



PREMIER IN THE COMMUNITY

OCTOBER 2014



DOMESTIC VIOLENCE AWARENESS

Domestic Violence Awareness Month evolved from the first Day of Unity observed in October, 1981 by the National Coalition against Domestic Violence. The intent was to connect battered women's advocates across the nation who were working to end violence against women and their children. In 1987, the first Domestic Violence Awareness Month was observed and the first national toll-free hotline was begun. In 1989, it was given formal recognition with commemorative legislation passed by the U.S. Congress. In 1994 NCADV, in conjunction with Ms. Magazine, created the "[Remember My Name](#)" project, a national registry to increase public awareness of domestic violence deaths. Since then, NCADV has been collecting information on women who have been killed by an intimate partner and produces a poster each October listing the names of those documented in that year.

NCADV hopes that events in communities and regions across the fifty states will culminate in a powerful statement celebrating the strength of battered women and their children.



HELP STOP DOMESTIC VIOLENCE

Here are eight ways to support a domestic violence abuse victim. **1.** Listen to them. **2.** Give them three key assurances: "You don't deserve this;" "This is not your fault;" and "I believe you." **3.** Tell them you think he or she might be in danger. **4.** Give them phone numbers of domestic violence resources, such as the Florida Coalition Against Domestic Violence **1-800-500-1119**. **5.** Call and ask what you can do to help your friend. **6.** Don't tell them what to do. Abusers often prevent victims from making decisions. Telling them what to do could sound controlling, like the abuser. **7.** Ask them where he or she would go if he or she decided to leave. Help her or him think about making a plan. **8.** If abuse is actively occurring, call **9-1-1**.

On Wednesday October 22nd, Premier associates are encouraged to wear something purple to commemorate Domestic Violence Month.



THANKSGIVING FOOD DRIVE

This month in preparation for increased demand at Thanksgiving, Premier Eye Care will be collecting for Boca Helping Hands again. Last year Premier donated 192 lbs. of food. We're looking to surpass that amount this year so please help with whatever donations you can make. We have lists of approved donations in the break rooms and donation bins are in both lobbies.

Also, if you want to volunteer on Thanksgiving Day, now is the time to think about volunteering. Check out <https://www.volunteermatch.org/> or <http://www.handsonbroward.org/> or <http://www.unitedwaypbcc.org/palm-beach-county-food-bank>. Food banks need donations and help all year long, and not just on Thanksgiving. Consider helping out other places too like the Salvation Army or the Homeless Voice. Also, October 25th is Make a Difference Day: <http://makeadifferenceday.com/>. Let us know what you did to help others and we'll share it.

ABOUT PREMIER EYE CARE

Premier's People, Planet, Profit triple bottom line means we are dedicated to helping the community. Contributions to 501(3)(c) charities since 2012 have topped \$400,000 and include diverse groups like the American Heart Assoc., the Drug Abuse Treatment Assoc., the Girl Scouts, Kenya Rescue, Tampa Crisis Center, Prevent Blindness, and more. Stay tuned for company-wide opportunities.



PREMIER EXPERTISE. PREMIER SERVICE.