

# April

Monday

Tuesday

Wednesday

5	6	7
	Passover	
12	13	14
19	20	21
26	27	28



# April

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## Health Activities and Observances

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- National STD Awareness Month
- National Child Abuse Prevention Month
- Irritable Bowel Syndrome Awareness Month
- National Minority Health Month
- Alcohol Awareness Month
- Women's Eye Health and Safety Month
- National Occupational Therapy Month
- Cancer Control Month
- Sexual Assault Awareness Month
- Donate Life Month
- National Public Health Week (5-11)
- National Minority Cancer Awareness Week (18-24)
- National Infants Immunization Week (25-May 1)

*Nothing in life is  
to be feared. It is only to  
be understood.*

-Marie Curie



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# April

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# April

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# April

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# Wellness starts with... No Violence in Your Life

Violence against women affects all racial, cultural, and economic backgrounds and women with and without disabilities. It is a leading cause of injury for American women between the ages of 15 and 54, but it can happen at any age. Acts of violence have terrible and costly results for everyone involved, including families, communities, and society. Learn more about how to recognize the signs of violence and how to stay safe. If you are abused or have a loved one who is abused, get help as soon as you can.

## Types of Violence

The most common forms of violence are:

**Domestic violence**, also called intimate partner violence, is when one person purposely causes either physical or psychological harm to another, including physical abuse, psychological/emotional abuse, sexual assault, isolation, or economic abuse (controlling all of the victim's money, shelter, time, food, etc.). Often, the violent person is a husband, former husband, boyfriend, or ex-boyfriend, but sometimes the abuser is female. This very common problem should be taken very seriously. One in four women report that they have been victims of domestic violence or stalking by someone they know.

**Sexual assault and abuse** is any type of sexual activity that you do not agree to, including inappropriate touching; vaginal, anal, or oral penetration; sexual intercourse; rape; attempted rape; and child molestation. It also can be verbal, visual, or any other form which forces a person

to participate in unwanted sexual contact or attention like voyeurism, exhibitionism, incest, and sexual harassment. It can happen in different situ-

### Signs You Are Being Abused

Sometimes it is difficult and confusing to admit that you are in an abusive relationship, or to find a way out, but there are clear signs to help you know if you are being abused. **If the person you love or live with does any of these things to you, it's time to get help:**

- monitors what you're doing all the time
- criticizes you for little things
- constantly accuses you of being unfaithful
- prevents or discourages you from seeing friends or family, or going to work or school
- gets angry when drinking alcohol or using drugs
- controls how you spend your money
- controls your use of needed medicines
- humiliates you in front of others
- destroys your property or things that you care about
- threatens to hurt you, the children, or pets, or does cause hurt (by hitting, punching, slapping, kicking, or biting)
- uses or threatens to use a weapon against you
- forces you to have sex against your will
- blames you for his/her violent outbursts

ations, by a stranger in an isolated place, on a date, or during domestic violence. Rape, a common form of sexual assault, is committed in many situations by a friend or an acquaintance, and most offenders are male. Sometimes a victim might unknowingly be given alcohol or "date rape" drugs, which make a person unable to resist assault and have a type of amnesia so she is uncertain about what happened.

**Elder abuse** is when older persons are abused, neglected, and exploited by family members and others. Many victims are people who are older and frail and depend on others to meet their most basic needs. Ninety percent of offenders are family members of the victim. Elder abuse can include physical abuse, sexual abuse, psychological abuse, financial exploitation (using the resources of an older person, without his/her consent for someone else's benefit), and neglect.

### Steps to Get Help for Domestic Violence

If you are abused or have a loved one who is abused, get help. Learn how to lower your risk of being a victim of assault or abuse before you find yourself in an uncomfortable or threatening situation. **Go to [www.4woman.gov/violence/state.cfm](http://www.4woman.gov/violence/state.cfm) to find a state-by-state list of places to get help. Other things you can do include:**

- Call the police or leave if you or your children are in danger! Call a crisis hotline or the National Domestic Violence Hotline 800-799-SAFE or TDD 800-787-3224, which is available 24 hours a day, 365 days a year, in English, Spanish, and other languages. The Helpline can give you the phone numbers of local hotlines and other resources.
- Understand that you're not alone. Many women are victims of domestic abuse.
- Don't ignore it or wait for it to go away. It won't go away.



- Don't keep it to yourself. Get help. Talk with someone: a family member, friend, colleague, or faith counselor.
- If you've been hurt, get medical attention and call the police. Abuse is a crime.
- Find out about shelters. A crisis hotline or the police can help you find one.
- Make plans for what you will do if you're attacked again.
- If you decide to leave, choose a place to go and set aside some money. Put important papers—marriage license, birth certificates, checkbook, and irreplaceable papers and items—in a place where you can get them quickly.
- Contact your family court (or domestic violence court, if offered by your state) for information about getting a civil protection order.

### Steps to Get Help for Sexual Assault

Take steps right away if you've been sexually assaulted:

- Get away from the attacker to a safe place as fast as you can.

## Signs of Elder Abuse

Unfortunately, as the number of elderly people grow in our country, so do the cases of elder abuse. Elderly people can be abused in their homes, in the home of a caregiver, or in an institution such as a nursing home. **If the elderly person you love, live with, or take care of has any of these signs of abuse, it's time to get that person help.**

Type of Elder Abuse	Signs
<p><b>Physical abuse</b> (hitting, slapping, beating, pushing, shoving, kicking, pinching, and burning)</p>	<ul style="list-style-type: none"> <li>• bruises, black eyes</li> <li>• marks on body such as welts, cuts, and open wounds</li> <li>• sprains, dislocations (like a shoulder), or broken bones</li> <li>• injuries that are healing but were never treated</li> <li>• rope marks or burns on hands and feet (could mean an elder has been tied up or restrained)</li> <li>• broken eyeglasses or frames</li> <li>• sudden change in behavior</li> <li>• not wanting to be alone with caregiver or caregiver not letting anyone visit the elder alone</li> <li>• running out of prescription medicine too quickly or having prescription medicine that looks like it is not being taken (bottle too full)</li> <li>• The elder tells you they are being physically hurt</li> </ul>
<p><b>Emotional or psychological abuse</b> (verbal assaults, threats, intimidation, harassment, isolating elder from regular activities, family, and friends)</p>	<ul style="list-style-type: none"> <li>• being in an upset or agitated state</li> <li>• becoming withdrawn and not wanting to talk or interact with anyone</li> <li>• unusual behavior like rocking, biting, or sucking (usually thought to be symptoms of dementia)</li> <li>• The elder person tells you they are being mistreated</li> </ul>
<p><b>Sexual assault and abuse</b> (any sexual contact that is not agreed to by the elder like unwanted touching and all types of sexual assault)</p>	<ul style="list-style-type: none"> <li>• bruises on or around the breasts or genitals</li> <li>• unexplained sexually transmitted diseases (STDs) or vaginal or anal bleeding</li> <li>• torn, stained, or bloody underwear</li> <li>• The elder person tells you they were sexually assaulted or raped</li> </ul>
<p><b>Neglect</b> (not taking proper care of an elder, including physical care [food, clothing, shelter, medicine, personal hygiene] and financial care [not paying for living arrangements, care, and other bills])</p>	<ul style="list-style-type: none"> <li>• poor hygiene, dehydration, malnutrition, bed sores that aren't being treated (if bedridden)</li> <li>• health problems that aren't being treated</li> <li>• unsafe living conditions (no heat, electricity, or water or faulty wiring)</li> <li>• poor living conditions (dirt, fleas, soiled bedding, clothes and bedding smelling like urine/feces, improper clothing, lice on the elder)</li> <li>• The elder person tells you they are being neglected</li> </ul>

(continued from "Help for Sexual Assault," page 65)

- Call a friend or family member you trust. You also can call a crisis center or a hotline to talk with a counselor. **One hotline is the National Sexual Assault Hotline at 800-656-HOPE.** Feelings of shame, guilt, fear, and shock are normal. It is important to get counseling from a trusted professional.
- Do not wash, comb, or clean any part of your body. Do not change clothes if possible, so the hospital staff can collect evidence. Do not touch or change anything at the scene of the assault.
- Then go to your nearest hospital emergency room as soon as possible. You need to be examined, treated for any injuries, and screened for possible sexually transmitted diseases (STDs) or pregnancy. The doctor will collect evidence using a rape kit for fibers, hairs, saliva, semen, or clothing that the attacker may have left behind.
- You or the hospital staff can call the police from the emergency room to file a report.
- Ask the hospital staff about possible support groups you can attend right away.

*You can help someone who is abused or who has been assaulted by listening, believing, and offering*

*comfort. Go with her or him to the police, the hospital, or to counseling. Reinforce the message that she or he is not at fault, and that it is natural to feel angry and ashamed.*

### Steps to Get Help for Elder Abuse

Protect your loved ones and make sure they get the care and services they need. Every case of elder abuse should be reported to the local authority in your area. Reporting procedures differ in each state, but a good place to start is by looking in your area phone book for numbers of the Adult Protective Services (APS) agency, Agency or Department on Aging, or Department of Social Services. Many states have 24-hour toll-free numbers for receiving confidential reports of abuse.

**When an elder is in immediate danger, it is best to call 911 or the local police.** You can get more information on elder abuse from the National Center on Elder Abuse on the Internet at [www.elderabusecenter.org](http://www.elderabusecenter.org). For help with locating elder care services, call the Administration on Aging nationwide toll-free Eldercare Locator at 800-677-1116.

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### For additional information on violence prevention, check out the following resources:

**National Women's Health Information Center**  
(state-by-state listing of places to go for help)  
Internet: [www.4woman.gov/violence](http://www.4woman.gov/violence)  
Phone: 800-994-9662 or 888-220-5446 (TDD)

**Centers for Disease Control and Prevention  
National Center for Injury Prevention and Control**  
Internet: [www.cdc.gov/ncipc](http://www.cdc.gov/ncipc)

**National Sexual Violence Resource Center**  
Internet: [www.nsvrc.org](http://www.nsvrc.org)  
Phone: 877-739-3895 or 717-909-0710

**The National Domestic Violence Hotline**  
Internet: [www.ndvh.org](http://www.ndvh.org)  
Phone: 800-799-SAFE (7233)  
or 800-787-3224 (TDD)

#### Publications:

*Frequently Asked Questions about Violence Against Women*

Internet: [www.4woman.gov/faq/violence.htm](http://www.4woman.gov/faq/violence.htm)

*Toolkit to End Violence against Women*

Internet: <http://toolkit.ncjrs.org>