

Also Featuring: *Art at Choices. Sex Never Gets Old Sessions for Seniors*

October is Domestic Violence Awareness Month

Intimate partner violence and abuse can happen to anyone. At [Choices](#), we take time to understand what's going on in your life as part of providing the best health care possible. We help YOU get the information you need to empower yourself to develop healthy relationships with loved ones. But you might be thinking: ***"What's the big deal about my relationship? It is what it is. At least he doesn't hit me."***



"A relationship can still be abusive even if there is no physical violence," says **Choices Director of Counseling Esther Priegue**. Physical violence or threats to physically harm someone are the most obvious forms. But intimate partner abuse can also be other things, including:

- Emotional abuse (such as humiliation and guilt-tripping);
- Isolation (controlling who a person sees or is friends with);
- Coercion and threats (such as threatening to end the relationship);
- Economic abuse (controlling the partner's money).

You deserve the best that life can offer but sometimes feelings that you don't deserve anything better than what you may have or that it is just impossible to change things can be overwhelming. Feelings are not facts, and a [Choices counselor](#) will help you sort out the facts and find a way out of the situation. You don't have to put up with domestic violence and abuse of any kind. No one does. "Helping one person," Priegue said, "may help many more, as children learn about relationships from parents, and a woman who develops self-respect is an example for others."

FACT: MOST INTIMATE PARTNER VIOLENCE AND ABUSE ARE NEVER REPORTED OR TALKED ABOUT. IT'S TIME TO BREAK THE SILENCE!

Sex Never Gets OLD!

Sex Ed for those over 55

Been around the block a few times? Think you know everything you need to know about sex once you reach a certain age? Statistics don't lie. Recent studies reveal that seniors enjoy more active sex lives but at the same time there has been an increase in the numbers of reported cases of



Art at Choices

Choices is now showcasing the work of local artists on its walls, available for viewing by all patients and staff. The beautiful piece above is one of three works by Shenna K. Vaughn who was born and raised in Queens. Her work has been included in national group exhibitions at Harlem School for the Arts, William P. Miller Gallery and National Black Theater. Works by Mildred Borrás, Angela Skeet Davis and Elsie Apacible are also showcased and will be featured in future newsletters.



sexually transmitted diseases among those 55 and older. As always, Choices reacts to the needs of its community and its patient population by expanding its community education workshops to include a special one for seniors: **Sex Never Gets Old.**

The conclusion: seniors need to know about safe and responsible sex - and that's what our sessions are about. Photo above shows one of Choices educators with a pleased senior holding some of the condoms that are part of the "show and tell."



MARK YOUR CALENDAR!

Mark Your Calendar: October 26 will be Open House for Seniors at Choices, with a "Sex Never Gets Old" session at 10 am and Choices Cardiology Director Dr. Perry Frankel speaking about Heart Health. There will also be light refreshments & tours of Choices.

Monday, October 26

Open House for Seniors

Call 718-534-3800 to RSVP.