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October: Breast Cancer Awareness Month

A Letter from a Colleague —

As you probably know, October is Breast Cancer Awareness month. What you may not know is I am a six year breast cancer survivor. In November 2003, I was a 33 year old mother of three living a normal life. As all of us should but few actually do, I performed a self breast exam, where I discovered a small lump on my left breast. On November 26, 2003, my son's fourth birthday, I was diagnosed with Infiltrating Ductal Carcinoma (IDC). A few weeks later I was told that I had several tumors in my left breast and that the cancer had spread to the lymph nodes. My normal life no longer felt normal. I had a mastectomy on the left side and a port was put in my chest for IV access. I began a 9-month course of chemotherapy. I then had a preventative mastectomy of the right breast

with bilateral reconstruction. Because my cancer was estrogen fed, I also had my ovaries removed and started taking a medication to decrease the level of estrogen in my body. I was officially a 33 year old post menopausal woman.

About three months into my chemotherapy, my Aunt Penny, my mother's sister, was also diagnosed with breast cancer. We were a great support to one another, sharing bandanas and hats. I even shaved her head for her as her hair began to fall out! We walked in several Race for the Cure and Relay for Life events together, and shared a special understanding of what the other was going through. Unfortunately, my aunt did not discover her tumor as early as I had, and we lost her just this year at the age of 52 .

As for me, nearly 6 years after my own diagnosis, I am cancer free. I am most grateful to God, but also attribute my survival to early detection and the numerous advancements in medical research. For that reason, I will continue to walk for breast cancer research and encourage women to be aware of the reality of breast cancer. Know your risks, perform monthly self breast exams, and get your checkups and mammograms as recommended. *Kim Ferguson, RN*

Kim Ferguson has been with WellsBrooke for over 8 years.



Kim and client, Stephen

WellsBrooke is Making Strides Against Breast Cancer



WellsBrooke is proud to sponsor a “Making Strides Against Breast Cancer” team, the **Wacky Walkers**. Our goal is to raise \$1000. Participants will walk around the state capitol in Lansing on Saturday, October 10th at 7:30 a.m. If you would like to join the team or donate, visit www.cancer.org/stridesonline and follow the prompts for Michigan and the Lansing event. Click “Search for a Team,” and enter “WellsBrooke Wacky Walkers”. **Let’s help stamp out breast cancer in our lifetime!**

October Birthdays



Marylin Adams	Glenda Cole-Dixon	Karen Krieger	Tammy Robinson	Laurie VanWagoner
Tytia Beverly	Karrie Cook	Elaine Lane	Jaclyn Smith	Navy Verma
Jacqueline Brookins	Kim Ferguson	Deirdre Lingham	Ann Stone	Karen West
Lisa Brosius	TaSchema Hopkins	Chrystal Mapps	Nicole Sweet	
Joni Burgess	Shelia Jenkins	Linda Melnick	Colleen Taylor	
Sherry Chamberlin	Jada Johnson	Jane Mitchell	Pat Taylor	

Nurses' Corner: Pandemic Flu Preparedness

American Red Cross- Preparing Small Business Workplaces for Pandemic Flu

Join us at our Plymouth office for this in-service opportunity. The class will apply towards the 8 hours training required by WellsBrooke. Session dates are:

Wed., Oct. 14 from 10a-12p

Wed., Oct. 28 from 1p-3p

Wed., Nov. 18 from 1p-3p

We will do the following:

- 1 Discuss what to expect during a flu pandemic
- 2 Identify the differences between seasonal flu and pandemic flu
- 3 Describe how the influenza virus is spread
- 4 Describe what steps can be taken to reduce the spread of flu in the workplace.

- 5 Determine what questions to ask about workplace policies, practices and protocols related to the potential of a flu pandemic occurrence.

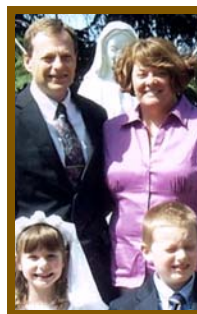


Employees of the Month:



Donya Clowney has been with WellsBrooke for over 2 years and is a Gold Level Caregiver. Next-to-the-youngest of 9 siblings (and 3 dogs), she grew up in Highland Park in a nurturing environment provided by her parents. Donya likes the broad range of people with whom her job puts her in contact. Favorite pastimes include rock climbing, volleyball, crocheting and any event involving family. She would love to visit Jerusalem and if a million dollars ever falls into her lap, she would relocate her parents and donate to church.

In celebration of Physical Therapy month, we are recognizing **Ellen Bonzyk** for her skill and dedication. She has been a PT for 21 years and likes working with clients in their homes because treatment is more effective in the familiar setting. Ellen, who received her PT and Biology degrees from Oakland University, has been married for 19 years and has 2 children, Cameron and Lillian. Volunteering at the kids' schools, knitting, swimming and traveling are favorite things to do when there's free time. Ellen would like to someday visit Ireland, France and Italy.



Recipe: Rocky Road Halloween Squares

- 1 (12 oz.) pkg. semi-sweet chocolate chips
- 1 (14 oz.) can sweetened condensed milk
- 2 tablespoons butter
- 2 cups dry roasted peanuts
- 1 10 1/2 oz. pkg. white miniature marshmallow
- Soft Halloween candy pieces such as candy corn or M&M'S®

In top of double boiler melt chocolate with milk and butter; remove from heat. In a large bowl, combine nuts and marshmallows. Fold in chocolate and press into a waxed paper-lined 13x9 inch pan. Top with candy pieces. Chill until firm and cut into squares. Store at room temperature.
- From Cooks.com

Events and Reminders



Please save the date! Join us at our Plymouth office on Thursday, December 3, 2009, for a Christmas Tea. More info to come!



WellsBrooke field staff should always keep the office and after hours phone numbers handy in case of emergency or call offs. If you are calling off for your shift, you must speak personally to the coordinator in charge.

Office: 734.468.1770
After hours: 734.564.3799



If you sign up for training, please honor your commitment. Space is limited.

Unless you have an emergency, last-minute cancellations may result in disciplinary action.

Congratulations, **Linda Main**, for being the first WellsBrooke employee to have all QC's up to date and for completing 8 hours of training in 2009.



Linda accomplished this by doing extra tests on the OSHA web site and sending results to the office. Great job! Your hard work is appreciated.