



Division Dialogue

MARCH 2008

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Upcoming Division Events

March 29 –
Spring Fling,
Sheraton BWI,
Linthicum, MD

April 21 – 25
Administrative
Professionals
Week

May 16 – 18
Annual Meeting-
Clayton Hall,
University of
Delaware,
Newark, Delaware

President's Message

Happy 2008!

Well, we made it through the first six months of the 2007-2008 IAAP year, and what an interesting ride it was!

We started off the year with a fantastic Leadership Development Day held in July. **Sylvia Henderson**, Springboard Training, gave an excellent presentation on leadership and gave our chapter and division leaders some insight on how to be effective leaders this year. I have tried to incorporate what I learned into the Division's leadership, and I do hope the chapters have done the same.

In October, we held our Fall Education Conference, "*Creating Excellence with Enthusiasm and Self-Empowerment*," at the Anne Arundel Community College. If you missed this conference, you missed out on an opportunity to experience two of the most outstanding workshop presenters, **Annette Dubrouillet** and **Roz Trieber** that this Division has offered in a long time. A special thank you goes to **Erna Ray** for all of her hard work in securing the Anne Arundel Community College on our behalf, and to the **Black-Eyed Susan Chapter** for sponsoring this event!

Unfortunately, we had a few derailments, too! Our Student Education Conference and our fall community service project, the Veteran's Appreciation Ball, had to be postponed due to lack of support from our members. We tried to reschedule both events, but unfortunately, we could not fit the Student Education Conference onto our spring calendar.

The Veteran's Appreciation Ball has been rescheduled for March 29, 2008, and is now a **Spring Fling**. Please make plans to attend this event, if your schedule will permit. The Community Service Committee worked very hard on putting together an event that is very unique to the Division – an event where our members can come together for great evening of fun, dancing, and networking, and all for a great cause – to raise money to benefit a veteran family. This event is open to **everyone**.

We are experiencing, yet again, another downfall in our membership numbers. I want to personally thank those members who have renewed your memberships, recruited new members, and/or transferred your memberships into the Division. I am asking Chapter Presidents and Membership Committee Chairs to take a close look at your membership numbers, and contact those members who have let their memberships lapse or who have received their second notices just to remind them that their memberships have lapsed or are about to lapse. Let's work together in ensuring that our membership numbers begin to climb.

Not only is our membership on the downfall, but our chapters are on the decline as well. To date, we have lost two chapters, the IAAP Virtual Excellence Chapter and the Chesapeake Chapter, and many other chapters are struggling. Chapter members, please take advantage of the professional development opportunities that your chapters are offering. This is what IAAP is all about—educating and training our members to ensure that we stay competitive in this tight job market. If your chapter is not offering what you feel you need, communicate that to your chapter's leadership – don't just give up on your chapter. We need you to help us. Share what your needs and challenges are in our profession – I'm sure someone else has



Do you know that the entire proceeds from the silent auction will benefit a veteran and their family?

the same need and/or challenge.

The success of our Division is everyone's responsibility, not just the responsibility of the Division's Board of Directors. In the upcoming months, the Division will be hosting several events – **Spring Education Conference and Open Board Meeting, Spring Fling**, and an **Administrative Professionals Week kick-off event**. Your support of these events is crucial if we plan to end the year on a positive note. Event planning can be such a tremendous and sometimes burdensome assignment, so let's show the various committees that have been tasked with the responsibility of planning these events, how much we appreciate their efforts and **Leading the Way to Excellence!**

Regina G. Graham
Division President

Spring Fling is Around the Corner

To some, spring is about a new start or a fresh beginning. To others, it's about putting away the winter blues and coming out of hibernation. What better way is there to celebrate the coming of spring than by attending the **Spring Fling** on Saturday, March 29?

Do you know that the Community Service committee has been hard at work to present an evening of entertainment that is enjoyable and has something for everyone? Do you know that the entire proceeds from the silent auction will benefit a veteran and their family?

Why not come out with family and friends and attend the Spring Fling at the Sheraton BWI? Celebrate this season of renewal and new beginnings with your friends through out our division. Perhaps this event can be the catalyst to a new beginning to a family that is struggling to see the joy of any season.

The festivities begin with a reception at 6 pm with a cash bar and dinner served promptly at 7 pm. The entertainment includes a live band, photo opportunities and bidding on auction items. The cost is \$45 per person. If you wish to stay overnight, accommodations are available at the Sheraton BWI for \$119. Call the hotel at (443) 577-2100 and mention IAAP Spring Fling.

Registration for this event is open until March 15, 2008. Forms are available on the division [website](#) to download. You can use your credit card to pay and either email or fax your registration form. We look forward to seeing you there.

Division Annual Meeting



Power Up Your Career is the theme of the 54th Division Annual Meeting. This will be held in Newark, DE at the University of Delaware - Clayton Hall and the Marriott Hotel. Mark your calendars for May 16-18, 2008. Registration packets will be mailed out toward the end of February.

We have lots of great vendors coming on Friday from 4:30 - 7:30 pm. The welcome night party will be one you won't forget. Do you remember the 70's? Have some great memories from that time? We are re-creating a 70's experience for you! Come ready to dance the night away. The Friday education will be top-notch with one seminar in the morning and your choice of three seminars in the afternoon. And there is much more for you to explore and learn while you are here visiting us.

Reservations can only be made by calling Kelly West at 302-391-2267 or emailing her at kwest@UDel.edu and telling her you are with IAAP. There is an overflow hotel if the Marriott room block fills up. Kelly will be managing that for us as well. A free shuttle will be provided for those in the other hotel. Get those reservations made now!

We look forward to greeting you in May.

"My mother drew a distinction between achievement and success. She said that 'achievement is the

knowledge that you have studied and worked hard and done the best that is in you. Success is being praised by others and that's nice, too, but not as important and satisfying. Always aim for achievement and forget about success.'

*~Helen Hayes
1900-1993*

Laurie Cozens CPS/CAP
Marian Hudson
Co-Coordinator

Welcome to the Club

The end of one year and the beginning of the next often brings many mixed emotions. Six weeks may not seem like a long time in the grand scheme of things, but for most people who sat for the November exam, waiting those 45 days for their results to come in the mail may have seemed like an eternity. Each person who received the "letter" expressed a different emotion upon learning about the exam results. From joy to relief, to shock and disbelief, to shaking and even tears -- each person's experience was unique. We understand how you felt, and now we'd like to congratulate you for all your hard work. From all of your colleagues in the Division, we send our heartiest congratulations to you for a spectacular achievement.

New CPS: Dexter Allen CPS, Judith Falk CPS, Susan Hart CPS, Terry Lane CPS, Christie Phillips CPS, Leslie Pool CPS, Wendy Reid CPS, Vanvisa Sivali CPS, and Trish Warrington CPS.

New CAP: Melanie Cooper CAP, Kemetia Foley CPS/CAP, Patricia May CPS/CAP, Oliver Murdock CPS/CAP, and M. Doreen Smith CPS/CAP.

Recertified between July and December 2007: Susan Benson CAP, Laurie Cozens CPS/CAP, Linda Fredlund CPS/CAP, Shanna Hayward CPS/CAP, Elaine Slater CPS/CAP, and Arlene Trapp CPS/CAP.

Submitted by Cynthia M. Williams CPS/CAP
Lead Coordinator, Division Certification Committee

Change (For) the Future Campaign

We are slowly starting to get notice of contributions made to the Retirement Trust Foundation (RTF) for the 2007-2008 campaign. If your chapter needs a copy of the contribution form, please contact me and I'll forward a form to you. The form is also available on the International web site (www.iaap-rtf.org/) When your chapter makes a contribution, please send a copy of the form to both Shirley Lucas, Division Treasurer (shirley.h.lucas@us.army.mil) and to me (patricia.black@pge-corp.com). Remember, at the end of the campaign, April 30, 2008, the chapter that has raised the most money, calculated on a per-member basis, will have their installation ceremony catered by Boston Market at no cost to the chapter. Good luck!

Submitted by Pat Black CPS
Division Coordinator, Retirement Trust Fund



Education + Engagement = Excellence

The second annual DE-MD-DC Division Certification Conference was held January 18-19, 2008 at the Sheraton Annapolis Hotel. This year's theme was "Education + Engagement = Excellence."

The conference was packed with scores of information on communication, technology, leadership, and more. Each speaker had something different to offer and was informative, knowledgeable and engaging. Our keynote speaker, Craig Thompson, set the tone for the conference with his presentation on Excellence and things only got better from there. One attendee said that Craig was a "firecracker." You had to be there to appreciate his delivery style.



What does it mean to be a *Renaissance Admin* and how does that help us on our path to excellence? Marie Herman showed us that we already possess many of the key qualities that renaissance admins possess and we need to continually develop these qualities. Do you bring expanded value to your role at your company? How can you sharpen your critical thinking skills? Are you letting fear hold you back? Our challenge is to look for ways to grow in every direction.



Communicating with Influence and Understanding was Betty Black's presentation and she made sure that we did not stay glued to our seats. Betty went on to show us just how to become excellent communicators by focusing on our individual and collective communication styles. She stressed that one style is not better than the other – just different – and that we need to recognize those differences in others in order to stay respectful of one another.

As an added bonus, the panel discussion on certification focused on some of the key questions that members had on certification and recertification. This was a first for us and the attendees really seemed to enjoy it. Not only did the panelists answer questions, but participation from the audience was welcomed also. Our featured panelist was Dr. Debra Tervalva, Dean of Professional Studies at Trinity University who spoke on how credit from our CPS and CAP credentials could help us to earn a college degree in less time. That is an excellent benefit!



Marie Herman wowed us again with her very popular *Word and Excel Tips & Tricks*. She promised us that no matter how much we *thought* we already knew that she would teach us something new – and that she did! You could hear the oohs and aahs from the audience each time Marie showed us something amazing!

We would like to thank all of those who attended the conference and who provided feedback. Your input is important so that we can find ways to serve you better by providing quality education programs throughout the Division.

Submitted by Cynthia M. Williams CPS/CAP
Lead Coordinator, Division Certification Committee

Chapter Chatter

Black-Eyed Susan Chapter (BESC)

March 11 - IMPACT Meeting - 6:00-8:00 Anne Arundel Community College (AACC), SUN Room 102 - Guest Speaker: Wendy Reid, Division President Elect - Speaking on Certification and Recertification. Door Prizes and Refreshments. (RESCHEDULED from 12 Feb 08 - due to weather conditions).

April 8 - BESC Meeting - 6:30-8:00 AACC, SUN Room 102 - Speaker: Mary Ellen

Mason will speak to our chapter about Business Etiquette - CEU credits will be given.

April 18 - 2008 Office Assistants Annual Conference at AACC "For Personal and Professional Success-Building a Better You" - 8:00-4:00 - Cade Center for Fine Arts - Room 219 - BESC will partner with AACC for this event. For more information, please contact Erna Ray, esray@aacc.edu or visit AACC's website.

April 22 - Keyboard/Mouse Challenge - 11:00-1:00 at AACC - In front of the Student Services Building - Entry fee is \$3.00 and everyone that participates receives a prize. Event is co-sponsored with the BESC, the Pioneers Student Chapter, and the Professional and Support Staff Organization of AACC.

April 26 - We are coordinating a bus trip to the Rockvale/Tanger Outlets in Lancaster, PA. A flyer with more information will be sent out very soon.

Submitted by Karen Bock
President

Capital Chapter

March 13 - Capital Chapter will have a special program presentation by Judith Yannarelli CPS/CAP. Judith is an engaging speaker and is on the IAAP By Laws and Standing Rules Committee as Northeast District representative. Judith hails from New Jersey and is looking forward to her return trip to our area to make this presentation for Capital Chapter on Personal and Professional Ethics – a highly rated program. Recertification Points will be offered.

April will also be a busy month with APW activities and our Annual APW Cruise.

April 24 - Our own Certification Expert, Cynthia Williams, CPS/CAP, will be presenting a workshop on preparing a professional portfolio. She'll present lots of tips and offer great guidance on what you need to know to give your career that special boost.

April 27 - And to help you relax after receiving all that good career information, we'll be taking the Chapter on a lunch cruise on the Potomac. We always have great fun on the Spirit of Washington and this year will be no different – except that the emphasis will be on having fun and socializing with our many fellow members, friends and family members.

Submitted by Pat May CPS/CAP
President

Greater Baltimore Chapter

March 30 - You are all invited to come to come out and spend a Sunday afternoon with the Greater Baltimore Chapter! We are going to Lorenzo's Timonium Dinner Theatre to see "Grease"! Doors Open at 1:00 p.m., Buffet starts at 1:30 p.m., and the play starts at 3:00 p.m.

Contact Debbie Higgs to reserve your tickets:

Debbie Higgs, CPS
c/o Baltimore County Police Foundation
PO Box 9846
Loch Raven, MD 21284-9846

Bring a friend, the family for an afternoon of fun!

Submitted by Cynthia Hackshaw
President

Hager Chapter

The first half of the year has been very eventful for Hager. The chapter's monthly

meetings include an IAAP marketing tip or table topic along with some informative and interesting programs most of which have been approved for recertification points.

September

The program was "Conflict Resolution" presented by Valerie Main of the Washington County Mediation Center. A ceremony honoring members who have attained their certification (CPS and/or CAP) was also conducted.

October

The program presented dealt with "Gang Activity" in the area. Although this is a topic that is not associated with our career, it is an issue of growing concern. Executive Night was held on October 16 at Beaver Creek Country Club. The keynote speaker was Ed Okonowicz, Co-Owner of Myst and Lace Publishers, Inc., who spoke on "Superstitions, Curses, and Friday the 13th." Executives were presented with a gift (book autographed by the speaker) and an information packet. They were also given an opportunity to say a few words. On October 20, members assisted with registration at the Breast Cancer Awareness Step and Stride event.

November

In a joint effort with the Spires Chapter, Hager provided goody bags and moral support to those sitting for the certification exams. November 10 was "Community Day" at the Bon Ton. As a fundraising event, members sold coupons offering great savings that could be used on this day. It turned out to be a very successful undertaking. The program at the November meeting was presented by Jay Voelker of Avery Dennison. Sue Botts CPS/CAP also took us on a visual tour of Vista Grande in recognition of Retirement Center Trust month.

December

Our annual pecan sales began in December. Community service activities included signing Christmas cards for our troops. Also, Jodi Ramsey (sister to member Susan Mongan), spoke to members about Hospice of Washington County. During the regular membership meeting, families were invited to enjoy a comedy program by Cousin Maybell Jerkwater. Congratulations to Christie Phillips and Susan Hart who received word on Christmas Eve that they passed their certification exams and have earned their CPS ratings.

January

The program for this month was conducted by Associate Member T.J. Zeller who presented "But What If I Live? The American Retirement Crisis." A presentation was made to the 2007 scholarship recipient Lindsey Steiner.

Submitted by Coreen Leonard CPS
President

Montgomery Chapter

Theme: "Turning Visions into Reality"

President:	Evi Melberg CPS/CAP
Vice President:	Shoshana Brounstein CPS
Secretary:	Charlotte Fredell CAP
Treasurer:	Della Sanders

March 13 - we look forward to our Executive Night.

April 12 - we shall have our 3rd Annual Fashion Show at the Golden Bull in Gaithersburg. Mary Sands is the Coordinator.

At our September Board of Directors meeting, Della Sanders presented a demonstration of the IAAP Web Community. We hope to participate as soon as our term is completed with our present vendor. Della attended the workshop on the Online Community at the 2007 International Convention as well as talked to the company that created the program.

In September, Vanvisa Sivali, Membership Chair, conducted our Installation of Members as well as presented an interactive program on "*IAAP - Forward Moving*" using the Jeopardy Game Show format to share IAAP facts and to introduce the IAAP International Theme. A fun, learning time was enjoyed by all! Our guest was Diana Worley CPS/CAP, Division Vice President.

At our October meeting, Peter Colwell, of Motivational Magic, presented the program "Invest in your Attitude: CHANGE Your Life from the Inside Out." The six Rules for Investing in Your Attitude are:

Choose Your Response
Hold Yourself Accountable
Adjust Your Attitude
Navigate through Negativity
Grow from Your Experiences
Elevate Your Expectations

At our November meeting, Caroline Bolas of LEVELHeaded, Inc. shared "Keeping Our Windows Clean: Building Transparent, Productive Working Relationships within the Workplace."

In December, we held our holiday dinner. Beth Miller, our Community Service Chair, collected gloves, mittens, hats, scarves, packs of warm socks, warm slippers, lap blanket, or matching set of gloves-hat-scarf for vulnerable senior adults living in Montgomery County. The "Scarves for Seniors" program is sponsored by GROWS (Grass Roots Organization for the Well-being of Seniors).

In January, Dr. James Flood presented a program on ProHealth Chiropractic Wellness. In February, Susan Morris from the Maryland Cooperative Extension Service presented the topic, "Financial Record Organization."

Thank you to Nancy Nickell, our Newsletter Editor, for a fantastic job on our Chapter newsletters!

Each month, a member of our Chapter is recognized with "The Acorn Award" – winner is determined at the meeting. The recipient in October was Peggye Washington CPS for "leaping into action" to assist with the meeting. In November, the award was presented to Leslie Pool as a "thank you for always being at our meetings and that her efforts did not go unnoticed." In January, the recipient was Melissa Marquez who secured our meeting location at The Universities at Shady Grove as well as made the arrangements with the caterer. In February, the award was presented to Dawn Jones, a new member, for her participation in chapter meetings.

Peggye Washington CPS reported that our Certification Study Group met every week and studied diligently for the November exam. Shoshana Brounstein CPS was the facilitator. Congratulations to Leslie Pool CPS and Vanvisa Sivali CPS who passed the November exam. Peggye submitted an article for our newsletter entitled "*Life in the CAP Lane.*" It is exciting to know that once certification is attained, there are other opportunities available that "will guide you through the process of enriching your professional life."

Shoshana Brounstein CPS practiced her presentation skills by sharing IAAP with her colleagues at Lockheed Martin with a PowerPoint presentation on the 2007 International Convention and Education Forum. She shared the registration package, some of the books she purchased, as well as membership applications. Great job, Shoshana!

We continue to look forward to an exciting year of "Turning Visions into Reality!"

Submitted by Evie Melberg CPS/CAP
President

Prince George's Chapter

Theme: "All Roads Leading to Excellence"

March 11 – Grace Under Pressure (1½ recertification points will be offered).

March 26 – An Executive Breakfast will be held at the Greenbelt Marriott on Ivy Lane in Greenbelt, MD. The guest speaker is Barbara J. (BJ) Parrish, Ambassador and Membership Committee Chair of Capital Chapter. A full breakfast will be served. Please RSVP your attendance to Crystal Murphy at cmurphy@aicpa.org or by telephone (202) 434-9265 no later than Friday, March 7. The cost is \$30 per person. Make your check payable to Prince George's Chapter – IAAP and send it no later than March 7 to:

Crystal D. Murphy
AICPA – Tax Division
1455 Pennsylvania Ave NW 10th Floor
Washington DC 20004

April 8 – Business/Program Meeting

APW Event in progress so check your email for future updates.

Prince George's Chapter began on its "All Roads Leading to Excellence" year with a great interactive seminar that was held in September entitled Emotional Intelligence. This seminar helped us to focus on motivation, self-awareness, social skills, empathy, and the ability to handle your emotions. The presenter, Jessica Sandle was excellent and received great reviews. In October, we had our IMPACT meeting that was attended by 18 members and 6 guests. In November, we held our New Member Orientation and RTF Presentation. Everyone enjoyed the holidays with their families. Bringing in the New Year was Mr. Peter Colwell, who presented Lead and Succeed: Staying Motivated in the Workplace and in February Officer Leo Cannon III presented us with valuable safety and awareness tips.

Membership

There are currently 58 members listed on the roster. We would like to welcome Kwanza Graham of The Graham Agency, as one of our new Associate Members! The Graham Agency is a promotional marketing agency providing quality corporate gifts and logo merchandise for various events and promotions. We've had two members rejoin and lost 4 members.

Certification

We currently have 4 people studying to sit for the exam. Judy Falk sat in May 2007 as passed the CPS exam. Our study group is held every Thursday from 6 pm-8 pm at the 4601 Presidents Drive, Suite 255, Lanham, MD. Please contact Sharon Dawes CPS/CAP at 301-314-3486 for additional information.

Community Service Projects

September – donated School Supplies

October – participated in Walk for Hope

November – adopted a Family for Thanksgiving

December – donated to Toys for Tots

January/February – donated hats, scarves and gloves

All are Welcome

We meet the second Tuesday of the month at 4601 Presidents Drive, Suite 255, Lanham, Maryland from 6:00 pm to 8:00 pm.

Submitted by Crystal D. Murphy
President

Small Wonder Chapter (SWC)

Theme: "Helping You Push Your Way to the Top"

(Jakki Lowe will receive half off her next membership renewal for her theme being

selected as the chapter theme for this year.)

Denise D. Showell, President
Lynn B. Wilkins, Vice President
Diane M. Brinker, Secretary
Patricia J. Tiff CAP, Treasurer

March 15 - The fundraising committee will be sponsoring "A Little Bit O' Ireland" Spring Auction. For details, contact Lynn Wilkins (lwilkins@bbmc.org) or 302-645-3100 x5103) or check the Division website.

We began the 2007-2008 IAAP year in July 2007 with the SWC board attending the 2007 DE-MD-DC Leadership Development Day for officers in Washington D.C. In July Lynn Wilkins (Delegate) and Denise Showell (Alternate) represented the Small Wonder Chapter at the 2007 International Convention in Tampa, Florida.

The board met in June 2007 to plan our chapter goals for the year. Our goals:

- New membership growth by 8% (4 members)
- Add one new Associate member
- Increase meeting attendance through incentive
- Encourage members to sit for the certification test
- New member orientation

To date, we have gained four new members, Stacey Haas, Christina Morton, Teresa Wilson and Mary Beth Cross.

In an effort to support the chapter goal of increasing meeting attendance our meeting location was moved back to the Lewes area which proved very beneficial with two MAL transfers, Roberta Thomas and Toni Fidance Ford. Also, a gift of a Longaberger basket will be awarded at the end of the chapter year to a member. At each chapter meeting attended, members will receive a ticket to put in the "pot" for the drawing. The more meetings attended the more chances to be the winner in June.

The very first Commitment of Excellence Award was awarded to our very own, Pat Tiff CAP for being a team player. For several years, Pat would travel across the county to attend chapter meetings and events and always with a smile. She is always willing to jump in and lend a hand at chapter meetings and as a committee member. Pat portrays professionalism at all times and is a true example of IAAP. She is a joy to have as part of our chapter and a dedicated member to IAAP and the administrative profession. Commitment of Excellence Awards were also presented to Lynn Wilkins and Denise Showell during the IMPACT meeting in November,

Our first issue of the 2007-2008 year was published in September. Our secretary, Diane Brinker, did an outstanding and professional job on the newsletter.

The board has been able to offer some exciting presentations to the membership with:

- Bonnie Burke (Shore Staffing, Inc.) "Perfectionist – Not Me" (*approved for recertification points*)
- Tara Simpson (Beebe Medical Center) Emotional Intelligence
- IMPACT Meeting
- Eleanor B. Clemente CAP, "Professional Certification – The Career Advantage"
- Understanding Leadership – At the Chapter Level and New Member Orientation, presented by SWC Board

Our Civic Committee has been very busy with the following projects:

- Holiday Civic Project – Collected items and filled stockings for the Salvation Army. We donated 24 stockings, concentrating on meeting needs of boys, aged 11-13. We also collected and donated a variety of board games.

- Winter Civic Project – Collecting “new and like-new” shoes for the Shoes2Share program which seeks to make life more comfortable for children and their families in the US and around the world.
- Spring Civic Project – Working with the Delaware Veterans Home and Home for the Brave.

Submitted by Denise Showell
President

Spires Chapter

March 20 - Please plan on joining the Frederick, MD Spires Chapter for our Open House. The Open House will be held from 6:00 pm – 8:00 pm in the Monocacy Room at the Residence Inn, located at 5230 Westview Drive, Frederick, MD. Wendy Reid CPS, President-Elect, DE-MD-DC Division will have a special presentation; and Betsy Smith will present “The Price is Right Admin Style!” We will have a hot buffet, goodie bags, door prizes, and lots of fun! This is a wonderful opportunity to network with other area Administrative Professionals. The Open House is free to non-members; members cost is \$12.00. Please contact Marsha Kremzier CAP at marsha.kremzier@quintiles.com by March 14th for more information or to RSVP.

The Spires Chapter recently donated personal care items to Frederick’s senior citizens. Boxes filled with laundry detergent, soap, deodorant, and personal supplies were presented to the Frederick County Department of Social Services by several members of the Spires Chapter in December 2007. “The Frederick Spires chose the Frederick County’s Department of Social Service’s Adult Services for a community service project because we felt that many seniors are not thought of during the holidays,” said Diane Ford CPS/CAP, president of the Spires Chapter. “We wanted to make sure that they are remembered and that they have some basic items to make their lives a little easier.” The Spires Chapter plans to make this a yearlong community endeavor and will donate on a regular basis. The Spires Chapter will happily accept any donations; please contact Patsy Ensminger at PEnsminger@fredco-md.net if you’d like to contribute.

Submitted by Ellen Parker
Acting Publicity Chair

Cervical Cancer: Are You at Risk

What is Cervical Cancer?

Cervical cancer begins in the cervix, the part of the uterus or womb that opens to the vagina. Before doctors started using the Pap test in the 1950s, cervical cancer was the leading cause of death from cancer in women. In the United States, the Pap test saves the lives of 70% of women who might have died from cervical cancer without the test.

Cervical cancer occurs most often in certain groups of women in the United States including Hispanic women, white (non-Hispanic) women living in rural New York State and northern New England, American Indian women, and Vietnamese-American women.

What Causes Cervical Cancer?

A virus—the Human Papillomavirus, or HPV—causes almost all cases of cervical cancer. HPV is a common sexually transmitted virus that usually goes away by itself. Most people with HPV never even know they have it. HPV is a family of very common viruses that cause almost all cervical cancers, plus a variety of other problems like common warts, genital warts and plantar warts. Women and men become infected with HPV types that cause cervical cancer through sexual intercourse and sexual contact.

Every year, almost 10,000 women in the United States get cervical cancer and about 3,500 women die from it.

For additional information, please contact:
AMERICAN CANCER SOCIETY
WEB SITE:
WWW.CANCER.ORG
TELEPHONE:
1.800.ACS.2345



WOMEN'S CANCER NETWORK
WEB SITE:
WWW.WCN.ORG
TELEPHONE:
312.644.6610

Does HPV Lead to Cervical Cancer?

In most women, the cells in the cervix return to normal after the body's immune system destroys the HPV infection. However, some HPV infections do not go away and may remain present in the cervical cells for years. Long-standing infection can lead to changes in the cells that can progress to cancer.

Protection against Cervical Cancer

The cervical cancer vaccine (also called the Human Papillomavirus or HPV vaccine) protects against the virus that causes almost all cervical cancers. Regular Pap screening beginning at age 21 or within 3 years of the beginning of sexual activity can detect problems related to HPV infection before cancer develops. And now the HPV vaccine can provide protection against the HPV virus types that cause 70% of cervical cancer. If you never get exposed to HPV, you'll be at extremely low risk for cervical cancer. But, the only sure protection from HPV is lifelong abstinence. Regular condom use can also help prevent spread of HPV infection.

Who Should get the Cervical Cancer Vaccine

Ideally, females should get the vaccine before they become sexually active. This is because the vaccine is most effective in girls/women who have not yet been exposed to the types of HPV covered by the vaccine. Girls/women who have not been exposed or infected with these types get the full benefit of the vaccine.

You should not be vaccinated if you are acutely ill, if you have a history of allergy to yeast, or if you are pregnant or trying to become pregnant. Risks to an unborn baby are thought to be low, but as with any new medication, there may be unknown risks. If you have questions about the vaccine consult with your health care professional.

Please Remember...

The cervical cancer vaccine does not protect against other sexually transmitted infections. You must still make thoughtful and careful choices about sexual activity. Vaccinated women still require regular Pap tests if they have been sexually active. Ask your healthcare provider about the screening schedule that is best for you.

INFORMATION ADAPTED FROM:
[HTTP://WWW.CERVICALCANCERCAMPAIGN.ORG/](http://www.cervicalcancercampaign.org/)

Brought to you by **BUSINESS HEALTH SERVICES** *Solutions for a Healthier Workplace*

1-800-765-3277

(A confidential counseling and referral program for employees and their household family members.)

Article Submissions

The deadline for the next edition is March 14, 2008. Please send your submissions to Cathy Spencer at cath_iaap@yahoo.com. If you have any questions, I can be reached most days after 7 pm at (410) 672-6467.