



INSIDETHEPUB

THE DEPARTMENT OF PUBLIC WORKS

ISSUE 5 - OCTOBER 2019

THE PUB GOES PINK

THE FACE

OF A **FIGHTER**

BREAST CANCER SURVIVOR STORY

FEATURING SHELLY STROUD

10

HEALTHY + ESSENTIAL TIPS

FOR MEN



Department of
Public Works

Commissioner's Corner



Hello, Team DPW!

Inside the PUB has gone pink in recognition of Breast Cancer Awareness Month.

By doing so, we are highlighting one DPW and one Renew Atlanta employee who share their personal accounts of being diagnosed with breast cancer. Shelly Stroud, a member of DPW since 2003, explains how she and her family faced the news of her diagnosis, while Kimberly Thomas describes her breast cancer treatment and what she learned following this process.

While breast cancer is often considered a disease that affects women, we've also included information regarding risk factors for detecting breast cancer in men. Breast cancer has impacted us either directly or indirectly through family, friends, or our fellow coworkers. I encourage you to educate yourself regarding this disease and consult medical professionals for additional information.

Even though this month's issue is dedicated to breast cancer awareness, we also spotlight the dedicated members of our DPW staff. From the appointment of the department's new Safety Director and our Interim Emergency Preparedness Senior Manager, to capturing safety drills at our area facilities, DPW employees demonstrate day-in and day-out their dedication to both the department and the constituents we serve.

This month's newsletter is filled with information that I hope will inspire you and safety tips that will keep you informed while at work. I am proud to serve as your commissioner. I sincerely thank you for your contributions in making Atlanta a world-class city.

James A. Jackson, Jr.
Commissioner, Department of Public Works

Did you Know?

Every two minutes, a woman is diagnosed with breast cancer in the U.S.

A man's lifetime risk of breast cancer is about 1 in 1,000.

<http://bit.ly/11cancerfacts>



Connect with Us: [ATLPublicWorks](#)

"We Keep the City Rolling"

A CLOSER LOOK *The Face of a Fighter*

by Kim Rankins



Statistics show that about 1 in 8 women in the United States will develop invasive breast cancer over the course of her lifetime. This year, nearly 270,000 new cases of invasive breast cancer are expected to be diagnosed in the U.S. In 2017, Shelly Stroud, DPW Project Manager, Office of the Commissioner, was diagnosed with Stage 2 Breast Cancer. Proving herself to be the true face of a fighter, Shelly wants us all to know her story and to encourage us all to listen to our bodies.

When were you diagnosed and at what age were you diagnosed with breast cancer?

I was diagnosed in September 2017, at the age of 49.

With what stage were you diagnosed?

I was diagnosed with Stage 2 Breast Cancer. When I received this information, I was overwhelmed by the news. I didn't completely understand the severity of my diagnosis.

How was the cancer initially detected? (i.e. an annual mammogram, self-exam)

Although I had a mammogram in November 2016, there was no detection of cancer. After experiencing sharp pains in my breast, I discovered a lump from a self-exam that following September. Later that month, I scheduled an appointment with my doctor.

How did you feel when you first received the news?

When I first received the news, I felt afraid and I worried. I was afraid of what I didn't know about my diagnosis and the impact it would have on my life.

How did your family react?

I didn't tell my family immediately, because I needed time to understand my diagnosis. I think I told them about a month later, once I decided to move forward with surgery. However, when I did tell them, they were all very upset, of course. I reassured them that through our faith in God, we would get through this.

DPW FEATURED STORY (CONTINUED)



Is there a history of breast cancer in your family?

No, there is not a history of breast cancer in my family. I also tested negative for the BRCA breast cancer gene. It was a huge relief knowing I didn't carry that gene.

Did you have a support network?

I definitely could not have made it through without all of the support I received. My primary support was my cousin (sister) who went to each and every appointment with me and even talked to my doctors when I wouldn't. She also did a lot of research on her own and made all of my health decisions for me when it came to my care, including choosing my doctors and therapy. In addition, she even facilitated counseling for me and my children. I must also mention my DPW family who showed me an amazing amount of love and concern, which continues even now.

Tell us about your treatment process.

My doctor recommended chemotherapy, due to the aggressive nature of my cancer. I underwent 16 rounds of chemotherapy over the course of 20 weeks. Each session lasted approximately three to five hours.

Did you face any obstacles during your treatment process? If so, how did you overcome those obstacles?

Chemotherapy does not differentiate between good cells and cancerous cells. It can cause a lot of damage to the body. As a result, I experienced common problems such as sores and mouth pain. I also had nerve damage that caused me to lose nails on both my hands and feet. Like all breast cancer patients that go through chemotherapy, I also lost my hair. I experienced breathing problems and was prescribed steroids to mitigate the side effects from my chemotherapy. Unfortunately, this made things worse. I still suffer from severe neuropathy. However, I do want to stress that treatment is different for everyone. All cancer patients do not experience the same symptoms.

What message would you like to provide the women and men of DPW?

My advice to everyone, not just women, is to listen to your body. If you feel pain or notice something different, follow-up with your doctor. I would also recommend getting a second medical opinion if you are diagnosed. Once I opened up about my diagnosis, everyone offered their opinion. It was important for me to take a step back and ultimately decide what was best for me. If you are diagnosed with cancer, I would advise you to put your trust in God and do what you feel is best for you regarding your treatment.

10 Risk Factors for Breast Cancer in Men

According to the American Cancer Society, a risk factor is anything that affects your chance of getting a disease, such as breast cancer. But having a risk factor, or even many, does not mean that you are sure to get the disease. Some men with one or more breast cancer risk factors never develop the disease, while most men with breast cancer have no apparent risk factors.



- Aging
- Obesity
- Liver Disease
- Testicular Conditions
- Heavy Alcohol Consumption
- Family History of Breast Cancer
- Inherited Gene Mutations
- Estrogen Treatment (hormonal related therapy)
- Klinefelter Syndrome (genetic hormonal imbalance)
- Radiation Exposure (excessive exposure in chest area)

For additional information on this list of Top Ten Risk Factors, please refer to the American Cancer Society's website: www.cancer.org



Breast Cancer Survivor

Kimberly Thomas
Field Engineer Principal
Renew Atlanta

"I am a breast cancer survivor of five years. I was diagnosed August of 2015. I have undergone chemotherapy and radiation treatments, and I am proud to say that I have come through the fire and I don't look like what I've been through! I lost some things, but gained even more. Life is so much more important to me. I've learned to be kind when you can. Laugh often, forgive without being asked and always trust God no matter what."

DPW SAFETY TEAM AND ATLANTA FIRE RESCUE DEPARTMENT BUILDING EVACUATION DEMO

During late September, employees with the Department of Public Works and the Atlanta Fire Rescue Department participated in a fire evacuation exercise and live burn drill at various departmental facilities.



Chester Ave. Substation
315 Chester Ave., SE



Office of Fleet Services
1540 Northside Dr., NW



Office of Transportation
1150 North Ave., NW



Office of Fleet Services
1370 Howell Mill Rd., NW

DPW SEAT BELT SAFETY REMINDER



Safety is a shared priority and commitment in DPW, but it starts with you! Seat belt usage is not only mandatory in City of Atlanta vehicles, but it is also the law. Make your personal safety a priority, too!

CITY OF ATLANTA
DEPARTMENT OF PUBLIC WORKS

SAVE THE DATE

2019-2020 WINTER WEATHER RESPONSE TRAINING

SNOW & ICE DRY RUN
Saturday, December 7, 2019

DPW - North Avenue Installation
AM Shift: 7:00 A.M. - 11:30 A.M.
PM Shift: 11:00 A.M. - 2:30 P.M.

#DPWREADY365

WELLNESS FOR ALL

Many events such as the Kaiser Walk, Run and Roll 5K are organized by the City of Atlanta Department of Human Resources in collaboration with the Kaiser Permanente and Healthstat Wellness Team. In addition to the programs currently offered, Miguel Hayes, City of Atlanta Wellness Coordinator, is excited to share the new wellness program, a result of the Mayor's initiative to enhance mental, physical and financial wellness. The program, launched last year, provides offsite access to the same wellness tools and resources provided by HR to employees who work in City Hall. The program offers offsite lunch and learns, nutrition coaching, yoga, exercise classes, stress reduction and even EAP services. Would you like to bring selective programming to your facility? Just have your department's manager contact Miguel Hayes at MHayes@atlantaga.gov or (404) 308-2586.



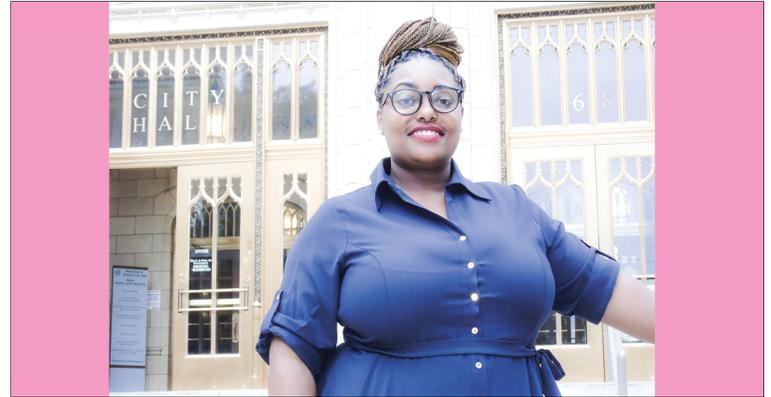
DPW SPOTLIGHT



Miguel Hayes

Wellness Coordinator

The PUB congratulates Miguel Hayes, the City of Atlanta Wellness Coordinator. He is excited to share the new wellness program as a result of the Mayor’s initiative to enhance mental, physical and financial wellness.



Samantha Nicole Terry

NPU Program Manager

We salute Samantha Nicole Terry, former DPW Community Affairs Coordinator. Samantha now serves as City Planning NPU Program Manager.



Kelly Brokenburr

Interim Emergency Preparedness Senior Manager

The PUB congratulates Kelly Brokenburr as she takes on her new role as DPW Interim Emergency Preparedness Senior Manager. Kelly formerly served as DPW Emergency Preparedness Coordinator.



Shutnee Thornton-Thomas

Safety Director

Shutnee joined the City of Atlanta team in September, proudly serving as DPW Safety Director. She’s a vital component of the executive team for critical safety and health performance areas.



In Loving Memory...

OF OUR CHERISHED DPW EMPLOYEES AND THEIR LOVED ONES (SEPTEMBER - OCTOBER 2019)

PHILLIP BATTLE

Uncle of
GLEN BATTLE
TRAFFIC SYSTEMS OPERATOR SENIOR,
OFFICE OF TRANSPORTATION SERVICES

VANESSA GAY

Mother of
PONITUS GAY
VEHICLE MECHANIC II,
OFFICE OF FLEET SERVICES

ANTERGIOES KEON MCCLINTON

Father of
QUIMONTAE MCCLINTON
TRAFFIC SERVICE TECHNICIAN
OFFICE OF TRANSPORTATION

BOBBIE LEE SPATES

Grandmother of
ISAAC VINES
PROGRAM MANAGER BUSINESS
SYSTEMS & APPLICATION
OFFICE OF COMMISSIONER

JESSIE TURNER III

Brother of
KAREN SALEEM
WAREHOUSE STORE KEEPER
OFFICE OF FLEET SERVICES

SOMMAY XAYSONGKHAM

Father of
TONY XAYSONGKHAM
VEHICLE MECHANIC III
OFFICE OF FLEET SERVICES

**DPW sympathy notifications are limited to DPW employees and their immediate family members who have passed away: Spouse, Child/Stepchild, Parent, Grandparent, Grandchild, and In-Law.*

DPW ANNOUNCEMENTS

REQUIRED ACTIVE SHOOTER TRAINING

All DPW employees, with the exception of those who participated in the September training at Claire Drive, are required to attend one of the City of Atlanta’s Active Shooter Training sessions. Please email your registration confirmation to **Kelly Brokenburr**, DPW Interim Emergency Preparedness Senior Manager, at ksbrokenburr@atlantaga.gov.

WORKPLACE SAFETY TRAINING

REGISTER NOW AT: <https://aimweb/colearningportal/>



ACTIVE SHOOTER TRAINING - FRIDAY, NOVEMBER 18 • 9:00 A.M. - 10:00 A.M.

LOCATION: NEW COUNCIL CHAMBERS, CITY ANNEX

ACTIVE SHOOTER TRAINING - FRIDAY, DECEMBER 13 • 9:00 A.M. - 10:00 A.M.

LOCATION: OLD COUNCIL CHAMBERS, CITY HALL



NEWS BYTE

DID YOU KNOW YOU CAN FREEZE THE TOP ROW IN YOUR EXCEL SPREADSHEET?

Follow These Steps:

- Select the row you want to freeze.
- Click the view tab on the ribbon.
- Select the Freeze Panes command.
- Choose freeze panes from the drop-down menu.
- The rows will be frozen in place, as indicated by the gray line.

Click the link below for a description with graphics.

<https://edu.gcfglobal.org/en/excel2013/freezing-panes-and-view-options/1/>



EVENTS AROUND TOWN

OCTOBER 26, 2019

American Cancer Society,
Making Strides Against Breast Cancer
 Centennial Olympic Park
 265 Park Avenue W, NW Atlanta, GA 30313
 7:00 a.m. Check-in, 9:00 a.m. Walk
www.cancer.org

OCTOBER 27, 2019

Let’s Jump Cancer, Adult Double Dutch Competition
 25 Red Oak Road Stockbridge, GA 30281 - 1:00 p.m.
www.addaus.com

BREAST SELF-EXAM

The American Cancer Society recommends having an annual mammograms at age 45, but women who are at least 40 years old should be given the choice of having a yearly mammogram.



ONCE A MONTH, 2-3 DAYS AFTER PERIODS



EXAMINE BREAST AND ARMPIT WITH RAISED ARM



USE FINGERPADS WITH MASSAGE OIL OR SHOWER GEL



UP AND DOWN



WEDGES



CIRCLES



EXAMINE BREASTS IN THE MIRROR FOR LUMPS OR SKIN DIMPLING...



...CHANGE IN SKIN COLOR OR TEXTURE...



...NIPPLE DEFORMATION, COLOR CHANGE OR LEAKS OF ANY FLUID

www.cancer.org