

# TADISO TIMES

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## BREAKING NEWS

**Veterans Day** is a national holiday in the United States celebrated on November 11th, dedicated to honoring veterans and active military members. Tadiso will be honoring Veteran's Day and be closed on Friday, November 10 but the clinic will be open for medication.

**World Kindness Day** — which takes place every year on November 13 — is a great opportunity to deepen our relationship with kindness and connect with one another in new and exciting ways. The holiday is devoted to promoting kindness throughout the world, understanding the positive potential of large and small acts of kindness, and unifying together as human beings.

Tadiso is closed for **Thanksgiving Day**. All patients will receive take home medication. The importance of spending quality time with family and friends is important to your recovery. Enjoy the day.

## NATIVE AMERICAN HERITAGE MONTH

November is Native American Heritage Month! This annual month-long celebration is an opportunity to come together to honor and celebrate the culture, traditions, history, and contributions of American Indians and Alaskan Natives.

Though Native Americans make up about 2.5% of the total U.S. population, their history and contributions are of critical importance to the nation's history. Unfortunately, much of it has been forgotten or overlooked.

As a result, misconceptions and ignorance surrounding Native peoples and Native culture can lead to the perpetuation of harmful, misinformed "celebrations" — especially surrounding the heritage month and Thanksgiving holiday. November is an opportunity to grow our understanding of Native culture, traditions, and how historical traumas like colonization and genocide have impacted Native peoples throughout history — and still do today.

This month, it's important for each of us to remember the entirety of our nation's history — including and especially the history of Native Americans, the systemic issues they still face today, and take supportive, uplifting action to right historic injustices.



## THANKSGIVING

### 13 DAY PICK-UP

November 9 pick up will get 12 bottles returning on November 22<sup>th</sup>, then will get 14 bottles to return to regular schedule.

### 6 DAY PICK-UP

November 16 pick up will get 7 bottles coming back on November 24 and get 5 bottles to return to regular schedule.

### BI-WEEKLY PICK-UP THURSDAY

Monday Thursday pick up – On Monday November 20, patients will get 6 bottles and return on November 27.

### DAILY PATIENTS

All daily patients will get one bottle for Thanksgiving Day and return on Friday.



# Domestic Violence

Every year, right around 10 million people become victims of domestic violence, which equates to just about 20 people every minute. Those are some pretty big and startling numbers.

It affects not only women, but men and children, of all different races, status, religions, and culture. No one is immune to it.

Domestic violence shows itself in a number of different forms, whether it's punching, slapping, choking, or threatening, manipulating, yelling and many others. No matter the situation, domestic violence is never okay.

## Violence Against Women Act

Huge strides have already taken place ever since 1994 when the Violence Against Women Act was put in place.

So many programs, services, and shelters have been made available to domestic violence victims, thanks to the issues that had been addressed to our legislation.

Just between the years of 1993 and 2010, the overall domestic violence rate had dropped dramatically by nearly two-thirds, and that's not all.

State legislation and laws have been reformed to tackle certain issues such as dating abuse in the workplace, employment discrimination, stalking and more.

## Be an Advocate

Another alarming statistic for us to look at is that as many as 3 out of 4 Americans know of another person that has, or is being abused by another individual, but a lot of times nothing is done about it.

Action needs to take place, where an advocate is willing to speak up when others can not.

If you know of someone that is being abused, are you willing to be their voice? It's time that we stand up to domestic violence and tell it enough is enough.

Domestic violence is never okay, no matter the circumstances. If you or someone you know is in desperate need of help, contact the **National Domestic Violence Hotline at 1-800-799-7233 or TTY 1-800-787-3224.**

From [domesticviolence.org](http://domesticviolence.org)

## WORLD KINDNESS DAY

**BE ESPECIALLY KIND TO TADISO STAFF.  
NO FIGHTING. NO THROWING OBJECTS.  
NO INSULTING STAFF AND OTHER PATIENTS.**

