



USM WOMEN'S FORUM

NEWSLETTER

21th Annual USM Women's
Forum Conference at UMES



UNIVERSITY of MARYLAND
EASTERN SHORE

University of Maryland Eastern Shore has graciously opened its doors to the USM Women's Forum as it will host the 21th Annual Conference on Friday, November 9, 2012, with evening pre-conference sessions beginning Thursday, November 8, 2012.

The conference will be held in:

The Richard A. Henson Center
University of Maryland Eastern Shore
30690 University Boulevard South
Princess Anne, MD 21853

The conference theme this year is:
"Empowerment"

The USMWF annual conference brings together students, staff, faculty and administrators who have an interest in issues that relate to enhancing the status of women.

We have lined up outstanding speakers for the many breakout sessions, and we are sure that you will find each session worthwhile.

The conference theme "Empowerment" will be demonstrated through a variety of presentations. Presentations which will seek to promote the USMWF mission to enhance the status of women and to encourage and strengthen their participation in all facets of the University System of Maryland and their lives

We look forward to seeing you at the conference!

New Series:

What's Bugging You?

**A NEW MYSTERY ILLNESS OR
SOMETHING MORE SINISTER?**

By: Kandice Dickover

Founder, Howard County Lyme Awareness



Hundreds of people in our area and across the country are experiencing unexplained aches, joint pains, low grade fever, abnormal fatigue, and difficulty concentrating and don't know what's happening to them. Many search for answers from their doctors, but even after extensive medical testing- few of them have satisfactory results. Would you be surprised to learn that it could be Lyme disease that can cause these and many other symptoms? I would know, as I have lived through a nightmare of inaccurate Lyme testing, misdiagnoses, and the effects of the disease spreading throughout my body. Lyme disease is caused by spiral-shaped (spirochetal) bacteria, called *Borrelia burgdorferi*. It is often transmitted through the bite of a tick. It's difficult for medical practitioners to diagnose and missing it often leads to a misdiagnosis. After the initial bite, some people may develop a bullseye skin rash though the International Lyme and Associated Diseases Society (ILADS) say fewer than 50 percent of patients present with the rash (International Lyme and Associated Diseases Society, n.d.).

Early symptoms often include, fatigue, joint and/or muscle pains, headache (mild-severe), fever, swollen glands and may present like the flu. If left untreated or insufficiently treated, after several months patients may go on to develop chronic and severe symptoms that can affect the brain, eyes, nerves, joints and heart. Some people experience severe headaches and neck stiffness due to meningitis (inflammation of the spinal cord), Facial or Bell's palsy (loss of muscle tone on one or both sides of the face), and pain in the muscles and joints (University of Maryland Medical Center, n.d.).

Do to the difficulty in detecting Lyme and its diverse symptomology, Lyme is known as "the great imitator" because it mimics conditions like Chronic Fatigue Syndrome, Multiple Sclerosis, Alzheimer's, Parkinson's disease, Lupus, Lou Gehrig's (ALS) disease, cardiac disorders, Fibromyalgia, attention deficit disorder (ADD), attention deficit hyperactivity disorder (ADHD), meningitis, chronic mononucleosis, and other multi-systemic illnesses as well (Howenstine, 2004). To compound the problem even further, the tests that many doctors rely on to determine infection are not reliable and even the U.S. Centers for Disease Control and Prevention (CDC) has established that Lyme disease **should be a clinical diagnosis**. According to a Maryland-based study Lyme tests miss up to 75 percent of the people who are infected (Coulter, Lema, Flayhart, Linhardt, Aucott, Auwaerter, & Dumler, 2005).

To read the full informative article written by Kandice Dickover and prevention information, Please go to the USMWF website <http://usmwf.usmd.edu/>

Interested in Joining or Donating?

Want to have your voice heard? What to make a difference in the lives and careers of women in the USM system? We can help. Please contact our

USMWF Chair, Ms. Hermetta Hudson, at hohudson@umes.edu or contact our Public Relations committee for details at pilowite@af.umaryland.edu



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OCTOBER IS NATIONAL BREAST CANCER AWARENESS MONTH:

Thanks to improvements in cancer treatment and early detection, millions of women are surviving breast cancer today. According to the American Cancer Society: Yearly mammograms are recommended starting at age 40 and continuing for as long as a woman is in good health Clinical breast exam (CBE) about every 3 years for women in their 20s and 30s and every year for women 40 and over Women should know how their breasts normally look and feel and report any breast change promptly to their health care provider. Breast self-exam (BSE) is an option for women starting in their 20s. > Some women - because of their family history, a genetic tendency, or certain other factors - should be screened with MRI in addition to mammograms. (The number of women who fall into this category is small: less than 2% of all the women in the US.) Talk with your doctor about your history and whether you should have additional tests at an earlier age.



Pink Lids to Fight Breast Cancer

Help fight breast cancer by clipping and collecting pink lids found on participating products like Yoplait, Honey Nut Cheerios, Green Giant, Progresso, Nature Valley, Pillsbury, Betty Crocker and others. The lids will help raise funds for the Save Lids Saves Lives Campaign which supports breast cancer research. General Mills will donate \$0.10 to the Susan G. Komen for the Cure Foundation for every pink lid collected from now through June 2013.

Find out how you can participate in this program to fight breast cancer at <https://savelidstosavelives.com/> Or, you can also collect your lids and send them to: Jessica Grabowski, University of Maryland, Baltimore, Lexington Building, 620 W. Lexington Street, 4th Floor, Room 4150. Jessica will forward all lids to the Save Lids Save Lives program.

2012 University System of Maryland Women's Forum Student, Faculty and Staff Scholarship Winners

The USMWF recognizes and fosters the achievements of all students within the USM. Specifically, the USMWF Scholarship Program provides monetary awards to eligible undergraduate and graduate students, Faculty for Research and Staff Professional Development awards for individuals currently enrolled or working in an USM institution.

Our 2012 recipients of the Student Scholarship Awards are:

India Hall, Frostburg State University

Chelsea Anderson, Towson University

Sandra St. Gerard, UMUC

Katie Cottle, Towson University

Kelly Wells, UMUC

Our 2012 recipient of the Professional Development Award is:

Kelly Arthur –
UMCES - Chesapeake Biological Laboratory

Are you looking to land a new position within USM or just learn how to become a Better Leader?



Be sure to check out Harvard Business Review (HBR). HBR offers a wide range of topics to help career minded individuals advance in the workplace.

Check out the HBR blog "Stand Out in Your Interview" http://blogs.hbr.org/cs/2012/09/stand_out_in_your_interview.html for tips on how to improve your chances of landing a job.

For tips on how to get along with someone you don't care for at work <http://blogs.hbr.org/bregman/2012/09/what-to-do-when-you-have-to-work-with-someone.html> .

For leadership and women topics be sure to read "Are Women Better Leaders than Men?" http://blogs.hbr.org/cs/2012/03/a_study_in_leadership_women_do.html

For access to all of Harvard Business Review's articles please access it through your campus Library resources. All USM campuses hold a subscription either in print or electronically and HBR can be accessed through electronic Business Source Premier subscriptions on several campuses.



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Saving\$ Expo coming to a Location Near You!

SAVE THE DATES!

Be sure to attend the third annual: ***MSRP Saving\$ Expo in Baltimore on October 17th or Annapolis on October 18th.*** Part of National Save for Retirement Week, the Expo is a chance for you to ask questions of the mutual funds in which you are invested for your 401(k)/457, get savings tips from the pros, and attend a workshop to help you with retirement planning and saving money! Vendors from State-sponsored agencies also will be on hand to answer your questions.

Visit www.MarylandDC.com (<http://www.marylanddc.com/>) for a description of the workshops and a list of exhibitors. It's all free, and State employees have been granted 2 hours of Administrative Leave to attend. State University employees should check with their HR/personnel office/supervisor about EXPO attendance. One-on-One appointments will be available at the registration table, and there will be give-aways and refreshments.

INTRODUCING:



The USMWF would like to introduce UB's newest representative to the Executive Council, **Lisa Park**.

Lisa is the Assistant Dean for Academic Affairs and Student Services for University of Baltimore.

Please join us in Welcoming Lisa to our organization!



November is National Healthy Skin Month:

Your risk of getting skin cancer is real. Current estimates are that one in five Americans will develop skin cancer.

You can prevent and detect skin cancer:

- Prevent. Seek shade, cover up, and wear sunscreen.
- Detect. Look for new or changing spots on your skin.
- Live. See a dermatologist if you spot changes, itching, or bleeding. (www.aad.org)

Interested in Contributing?

Do you have any thoughts that you would like to share with the USM Women's Forum? If you would like to comment on a USM Women's Forum Newsletter, or contribute to a future newsletter, please send your comments to the members of our Public Relations Committee at pilowite@af.umaryland.edu.