



**KANSAS WISE**  
WOMEN IN STATE EMPLOYMENT

## **Kansas WISE Newsletter | September 2, 2022**

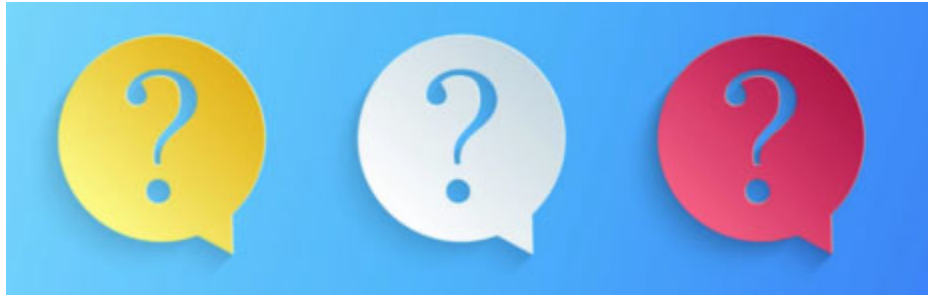
**I WANT EVERY  
LITTLE GIRL  
WHO'S TOLD SHE'S  
BOSSY,  
TO BE TOLD INSTEAD  
SHE HAS  
LEADERSHIP  
SKILLS.**

-SHERYL SANDBERG  
COO OF FACEBOOK

It's hard to believe September is here. School is back in session for many, summer vacations have come and gone, and discussions of legislative session, budgets, and 2023 priorities have already begun. It's easy to get caught up in the whirlwind with so much happening all at once. If you find yourself putting off things you enjoy because you're too busy or there's too much to get done, allow yourself to take a

moment and re-center. It's important to slow down and taking care of yourself is one of the best ways to make sure you can be present in your day-to-day work.

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## Question of the Month

Thank you to everyone who responded to the August Question of the Month: *What's the best piece of advice that someone has given you?*

We received a lot of great responses, including:

- Stay out of other people's work drama.
- Sometimes there is no answer.
- If you're not happy - move. You're not a tree.

View all the responses in our [Question of the Month Response Video](#).

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**September Question of the Month:** Besides a raise or more vacation time, what's the best perk an organization can offer employees? Those with ks.gov email addresses can respond [here](#); other state employees can email responses to [KansasWISE@ks.gov](mailto:KansasWISE@ks.gov).

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## **Ovarian Cancer Awareness**

The month of September is Ovarian Cancer Awareness Month and an important reminder to take control of your health. According to the [American Cancer Society](#), ovarian cancer ranks fifth in cancer deaths among women.

# WHAT YOU NEED TO KNOW ABOUT OVARIAN CANCER

## RISK FACTORS

Many factors can increase or decrease someone's risk of developing ovarian cancer.

### INCREASES RISK

FAMILY HISTORY OF BREAST, OVARIAN OR COLON CANCER

GENETIC MUTATIONS, LIKE BRCA

POST-MENOPAUSAL

40+  
INCREASED AGE

### DECREASES RISK

PREGNANCY

BREASTFEEDING

ORAL CONTRACEPTIVE USE

#1 CAUSE OF GYNECOLOGIC CANCER DEATHS

#5 CAUSE OF CANCER-RELATED DEATH IN WOMEN

#11 MOST COMMON CANCER IN WOMEN

EVERY 23 MINUTES someone in the U.S. is diagnosed with ovarian cancer

19,880 NEW CASES will be diagnosed this year

12,810 WOMEN will die this year

1 in 78 WOMEN will develop ovarian cancer in her lifetime



## SURVIVAL RATES

MORTALITY SURVIVAL

YEAR 5 49%

YEAR 10 35%



CURRENTLY THERE IS NO EARLY DETECTION TEST FOR OVARIAN CANCER



A PAP TEST WILL NOT DETECT OVARIAN CANCER

Most ovarian cancer cases are diagnosed when the disease is advanced. ONLY 16% of cases are diagnosed in the early stages.

## KNOW THE SYMPTOMS



BLOATING



DIFFICULTY EATING



PELVIC / ABDOMINAL PAIN



URINARY FREQUENCY

If these symptoms occur for MORE THAN 2 WEEKS and these symptoms are new or unusual for you, see a gynecologist and ask about ovarian cancer. Research shows that seeing a gynecologic oncologist for surgery and treatment significantly improves outcomes.

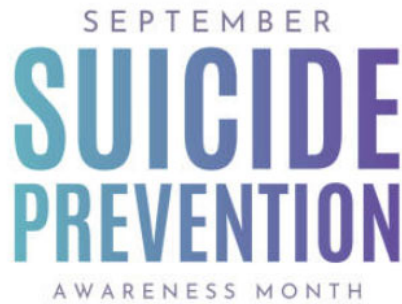
OCRA ovarian cancer research alliance

Statistical information from American Cancer Society, Cancer Facts & Figures 2022.

Research. Advocacy. Support.

ocrahope.org

Knowledge is one of the greatest tools for early detection. If you're not sure where to begin, visit the [Centers for Disease Control online](https://www.cdc.gov) for basic information.



## Suicide Prevention Awareness Month

Suicide prevention month aims to reduce the risk factors of suicide and increase the factors that protect against suicide. As a leading cause of death in the United States, suicide accounted for almost 46,000 deaths in 2020. As reported by the [Centers for Disease Control \(CDC\)](#), multiple factors - individual, relationship, community, and societal levels - increase the risk of suicide.

Risk factors include, but are not limited to:

- History of depression and other mental illnesses
- Serious illness such as chronic pain
- Bullying
- High conflict or violent relationships
- Discrimination
- Stigma associated with help-seeking and mental illness

If you or someone you know is in distress, please reach out for help. Resources available include:

### **988 Suicide and Crisis Lifeline**

- Call or text 988
- Connect with a trained crisis counselor. 988 is confidential, free, and available 24/7.
- Visit [988lifeline.org](https://988lifeline.org) for more resources

### **Mental Health and Coping with Stress**



- [Coping with stress resources](#)
  - [The Kansas Employee Assistance Program \(EAP\)](#) - available to benefits-eligible employees and their dependents, the EAP provides short-term counseling (up to eight sessions per member, per issue, per year)
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## Celebrating Our Achievements



Brandi Turner, DEI Officer, Department for Children and Families (DCF), recently returned from a speaking engagement at the Economic Mobility and Well-Being Conference in Savannah, GA. Brandi was joined by her DCF colleague Jenalea Randall and Accenture partners Ray Han, Kevin Ellenwood, and Julie Somberg as they presented on, "Driving Better Resident Outcomes by Designing for Equity."

Congratulations, Brandi, and thank you for sharing your good work with the world!

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Have you, your colleagues, or your department been nominated for or won an award? Do you want your colleagues to be recognized for their achievements? We want to hear about it! **Please submit awards or achievements to [KansasWISE@ks.gov](mailto:KansasWISE@ks.gov) for inclusion.**

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## Kansas WISE Book Discussion

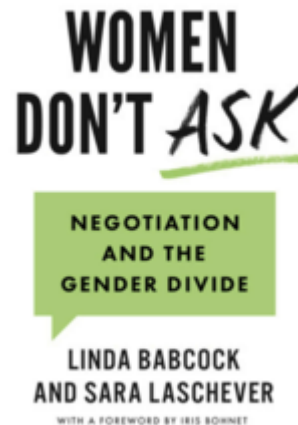
### Women Don't Ask: Negotiation and the Gender Divide

Join Kansas WISE on **September 16 from 1:00-2:00pm** for a discussion on how to negotiate. To frame the conversation, we'll discuss the book, *Women Don't Ask: Negotiation and the Gender Divide*.

The conversation is a continuation from earlier this year when Kansas WISE hosted Interviewing 101. During the session, the topic of how to negotiate was raised and this book was suggested as a resource.

Check your local library for a copy of the book or online at [Amazon](#). You don't need to read the book to participate in the conversation.

- **Registration:** Free and open to State of Kansas employees, you can [register here](#).



*We understand people are busy and schedules may prevent you from attending Kansas WISE events. Other information and opportunities are forthcoming so stay tuned!*

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## Kansas WISE Happenings



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## Kansas WISE Mentoring Pilot Program

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### Mentee Applicants

Mentoring relationships have powerful positive effects on people professionally and personally. Mentees can expand their knowledge and skills, gain valuable advice, and build their progression networks.

The Mentorship Program offers the following types of activities:

- 1:1 mentorship: Traditional model of mentoring where one mentor is paired with one mentee.
- Group mentoring: One mentor meets with a group of mentees (5-7)
- Peer mentoring: Mentorship between employees in an organization to foster knowledge and skills transfer.
- Bring your own mentor: Mentee identifies a mentor and asks them to participate in the program.

Start your mentee journey today by applying [here](#).

**Space is limited.** Mentee spaces are determined by the number of volunteer mentors.

\*Additional mentoring opportunities will be available in the future to those who aren't matched during the initial pilot phase.

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## Mentor Applicants

Kansas WISE continues to recruit for mentors. If you're interested in applying but have questions, please reach out to the mentoring subcommittee at [WISEMentoring@ks.gov](mailto:WISEMentoring@ks.gov).

Mentoring is a great opportunity to form lasting relationships while supporting individuals on their personal and professional journeys. If you are interested in learning new ideas, improving the workplace, and potentially building a last connection, fill out the application linked in the image below.





## **Kansas WISE Seeks New Steering Committee Member and Subcommittee Co-Chair**

Kansas WISE is seeking a new Steering Committee member to also serve as co-chair to the Career Development Subcommittee. In this role, you will work alongside a dedicated group of State employees who enjoy hosting events and providing resources that support women in state employment.

Interested applicants can apply online at [Kansas WISE Co-Chair Application](#).

If you have questions or any trouble accessing the application, contact us at [KansasWISE@ks.gov](mailto:KansasWISE@ks.gov).

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## **Events and Resources**

Events are virtual and last one hour unless otherwise stated. Times listed are central time.

- **Kansas State Fair:** The Kansas State Fair gets into full swing on September 9, and visitors can enjoy good food, rides, educational events and entertainment from musicians like Tech N9ne and Toby Mac to comedian Gabriel Iglesias. - September 9-18, All Day
  - More information [here](#).
  - Employees can receive discounts on gate admission and select concerts through the STAR program [here](#).
- **Herzing University Suicide Prevention Lunch and Learn:** Herzing University will host Suicide Prevention Lunch and Learn to raise awareness and share helpful resources. - September 12 and 19, 12:00pm - Register [here](#).
- **NWHM Presents! Women's History Book Club:** Join the National Women's History Museum for a virtual book club. The first book is *Never Caught: The Washingtons' Relentless Pursuit of Their Runaway Slave, Ona Judge* by Dr. Erica Armstrong Dunbar. - September 18, 2:00pm - Register [here](#).
- **Understanding Suicide Webinar:** Explore the causes of suicide, the warning signs, and how to cope with a licensed therapist. - September 21, 12:00pm - Register [here](#).
- **Sundays@Home: Women Run, Women Win: Latinas in Congress:** Join Dr. Emma Rothberg, associate educator for digital learning and innovation, on a curator-led virtual tour of the National Women's History Museum's new online exhibition, "Women Run, Women Win: Latinas in Congress," and explore the history and impact of Latinas in Congress. - September 25, 2:00pm - Register [here](#).

## Did You Know?

Did you know members of the State Employee Health Plan can receive eight at-home COVID-19 tests per month per participant for free? Check with your preferred pharmacy or order online at [CVS.com](https://www.cvs.com).

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State employees can subscribe or manage your subscription settings [here](#).

Questions and feedback can be sent to [KansasWISE@ks.gov](mailto:KansasWISE@ks.gov)

