Enjoy the ‘Fruits’ of Summer!

Summer has so much to offer our well-being, from warm sunny days inviting us to be active outdoors to seasonal fruits and vegetables fresh from the farmers’ markets! Whether you are taking advantage of community activities in Nashville’s amazing parks, biking our beautiful greenways, or enjoying local produce at your cookout, Health & Wellness wishes you a happy and healthy summer!

Farmers’ Market Returns

The Vanderbilt Farmers’ Market returns to campus this June and will be held every Thursday through October 31. Stop by the plaza in front of Langford Auditorium between the hours of 1:30 p.m. to 5:00 p.m. to shop for:

- Local fruits and vegetables
- Dairy products such as goat cheese, milk, and yogurt
- Grass-fed beef and free-range chicken
- Honey, flowers, and more!

For more information, visit vanderbilt/farmersmkt.

Care Gap Alerts

Why are well-child visits important?

Well-child visits are scheduled periodically from the newborn stage until adolescence. These visits are a time for you and your provider to discuss your child’s growth and development. You’ll have an opportunity to build a relationship between your family and the provider, along with time to discuss questions you may have. Discussions about prevention are also included with each well visit, including vaccinations, safety, and nutrition.

How do you address vaccine hesitancy at well-child visits?

There is great evidence that immunizations are safe and effective. For parents with questions about vaccines, providers should always be open to addressing these concerns. For parents who have concerns about vaccines, I also encourage them to research the data about the diseases that we are trying to prevent so that we can make informed decisions together as a team.

What are some other key health issues addressed during well-child visits?

With each well-child visit, you will get to see your child’s growth (weight, height) and discuss your child’s development (motor, speech/language). Vision and hearing screening, along

(continued on page 3)
Q: Dear Counselor,
We have a new staff member joining our team. I remember how hard it was for me when I came into a new workplace. Can you suggest ways we can reduce the stress for our new employee and the best ways to make them feel welcome?

Welcome Wagon

A: Dear WW,
A welcoming strategy is an important part of any onboarding process. This is a great discussion for your whole team. Start by asking them what they would have liked when they started their jobs. Here are a few more ideas:

1. Create a reference guide. There are so many people to meet in the first week, it would help to have some photos, names, job titles, phone numbers, emails, and other appropriate information about coworkers, supervisors, and leaders.

2. Take your new employee out to lunch on the first day; check on them periodically, as well.

3. Designate a volunteer peer mentor to be a contact for questions about the culture, the processes, and the unwritten dos and don’ts.

4. Get to know your new coworker. Ask what they like to do, and what might help them to get acclimated.

5. Provide a personal tour of the department and campus. Share your pride about your workplace.

6. Remember that building relationships is a process. It doesn’t happen in the first day or week. Schedule a weekly time to meet for coffee, tea, or lunch throughout the first month.

For more information, call Work/Life Connections—EAP at 615.936.1327

Going There
We ask you how you foster a culture of caring and focus on your mental well-being

Michael Pring
Captain, VUPD Crime Prevention and Community Relations

What does your team do to bond?
We spend a lot of time together while we are at work and oftentimes rely on each other to assist with calls for service to the Vanderbilt community. Throughout the year, we will have themed cookouts where our staff and their families attend and typically involve some type of friendly competition.

How do you unwind after a stressful day?
I am very blessed to be able to go home and spend time with my amazing wife and children. Spending time with my children reading books, playing games, and just laughing helps me unwind.

What makes you feel that you and your work are valued at Vanderbilt?
Our department goes out of its way to celebrate in our successes whether personal or professional. Our leadership takes the opportunity to recognize and promote the work we do both within and outside of our department. We recently started a program where we have quarterly conversations with our team where we hear feedback of our performance and how valued we are at VUPS.

What gives you pride in your day?
At the end of the day, I take pride in the fact that I did the best job that I could do to provide a high level of safety and service to the Vanderbilt community.
Concussions can happen any time of year, not just during football season. Summer, when kids are outdoors and carefree, is an important time to be attentive about your child’s safety. Summertime activities such as biking, swimming, and pre-season practices can increase a child’s risk for concussions. Here are tips to help prevent, identify, and treat concussions.

What’s all the fuss about? Concussions are a type of head injury that result from a traumatic blow or whiplash of the head. The American Academy of Pediatrics estimates 1.1 to 1.9 million children are diagnosed with recreational concussions yearly.

Know the signs. Common symptoms of concussion may include: memory loss, confusion, headache, dizziness, or difficulty concentrating. Remember, not all children show the same symptoms and brain injuries aren’t visible, so symptoms aren’t always obvious.

When in doubt, sit them out. Dr. William Nobis, neurologist at Vanderbilt, recommends that “if you suspect a concussion, it’s important to immediately stop sports and seek medical attention as soon as possible. Prompt treatment of concussions can decrease the risk of prolonged recovery.”

Protection is paramount. Your child should wear properly fitted protective equipment such as a helmet or headgear.

Rules for a reason. Knowing how to play a sport safely and following the rules of a game will help prevent concussions.

Education is key. The more a child knows about concussions, the greater the likelihood that they will report an injury when it occurs.

Don’t forfeit fun this summer. Use your head and follow these tips to protect your child’s brain.

The first 2 steps of Vanderbilt’s award-winning, 3-step Go for the Gold program are now available. Get started now to learn important information about your health, earn up to a $240 Health Plan incentive (for eligible faculty and staff), and harness the power of Go for the Gold!

<table>
<thead>
<tr>
<th>Step 1</th>
<th>Compass Health Assessment</th>
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<td>Step 3</td>
<td>Coming Soon!</td>
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For information on Go for the Gold and to log in to your Health Plus Health Guide to get started, visit vanderbi.lt/gftg.

Have questions? Contact Health Plus at 615.343.8943, or email health.plus@vanderbilt.edu.

The Commodore Community Comes Together for National Walking Day!

Over 100 University faculty and staff enjoyed the sunshine, exercise, and comradery at this joint VU and VUMC event on April 3! Teams throughout the Commodore community bonded during this fun-filled event! We would like to send a special thank you to our leaders who walked and spoke to attendees:

- Eric Kopstain, Vice Chancellor for Administration
- Catherine Wood, Executive Director of Benefits

We would also like to give a big shout-out to Mr. C, Champ, and Jack the Police Dog for providing encouragement to all our walkers!
Did you know plants can be high in protein? Yes, plants! And summer, with all its bounty from the earth, is a great time to incorporate plant protein into your meals. Enjoy the health benefits of plants while getting all the protein your body needs this summer!

### Crispy Oven-Baked Falafels

1 onion • 3 cups cooked chickpeas (2 15-ounce cans, drained) • 1 cup fresh parsley • 1 cup fresh cilantro • 2 to 3 garlic cloves • 1 tbsp cumin • 2 tbsp flour • 1 tbsp olive oil • extra for baking • salt to taste

Preheat oven to 480°F.

In a food processor, blend the onion until chopped. Add the rest of the ingredients, leaving out the flour and olive oil. Blend again until smooth.

Add the flour and olive oil, and blend again.

With your hands, form the patties, and space them out evenly on a baking pan sprayed with cooking spray.

Spray or brush each patty with olive oil to ensure they turn out brown and crispy.

Bake for 15 to 20 minutes, carefully flipping halfway.

**Makes 12 to 15 falafels.** Per serving: Calories: 75, Total Fat: 2g, Protein: 3g, Carbohydrate: 12g, Fiber: 3g, Sugar: 0g, Cholesterol: 0mg, Sodium: 83mg

*Adapted from myfoodandhappiness.com.*

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**PLANT PROTEIN**

**BENEFITS**

- **Low saturated fat** content helps to support heart health.
- **High fiber** content helps lower cholesterol levels.
- **Contributes important minerals** such as calcium, potassium, and iron that are commonly missing from our diets.

**HOW TO INCLUDE IT IN YOUR DIET**

- **Nuts** can be used as salad toppings, added to oatmeal or overnight oats, and added to breads & other baked goods.
- **Legumes** can be used to make bean salads or added into baked goods such as breads and even pizza crusts!
- **Soy milk** can be used in smoothies and as a milk substitute in a number of things from mashed potatoes to cereal.

**PLANT PROTEIN SOURCES**

- **Nuts**
  - almonds
  - walnuts
  - pecans
  - cashews
  - pistachios
- **Soy**
  - soy beans
  - tofu
  - soy milk
  - tempeh
- **Legumes**
  - beans
  - peas
  - chickpeas
  - lentils
  - peanuts

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**TASTE Challenge**

Join us for the 5th annual TASTE challenge and gain practical knowledge to take your current nutrition status to the next level. Last year, more than 1,100 people took part in the 10-week online challenge and this year’s topics, recipes, and helpful tips are all new! You don’t want to miss out! Visit vanderbi.lt/taste for more information.
Tips for a Safe and Healthy Summer

Barbecues, beaches, and pool parties are all outdoor activities we enjoy during the summer season. What do all of these fun activities have in common? The summer sun. It’s important to stay safe and keep cool, especially during peak daylight hours, when outside in the summer heat. Here are a few tips and tricks to have fun and stay safe in the summer sun:

Seek shade. If you can, stay in the shade between 10 a.m. and 2 p.m., when UV rays are the strongest.

Plan ahead for outdoor activities. Wear lightweight, loose-fitting clothing so your body can cool itself properly.

Drink plenty of fluids. It’s important to stay hydrated while out in the sun. It’s recommended to drink eight or more 8-ounce glasses of water per day.

Use at least one full ounce of sunscreen. Dermatologists recommend to make sure all exposed skin is covered. The American Academy of Dermatology states most people apply 25 to 50% of the recommended amount of sunscreen.

Reapply every two hours. Don’t forget to reapply your sunscreen every two hours and immediately after swimming or excessive sweating.

Plan 15 minutes ahead. It takes about 15 minutes for the body to absorb sunscreen, so apply before you head outside to give it some time to start working.

Choose an SPF of 30 or higher. Make sure your sunscreen protects against both UVA and UVB rays.

Don’t forget about your eyes. The sun’s UV rays can cause photokeratitis, similar to a sunburn on the eyes. Protect them with sunglasses or a hat with a wide brim.

Try Aloe vera cubes for sunburn relief. Though it is critical to use sunscreen, sometimes we forget or miss a spot. Try this home remedy for soothing sunburn relief:

1. Pour Aloe vera gel into ice cube trays.
2. Freeze for at least six hours.
3. Use the cubes to cool your sunburn.
### June

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<tr>
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<tr>
<td>JUN 5</td>
<td><strong>Know Your Numbers</strong>&lt;br&gt;9:00 a.m. to 11:00 a.m.&lt;br&gt;Kirkland Hall, Room 201</td>
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<td>JUN 7</td>
<td><strong>Vandy Cooks</strong>&lt;br&gt;<em>Eating Right for a Good Night’s Sleep</em>&lt;br&gt;Noon to 1:00 p.m.&lt;br&gt;Karman Meyer, RD&lt;br&gt;Vanderbilt Recreation and Wellness Center Demo Kitchen</td>
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<td>JUN 7</td>
<td><strong>Healthier You Presentation</strong>&lt;br&gt;<em>Mindfulness for Stress Reduction</em>&lt;br&gt;Noon to 12:45 p.m.&lt;br&gt;214 Light Hall</td>
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<td>JUN 12</td>
<td><strong>Vandy Walks</strong>&lt;br&gt;<em>Annuals &amp; Perennials in Bloom</em>&lt;br&gt;Noon to 1:00 p.m.&lt;br&gt;Meet at Rand Hall Terrace</td>
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<td>JUN 20</td>
<td><strong>Know Your Numbers</strong>&lt;br&gt;Noon to 2:00 p.m.&lt;br&gt;Baker Building, 8th Floor Training Room</td>
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<td>JUN 20</td>
<td><strong>Babies &amp; You</strong>&lt;br&gt;<em>Breastfeeding: A Positive Choice</em>&lt;br&gt;Noon to 1:00 p.m.&lt;br&gt;Carol Huber, RN, BS, IBCLC, Lactation Consultant, NICU&lt;br&gt;208 Light Hall</td>
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### July

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<td>JUL 11</td>
<td><strong>Healthier You Presentation</strong>&lt;br&gt;<em>Foods for a Healthy Gut</em>&lt;br&gt;Noon to 12:45 p.m.&lt;br&gt;208 Light Hall</td>
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<td>JUL 12</td>
<td><strong>Know Your Numbers &amp; Go for the Gold Help Session</strong>&lt;br&gt;11:00 a.m. to 1:00 p.m.&lt;br&gt;Kirkland Hall, Room 201</td>
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<td>JUL 12</td>
<td><strong>Vandy Cooks</strong>&lt;br&gt;<em>Enjoying Beef in the Mediterranean Diet</em>&lt;br&gt;Noon to 1:00 p.m.&lt;br&gt;Karman Meyer, RD&lt;br&gt;Vanderbilt Recreation and Wellness Center Demo Kitchen</td>
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<td>JUL 16</td>
<td><strong>Know Your Numbers &amp; Go for the Gold Help Session</strong>&lt;br&gt;9:00 a.m. to 11:00 a.m.&lt;br&gt;School of Nursing, Godchaux Hall, Room 115</td>
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<td>JUL 18</td>
<td><strong>Babies &amp; You</strong>&lt;br&gt;<em>Caring for your Newborn</em>&lt;br&gt;Noon to 1:00 p.m.&lt;br&gt;Sunny Bell, MD, and Sarah Parker, MD, University Pediatrics</td>
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*Babies & You is a prenatal health program offered by Health Plus for VU employees, spouses, and dependents. The classes are provided monthly with a $50 incentive for those who register in their first trimester, attend at least 3 monthly classes, and go to all prenatal provider appointments.

For more information, class location, or to register online, visit [vumc.org/health-wellness/healthplus](http://vumc.org/health-wellness/healthplus).
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Lean Mean Plant Protein
Tips for a Safe and Healthy Summer
Have a topic you want to see covered? Email us at health.wellness@vanderbilt.edu.

Looking for ways to reduce your sitting time? Vanderbilt Health & Wellness offers a variety of programs that can help you become more active at work.

Try one of the walking routes during your break. Routes are available for different worksite locations on and off campus.

Browse through our library of online workouts. Many are designed to be done right in your office or at your desk!

Participate in the Start! Physical Activity Program to track your steps or active minutes and be entered in quarterly prize drawings.

Get up every 30 minutes and stretch or move around for a couple of minutes. Set your Outlook calendar to remind yourself to get up and move.

Stand for 10 minutes, with a couple of minutes of purposeful move. Then sit for 30 minutes and repeat throughout the day.