



# Bailey Law Firm, L.L.C.

NEWSLETTER

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## SELF-CARE AWARENESS MONTH & DOMESTIC VIOLENCE AWARENESS MONTH

September and October mark the awareness month for two topics that are important to me: 1) September is Self-care Awareness Month and 2) October is Domestic Violence Awareness Month. Self-care Awareness Month is a time to remind us that taking care of ourselves first is important and essential to us being productive members of society. You cannot pour from an empty cup. You cannot take care of anyone else, if you are not in the physical, mental, and emotional health to do so.

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## CATCHING UP WITH JUDGE ROSEMARIE AQUILINA

I recently had the privilege to speak with Ingham County Circuit Court Judge Rosemarie Aquilina about her role in the Larry Nassar case. In January of 2018, Judge Rosemarie Anquilina sentenced Larry Nassar, the former USA Gymnastics National Team Doctor and Osteopathic Physician at Michigan State University, to 40 to 175 years in prison for countless sexual assaults of minors- many of whom were Olympic medalists and award winning gymnasts.



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# SELF-CARE AWARENESS MONTH & DOMESTIC VIOLENCE AWARENESS MONTH

September and October mark the awareness month for two topics that are important to me: 1) September is Self-care Awareness Month and 2) October is Domestic Violence Awareness Month.

Self-care Awareness Month is a time to remind us that taking care of ourselves first is important and essential to us being productive members of society. You cannot pour from an empty cup. You cannot take care of anyone else, if you are not in the physical, mental, and emotional health to do so. We all tend to put others' needs before our own. Whether it is your child, spouse, friend, or coworkers, most of us give tons of time and energy to filling others' needs while often forgetting to take care of our own needs. I encourage you to use the month of September (and the rest of the months of the year as well) to make self-care a regular part of your routine. Whether it's taking the scenic route on your daily commute to work, going to a yoga class, taking time for a morning jog or an afternoon stroll, do things that you enjoy and that are good for your physical, mental, and emotional wellbeing.

Additionally, October marks Domestic Violence Awareness Month. Domestic Violence Awareness Month was created to connect advocates across the nation that are working to end violence against women and children. You can observe Domestic Violence Awareness Month by remembering those who have died at the hands of domestic violence, celebrating those who have survived domestic violence, and connecting with those who work to end domestic violence.

Another way you can observe Domestic Violence Awareness Month is by joining me in donating to Sistercare. I'm proud to say that I am a board member of Sistercare and donate my time and resources to eradicating domestic violence. Sistercare's mission is to provide services to and to advocate for domestic violence survivors and their children, and to promote prevention of domestic violence through community awareness and training. Sistercare is the only organization that specifically offers shelter and support services for survivors and their children in Richland, Lexington, Kershaw, Newberry, and Fairfield counties.

To learn more about Sistercare visit their website at [www.sistercare.org](http://www.sistercare.org).



I recently had the privilege to speak with Ingham County Circuit Court Judge Rosemarie Aquilina about her role in the Larry Nassar case. In January of 2018, Judge Rosemarie Aquilina sentenced Larry Nassar, the former USA Gymnastics National Team Doctor and Osteopathic Physician at Michigan State University, to 40 to 175 years in prison for countless sexual assaults of minors- many of whom were Olympic medalists and award winning gymnasts. Notably, Judge Aquilina allowed Nassar's accusers to present extended victim impact statements and dismissed objections raised by Nassar's attorneys with regard to the survivors making their voices heard, allowing the young women to voice how Nassar's despicable acts affected them. As a lawyer who represents victims of sexual assault and rape, I was personally pleased to learn that Judge Aquilina extended the survivors this opportunity. Judge Aquilina is also well known for her strong and powerful words directed toward Larry Nassar for his actions. The survivors of Larry Nassar's abuse suffer from anxiety, self-doubt and/or depression as a result of his actions. In response, Judge Aquilina made statements from the bench that included phrases like, "the monster who took advantage of you is going to wither, much like a scene in the 'Wizard of Oz,' but you will get stronger, and as you do, he will get weaker and will wither away." I'm proud to have spent some time with a strong judge like the Honorable Rosemarie Aquilina -- a judge who didn't downplay the atrocities committed by Larry Nassar and restored some sense of power and security to those upon which he preyed.

## BAILEY LAW FIRM T-SHIRTS



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