from different generations work together?

A male corporate executive born in the Baby Boom generation retires early and goes to work as a substitute teacher. The 35-year-old female principal runs the school and manages employees in a way that he feels is impractical and unprofessional.

A 23-year-old college graduate goes to work for a small corporation. She is shocked when she is expected to work some nights and weekends, interfering with other interests and relationships important to her. Her 62-year-old manager has always dedicated his life to the job and cannot understand why she is not willing to sacrifice her personal time for the sake of succeeding with the company.

This is the first time in American history that four generations of employees are working together. Each generation has distinctive characteristics – not, obviously, applicable to every person of that generation, but observed and statistically proven for the groups as a whole. While there are many advantages to working within mixed groups, there

are also challenges.

More than 60 organizations – with payrolls ranging from three to 4,100 employees – contract with United Family Services every year for Employee Assistance Program (EAP) services. Their employees then qualify for a set number of individual counseling sessions for help with stress, depression, workplace conflicts, chemical

dependency, grief and loss, relationships, family problems, and financial issues.

An important benefit to United Family Services' EAP clients is free training and workshops on subjects of vital importance to workplace success. In the past year, the agency has provided training on burnout, cultural diversity, conflict resolution, effective communication, building work teams, stress management, time management, parenting and supervisory skills, among others. Trainings range from one-hour sessions to full-day staff retreats.

The topic most often requested in recent months has been Generations in the Workplace: The Merging Workforce. Employees from different generations tend to have widely varying expectations of their co-workers, job responsibilities, and work/personal life balance. For example, older employees might not expect parenthood to be a workplace concern. But younger generations have more mothers working, more fathers assuming equal or primary responsibility for their children, and expect the employer to be accommodating of those responsibilities.

"There is a different kind of diversity in the workplace today," says Michelle Cawn, United Family

Services' EAP director. "There are different codes of conduct, different expectations of what work is supposed to be and what part it plays in your life."

For example, studies show that 60% of Generation Y employees entering the workforce expect immediate management roles. They are well-educated and technologically savvy, but they are inexperienced. They are working with baby boomers who have driven themselves for years to reach the management positions they hold.

"There's a big difference, too," Michelle adds, "between generations that tend to be work-centric and those that tend to be life-centric – those that expect work to be – not their main activity in life – but just one part of a balanced life." Older generations may feel that younger generations are not as dedicated and therefore not as deserving of their respect.

Supervisors often call United Family Services' EAP to talk about issues and challenges. Michelle and the staff of master's-level counselors work to tailor presentations according to the needs of the organization.

"People in every generation have much to give in the workplace," Michelle says. "Differences can cause conflict, but they can also

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Silent Generation

Born before 1942;
10% of workforce
Value thrift, hard work, personal sacrifice, responsibility, loyalty and respect for authority

Baby Boomers

Born 1943-1960;
45% of workforce
Value teamwork, optimism, personal gratification, good service, driven to succeed, have a love/hate relationship with authority

Generation X

Born 1961-1979;
45% of workforce
Value free agency over company loyalty, balance in work and family life, independence, creativity, skeptical of authority

Echo Boomers/Gen Y

Born 1980 – present;
emerging into the workforce
Value virtue, hopefulness, inclusiveness, technology, multitasking ability, polite but often cold toward authority

Co-directors lead growing Domestic Violence Services programs

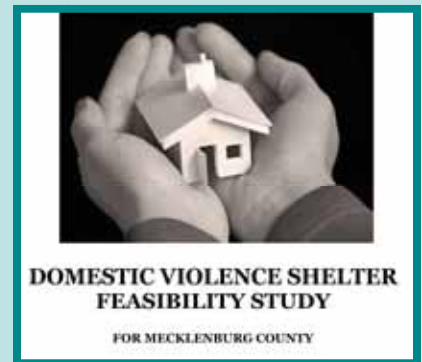
Kelly Forney has joined Karen Parker Thompson as co-director of United Family Services' Domestic Violence Services. In this capacity, Kelly shares oversight of Charlotte and Huntersville-based programs that include The Shelter for Battered Women, court advocacy, referrals and counseling for victims of domestic violence and their children.

Kelly previously worked at Johnson C. Smith University as a Violence Prevention Coordinator. She coordinated the Campus Violence Prevention Program, provided crime victim crisis counseling services and served as a grant writer, among many other responsibilities. She brings significant experience developing and coordinating workshops and public awareness campaigns, which she will apply to UFS' extensive prevention-based educational and community outreach programs.

United Family Services' domestic violence programs include a 24-hour hotline, The Shelter for Battered Women, counseling, court accompaniment and assistance filing for protective orders and safety plan-

ning. In 2007, the agency responded to more than 17,000 hotline calls, accompanied 3,402 people to court, and worked with 502 women and children through residential programs at The Shelter for Battered women.

Last year, Mecklenburg County published the results of a study showing that our community needs significantly more space and programming to accommodate the needs of domestic violence victims. United Family Services is spearheading a comprehensive community survey now underway to determine the feasibility of building a Peace Village to fill this critical need. Look for more information on this project in the next few months.



(Continued from page 4)
be of great benefit. It's a matter of learning to appreciate and understand the values, skills and priorities of the people we work with."

For more information on EAP services, contact Michelle Cawn at 704.332.9034 or mcawn@ufscit.org.

Organizations that provide EAP services find that their employees miss less work and are more productive. Managers are more effective when they can refer employees for help when problems interfere with their job

performance. This year, United Family Services' professional counselors will help more than 600 employees in up to 2,500 individual therapy sessions. Ninety percent will show progress in dealing with their challenges

within three months. In the past six months, 95% of employees referred by their supervisors to EAP counselors have maintained their employment eligibility for at least one year without a job-jeopardizing recurrence of the referring problem.



EAP Services

United Family Services will work with your company to make sure you are receiving the best possible service for your employees. Employee, spouse and dependents living in the household are eligible for services.

Services for employees

- 3-6 confidential assessment and counseling sessions per year (appointments normally offered within two working days)
- Seamless "Continuity of Care" with licensed professional counselors
- 24-hour toll-free help line
- Monthly employee newsletter
- Locations in Charlotte, Concord, Huntersville and Monroe
- Affiliates throughout the Southeast and the United States

Services for the organization

- Employee orientation to EAP services plus self-administered Power Point presentation
- Supervisory orientation for effective managerial use of EAP
- Two annual education and training workshops
- Management consultation
- Job performance/management referrals
- Critical incident consultation
- Monthly supervisor newsletter
- Quarterly administrative newsletter
- Quarterly payroll staffer
- Quarterly EAP promotion poster
- Periodic informational mailings

Additional services:

- Monthly supervisory goals
- Quarterly EAP promotional materials
- Quarterly utilization reports
- Web site resources
- Periodic informational mailings

To help employers and employees, United Family Services has just launched a new website especially for its EAP clients. The site includes special articles for supervisors, managers and employees, including hot topics such as inter-generational communication. Go to www.ufseap.org.

THE HOLIDAY SPIRIT GREW... AND GREW... AND GREW

Fundraising events throughout the community generated thousands in support of UFS programs

Whether they were dancing, exercising or even growing facial hair, a lot of people across our region have been busy having fun for a good cause. During the six months between September 2007 and February 2008, community groups initiated more than a dozen major fundraising events to help others by supporting the programs of United Family Services.

Nearly 40 men grew beards for two months – and then shaved them off – for

Beards BeCAUSE, a grassroots fundraiser and competition. The first annual event kicked off November 3, 2007 at Dolce Vita Wine Bar in NoDa, and the finale was held with suitable pomp and ceremony at Amos' Southend on January 11, 2008. As unique as it was successful, the event raised a (clean-shaven) jaw-dropping \$22,000 for United Family Services' Shelter for Battered Women. The idea attracted the attention of local and out-of-state media, including National Public Radio, and men from several states were among the participants. The local founders have been contacted by a number of people from around the country who want to start their own Beards BeCAUSE charitable events.

Meanwhile, children and adults enrolled at the **BlackBelt Leadership Academy** in Stallings, NC, raised nearly \$5,000 to help women and children at UFS' Shelter for Battered Women by holding a Break-a-thon. Led by Master David Clinard, the students enlisted financial sponsors for their competition to break boards and bricks using martial arts techniques. As a former Charlotte-Mecklenburg police officer, Master Clinard had seen first-hand the terrible effects of domestic violence in our community. His students practice healthy, effective ways to exercise and learn self-defense while helping those who suffer from violent relationships.

The **Business Leaders of Charlotte** (BLOC) held a

day-long event dubbed BLOctober Fest at the North Carolina Music Factory, with proceeds benefiting United Family Services' Men for Change fundraising effort (see back cover). The event, which raised \$4,300 for victims of domestic violence, showcased local bands and featured plenty of great food, cold drinks and games for the whole family.

Now in its 13th year, the **Jingle Bell Ball** has be-

come one of Charlotte's premier holiday fundraising gala events. This year's ball was celebrated at the Mint Museum on December 7, 2007. Thanks to strong ticket sales and silent auction proceeds, Jingle Bell Ball raised \$14,300 for a total contribution of \$125,000 over 13 years.

The **Club for Women Only**, a Cornelius-based women-only fitness center, reached beyond its doors with a member appreciation event that raised funds and awareness for United Family Services' domestic violence programs. The event's silent auction generated \$2,000 in support – enough to provide a woman with two weeks of safe haven, meals, counseling and support groups at UFS' Shelter for Battered Women.

And while many were celebrating Valentine's Day with their loved ones, the **North Carolina Chapter of Women of AT&T** were busy helping women residing at The Shelter to enjoy Val-

entine's Day. The women took that opportunity to donate a check for \$2,650—money generated through a book and CD sales drive. As one Shelter resident said, "Those women helped us remember that we aren't forgotten; things won't always be like this."

United Family Services has been privileged to work with all types of groups throughout the region on fundraising initiatives. **Ms. Molly Foundation, Wachovia Corporation, Bank of America, Verizon Wireless, Financial Planners Association of Charlotte and Beauty**



In lieu of a typical holiday gathering, the Financial Planning Association of Charlotte *uninvited* its members to its First Annual Non-Event, and encouraged members to consider a donation to United Family Services instead. The non-party enabled members to give back to the community while enjoying "a magical night under the stars from the comfort of your own home." Pictured left to right are Cynthia N. Honaker, Chairperson/Past President, FPA-Charlotte; Mark Pierman, United Family Services President and CEO; and Lynn Davidson, Pro Bono Director, FPA-Charlotte.

Brands/Redken are among many that contributed to the agency through fundraising events, proceeds of special sales, or gifts-in-kind. **Carmel Country Club** members collected sweaters for residents at The Shelter. Individual citizens like Angie Gatewood and Mary Ann Hall collected toys and other much-needed items for UFS clients. A tanning salon owner and Masonic Lodge collected from patrons of his businesses three carloads of supplies for Shelter residents.

These are just a few of the heroes who, through

their daily lives, took it upon themselves to help make life better for people going through hard times. "Every year we depend upon the community to help us raise more than \$6 million to support the services we provide to thousands of people in the community," said Mark J. Pierman, CEO and president for United Family Services. "The creativity, caring and commitment of everyday citizens are critical as we work to educate, protect and advocate for families in our community."



The North Carolina Chapter of Women of AT&T at the Shelter Valentine's Day party. Pictured L-R are Rebecca Berrios-Cordova; Katie McVeety, Angie Tatom, Elaine Kennedy, Gene Burton, former UFS VP Communications & Fund Development for the Shelter, and Marsha Ford.



2007 Jingle Bell Ball Chair Sara Stebbins presents former UFS Vice President of Communications and Development Gene Burton with a check for \$14,300 at a volunteer appreciation party.



Event organizers Jared Yerg (left) and Scott Doerr (right) show off their beards and their spirit.

Big beards and even bigger hearts

"Just as a man needs to know how to drive a manual transmission, he should also know what kind of facial hair he can grow," said Jared Yerg, purchasing agent for The Shaw Group, describing how the idea for Beards BeCAUSE came to be. Together with Scott Doerr, Insite Engineering civil engineer, and Wendy Shanahan with asterisk*creative, that vision became a reality. Deciding to hold the competition in support of UFS' Shelter for Battered Women was a natural fit, they say. "The dichotomy of doing something masculine for a women's issue had a nice ring to it." According to Jared, "It just kind of snowballed, and the community really embraced the idea." That support was clearly apparent. Although the group had an initial goal of raising \$3,000, the final tally came to more than \$22,000. "We were really proud that we created an event that was accessible to everyone in our society, not just those who can attend the \$100-a-plate events."

Beards BeCAUSE will resume in October. Visit www.beardsbecause.com and fill out a "grower form" to participate in the 2008 event.

Growing North Region adds key staff

Thousands of people living in Huntersville, Cabarrus County and the Mooresville-Lake Norman area will seek out United Family Services this year for services ranging from consumer credit counseling to family counseling, from domestic violence (Huntersville) to rape crisis (Cabarrus). Leading United Family Services' efforts in these locations are two new regional directors with a wealth of experience.

Adrienne Baughns Wallace has been named regional director for the Cabarrus County office located in Concord. Adrienne oversees the op-

eration of programs and services offered at this location, including consumer credit counseling, rape crisis, individual and group counseling and community outreach. Especially notable is her experience in developing financial education programs, which is extremely valuable in today's tough economic times.

Adrienne brings more than 30 years of experience to United Family Services, with a focus on nonprofit leadership, communications, community relations and financial programs. Previously, she served as director of financial education for the Office of the Connecticut State Treasurer, developing innovative pro-

grams and initiatives that included multiple demographics and multi-lingual populations. She also has served on the United Way Community Investment Committee in the Mooresville-Lake Norman office and is a former board member of the YWCA and Consumer Credit Counseling Service.

Dr. Kathryn Firmin Sellers represents United Family Services as the Mooresville-Lake Norman Region Director. "My main goal is to strengthen partnerships with other agencies and organizations," says Kathryn "and to ensure that UFS is meeting community needs where

appropriate, so that residents of the Mooresville-Lake Norman area really feel like they are a part of the organization." Most recently, Kathryn served as a relationship manager at the United Way of Central Carolinas' Mooresville-Lake Norman office. In that capacity, she managed the funds distribution for the Mooresville-Lake Norman office and served as the principal liaison between United Way member agencies and volunteers. Kathryn is a former associate professor at Indiana University and holds her Ph.D. and M.A. in Political Science from Duke University. She graduated with a B.A. from Carleton College.

(Children speak through the arts, continued from page 1)

visual aids in group sessions, which are held two nights a week and include both residential and non-residential children. She and Hontah also hold parenting classes in which mothers learn about the effects of domestic violence on children, develop parenting goals and prepare lists of affirmations they can give their children on a regular basis.

One of the most popular items among the children has been a drum set. Sarah remembers especially one five-year-old boy from another country who came in to The Shelter speaking little English. He and a barely

verbal three-year-old approached the drum set and slowly began to play together. They watched each other, "like they were having a conversation with the music," Sarah says. "They

able night, a group of girls ages 5-12 decided to put on a play. They distributed handmade invitations, put together costumes and wrote the script themselves. Following the per-

in the audience.

For that night, at least, they forgot all that they were going through. They felt good about themselves. And when they left The Shelter, they took those memories, new skills and good feelings with them to help make their lives, and their futures, better.

Through music... they found a way to overcome their isolation, to connect and not be alone.



found a way to overcome their isolation, to connect and not be alone.

On one recent memo-

formance and the bows, they proudly signed autographs for the admiring mothers, children and staff

The Shelter for Battered Women is happy to accept donations for the expressive arts therapy program: musical instruments, art supplies, puppets, child-size dress-up clothes. Contact Sarah

Ness at 704.332.2513 or sarahness@hotmail.com.

Seven dedicated community volunteers join UFS Board of Directors

United Family Services is pleased to welcome to our 2008 board of directors seven business, education, government and community leaders:

- Mike Cognac, entrepreneur and former mayor of the Village of Marvin,
- Jean E. Davis, retired Wachovia Corporation executive,
- Sheri Lynch, radio co-host of 107.9 the LINK's Bob & Sheri,
- Charles Page, president of Cool Spring Center, Inc.,
- Barbara Pellin, assistant superintendent for PreK-12 Support Programs for Charlotte-Mecklenburg Schools,
- Carol M. Tyson, owner and broker-in-charge of The Real Estate Link, and
- Tana Greene, President, Strata Force.

"By engaging new leaders, United Family Services

benefits from a diversity of knowledge and opinions," said Mark Pierman, UFS president/CEO. "They help ensure that the organization grows in ways that reflect our community as a whole and advances the programs that most support positive changes for individuals and families throughout the region."

The board provides oversight and direction for the agency's strategic planning, policies, priorities and procedures, and assists in fundraising and volunteer efforts. As ambassadors to the community on behalf of United Family Services, the people who agree to serve on our board are enthusiastic and passionate about the mission and causes of the agency.

For example, Mike Cognac first became involved with United Family Services after hearing UFS rape crisis counselor Brandy Red-

mile Stephens speak at a town council meeting. The topic: Union County's proposed Tree House, a home-like facility that would provide comprehensive child abuse case management services under one roof. "Within a day or so," says Mike, "I called and asked what I could do to help make that vision a reality."

Of all the years to serve on the board, 2008 is an exciting one, and the board will be busy. The agency commemorates its 100-year anniversary in 2009, and celebration plans are already underway. A major capital campaign is anticipated with the goal of increasing Shelter capacity to meet the exploding need. Says Mike Cognac, "Charlotte has grown exponentially since The Shelter first opened its doors. As we come into our 100th year, I hope to continue to spread the good news and, most importantly, take care of the kids in our region."



Sharon Thacker, United Family Services Vice President of Programs and Services, welcomes to the board Sheri Lynch of 107.9 the LINK's Bob and Sheri show.

United Family Services Board of Directors

Chair, Lorin Bookout, IBM Business Consulting Services

First Vice Chair, Tom Bell, Carolina Tractor

Second Vice Chair, Bonita Dula, The Charlotte Observer

Secretary, Jay Ashendorf, Mecklenburg County District Attorney's Office

Treasurer, Joyce Everett, McGladrey & Pullen, LLP

Immediate Past Chair, Brian Cromwell, Hunton & Williams

Pete Anderson, Anderson Terpening, PLLC

Sharon Baxter, MD, Community Volunteer

M. Susan Brown, Wachovia Corporation

Mike Cognac, Community Volunteer

Christine Davis, Bank of America

Jean Davis, Community Volunteer

Charlenea Duncan, City of Charlotte

Tana Greene, Strata Force

Sheri Lynch, Greater Media

Kaye Bernard McGarry, Survival in College Seminars

Cathy McGuire, Belk, Inc.

Jack McMahon, Americas InfoPrint Solutions

Charles Page, Cool Spring Center, Inc.

Barbara Pellin, Charlotte Mecklenburg Schools

Jack Santaniello, Shumaker, Loop & Kendrick, LLP

Mark Simmons, BYB Brand, Inc.

Carol Tyson, The Real Estate Link

Mary Wilson, Center G, Inc.

Andrew M. Habenicht, Ex Officio, Kennedy Covington Lobdell & Hickman

Eighth Annual ART WITH HEART Grosses \$138,000

By Gwen Poth, Art With Heart Committee volunteer



WCNC 6News anchors and auction co-hosts Colleen Odegaard and Bobby Sisk are pictured with Auction Co-chair Laura Monk on the left, Mark Pierman, President/CEO of United Family Services, and Chair Liza Smith on the right.



(L-R) Laura Monk poses with Featured Artist Charles Walker and Katie Womack.



The auction, which was sold out in advance, was attended by more than 725 people and featured over 275 pieces of art from top regional artists.

The eighth annual Art With Heart art auction, held Feb. 2 at CenterStage@NoDa, grossed \$138,000 for United Family Services' domestic violence programs and topped all previous records for proceeds and attendance.

The artwork donated by Featured Artists Sharon Dowell, Scott Upton and Charles Walker collectively sold for \$10,850 in the live auction.

The auction's artwork included paintings, pottery, sculpture, jewelry, photographs and more. While bidding remained intense throughout the evening, the most hotly contested items included five untitled abstract oil on canvases by Jerry Brem and an oil on canvas entitled "Kiawah Marsh" by Jane C. Hall.

There was also much competition over Penny Palmer Adkins's oil on canvas "Through The Trees" and "Reflective Nude," a black and white watercolor by Heidi Kirschner. Artwork by Nancy B. Westfall, Hat Thompson and Nathan Rose also proved to be crowd favorites. This year's Emerging Artist winner, Diana Arvanites, garnered much attention with her mixed media on wood panel "The Equalizing of Space" and Emerging Artist runner-up Bryan Wood wowed the crowd with his gigantic digital collages.

Renowned artist Andy Braitman continued his long-time support of Art With Heart by donating two pieces to the auction, one

which was included in a raffle. Braitman's involvement with the auction has included serving as the Featured Artist in 2006, the Honorary Chair in 2007 and taking on the ongoing role of guiding and mentoring the auction's planners to help foster goodwill with the region's artistic community.

Started in 2001, Art With Heart is an annual auction that started when a group of local women decided to combine their extensive resources to plan a fun and educational benefit to help United Family Services launch programs for victims of domestic violence.

Over 55 strong, the 2008 Art With Heart volunteer committee was led by Chair Liza Smith and Co-Chair Laura Monk.

◆ ◆ ◆
Plans for the ninth annual Art With Heart are already underway.

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United
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704.336.4126

The Shelter for Battered Women

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Charlotte, NC 28222
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Union County

*Main Office and Tree House
Children's Advocacy Center*
604 Lancaster Highway
Monroe, NC 28112
704.226.1352

Everyone has the right to be treated with respect. Domestic violence cannot be tolerated.



PASS IT ON.

Now in its 11th year, Men For Change encourages men of all ages and from all walks of life to take a stand against domestic violence. Throughout the year, Men For Change holds programs and events to raise awareness of domestic violence. Education, awareness and fundraising are the goals of this active group of volunteers.

The featured event is the annual Men For Change breakfast attended by up to 300 men each year. Held at an athletic venue and preceded by a silent sports auction, the breakfast is a much-anticipated morning that achieves all three of the group's goals as the men enjoy their time together. This year's event is chaired by Matt Coben, with Greg Hatcher as co-chair.

As members of Men For Change know well, there are three

words for men who think domestic violence is "only a women's issue": mother, daughter, sister. Two out of three boys who witness violence in their homes grow up to be abusers themselves. Men For Change communicates the message that a man's behavior sets an example, whether at home, at work or on the playing field and men must model and teach appropriate behaviors to children and teens still learning right from wrong.

**Save the date for the 2008
Men For Change Breakfast
June 4, 2008, 7:00 a.m.
Bank of America Stadium**

To RSVP or for more information, e-mail vrucker@ufscit.org, call 704.367.2708 or visit www.unitedfamilyservices.org



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