

# Resident Services Newsletter

March 2018



## DOMESTIC VIOLENCE PREVENTION

### “Red Flags” of an Abuser:

- Individual wants to move too quickly into the relationship.
- Early in the relationship flatters you constantly, and seems “too good to be true.”
- He/she wants you all to him- or herself; insists that you stop spending time with your friends or family.
- He/she insists that you stop participating in hobbies or activities, quit school, or quit your job.
- He/she does not honor your boundaries.
- He/she is excessively jealous and accuses you of being unfaithful.
- He/she wants to know where you are all of the time and frequently calls, emails, and texts you throughout the day.
- He/she criticizes or puts you down; says you are crazy, stupid, and/or fat/unattractive, or that no one else would ever want or love you.
- He/she takes no responsibility for his or her behavior and blames others.
- He/she has a history of abusing others.
- He/she blames the entire failure of previous relationships on his or her former partner; for example, “My ex was totally crazy.”
- He/she takes your money or runs up your credit card debt.
- He/she rages out of control with you but can maintain composure around others.

Abuse is never the fault of the victim. It can be hard for many reasons, including safety, to end the relationship. If you experience these “red flags,” you can contact or reach out for support from a domestic violence advocate, such as Safe Berks.

Call Safe Berks at 1-844-789-SAFE (7233) or Text **SAFE BERKS** to **2012**.

Reference: <http://www.safeberks.org/red-flags-abuse/>

## BED BUGS

What are they? Bed bugs are small, brown, oval insects that feed on human blood. Adult insects are the size of a tic, but young bugs can barely be seen with your eyes.

Bedbugs are often found where people sleep, which can be your bed, chair or sofa. People may also find small, red bites on their bodies or blood on their sheets. It is important to change and wash your bedsheets in hot water on a regular basis for prevention.

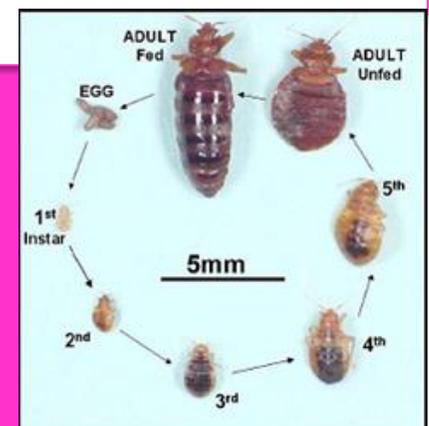
What can happen? Bedbugs are very difficult to get rid of, and if left untreated, can infest an entire apartment, and an entire building. In one apartment building, the problem became so extreme that residents had to move out of the building for a period of time.

### What if I think that I might have bedbugs in my apartment?

Residents must report any suspicion of bedbugs to the management office immediately and are asked not to remove anything from their apartment until the apartment is checked by agency personnel.

### Easy Steps to follow:

- Identify the bedbug bite
- Pay attention to when the bites occur (night)
  - Check your home for signs of bedbugs
  - Visit your doctor if bites are severe
- Call the management office with details



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