

RESOURCES

It is estimated that ten million people experience domestic violence in the US each year. Approximately one in three women and one in seven men are victims of domestic violence. If you know someone or if you are ever the victim of domestic violence, here are hotlines and websites you can reach out to for help:

- National Domestic Violence hotline available across the USA:
Tel: 1-800-799-7233
- Resources by state: Office of Women's Health (OWH)
Website: <https://www.womenshealth.gov/relationships-and-safety/get-help/state-resources>
Tel: 1-800-994-9662
- Illinois: Illinois Coalition Against Domestic Violence Website:
ilcadv.org Tel: 217-789-2830
- Chicagoland Domestic Violence Help Line: 1-877-863-6338
- Canada's Website ShelterSafe.ca is an online resource for women and their children seeking safety.
- United Kingdom: Women's Aid website: womensaid.org.uk/information-support/

The virus that causes polio is not yet eradicated; however, Rotary International engages in a dedicated effort worldwide, particularly in Afghanistan and Pakistan.

- Rotary.org will connect people with local, regional, and international clubs interested in their End Polio campaign.
- Post-Polio Health International (PHI) promotes the well-being of polio survivors. Website: <https://post-polio.org>

The Americans with Disabilities Act (ADA) was signed into law in 1990. Despite the act, more compliance should be pursued.

- ADA Website: adata.org Tel: 1-800-949-4232. The ADA National Network offers resources to employers and citizens, and links to file a complaint.