



2020 IMPACT REPORT



JAMIE KIMBLE
**FOUNDATION
FORCOURAGE**



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the *courage* to remember

Jamie Kimble embodied the saying, “A smile is the shortest distance between two people.” Her warmth and infectious smile spread joy to everyone who knew her.

Her ever-present friendliness was matched by her drive to achieve educational and professional success. After graduating in the top ten in her class from J.H. Rose High School in Greenville, NC, she completed her degree in just 3 1/2 years at UNC-Chapel Hill, where she was named Outstanding Senior at the Gillings School of Global Public Health. Outside of excelling in her studies, Jamie made lasting bonds within her Tri-Sigma sorority and rooted hard for the Tar Heels.

After graduating from UNC, Jamie started her professional career in pharmaceutical sales and then transitioned to a sales and marketing position at BYB Brands, a subsidiary of Coca-Cola Bottling Co. Consolidated. As driven as

Jamie was, it was important for her work to align with her values. For that reason she felt she had found her professional home at BYB Brands, whose purpose includes honoring God and serving others. The respect was mutual, and Jamie was promoted to Director of Regional Sales for the southwest.

As hard as she worked in her professional life, Jamie always made sure her friends and family knew how much they mattered to her. Whether she was calling a friend one minute past midnight to make sure she was first to say happy birthday, or calling her grandfather on Veterans Day to thank him for his service, she was always thinking of others.

She was a natural caregiver and a rescuer. She spent years trying to “rescue” a boyfriend whose controlling behavior set off alarm bells for her family and friends. After seven on-again, off-again years, Jamie decided once and for all to end the relationship and move on with her life.

She was just weeks away from moving to Dallas for her new position at BYB Brands, and she was excited to start a new chapter. She ultimately wanted to get married, become a mother, and eventually move to Charlotte to be near her mom and dad. An only child, Jamie was incredibly close with her parents, Jan and Ron Kimble.

Shortly before Jamie ended the relationship, her best friend and first cousin Amy Zavorka



Whether she was calling a friend one minute past midnight to make sure she was first to say happy birthday, or calling her grandfather on Veterans Day to thank him for his service, she was always thinking of others.

sent her a charm necklace with a spiral design symbolizing courage. Like many of Jamie’s loved ones, Amy knew it would take courage to break free of the manipulation and control of this man, and she prayed for Jamie to find that courage.

Jamie did find the strength to break free, but didn’t know that statistically, the most dangerous time for survivors is the period right after they leave. Jamie was wearing her courage necklace on September 3, 2012, the day she was shot and killed by her abuser. He then shot and killed himself. As far as anyone knew, he had never been physically abusive but showed many signs of emotional and psychological abuse.

Determined to create something positive from this tragedy, Jan and Ron Kimble started the Jamie Kimble Foundation for Courage and continue to work toward a future without intimate partner violence. The spiral charm on Jamie’s necklace serves as the Foundation’s logo and reminds us that courage will help win the fight against intimate partner violence.

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shining a light on 2020

On behalf of the Jamie Kimble Foundation for Courage, we want to extend our gratitude to everyone who contributed to our work this past year. In spite of its challenges, 2020 was a year of growth for the Foundation. Our team proved its ability to quickly and thoughtfully adjust programs and adapt events so we could continue working toward a future without intimate partner violence.

Through our pillars of Prevention, Education, Awareness and Research we continued to make strides and reached some exciting milestones in 2020. In February we collaborated with Mecklenburg County Community Support Services to hold our first annual Teens for Courage Summit at Carowinds. We were so honored to spearhead this event where topics like healthy relationships and warning signs of abuse were openly discussed and young people brought tools and resources back to their schools to continue making an impact. The Teen Summit created not just informed high school students, but courageous young ambassadors for dating violence prevention.

In 2020 we were able to extend prevention efforts to UNC Charlotte by initiating funding for the Green Dot program, which will be taught in 2021. This innovative approach to violence prevention sees all community



members as potential allies and bystanders who can help create a culture that is intolerant of violence.

Our dream of opening a Family Justice Center in Mecklenburg County got closer to reality in 2020. We know Jamie could have benefitted from having a one-stop location to deal with the emotional, logistical and legal ramifications of domestic violence. To have her legacy associated with a resource that saves lives and transforms victims into survivors is truly meaningful to us.

Jamie's smile lit up the room. Through the Foundation that bears her name, she continues to

shine her light on an issue that has existed in the darkness for too long. By bringing it into the light through honest discussions, strategic prevention programs, and collaboration with community partners, we honor Jamie's spirit. She made us proud every day. The impact her legacy is having on our community continues to make us proud.

Ronald K. Kimble *Jamie K. Kimble*

Ron and Jan Kimble
Founders

our mission continues

Like many of us, my commitment to ending domestic violence is personal. I watched a loved one go through it for years. I know it can feel like there is no way out, like no one understands, like this struggle must occur alone and in the shadows.

The Jamie Kimble Foundation for Courage shows people they are not alone. It brings the discussion into the open and identifies intimate partner violence for what it is: an epidemic that affects everyone.

The Foundation equips survivors with the tools they need to be successful mentally, physically, and emotionally. We strive to be a resource through prevention and education programs, to be a voice for the voiceless through advocacy, and to be a beacon of knowledge and awareness through research.

In spite of the challenges posed to our plans for 2020, the Foundation was able to successfully hold several key events, including the first-ever Teens for Courage Summit and our 6th Annual Women for Courage Event—our biggest fundraiser of the year. Through the event we were still able to raise awareness and funds even though we had to move it from April (Jamie's birthday month) to October (Domestic Violence Awareness Month). Special thanks to our Emcee, WSOC-TV anchor Erica Bryant, Keynote Speaker Melissa Dohme Hill, Charlotte Mayor Vi Lyles, Pastor Nic Schreiber, Paige Kilburn, and the many others who made this virtual event possible. Keynote Speaker Melissa Dohme Hill's story of surviving a brutal attack by an ex-boyfriend is unforgettable, educational, and inspirational. If you missed it, you can watch the event at jkffc.org.

As we celebrate the Foundation's impact in 2020, we continue our mission into 2021 and beyond. I hope the pages that follow provide inspiration and hope that together we can create a future without intimate partner violence.

Sherill Carrington

Sherill Carrington
Executive Director

OUR TEAM / FINANCES

board of directors

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staff **Sherill Carrington**, Executive Director, JKFFC
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finances | All investment related income, expense, gains, and losses are reported in our investment account with Foundation For The Carolinas.

\$380,030
Total income

\$188,221
Total Expenses

\$191,809
Income received
over expenses



2020 MILESTONES

Even though Covid-19 forced many of us to cancel events in 2020, the Foundation remains actively involved in one key initiative—the Family Justice Center. A partnership comprised of the Jamie Kimble Foundation for Courage, Safe Alliance, and Pat’s Place are working with the City of Charlotte, Mecklenburg County, and other community partners to establish a family justice center. The family justice center being proposed in Charlotte-Mecklenburg has been branded The Umbrella Center, and will be home to agencies providing valuable services that assist victims of domestic violence, sexual assault, child abuse, elder abuse, and human trafficking, all from one location. These centers are the best practice model throughout the country, so stay tuned for more details in the near future.

In **January**, we proudly published the first-ever Jamie Kimble Foundation for Courage Impact Report. What a special way to tell Jamie’s story, recognize the generous contributions of our supporters, and demonstrate the different ways the Foundation uses that support to effect change and prevent intimate partner violence in our community and beyond.

On **February 1**, the Jamie Kimble Foundation for Courage partnered with Mecklenburg County Support Services for the first-ever Teens for Courage Summit. More than 250 students representing 60 high schools gathered for the event, which was emceed by Emmy Award-winning NBC Charlotte anchor Sarah French. The event equipped teens with prevention and awareness tools to take back to their schools, making the impact widespread and long-lasting.

In **April**, the Foundation debuted Courage Talk, a video series dedicated to promoting awareness and education around intimate partner violence. Executive Director Sherill Carrington engaged thought leaders and experts in dynamic conversations to encourage people to be active bystanders and prevention ambassadors. Featured guests include James C. Rachal, MD, Senior Academic Chairman of the Department of Psychiatry at Atrium Health; Jessica Salzman, MD, Assistant Professor of Emergency Medicine, Atrium Health; and Rev. Cathy Hasty, BSN, M.Div., Community Engagement, Novant Health. Follow @JKFFCourage on Facebook to get the latest episodes in your feed!

On **April 23**, the Foundation hosted a Facebook Live event to raise awareness and funds for the cause of intimate partner violence prevention. Viewers heard from Co-Founders Ron and Jan Kimble and Board Members Amy Kimble Zavorka, Sharon Roland, and Terri DeBoo, and five Courage Club leaders from Charlotte-area high schools. Participants remembered Jamie, emphasized why the Foundation’s work is so important, and encouraged viewers to learn the warning signs, spread the word, and “be the light” to keep Jamie’s spirit shining onto our community.

On **August 1 and 2**, Ron Kimble participated in the AAHOA’s 2020 Charlotte Charity Golf Tournament, which raised over \$67,000 to benefit 11 local charities including the Jamie Kimble Foundation for Courage. AAHOA is the largest hotel owners association in the world. “AAHOA members in Charlotte did exceptional work in organizing a successful event that was safe, fun, and a benefit to our community,” said AAHOA Chairman Biran Patel.

On **October 1**, the Foundation held a successful virtual Women for Courage event. Normally held in April to honor Jamie’s birthday, the event was moved to October, National Domestic Violence Awareness Month, with the theme “Be the Light.” The Foundation’s largest annual fundraiser, the Women for Courage Luncheon is an opportunity for both men and women to hear about our mission and the initiatives and learn the characteristics and warning signs of intimate partner violence. Special

thanks to our Emcee, WSOC-TV anchor Erica Bryant, Keynote Speaker Melissa Dohme Hill, Charlotte Mayor Vi Lyles, Pastor Nic Schreiber, Paige Kilburn, and the many others who made this virtual event possible.

In **October** JKFFC.org debuted a brand-new look! “The redesign of the Jamie Kimble Foundation for Courage website was made to promote and empower the ideas of Hope and Courage while demonstrating the importance of healthy relationships,” says Foundation Executive Director Sherill Carrington. “We also wanted our website to reflect our involvement in Courage Clubs and Teen Summits for high school students, Courage Talks for the community, and our partnerships with businesses and organizations providing direct services to those with immediate needs.”

In **November**, construction began on the Survivor Resource Center (SRC) at the Children and Family Services Center building in Charlotte. Recognizing that a Charlotte-Mecklenburg Family Justice Center is a long term project, the CharMeck Family Justice Center Steering Committee established the Survivor Resource Center to strengthen relationships, evolve community responses, engage other community partners, and continue to enhance the work of numerous multi-disciplinary teams. Rather than being open to the public like a Family Justice Center, the SRC will accept referrals from core partners to address the highest risk cases of abuse.

Meet The Umbrella Center.

We anticipate The Umbrella Center will house over 150 core staff and also host a significant number of visiting agencies.

We envision that The Umbrella Center will not only provide intervention services but will also be a facility utilized by the community for training, interdisciplinary teamwork and violence prevention efforts.

—
Charlotte-Mecklenburg Family Justice Center Steering Committee

the courage to change the game

Audra Toussaint has spent seven years figuring out how to navigate the system in order to protect herself and her daughter from her abuser. Now she's part of a group working to ensure that abuse survivors in our community have a safe place to obtain protection, medical services, childcare, and prosecution of their abuser.

That safe place is called The Umbrella Center. It's based on the Family Justice Center model pioneered in San Diego, CA in 2002 and replicated more than 130 times across the country. Family Justice Centers offer a one-stop location for abuse survivors to receive services through a single, trauma-informed intake process. They have been proven to reduce homicide rates, reduce fear and anxiety for victims and their children, and improve offender prosecution outcomes. San Diego demonstrated a reduction of nearly 95% in domestic violence homicides in the 15-year period after the city opened a Family Justice Center.

Ron Kimble, Co-Founder of the Jamie Kimble Foundation for Courage, serves alongside Audra Toussaint on the Umbrella Center Steering Committee. They're joined by a multidisciplinary team representing law enforcement and human services agencies, Atrium Health, Novant Health, Charlotte-area businesses, and nonprofits serving people affected by abuse. In addition to helping survivors of domestic abuse, The Umbrella Center will serve survivors of child abuse, elder abuse, sexual assault, and human trafficking.



The Foundation has been behind the effort to bring a Family Justice Center to Charlotte since the beginning. The Foundation partnered with Wells Fargo to fund a community study assessing the need for a Charlotte-Mecklenburg-based Family Justice Center. The study showed a strong case for implementing the center, and three years of community engagement and investigation later, the committee is poised to begin its capital campaign in 2021. They are hoping for commitments from both the City of Charlotte and Mecklenburg County, and will raise the remaining funds with help from the Jamie Kimble Foundation for Courage, Pat's Place, Safe Alliance and other advocates.

"It's very difficult to navigate the system by yourself," says Audra Toussaint, who has renewed the restraining order on her abuser four times. Her abuser violated the first restraining order 20 minutes after it took effect. Audra has gone to three different police departments in one afternoon in efforts to obtain warrants and make sure they were served.

"I have a supportive employer, a car, helpful family and friends who can watch my daughter. If I didn't have all these things it would have been a very different story," says Audra. In her many visits to the Magistrates' Office, Audra has seen too many women who fled with nothing more than their purse and don't have the advantages that helped Audra protect herself and her daughter.

"Having a place like The Umbrella Center will be a game changer," says Audra. For people suffering from abuse, that change can't come soon enough.

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Many thanks to Paige Kilburn for sharing her story of courage in order to help end domestic abuse in our community.

the courage to share

My story constantly reminds me of how blessed I am to be alive and well today. I spent over four years with my abuser and endured lots of painful moments that ultimately led to my assault in which I was stabbed and strangled by my abuser, who was my partner and my son's father. My son was only two when he witnessed the brutal assault of his mom before his own eyes.

After jumping out of a vehicle at the nearest street light I was able to escape and get the help I desperately needed to survive from my injuries. I was rushed to Charlotte Main Trauma Center where I spent a week getting treated for my lacerations and internal injuries.

I remember telling him months before this traumatic event that we should go our separate ways and that I wanted to have a happier life. He didn't take it very well and his anger progressed throughout the months but I never expected him to nearly kill me.

Warning Signs

There were a substantial amount of warning signs and red flags in my relationship prior to my assault. One of the things that my former abuser did was control who I spent time with including my immediate family. He also controlled my financials and kept my money and debit card under his control despite me working full time and making my own income. In hindsight the biggest warning signs were the times he physically abused me and threatened to take my life.

I mostly kept the abuse a secret and hid the details from family and friends. I honestly thought he would change and things would improve. My main reason for staying was so my son could have both of his parents in the picture.

A Way Out

It wasn't until the night of my attack that I learned about domestic violence resources and preventive measures for my safety. Safe Alliance assisted me while I was in the hospital and during my healing time and provided me with legal representation and resources for my son.

My advice for someone in an unhealthy relationship is to remove yourself from the dangerous situation and get help. Don't wait for your abuser to change because your life is at risk every day that you are around that person. It may feel impossible to leave due to financial ties and children but your life is more precious than taking the risk.

A New Chapter

It's been over six years since my attack and there has been lots of healing through faith and support. My amazing husband and I were married in September here in North Carolina. We also recently purchased our first home and we are excited about building some great memories.

We have a beautiful blended family of five and we enjoy spending time outdoors together. My son is now nine and he enjoys basketball and going on mountain bike rides. I am a financial manager for a great company and enjoy helping clients and leading my amazing team.

• • •

the courage to speak up

Research shows more than 43% of dating college women report experiencing violent and abusive dating behaviors. The vast majority of people who experience interpersonal violence in college tell someone, but only a fraction seek help from a formal support such as the police or a counselor. Most people who disclosed the abuse tell a friend.

Meanwhile, studies show that more than half of college students don't know how to help someone who has experienced interpersonal violence, and 57% say it is difficult to identify such violence.

The numbers paint a devastating picture. Far too many college students are experiencing interpersonal violence, and those who do disclose the abuse are telling people who are not equipped to help.

Courage Close to Home

Here in our community, Beau Dooley, MS, MPH, MCHES and his team at UNC Charlotte are committed to changing this picture. As Director of the UNC Charlotte Center for Wellness Promotion, Dooley was looking for a truly comprehensive violence prevention program that involved the entire campus community. "We feel a strong sense of urgency," says Dooley. "Anything we can do to curb violence in all forms is very important to us."

The Green Dot violence prevention program was already well-known and respected, but the Center for Wellness Promotion needed to find a way to fund it. That's where the Jamie Kimble Foundation for Courage comes in.

The Foundation is making it possible for a cohort of UNC Charlotte staff and faculty to participate in the Green Dot Train-the-Instructor program in spring of 2021. Once they have gone through the program, they will be able to train a variety of campus groups in bystander intervention for violence prevention, making the Green Dot impact exponential.

What is Green Dot?

Picture a map of our community with red dots all over the map, each dot representing an act of power-based violence. Now picture green dots among the red ones, representing any act that promotes safety and communicates intolerance toward violence. As the Green Dot program states, "If just some of us were willing to step up — even in small ways — very quickly green dots will outnumber red dots, and less of those we care about will be harmed."

The theory- and evidence-based strategy intentionally targets influential people for the first wave of bystander training. For UNC Charlotte this means athletes as well as leaders from student government, Greek life, and campus clubs.

"This is about redefining campus norms around interpersonal violence," says Dooley. "We want to move from a passive agreement that violence is wrong to a solid endorsement that people on campus will engage in active intervention."

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To learn more or pledge your support for the Green Dot program at UNC Charlotte, visit wellness.uncc.edu or email Beau Dooley at bdooley1@uncc.edu.



"Our goal is to create a campus culture that establishes an intolerance of violence as the norm as well as interventions in high-risk situations."

Beau Dooley, MS, MPH, MCHES
Director, UNC Charlotte Center for Wellness Promotion

the courage to soar

Teen dating violence awareness clubs are a key piece of the prevention efforts led by the Jamie Kimble Foundation For Courage. One of those clubs, Hough Students for Courage, received the Jill Dinwiddie Courage to Soar Award in 2020 in recognition of their comprehensive prevention efforts with their classmates and the community at large.

The founding members of the club graduated in 2020 from Hough High School in Cornelius, NC, but they left the group in good hands. Current president Aubrey Hoppe is the younger sister of founding member Kailey Hoppe.

"Hough Students for Courage is one of the best and most supportive groups that I have ever been a part of," says Aubrey, who has been a member since her freshman year. "I believe that teen dating violence is not talked about enough in high school and not many teenagers know the signs. We really work to spread knowledge about dating and domestic violence in our community and our school."

The group was presented with the Jill Dinwiddie Courage to Soar Award at the Women for Courage event in October 2020.

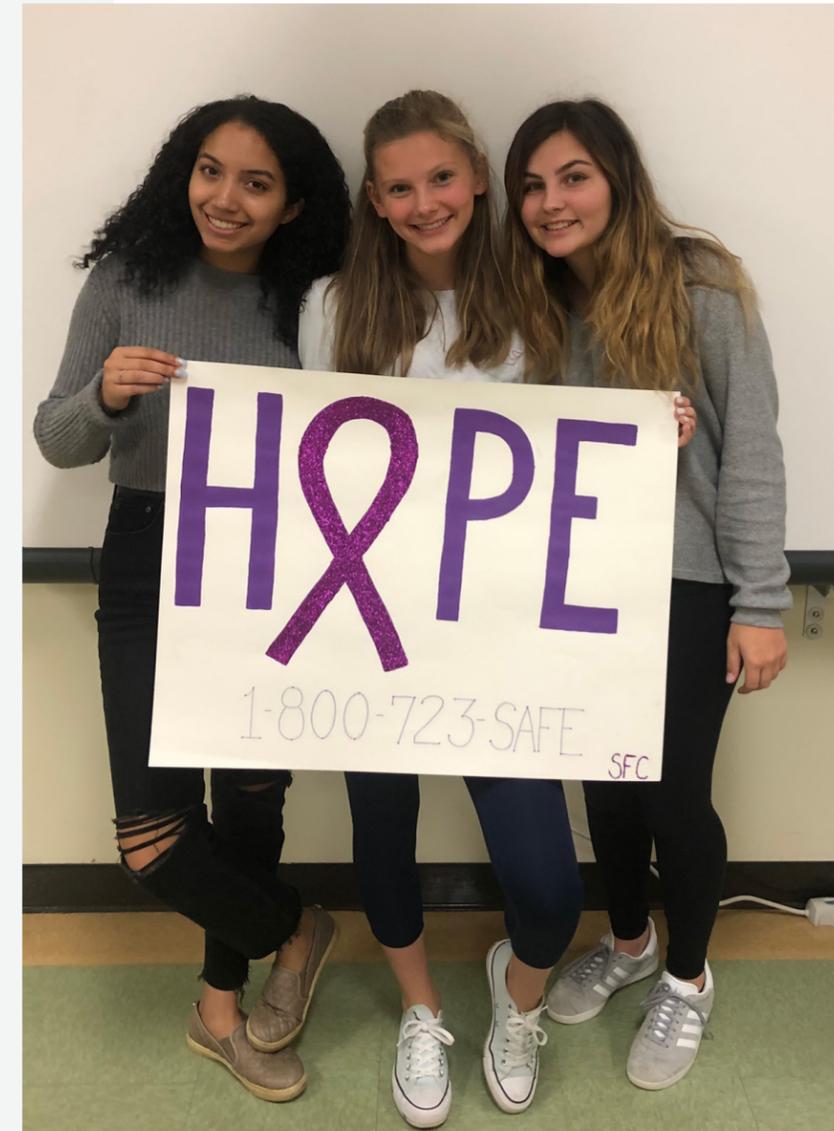
During the Summit, Hough Students for Courage also screened a video recapping their 2019-2020 activities for the hundreds of teens in attendance. "Our goal for the video was to show other people how they could help others who have been affected by domestic violence, and ways they can educate others," says Aubrey.

"My experience at the 2020 Summit was great," adds Aubrey. "As a club, we all learned so much about domestic violence and teen dating violence. The Foundation did a phenomenal job of making it fun and interactive. Everyone had a chance to make their voices heard and participate in the conversation."

Those young voices are essential to achieving a future without domestic violence. No one recognizes that more than Katie Osteen. As the Hough Students for Courage Faculty Advisor and a survivor of domestic violence herself, Katie is a firm believer in the power of conversation. "My advice to parents of teens is to talk about intimate partner violence prevention," says Katie, a 17-year teaching veteran who specializes in Marketing. "Don't be afraid to talk about this issue with your kids. There are so many warning signs that teens can be aware of, and it's really important to get those warning signs out there by talking about them."

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We are deeply saddened by the 2021 passing of Jill Dinwiddie and will always be grateful for the countless hours of service she contributed to our mission. We will continue to honor her contribution through the Jill Dinwiddie Courage to Soar Award which commends young people for being active bystanders and prevention educators around teen dating violence.



teens for *courage* stopping intimate partner violence before it begins

Prevention is a key pillar of our strategy to eradicate domestic violence, so we could not be more proud to support the Courage Clubs popping up all over Charlotte.

A Courage Club is a group of high school students who take the initiative to prevent teen dating violence. Simply by showing that it's OK to talk about this issue, Courage Club members are making tremendous progress in prevention. But they don't stop there. They educate their classmates about what makes a healthy relationship, and they cover the warning signs of unhealthy ones. They collect supplies and raise funds for shelters to ensure that survivors and their children have a safe place to start a new chapter. They show their support for any classmate who has experienced dating violence, and they work to show young men and women what is and is not acceptable in a relationship at any age.

Is high school too early to start talking about this issue? With approximately 1.5 million teens nationwide experiencing physical abuse from a dating partner, yet three out of four parents never discussing the warning signs with

their children, the urgent need for Courage Clubs is clear.

The first Courage Club started in 2013 when a group of Myers Park High School students asked physics and environmental science instructor Monika Tubb to be their advisor. As a friend of Jamie Kimble, Monika was grateful for the opportunity to help prevent interpersonal violence.

"I can't do anything to bring Jamie back, but I can do things to help other people so it doesn't happen to anyone else," says Monika.

2020 Milestones

The Jamie Kimble Foundation for Courage partnered with Mecklenburg County Support Services for the first-ever Teens for Courage Summit, February 1, 2020 at Carowinds. Emceed by Emmy Award-winning NBC Charlotte anchor Sarah French, the free event provided a comprehensive curriculum on how to develop healthy relationships and how to be an active bystander.

Participants came away with volunteer hours, life-saving knowledge, and a toolkit for spreading awareness in their own schools. "It was powerful to hear different people's stories and I felt like I walked out understanding more about relationship abuse than I did going in," says Myers Park Senior Connor Lindsley.

The summit generated energy around teen dating violence prevention, and Courage Clubs continued to grow in 2020 in spite of the challenges created by school closures. Charlotte Catholic High School formed a club after Senior Pilar Zamorano was inspired at the Teen Summit.

"These are not discussions anyone had when I was growing up, and I saw my own generation go through these issues," says Charlotte Catholic Counselor Lisa Bryant, MS, EdS, NCC, who serves as the club's advisor. "This is an issue that many students really care about and it is more prevalent than it is talked about."



“It was such an honor to take part in the Teens for Courage Summit. I was blown away by all of the incredible teens in our area. In 2009, I lost a dear friend to domestic violence. At the time, I did not know all the signs to look out for when it comes to domestic violence. Now I do. It's important for us to turn our pain into our purpose so we can help others and stop the cycle of domestic violence. I was honored to be a part of this event, and I hope one day in the future we will be able to do it again in-person.”

Sarah French, two-time Emmy Award-winning journalist and NBC Charlotte evening anchor

As a counselor, Lisa also recognizes the benefit of teens joining a cause bigger than themselves. "It gives them a chance to think about someone other than themselves and acknowledge that just because it hasn't happened to them, doesn't mean it doesn't happen."

As she prepares to graduate from Charlotte Catholic this year, Pilar hopes to pass the torch on to another student leader who feels just as passionate about a future without intimate partner violence. "I want people to know that they aren't alone, that there are other people out there who have survived this."

The Jamie Kimble Foundation for Courage guides Courage Clubs through formation, recruitment, and activities and provides educational resources. Our long-term goal is to add clubs throughout the community every year.

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Thank you to all of our donors for your continued support of the Jamie Kimble Foundation for Courage

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| George & Mary Burgland | Patty Doe | Dennis Gorss | Christopher "Chris" & Jodi Hummer | Gail Laughlin | Jill Miller |
| Erin Burns | Brian Donley | Jessica Graham | Pam Humphrey | Thomas & Tina Layman | Steven & Sandra Mills |
| Susan Byerly | Betty Doster | Susan Gray | Jane Hunter | Thomas Leahy | James E. Mitchell |
| Christina Caldwell | Carol Douglas | Kendra Green | Kimberly Jackson | Janaka Lewis | Donald & Carolyn Moffitt |
| | Eric Draeger | Tamera Green | | Lauren Lewis | Scott Monti |

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|---------------------------|-------------------------------|--------------------------|
| Lori L. Moore | Lisa Rhyne | Margaret Szymanski |
| Luther Moore | Ann Richardville | Kimmie Taylor |
| Robert & Meg Morgan | Taylor Riley | E. Russ & Jeanne Taylor |
| Jennifer Morlu | Patrick & Robbin Riley | Michelle Teague |
| Jessica Moser | Catherine Roberts | Craig Terrell |
| Chuck Munn | Danna Robinson | Natalie Terry |
| Steven & Rhonda Murmann | Sharon & Jason Roland | Kendra Thornton |
| Thomas Murray | Carlton "Ray" & Carolyn Rouse | Scottie Trapp |
| David Neal | Marguerite Rupar | Kimberly VanVliet |
| Eldon Neff | Gail Salmon | Ann D. Viperman |
| Susan Nestor | Claire Samuels | Marty Viser |
| Steve Newmark | George Sappenfield | Tom & Christine Vujovich |
| Sorja Nichos | Clarence & Brenda Sargeant | Edwin Wadsworth |
| Jim Niestradt | Annette Saul | Marjorie Wagner |
| Michael & Carol Noll | Martin & Margaret Scannell | Stuart Walden |
| E Ward Norris | Letitia & Norbert Schactner | Cherise Walker |
| Karin O'Rourke | Jennifer Schatti | Jennifer & Henry Ward |
| Sandy Osborne | Darlene Schisler | Colby Weikel |
| Kathleen Padoan | Susan Schmecht | Scott Whelchel |
| Dana Palmieri | Janice Schmitz | Shannon Wighington |
| Peter Pappas | James & Lisa Schumacher | Bill & Kathleen Wilder |
| Alisha Parker | Steve Scoville | Peggy Williams |
| Brenda Parker | Edie & Scott Shannon | Scott Williamson |
| Karen Parker | Molly Shaw | Lindsey & Brad Wiseman |
| John & Christine Parker | Michael Shawley | Robyn Withrow |
| Bruce & Mary Parrick | Torrennce & Marcie Shealy | Carolyn Wurtz |
| Trent & Cathy Pearson | Bob Sheehan | Lindsey Yelton |
| Kristen Penk | Kathleen Smith | Fuchsia Yelton |
| Latricia Penny | Elizabeth Smith Shuey | Shannon Young |
| Veronica A. Peoples | Crystal Smyth | Steven "Steve" Young |
| Darrell & Debora Phillips | Rory Snavely | Amy Zavorka |
| Jaelyn Piatak | Jeremy Sorzano | James Zeigler |
| Katherine Pierce | Mark & Gayle Stansell | David & Mary Zimmer |
| Vanessa Pierre-Parker | Judith Starrett | Patricia Zoder |
| Thomas Pizzo | Deborah Steele | |
| Rose Planer | Dianne Stewart | |
| Kenneth Poe | Sean Stewart | |
| John & Ann Porter | Sherri Stotts | |
| Ellen Price | Penni Stritter | |
| Kevin & Lori Quick | Rhonda Sturgeon | |
| Betty Rash | Dana & Bob Sutton | |
| Willie Ratchford | Judith Sutton | |
| Jessica Rea Prado | Virginia Sutton | |
| Fritz & Ann Rehkopf | Justin Swilling | |

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|---|---|
| Companies | Harper Corporation of America |
| Amazon Smile - Anonymous Donations | Harris Teeter, LLC |
| Anonymous Network For Good | Hope Root |
| Atrium Health | Mecklenburg County |
| Bank of America Corporation | Moore & Van Allen, PLLC |
| Bank of America Employee Giving Campaign | NASCAR - National Association for Stock Car Auto Racing, Inc. |
| Benevity Causes -American Online Giving Foundation, Inc | Novant Health |
| Charlotte Checkers | Piedmont Natural Gas |
| Charlotte Knights | Proffitt Dixon Partners |
| Coca-Cola Bottling Company Consolidated | Retail Therapy LLC |
| Country Day - Say Enough Club | Rodgers Builders, Inc |
| CPI Security | The Allen Tate Foundation |
| Crescent Communities LLC | The David Palmer Shannon Family Foundation |
| CRVA - Charlotte Regional Visitors Authority | The Fletcher School |
| Donald Haack Diamonds | The University of North Carolina at Charlotte |
| Duke Energy | TowneBank formerly Paragon |
| Duke Energy Foundation - Your Cause LLC (Trustee) | UPS Foundation |
| Fifth Third Bank | Your Cause - Wells Fargo Employer Match |
| Foundation For The Carolinas | |

HOW YOU CAN HELP

the road *ahead*

2021 promises to be another year of progress and milestones for the Jamie Kimble Foundation for Courage. We will continue to spread prevention, education, awareness and resources to help create a future without domestic violence.

As students get back into their classrooms, we will continue our mission to have a Courage Club at every high school in the Charlotte-Mecklenburg area. Our Second Annual Teens for Courage Summit, "Dating in a Digital World," was held virtually in early 2021 and created even more ambassadors for the prevention of teen dating violence.

We know we can do more with a team, so we're excited about our partnership with Coca-Cola Bottling Co. Consolidated to implement a healthy relationship curriculum into 19 high school athletic departments in our community in 2021. This powerful curriculum will create informed bystanders and teach some of our most influential young students how to have healthy, respectful relationships.

Charlotte is a thriving business hub, and we will continue to create supportive and informed workplaces through our Employer Workshops. As Umbrella Center Steering Committee member Audra Toussaint recalls, having a supportive employer made a significant difference in her ability to support and protect herself and her daughter from her abuser.



Be the light

The theme for our 2020 Women for Courage Event was "Be the Light." Jamie Kimble was full of light. Each of us can honor her light by helping to bring about a future without domestic violence. Here's what you can do:

Donate

Your tax-deductible donation can help save lives. Donate online at jkffc.org, text "JKFFC" to 833.865.4483 or send a check payable to:

*Jamie Kimble Foundation for Courage
1850 E. 3rd St., Suite 110
Charlotte, North Carolina 28204*

Join Us

We could not do our work without generous volunteers who help with events, outreach, office support, fundraising, and committees.

Sign up at jkffc.org or contact us at 980.237.0451 to learn more.

Spread the Word

Let's do all we can to keep our community talking about this epidemic. Ask your employer to hold one of our workshops or contact us for help developing supportive policies. Encourage your teen to start a Courage Club at their school. Ask your faith leader to speak about intimate partner violence, organize a program, or start a support group. Learn the warning signs and share them with others. Become an active bystander who knows how to spot red flags and how to help.

warning signs

These warning signs do not mean a relationship will definitely turn violent. However, if you notice them in your relationship or partner, you may need to reevaluate your relationship.

- ▶ Treating you exceptionally well at the beginning of the relationship
- ▶ Making you feel sorry for him or her
- ▶ Never being at fault
- ▶ Trying to control you through constant communication
- ▶ Separating you from your family and friends physically or emotionally
- ▶ Causing chaos at family events
- ▶ Being overly critical
- ▶ Searching your belongings for evidence of cheating
- ▶ Prying into private belongings to learn more of your inner most feelings or past
- ▶ Accessing your email, social media, or phone records
- ▶ Booking your calendar so it seems impossible to end the relationship
- ▶ Systematically removing you from your existing friends with probable excuses and keeping you too busy to maintain other relationships
- ▶ Excessive jealousy
- ▶ Constant checking in with you or making you check in with him or her
- ▶ Insulting or putting down people that you care about
- ▶ Quickly becomes serious about the relationship
- ▶ Had a lot of bad prior relationships and blames all problems on the previous partners
- ▶ Very controlling. This may include giving you orders, telling you what to wear, and trying to make all of the decisions for you
- ▶ Blames you when they treat you badly by telling you all of the ways you provoked them
- ▶ Has an explosive temper ("blows up" a lot)
- ▶ Pressures you into sexual activity with which you are not comfortable
- ▶ Has a history of fighting, hurting animals, or brags about mistreating other people
- ▶ Believes strongly in stereotypical gender roles for males and females
- ▶ You worry about how your partner will react to the things you say or you are afraid of provoking your partner
- ▶ Owns or uses weapons

Domestic Violence Resources

In an emergency,

always call 911

National Domestic Violence Hotline Free, confidential 24/7 hotline. The caller will be referred to local resources for help.

1.800.799.7233

Jamie Kimble Foundation for Courage

Learn about programs, activities, warning signs and more at jkffc.org

or **980.237.0451**

Turning Point: Monroe

Emergency shelter and other services.

24-hour hotline: **704.283.7233**

Office: **704.283.9150**

Safe Passage: Rock Hill, S.C.

Emergency shelter and other services.

24-hour hotline: **803.329.2800**

Office: **803.329.3336**

Safe Alliance Hope Line

Free, confidential 24/7 hotline for Mecklenburg residents. Safe Alliance also operates a shelter for Mecklenburg residents.

980.771.4673



JAMIE KIMBLE
FOUNDATION
FORCOURAGE