

NDMU HR Newsletter

October 2017

THE CENTERING BREATH



LOCATION: Doyle Chapel

WHEN: October 10th at 11:00-11:30am

WHY: Open House-new additions to the Doyle Chapel. Open to the whole campus community-students, faculty and staff

MEDITATION TEACHER: Amy Morales

The simple act of breathing with intention helps calm the chaos amongst and between the busy and stressful moments in our lives. Learn how to harness the power of focused, deep breathing as a meditation to center your mind, body, and spirit.

This class is for anyone-no meditation experience required. Amy will be teaching various meditation techniques.



Welcome

Beraka Bland, Conference Services & Special Events AV Technical Specialist

Francesca Downs, Records Assistant

Anna Gibney, Admissions Visit Coordinator

Dy-Nashae Gunthrope, Graduate Residence Coordinator

Jessica Hurtado, Assistant Director of the English Language Institute

Amy Morales, Director of Accessibility and Health Promotion

David Sibony, Athletics Assistant/Game Day Coordinator

Deonte Thompson, Office Assistant

Evan Todd, Multimedia Content Producer

Saving and Budgeting "Lunch and Learn" Workshop

Wednesday, October 4th 12:00-1:00pm in Doyle Formal. Pizza will be provided!

For more information:
Aprenea McCutchen
at 410-627-6635



First National Bank is excited to present our exclusive world-class checking for world-class employees!

*Distinguished Staff
Nominations Coming
Soon!*

*Check your email in the next
few weeks for more details.*



HEALTHY GATOR



Mon

Tue

Wed

Thu

Fri

Monday Mile Club 11:30am
Personal Training 12pm-1pm
YogaWorks 5pm-6pm

YogaWorks 12-1pm

Personal Training 12pm-1pm
Spin 6pm

YogaWorks 12-1pm
Spin 6pm

Personal Training 12pm-1pm

Tuition Remission for Employees

NDMU offers Tuition Remission for Employees who would like to take classes at NDMU. The University pays for tuition costs for classes taken at NDM. 100% tuition remission for employees, 100% for eligible dependents for undergraduate classes, and 50% for spouses. The employee is responsible for registration fees. This benefit takes effect after one year of service at NDMU.

Click [here](#) for the Application for Tuition Remission.

Healthy Meal of the Month:

Butternut Squash and Carrot Soup



Click on the picture for the recipe.

October Birthdays!

- 3rd** Kelly Kilduff, Institutional Advancement
Sherry Moore, School of Pharmacy
Patrice Silver, School of Education
Mark Walker, School of Nursing
- 5th** Anita Ford, A Child's Place
- 6th** Virginia Byer, School of Nursing
Ammad Sheikh, Career Center
- 7th** David Carter, Renaissance Institution
- 10th** Gary Thrift, School of Education
- 11th** Desiree Melton, Philosophy Department
- 12th** Megan Bowen, School of Education
- 14th** Paulette Doyas SSND, Enrollment Technology
- 15th** Jim Culhane, School of Pharmacy
- 18th** Geoff Delanoy, Art Department
- 20th** Hannah Buc, School of Nursing
Angela Simmons, Operation Teach
- 21st** Helen Kucey, Public Safety
- 22nd** Carol Rabin, School of Education
Ryan Schaaf, School of Education
- 26th** Kristy Erickson, Math and Physics Department
Ray Weber, School of Pharmacy
- 28th** Carla Hobson, Institutional Advancement
- 30th** Mary Ellen Ashton, A Child's Place
Valerie Hogue, School of Pharmacy
Calvin Wilder, Finance & Administration
- 31st** Donna Howard, A Child's Place

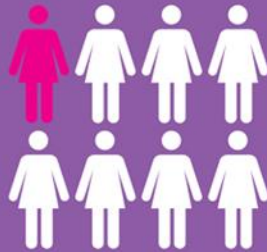


National Breast Cancer Awareness Month



WHAT EVERY WOMAN SHOULD KNOW ABOUT BREAST CANCER

Breast cancer is the most common non-skin cancer among American women. Advances in breast cancer treatment mean many women today can expect to beat the disease and maintain their physical appearance.



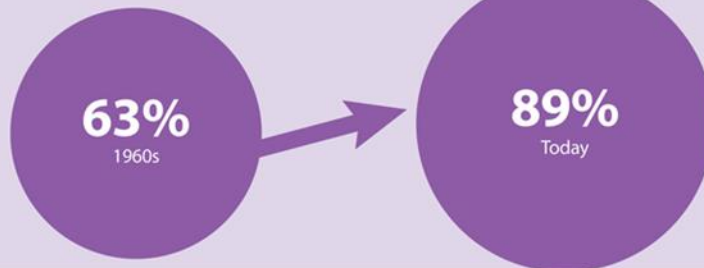
1 in 8 women will develop invasive breast cancer during her lifetime.



About **63,410** new cases of non-invasive carcinoma in situ, the earliest form of breast cancer, will be diagnosed in 2017.

About **252,710** new cases of invasive breast cancer will be diagnosed in 2017.

5-YEAR SURVIVAL RATE FOR WOMEN WITH BREAST CANCER



RISK FACTORS



AGE
Most invasive breast cancers are found in women ages **55 or older.**



GENDER
Breast cancer is **100 times** more common in women than men. About 2,470 men will be diagnosed with invasive breast cancer in 2017.



FAMILY HISTORY
Women with an **immediate blood relative**, such as a mother or sister, who has had breast cancer are **twice as likely** to develop the disease.



GENETICS
Women with a mutated BRCA1 gene have about a **55-65 percent** lifetime risk of developing breast cancer. **The average woman's lifetime risk is 12%.**



HIGH BREAST DENSITY
Women with less fatty tissue and more glandular and fibrous tissue may be at **higher risk for developing breast cancer.**



OBSESITY
Fat tissue may contribute to increases in estrogen levels, and high levels of estrogen may increase the risk of breast cancer.



HEAVY DRINKING
Alcohol use is linked to an increased risk of developing breast cancer. The risk increases with the amount of alcohol consumed.