

A Healthy Comm - Unity is a Viable Comm - Unity

Why Does This Violence Happen?

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In the four years that I have been at the Wellness Center, two of my clients have been murdered and the father of one client beaten to death. I've had clients shot, stabbed and beaten up.

There seems to be an unending stream of women needing help from abusive relationships and countywide the number of child abuse and neglect cases are shocking. All of this violence makes me weep. Why does this violence happen?

Because of stress, fear, need for control, anger, desperation, substance abuse and jealousy. The deeper reason, however, is because we have forgotten our humanity, forgotten that which is worthy and good within ourselves and within others. If we always saw life from that perspective, we would want to protect that, we would not want to harm each other.

When violence comes to be the accepted way of coping with our stress, fears, control needs, anger, desperation, and jealousy, it becomes a normal part of our world. Because of the amount of violence that I have seen in Allied, I believe that it has become normal. Once it becomes normal, it becomes a part of culture and it is hard

to change.

Anyone who has been victimized by violence or lost a friend or family member from murder will tell you that the pain is not normal. Certainly Allied is not unique and in fact not very bad compared to many places in the United States. In fact we seem to glorify violence in this country, based on the amount of violent TV shows and movies, and violence has become a normal part of the American culture.

So what will it take to change this culture of violence that we seem to live in? It begins with each one of us, to make the decision to not harm each other.

To learn how to cope with our problems in non-harmful ways. To truly value each person as worthy and good.

Many people reading this will be thinking "get real Susan". This is hard to do when people in your life don't behave like they deserve to be valued. None of us are perfect, but I find that when I expect the best of someone, they tend to move in that direction.

Change begins with a decision to change and taking the first step, then its up to each of us to be committed to living a life where love, respect and understanding are our guide.

For Family & Friends

from Komen for the Cure Outreach & Education
SOMEONE YOU LOVE HAS BREAST CANCER

As a person close to someone with breast cancer, you might feel shock and fear. Cancer doesn't happen to just one person in a family. Its impact is felt by the whole family. The emotional support you can provide will play a key role in how well a loved one is able to cope. Sharing this experience will make it easier to feel closer to each other. The most important thing you can do for your loved one is to listen and respect her feelings.

Suggestions on how to help

Accompany her to doctor's visits

Provide moral support

Cook or coordinate meal delivery

Take care of the children

Do the grocery shopping

Help with house cleaning

Do the laundry

Water the plants

Screen telephone calls

Handle insurance needs

Offer to care for pets

Drive car pool

Keep list of phone calls, gifts, flowers, and meals provided

Coordinate rides to treatment

Be a good listener

Give lots of hugs

Openly share your feelings

Be there

Continue to provide support after treatment is completed

Respect the need for privacy

Allied Wellness Center

The Allied Wellness Center is all about encouraging people to make healthy choices and to live life in all its fullness. Wellness means taking care of your mind, body and spirit. Life doesn't always make it easy to do this, but with information, caring support, access to resources and valuing health; wellness can be yours. There are a number of programs and activities that happen routinely at the Wellness Center, participate and take advantage of what's available:

Alcohol and Drug Program: Allied Area Partnership Toward Recovery is a neighborhood program for anyone who struggles with alcohol or drug abuse. Offering respectful, confidential, support and encouragement no matter what stage of use you are in. Individualized counseling available, call to schedule an appointment.

Nurse: Available Tuesdays and Wednesdays 8a.m.-4:30p.m. and Fridays 8a.m.-12 noon to do health assessments, emotional support, health education, information and referrals and help problem solve what prevents you from maintaining your health.

Doctor Is In: A doctor is here 1st Wednesday, 2nd Friday (speaks Spanish), 3rd & 4th Tuesday of each month, 10am-12noon. Free physician consultation, and assessment.

Coffee Clutch: Every morning 9-11 am at the JFF site.

AIDS Network: Every Thursday, 1:00 p.m.-4:00 p.m., HIV testing, education and counseling.

Sista to Sista: Every Tuesday 6:30pm. Supportive women gathering.

Stories of Change: Every Friday 6pm. Hear encouraging personal stories of recovery from substance abuse from guest speakers, and get the support you are needing in your own recovery journey.

Prayer Meeting and Bible Study: Every Monday 6p.m.-7p.m. led by the African American Council of Churches neighborhood chaplain, Alice Howard. Light meal included.

Upcoming Special Events for March and April

Getting Your Health Care Needs Met: Tuesday March 25, 10am-12noon. Listening session with doctors about obstacles you encounter in getting your medical care needs met. Learn about resources available and tips for dealing with those obstacles.

Smoking Cessation: Tuesday April 1, 2-4pm. Want to give it up, come learn how!

Community Meal: Friday April 25, 6 pm at the Boys and Girls Club (Jennewein St). Come taste the winning recipes submitted by Allied residents for the Allied Recipe Book. Vote on the best recipe and get a free copy of the recipe book!

Call Susan Corrado for questions about the Wellness Center and programs, 274-7006 or stop in at 2225 Allied Drive #2

susan g.
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Save the Date - May 31, 2008

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