



# HEALTH & WELLNESS

VANDERBILT FACULTY & STAFF

The Occupational Health Clinic Health Plus  
Work/Life Connections - EAP

# Connection

Providing programs that support the well-being and productivity of Vanderbilt's most valuable asset... YOU!

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## Health & Wellness Wishes You a Happy & Healthy Summer

Whether traveling with family or friends for a destination vacation or sticking around for a leisurely “stay-cation,” we hope you spend the summer months enjoying your favorite summer activities and finding some time for a little rest and relaxation. *You deserve it!*



Follow us on Twitter @WellVanderbilt and share your healthy summer moments with us!

## Care Gap Alerts

Vanderbilt Experts on Health

### Well-Child Visits



Elizabeth Williams, MD, MPH  
Assistant Professor, General Pediatrics

#### What are well-child visits?

Well-child visits are routinely scheduled appointments that allow your health care provider to monitor your child's growth and development. Providers can provide timely resources and appropriate referrals if any problems are identified. These visits also allow us to offer guidance in anticipation of common parental challenges (e.g., toilet training).

#### Why are childhood immunizations important?

Childhood vaccines are extremely important for your child's health. Routine vaccines are given to all children to protect against highly contagious and potentially deadly diseases that cannot be easily treated with medications.

#### How would you address concerns regarding the safety of childhood vaccinations?

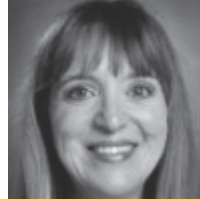
Addressing parental concerns about vaccine safety is challenging because as pediatric providers, we understand how safe vaccines are! I begin these conversations by trying to understand and acknowledge the specific concerns. Then, I share my experience, knowledge and personal stories about the safety of the specific vaccine(s) and the severity of the disease the vaccine is protecting against. Next, I explain how all childhood vaccines are thoroughly tested, and monitored indefinitely, for safety. If there is a concern that I am not familiar with, I do my own

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## Work/Life Connections-EAP

### The Counselor's Corner

Janet McCutchen, LPC, CEAP  
Work/Life Connections-EAP, Clinical Counselor



#### Q: Dear Counselor,

I struggle to balance work demands and being there for my family. How can I find that perfect balance?

*Busy Parent*

#### A: Dear Busy Parent,

The truth is that many parents have doubts and wonder if they can ever capture that elusive “perfect” balance between taking care of their families and maintaining their performance at work. Setting a foundation for success with balancing work and home responsibilities involves 2 key factors:

**Adjust Expectations.** It is important to recognize that no one has it “all.” For example, say you decide to spend time at home with your family on Tuesday nights. It’s important to not try to squeeze in another choice, such as taking the spin class at the gym that is only offered on Tuesdays. Once we set ourselves up to accomplish “everything,” we often end up frustrated and guilty no matter what we choose. It might be helpful to look for alternative days or times for that class or a gym that offers child-care. You can then schedule family fun later that evening or on another day during the week.

**Schedule, But Keep It Loose.** Even though we often have to make sure to schedule “down time” as adults, once we have a chance to relax, it’s important to daydream and “play.” Take 15 extra minutes to enjoy your coffee on the deck or patio, or rummage through old family photographs. Including casual, non-goal-oriented activities when we relax and recharge can make us feel productive and do not have to be complicated or time-consuming.

If you would like to learn more strategies to balance your work and personal life, please contact Work /Life Connections-EAP at **615.936.1327** for a confidential appointment.



## Passion at Work



*Jameson Norton*

*CEO, Vanderbilt Psychiatric Hospital and Clinics  
Executive Director, Vanderbilt Behavioral Health*

#### How do you model Credo behaviors to your team?

I aspire each day to value every interaction with positive and renewed energy, no matter how inconsequential the circumstances. Engagement and trust happens in microscopic increments. It is in these small moments that we demonstrate how much we care and resolve to take ownership of each challenge and opportunity.

#### How do you engage and build community with your coworkers?

VBH is composed of giving people who are continually thinking about the needs of others. To support these “givers,” we try to be intentional about community: encouraging teamwork, mindfulness and self-care. We hold monthly community gatherings, daily leadership rounds, multi-disciplinary safety huddles, focus groups over meals, and public recognition opportunities that remind us of our purpose.

#### What do you do to celebrate the accomplishments of others on your team?

We created monthly “Impact” and “Life Saver” awards to recognize courageous actions, Credo behaviors or safety leadership. We also send daily Kudos in person or by email. I believe extraordinary people are ordinary people doing extraordinary things that matter to them. We have many extraordinary people at VUMC.

#### What’s the most fulfilling aspect of your work?

I love being part of a team that cares deeply about our mission and each other. I am continually inspired by our people who are restoring hope for the hopeless, making world-shaping discoveries and empowering patients with life-building tools.





## Occupational Health Clinic **talk:**

# Heads Up! Phones Down!

**Mark Young, MSN, APN, FNP-BC, Nurse Practitioner,  
Assistant Manager for Programs, Occupational Health Clinic**



Today we use our cell phones for communication, entertainment, keeping up on the latest social news and so much more. You can be on campus or in your neighborhood and see people walking and crossing busy streets while looking down at their phones. “Looking down at your cell phone distracts us from our environment and increases the potential for injury,” notes Lieutenant Leshawn Oliver of the Vanderbilt University Police Department.

According to the National Safety Council:

- 52% of injuries from cell phone-distracted walking happen at home.
- 54% of injuries occur in individuals who are 40 years of age or younger.

Dr. Cristina Estrada, Division Chief of Pediatric Emergency Medicine at Monroe Carell Jr. Children’s Hospital at Vanderbilt, shares that the percentage of pedestrians killed while using cell phones has risen, from less than 1% in 2004 to more than 3.5% in 2010, and that number continues to climb. “Pedestrian-vehicle injuries are the 5th leading cause of death of children ages 5 to 19, but no age group is immune,” says Estrada.

The National Safety Council recommends the following tips to prevent injury if you are one to look at your cell phone while walking:

- Heads up! Phones down!
- Make eye contact with drivers of oncoming vehicles to make sure they see you.
- Only cross at designated crosswalks, and don’t cross until cars stop.
- Listen to your surroundings! Don’t wear headphones while walking.
- Children younger than 10 should always cross the street with an adult.

Lieutenant Oliver adds these safety tips for pedestrians:

- Wear bright colors by day and reflective clothing by night.
- Walk sober!
- Look both ways before crossing, and when it is clear, walk, do not run.

Be safe! Enjoy your surroundings!



## Care Gap Alerts

Vanderbilt Experts on Health  
**Well-Child Visits**

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research on the topic and share my findings with the parent. Finally, I provide the family with trustworthy resources to learn more and strongly recommend the vaccine(s). There are very few instances in which a vaccine would be contraindicated (*not given due to harm it would cause the patient*) and these are described on the CDC’s Vaccine Information Sheet for each vaccine.

### What are some common developmental milestones and why is it important to assess these at well-child visits?

One of the most important milestones to follow is speech. There is a step-wise progression of how expressive language develops that we follow during well-child visits. Identifying delays of these steps in infants or toddlers would be important to evaluate for diagnoses such as hearing loss or autism spectrum disorder. One of the earliest speech milestones involves infants “cooing,” and by 2 years old, toddlers should be able to speak in two-word sentences!

# GET STARTED WITH Go for the GOLD



The first 2 steps of Vanderbilt's award-winning, 3-step Go for the Gold program are now available. Get started now to earn your \$240 Wellness Credit (for eligible faculty and staff).

<b>Step 1</b>	Compass Health Assessment
<b>Step 2</b>	Wellness Actions Log
<b>Step 3</b>	Coming Soon!

**We heard your feedback and changes have been made to improve the user experience!**

For information on Go for the Gold and to log in to your Health *Plus* Health Guide to get started, visit [vanderbi.lt/gftg](http://vanderbi.lt/gftg).

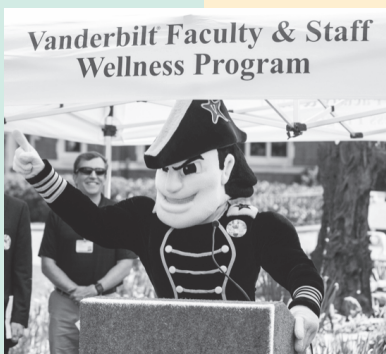
Have questions? Contact Health *Plus* at 615-343-8943, or email [health.plus@vanderbilt.edu](mailto:health.plus@vanderbilt.edu).

## Thank you to all who participated in National Walking Day!

Over 200 faculty and staff joined together to walk on April 5 at this joint event for VU and VUMC. We would like to send a special thank you to our leaders who walked and spoke to attendees:

- Eric Kopstain, VU Vice Chancellor for Administration
- Mitch Edgeworth, VUMC Hospital and Clinics Chief Executive Officer
- Traci Nordberg, VUMC Chief Human Resource Officer

We would also like to give a big shout-out to Mr. C and Champ for providing encouragement to all our walkers!





# Cooking up good times in the kitchen

Preparing meals at home is usually much healthier and more economical than going out or picking something up. But let's face it, sometimes cooking can become mundane.

Here are a few ways to spice up your time in the kitchen:

- Put in a good movie and cook in bulk. Cook 5 to 10 pounds of meat and freeze in 1-pound portions. You only have 1 mess to clean up, and you'll be so focused on the movie that cooking isn't a chore. Don't have a TV nearby? Crank up some music and sing along.
- Try new recipes. Have each family member go through a cookbook and pick out new recipes to try. Then, once a week, take turns making 1 of those recipes.
- Meal prep with friends. What a fun opportunity to catch up with your pals while being productive.
- Get your kids to help. They can easily grate cheese, wash produce, measure ingredients, stir, set the table and more. And, as a bonus, the kids may be much more apt to eat whatever you cook when they're involved.

Source: Holly J. Houg, *Cooking Class Instructor for Happiness in the Kitchen with Holly Houg*

## Avocado Chicken Salad

- ½ cup fat-free plain Greek yogurt • 1 tsp. cumin • 1 lime, juice and zest • 3 Tbsp. cilantro, finely chopped
- 1 medium tomato, diced • ½ ripe avocado, diced • 2 green onions, white part only, diced
- 1 jalapeño, seeded and diced • 2 cups cooked chicken breast, diced
- ¼ tsp. each salt and pepper, or to taste

In a medium bowl, blend yogurt, cumin, lime and cilantro. Fold in tomato, avocado, onion, jalapeño and chicken breast. Stir to combine. Season with salt and pepper. Serving suggestions: Enjoy atop salad greens, stuffed into a whole-grain pita or on warm corn tortillas.

**Makes 6 servings.** Per serving: 278 calories, 35 g protein, 10 g total fat (2 g saturated fat, 6 g monounsaturated fat, 2 g polyunsaturated fat), 11 g carbohydrate (3 g sugar, 4 g fiber), 393 mg sodium



## Farmers' Market Returns

The Vanderbilt Farmers' Market returns to campus this summer and will be held every Thursday through October 26. The market will return back to the plaza near Eskind Library with a new time of 2:00 p.m. to 5:30 p.m. Stop by and shop for:

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

For more information, visit [vanderbi.lt/farmersmkt](http://vanderbi.lt/farmersmkt).

TASTE

ENJOY THE  
TASTE OF  
EATING RIGHT

## TASTE Challenge

Enjoy the taste of eating right through a 10-week experience of eating delicious food, saving money and minimizing your time in the kitchen. Last year, more than 1,200 people took part in the online challenge and gained practical information to move their nutrition status to the next level. This year's content will provide more practical tips and delicious recipes. You don't want to miss out! Visit [vanderbi.lt/taste](http://vanderbi.lt/taste) for more information.



# Finding the Right Care is as Easy as 1-2-3

Your health can change as quickly as the weather. That's why Vanderbilt University Medical Center's health plan makes sure you and your family have several easy, affordable ways to get the care you need, when and where you need it. If you or a family member is experiencing a medical emergency, follow these 3 steps to choose the best care option.

1. If you or a family member is experiencing a life-threatening emergency, **call 9-1-1 right away**.
2. If your medical condition is not life-threatening, call your primary care physician or the Vanderbilt Nurse Advice Line at **615.875.6773** for advice on when and how to seek care. The Vanderbilt Nurse Advice Line, powered by Aetna, is staffed by registered nurses trained to direct you to the most effective and appropriate care. The nurse line is available 24 hours, 7 days a week, every day of the year. The nurse will not tell you to go to a particular provider, but instead will help you decide the type of care you likely need — for example, a walk-in clinic versus the emergency room — and direct you to the best resources to access that care.
3. Once you've decided the type of care you need, you can choose the provider. VUMC employees have 3 options for care.

- You can visit an in-network walk-in or after-hours urgent care clinic for as little as a \$20 office visit co-pay. Nearly 50 clinics — including retail clinics, such as The Little Clinic inside Kroger grocery stores — are part of the Vanderbilt Health Affiliated Network. Most are available 7 days a week, and many are open after traditional business hours. You can visit the VHAN website ([vhan.com](http://vhan.com)) to find the nearest clinic or text your zip code to **615.908.2273** to have a list of the nearest clinics sent to your phone.

- If you live or work in Davidson County, Vanderbilt Health OnCall brings a Vanderbilt nurse practitioner to your home, office, or anywhere else 7 days a week from 8:00 a.m. to 8:00 p.m. The service is now accepting Aetna Vanderbilt insurance plans, as well as other major plans. Vanderbilt Health OnCall is available to anyone 18 years and older with non-emergent medical conditions, such as a sore throat,

fever, cough, earache or minor injury. Download the app from the Apple App Store or Google Play or visit the website at **VanderbiltHealthOnCall.com** to request a visit, and a provider will arrive within two hours of your request. For questions, call **615-241-6000**.

- You can also visit the Faculty/Staff Express Care clinic ([healthandwellness.vanderbilt.edu/occupational-health/express-care](http://healthandwellness.vanderbilt.edu/occupational-health/express-care)) in Suite 112 of the Medical Arts Building. The clinic is open weekdays, 7:30 a.m. to 2:00 p.m. — except on days VUMC observes holidays — and treats minor illnesses, such as cold and flu. If Faculty/Staff Express Care is closed, you can go to the Occupational Health Clinic as a walk-in patient. The Occupational Health Clinic in Suite 640 of the Medical Arts Building treats work-related injuries and illnesses and is open Monday–Friday, 7:30 a.m. to 5:30 p.m.





# upcoming events

## June

- JUN 1** **Know Your Numbers & OHC Comes to You**  
1:30 p.m. to 4:00 p.m.  
MCJCHV, Room 2104
- JUN 2** **Know Your Numbers & OHC Comes To You Late Night Cart**  
6:00 p.m. to 10:00 p.m.  
MCJCHV (ED, Radiology)
- JUN 15** **Babies & You\***  
*Postpartum Care*  
Noon to 1:00 p.m.  
Light Hall, Room 411  
Presented by Carol Huber, RN, BS, IBCLC,  
Lactation Consultant, NICU
- JUN 16** **Know Your Numbers & OHC Comes to You Williamson County**  
9:00 a.m. to 10:00 a.m.  
Cool Springs Urology Clinic, 2009 Mallory Ln
- JUN 16** **Know Your Numbers & OHC Comes To You Williamson County**  
10:30 a.m. to 11:30 a.m.  
VMG Oncology Clinic, 324 Cool Springs Blvd
- JUN 16** **Vandy Cooks**  
*Mediterranean Cuisine*  
Noon to 1:00 p.m.  
VRWC Demo Kitchen  
Presented by Marissa Wertheimer MS, RD, LDN,  
Health Plus
- JUN 21** **Boomers, Elders & More**  
*Strategies to Promote Nutritional Intake for Persons with Dementia: Tips for Family Caregivers*  
Noon to 1:00 p.m.  
Light Hall, Room 415CD
- JUN 21** **Know Your Numbers & OHC Comes To You Late Night Cart**  
6:00 p.m. to 10:00 p.m.  
VUH (6N, 6S, 7N, 7S)

Every Thursday in June and July:  
**OHC Comes to 100 Oaks**  
8:00 a.m. to 11:30 a.m., VPEC 21100

If you have questions regarding the Boomers, Elders & More events, contact Stacey Bonner, Family Services Coordinator, at **936.1990**, or at [stacey.l.bonner@vanderbilt.edu](mailto:stacey.l.bonner@vanderbilt.edu).

## July

- JUL 6** **Know Your Numbers & OHC Comes to You**  
1:30 p.m. to 4:00 p.m.  
MCJCHV, Room 2104
- JUL 7** **Know Your Numbers & OHC Comes To You Late Night Cart**  
6:00 p.m. to 10:00 p.m.  
VUH (8N, 8S, 9N, 9S)
- JUL 19** **Boomers, Elders & More**  
*Do You Know about a VA Benefit to Pay for Caregiving?*  
Noon to 1:00 p.m.  
Light Hall, Room 419CD
- JUL 19** **Know Your Numbers & OHC Comes to You Green Hills**  
1:00 p.m. to 4:00 p.m.  
Green Hills Office Building, Room 3001
- JUL 19** **Know Your Numbers & OHC Comes To You Late Night Cart**  
6:00 p.m. to 10:00 p.m.  
MCJCHV (Floors 3 and 4)
- JUL 20** **Babies & You\***  
*Preparing for Labor and Birth*  
Noon to 1:00 p.m.  
Light Hall, Room 411  
Presented by Bethany Sanders, MSN, Certified Nurse  
Midwife, West End Women's Health Center
- JUL 21** **Know Your Numbers & OHC Comes to You Williamson County**  
9:00 a.m. to 10:00 a.m.  
Brentwood Primary Care, 343 Franklin Rd
- JUL 21** **Know Your Numbers & OHC Comes To You Williamson County**  
10:30 a.m. to 11:30 a.m.  
2105 Edward Curd Ln, 3rd Floor Conference Room
- JUL 28** **Vandy Cooks**  
*Celebrating National Beef Month*  
Noon to 1:00 p.m.  
VRWC Demo Kitchen  
Presented by Karman Meyer, RD, LDN,  
TN Beef Industry Council

\*Babies & You is a prenatal health program offered by Health Plus for VUMC 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 [healthplus.vanderbilt.edu](http://healthplus.vanderbilt.edu).

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**In This Issue:**

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*Passion at Work* with Jameson Norton

The Counselor's Corner

Heads Up! Phones Down!

Get Started with Go for the Gold

Have a topic you want to see covered? Email us at [health.wellness@vanderbilt.edu](mailto:health.wellness@vanderbilt.edu).

*“A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing and the lawn mower is broken.”*

– James Dent

**Health and Wellness Connection**  
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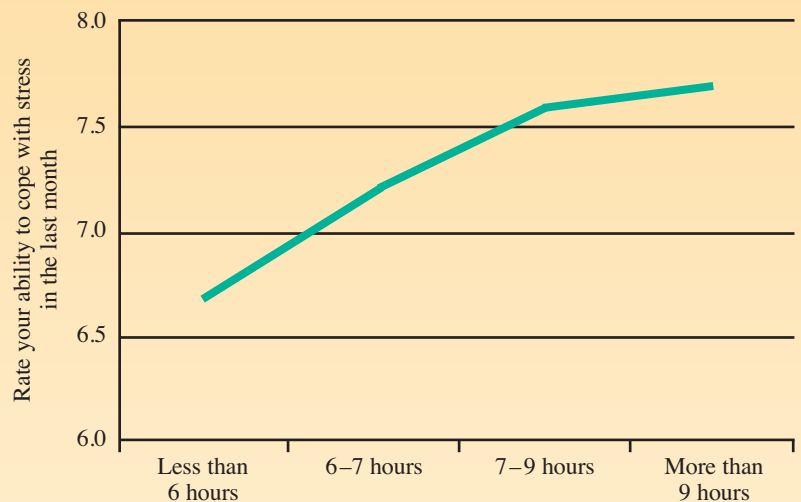
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# The Healthy Pulse

FOR FACULTY AND STAFF AT VANDERBILT

Hours of sleep on a typical weeknight and ability to cope with stress



How many hours of sleep do you get on a typical night?

Regular and restful sleep is an important component of physical and mental health and well-being. Data from “Go for the Gold” shows a positive association between sleep and the ability to cope with stress. Getting the recommended amount of sleep (7–9 hours) can help us better cope with stress, whereas sleep deprivation can negatively impact our coping ability as well as our mood, energy and effectiveness.