



### **DOMESTIC VIOLENCE WARNING SIGNS**

The National Center Against Domestic Violence states, “On an average, nearly 20 people per minute are physically abused by an intimate partner in the United States.”

Domestic violence isn’t uncommon. Every 1 out of 4 women report having experienced physical violence, intimate partner contact sexual violence, and/or intimate partner stalking. Whereas, every 1 out of 9 men report the same characteristics related to an intimate partner. Regardless of gender, recognizing an abuser’s behavioral pattern is imperative to offering support.

The comprehensive signs listed by the National Center Against Domestic Violence are:

- Extreme jealousy
- Possessiveness
- Unpredictability
- A bad temper
- Cruelty to animals
- Verbal abuse
- Extremely controlling behavior
- Antiquated beliefs about roles of women and men in relationships
- Sabotage of birth control methods or refusal to honor agreed upon methods
- Blaming the victim for anything bad that happens

## **EMO OCT. NEWS**

**Ebenezer Medical  
Outreach INC**  
1448 10<sup>th</sup> Avenue Suite 100  
Huntington, WV 25701  
304-529-0753  
[www.emohealth.org](http://www.emohealth.org)

### **October is:**

- **Breast Cancer Awareness Month**
- **Domestic Violence Awareness Month**
- **Health Literacy Month**
- **LGBTQ+ History Month**

### **PROGRAM NEWS AND HIGHLIGHTS:**

- **Domestic Violence Help During Crisis & Aftercare**
- **Staying safe after leaving an abusive relationship**
- **Blessing Box**
- **Outreach in Oct.**
- **AmazonSmile**

**EMO appreciates your donations. If you would like to discuss donating today, call us at 304-529-0753.**

**You can donate at [emohealth.org](http://emohealth.org) by clicking the donate button!**

- Sabotage or obstruction of the victim's ability to work or attend school
- Controls all the finances
- Abuse of other family members, children or pets
- Accusations of the victim flirting with others or having an affair
- Control of what the victim wears and how they act
- Demeaning the victim either privately or publicly
- Embarrassment or humiliation of the victim in front of others
- Harassment of the victim at work



#### **PREPARING AN EXIT PLAN:**

The important aspect when leaving an abusive relationship is plan ahead as much as possible for protection. This can mean seeking a restraining order, preparing to go to a safe space, and taking all important legal and financial documents. The best resource is to contact a Domestic Violence advocate in your area. They can help secure a safe exit plan, and provide support as well as help survivors find resources. If you or someone you know is experiencing domestic violence, you can call The National Domestic Violence Hotline at 1-800-799-7233.

The longer an individual is prevented from leaving an abusive relationship, the abuse cycle can create long term health effects. One of the main leading causes of depression and low self-esteem are attributed to being abused. Along with depression, anxiety can occur as a symptom due to living in long periods of heightened fight or flight periods. Other health conditions are created when suffering both physical, mental, and sexual violence. You can talk to a medical professional in a confidential setting if you are experiencing domestic violence within your home. No matter where you seek support, breaking the silence and asking for help can save your life.



## EMO BLESSING BOX COMING SOON



The hardworking Unlimited Future agriculture experts have been using their knowledge to bring blessings to the Unity Community Garden. The Unity Blessing Box is scheduled to be installed at the garden's entrance and everyone is welcome to donate or take what you need. In the spring, the box will become a seed exchange to encourage gardening within the community. EMO welcomes any canned food to be donated in an effort to help combat food insecurity.

### EMO UPDATES & HIGHLIGHTS:

**COMMUNITY MARKET:** October saw the last UFI Community Market take place Saturday, Oct. 15. All the produce grown locally was given away to the community.

**PRIDE FESTIVAL:** Pride returned with a welcoming acceptance back to Downtown Huntington Saturday, Oct. 22. EMO came to help provide outreach and giveaways to the community. Estimated visitors to the EMO booth tallied over four hundred. Along with giving away free Pride flags and fans, EMO also recruited community garden volunteers and provided medical resources to everyone who visited.

**4<sup>TH</sup> ANNUAL MINORITY HEALTH FAIR:** Over a dozen local healthcare representatives attended the 4<sup>th</sup> Annual Minority Health Fair at the A.D. Lewis Center Thursday, Oct. 13. The fair helps bring local area resources to the community. This year they hosted the balloon release to honor all lives lost this year.

**REMEMBER EMO AMAZONSMILE:** As we approach the busy holiday shopping season, remember EMO as your charity when shopping through smile.amazon.com. Shopping through the AmazonSmile automatically gives .05% to the charity of your choice. A little kindness goes a long way in providing much needed healthcare, dental, and pharmacy services.

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