National Awareness for the month of April:

National Autism Awareness

Throughout April it will be National Autism Awareness Month, a chance to highlight autism, a condition which is thought to affect a staggering 1 in 110 children.

Autism is a lifelong developmental disability that affects how a person communicates with, and relates to, other people. It also affects how they make sense of the world around them.

The month was first established in the 1970s to keep the public informed about autism and how to help sufferers within the community.

The easiest way to mark this special month is to wear one of the Autism Society's Autism Awareness Puzzle Ribbons, showing your support.
**Parkinson Awareness**

Parkinson’s Awareness - How much do you know about Parkinson’s? It is mostly thought of as a condition that people get when they’re older - but younger people can have it too.

Parkinson's Awareness Week wants to draw the whole nation's attention to the disease that affects people slowly and gets worse progressively. And it's all down to a lack of dopamine. So what is dopamine?

It's basically a chemical we need for our central nervous system to function properly. Without it suffers take longer to do things because cells in the brain have died.

Other Parkinson's symptoms include depression, tiredness, pain and constipation - all of which can greatly affect day to day lives. So what is being done to help people and raise awareness to the issue?

**Stress Awareness**

It is Stress Awareness Month in the USA – time to deal with your stress, learn how to cope with stress and help make yourself feel better.

Now in its 20th year, this special month will see health care professionals come together to raise awareness of the real health problems stress can cause and how to banish it.

The events are sponsored by the Health Resource Network, a non-profit health organization which was founded in 1982.

At the Stress Cure website ([www.stresscure.com](http://www.stresscure.com)) you can find out lots more about stress and ways to relieve it during Stress Awareness Month.

Dealing with stress can in itself feel stressful, but there are lots of things you can do to manage it and start feeling great!

From teenage stress to work related stress, there are lots of simple steps that can help you to overcome your problem.

Why not start a stress journal to find out how or why your stress is triggered? Or just make some more time for fun and relaxation.

Around a quarter of all people say work is the biggest cause of stress in their lives, so don’t let stress get to you. Get involved and say goodbye to stress!
National Child Abuse Awareness

Throughout April it is National Child Abuse Awareness Month in the USA. The aim is to raise awareness of child abuse within communities and to offer children and parents the chance to take part in activities to prevent it from happening. Beginning initially as a week of activities in 1982, there is now a month-long program of events held throughout April each year to try and stop child maltreatment throughout the country.

At the official National Child Abuse Awareness Month website (www.childwelfare.gov) you can find out more about the month and ways to stop abuse and offer a child protection.

On the website you can find out more about the ‘Five Protective Factors’ that can help children within families and communities. There are also tip sheets and an activity calendar to get you thinking and raising awareness. You can also learn how to spot child abuse signs.

National Bread Awareness

National Bread Week is now in its 11th year. The purpose of the event is to celebrate the 'roll' that bread plays in our daily diet. This helps to promote the nutritional benefits of bread and raise awareness of its part in a healthy balanced diet.

Did you know a medium slice of bread contains just 94 calories? Not to mention fiber, protein, vitamins and iron that we need to stay healthy and strong! Bread has been a part of our staple diet for over 5000 years. How mind boggling is that? It all started in the Stone Age and has continued to evolve and taste even better through the Normans, the Middle Ages, 'til ... now! And I'm sure you will agree there is nothing more inviting than the smell of freshly baked bread.
Southwest Georgia Library  
For Accessible Services  
Southwest Georgia Regional Library  
301 South Monroe Street  
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**Hours:**
- Monday 9am to 8pm
- Tuesday 9am to 6pm
- Wednesday 9am to 6pm
- Thursday 9am to 7 pm
- Friday 9am to 6 pm
- Saturday 9am to 4 pm

Phone: (229) 248-2680  
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Take a tour & checkout training material at The Southwest Georgia Library for Accessible Services by clicking on [www.swgrl.org/handicap.php](http://www.swgrl.org/handicap.php)

Information presented in this newsletter will be provided in alternative formats upon request.

Online Catalog for ordering library books: [http://webopac.klas.com/glass](http://webopac.klas.com/glass)
Call the library for your log-in and password.

**NOTE:** Please submit information or news that you would like to share to Kathy Hutchins.