



May | 2011

Spotlight On Domestic Violence

First Step Newsletter
A Program of
The Family Guidance Center



CONTACT THE
FAMILY GUIDANCE
CENTER AT
828-322-1400

#17 Hwy 70 SE
HICKORY, NC 28602



WWW.FGCSERVICES.COM

THE MISSION OF FAMILY GUIDANCE CENTER'S FIRST STEP DOMESTIC VIOLENCE PROGRAM IS TO PROVIDE NEEDED SERVICES TO VICTIMS OF DOMESTIC VIOLENCE AND TO INCREASE COMMUNITY'S AWARENESS ABOUT THE PROBLEM.

Elder Abuse: See It. Prevent It. Stop It.



Just recently, actor Mickey Rooney told the world that he is a victim of elder abuse.

Domestic violence occurs in elderly relationships. It's one type of elder abuse, which we'll explore in next month's newsletter. Watch for it. Our newsletter focus today is on elder abuse in general.

Everyday, headlines throughout the U.S. paint a grim picture of seniors who have been abused, neglected, and exploited, often by people they trust the most. Abusers may be spouses, family members, personal acquaintances, or

professionals in positions of trust; or opportunistic strangers who prey on the vulnerable.

What is Elder Abuse?

In general, elder abuse refers to intentional or neglectful acts by a caregiver or "trusted" individual that lead to, or may lead to, harm of a vulnerable elder.

Physical abuse, neglect, emotional or psychological abuse, verbal abuse and threats, financial abuse and exploitation, sexual abuse, and abandonment are considered forms of elder abuse. In many states, **self-neglect** is also considered mistreatment.

How big is the problem?

Research indicates that more than *one in ten* elderly men and women may experience some type of abuse, but only *one in five* cases or fewer are reported. This means that very few seniors who have been abused get the help they need.

See page 2 for simple ways you can prevent and stop elder abuse!

For more information visit Administration on Aging at <http://www.ncea.aoa.gov>

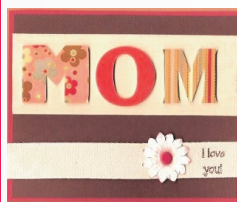
Honor Your Mom with a Gift To Christy's HOPE

Christy Whitmore was a 32 year old mother. She was killed on March 20th, 2010, a victim of domestic violence homicide. Her friends described her as a vibrant, loving mother who adored her son. "He was her world," said one friend, who helped establish Christy's HOPE. It's a fund to help other victims of domestic violence and to give them HOPE for a life without violence.

Giving a financial gift in your mother's honor will: 1. be a unique way to say I love you, 2. show her that she taught you compassion and caring for others, and 3. will honor all mothers who have been killed by their husband/boyfriend.



Your gift can be mailed to Family Guidance Center, 17 HWY 70 SE Hickory 28602 or on PayPal <http://www.fgcservices.com/support.html>



Include your mothers name and address and we'll send her a note acknowledging your gift.

Warning Signs of Elderly Abuse

Physical Abuse - Slap marks, unexplained bruises, most pressure marks, and certain types of burns or blisters, such as cigarette burns

Neglect - Pressure ulcers, filth, lack of medical care, malnutrition or dehydration

Emotional Abuse - Withdrawal from normal activities, unexplained changes in alertness, or other unusual behavioral changes

Sexual Abuse - Bruises around the breasts or genital area and unexplained sexually transmitted diseases

Financial Abuse/Exploitation - Sudden change in finances and accounts, altered wills and trusts, unusual bank withdrawals, checks written as "loans" or "gifts," and loss of property



What Can I Do to Prevent Elder Abuse?

Report suspected mistreatment to your local adult protective services agency 828-695-5609 or law enforcement. Although a situation may have already been investigated, if you believe circumstances are getting worse, continue to speak out.

Keep in contact – Talk with your older friends, neighbors, and relatives. Maintaining communication will help decrease isolation, a risk factor for mistreatment. It will also give them a chance to talk about any problems they may be experiencing.

Be aware of the possibility of abuse – Look around and take note of what may be happening with your older neighbors and acquaintances. Do they seem lately to be withdrawn, nervous, fearful, sad, or anxious, especially around certain people, when they have not seemed so in the past?

Contact your local Area Agency on Aging office to identify local programs and sources of support, such as Catawba County *Meals on Wheels* 828-695-4435 and Council on Aging 828-328-2269. These programs help elders to maintain health, well being, and independence, a good defense against abuse.



Join in the Fun at

Family Guidance Center's Golf Tournament

Thursday, May 19th, 2011

At Catawba Springs CC

Lunch at 12; Tee-off at 1:00

Team Entry Fee \$240

Captains Choice

Email your team entry to: familyguidance@embarqmail.com or send to Family Guidance Center #17 HWY 70 SE Hickory, NC 28601

Pampered Chef Corner



Hi, my name is Sara Ann Icard and I am a Pampered Chef Consultant in your area. *I will be holding a monthly drawing or "special" each month in which the proceeds will go to the FGC Domestic Violence Program.* This month is a drawing for a Lunch Tote filled with Pampered Chef Goodies! The tickets are

\$4.00 and you purchase as many tickets as you like. The drawing will be held at the end of the month. It's a great way to help support First Step Domestic Violence Program and to get Pampered Chef Products. If you love our products and would like to learn how you can earn them for free, contact me. To purchase tickets for the drawing, please contact me at 828-328-2985. Thank you and let's help support FGC's First Step Domestic Violence Program! *-Sara Ann Icard*

