

HEALTH & WELLNESS

VANDERBILT FACULTY & STAFF

The Occupational Health Clinic
The Vanderbilt Child and Family Center

Health Plus
Work/Life Connections-EAP

Connection

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

Vol. 30 • NO. 3
April/May 2010

Need a sitter for a child or adult? The new Sitter Service can help.

The Sitter Service is a great new resource for connecting faculty and staff who need sitter services with Vanderbilt students and employees* who are interested in providing care for infants, preschoolers, school-agers, and adults. The service allows clients to quickly access in-home sitters while allowing students and employees to earn extra income and enjoy providing care and companionship.

The database of sitters is available for clients who have an immediate need or have only an occasional need for a sitter. Clients are able to access the database themselves and contact the sitter directly if that person's schedule, skills, and abilities meet the client's needs.

NEED A SITTER?

Sitters can be located by logging into the Health and Wellness Information Portal at <https://myhealthandwellness.vanderbilt.edu/>.

WANT TO PROVIDE SITTING SERVICES?

The Child and Family Center is currently recruiting sitters to be a part of the Vanderbilt Sitter Service. Please complete the online application if you are interested in being a part of this directory by visiting <http://childandfamilycenter.vanderbilt.edu/> and clicking on the New! Sitter Service information.

The Child and Family Center acts as an introduction agent only and does not, either directly or indirectly, employ sitters. Sitters are under the supervision, direction, and control of the client at all times. It is the client's responsibility to negotiate pay, conduct an interview, perform reference checks, and do a criminal background check, if desired.

Call Family Services Coordinator Stacey Bonner, MBA at **936-1990** for more information.

**Child and Family Center will verify only that at the time a student or employee submits their initial information they are either a current Vanderbilt student or employee.*



*Brett Sweet
Vice Chancellor for Finance and
Chief Financial Officer*

Leading by example

*Vanderbilt Leaders Making
Wellness a Priority*

How do you fit activity into your busy day?

Before the workday. I am an early morning riser, so that's when I find time to exercise.

Favorite indulgence:

Mexican food.

Personal goal you are working on:

Losing that last 10 pounds and lowering my cholesterol.

Last book you read:

Salt, by Mark Kurlansky.

Your way to relax on the weekend:

Playing basketball in the driveway with our daughters; reading the newspaper.

Three things that are always in your refrigerator:

Tabasco sauce — the magic elixir from Avery Island; grapefruit juice; Fage Greek yogurt.

vanderbilt news

Vanderbilt observes National Employee Health and Fitness Day Wednesday, May 19

Know Your Numbers. Keep your weight and blood pressure in check with quarterly Know Your Numbers stations. Attend three out of four Know Your Numbers events in 2010 and return with your card to receive a duffel bag as your prize.

May 17, 11 a.m. – 1 p.m.
Vanderbilt Children's Hospital, Room 2104

May 18, 7 – 10 a.m.
Courtyard Café

May 19, 5 a.m. – 9 p.m.
Health *Plus*, Kensington Garage

May 20, 11 a.m. – 1 p.m.
Law School, Flynn Room

May 21, 3 – 5 p.m.
100 Oaks, First Floor Conference Room

Boost your activity with the One Day Challenge. Walk at least 12,000 steps or exercise at least 1.5 hours on May 19 to earn a prize. This is a great way for nightshift or off-site faculty/staff to get involved. Complete the online form and fax it to Health *Plus* at **343-3029**.

3 Mile Fun Run. Join Health *Plus* staff at 5:15 p.m. for a 3 mile fun run on the Vanderbilt campus and enter a drawing for a Team Nashville gift card.

Other activities will include a **Wii Bowling Tournament**, a **Group Fitness Superclass**, and much more!

View a complete schedule of events and more details at <http://healthplus.vanderbilt.edu>.

Wellness when you want it — Health and Wellness *Wellcasts*

Listen to interviews, tips, and tidbits on a variety of health and wellness topics ranging from fad-free weight loss to creating positive change to wise antibiotic use. Listen from your MP3 player or your computer. The Health and Wellness *Wellcasts* are available at www.healthandwellness.vanderbilt.edu.

The Counseling Corner



Q: Dear Counselor,

It seems there is always more to do than I have time to get it done. This is true on my job and the same thing holds true at home. I never seem to have time for myself.

Do you have any tips to help me manage my time better?

Time-Challenged

A: Dear Time-Challenged,

There will always be more to do than time to do it in! There are only 24 hours a day, 168 hours in a week. The trick is for us to make the most of it by learning to budget time as we would money. That means that you need to identify your goals and priorities, decide where you want to spend your time, and monitor how it gets spent. To do this, you need a system that works for you.

I recommend that you create a daily to-do list. This serves as a map for what you want to get accomplished today, this week, and over the year. Review it first thing each day and when you end the day. Spend your energy on those tasks that yield a greater impact toward your goals. Time management is about taking control of this resource and allocating it.

Don't forget to budget time for self-care and enjoying life's special moments. Make room in your schedule for exercise, sleep, quiet time, socializing, and hobbies. David Allen's book *Getting Things Done: The Art of Stress-free Productivity* outlines a useful system.

If you need further guidance, Work/Life Connections-EAP can help you. Just call **936-1327** to schedule an appointment with one of our counselors.

Stephanie Dean, LPC, CEAP, Assistant Manager and Counselor, Work/Life Connections-EAP

**“You've got to do your own growing,
no matter how tall your
grandfather was.”**

— Irish proverb

health yourself

The Healthy Pulse

ON FACULTY AND STAFF AT VANDERBILT



Start! your spring by getting outside more

Join more than 4,000 faculty and staff in tracking your physical activity, earning prizes quarterly, and helping reach the Vanderbilt goal of 1.5 billion steps in 2010. This program is easy, convenient, available 24/7, and requires no equipment or fitness facility. What are you waiting for? Start!

- **Challenge 2 begins April 1. It's not too late to sign up.** Complete 200,000 steps by June 30 and receive a cotton sun visor as your prize.



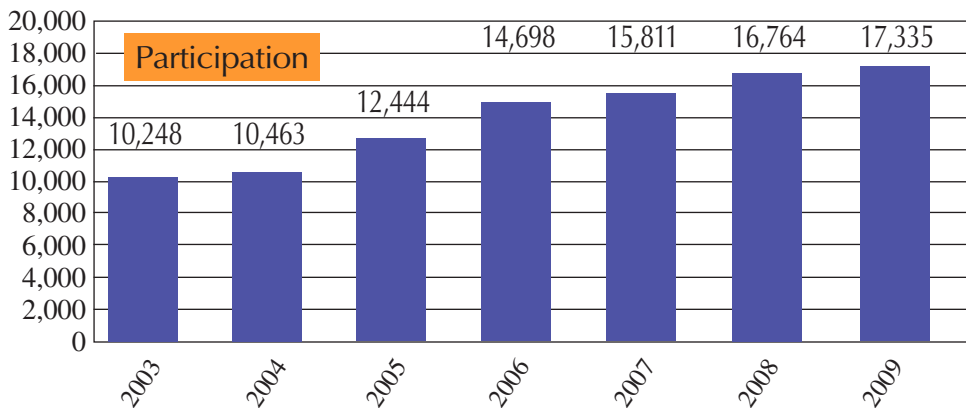
- **Walking Wednesdays — do it alone or with a friend.** Join Health Plus Group Fitness Coordinator Lori Cowan as she leads eight weeks of 30-minute walks April 7 – May 26. The Vanderbilt campus is glorious this time of year.

Meet Lori at the Medical Center North shuttle drop-off rain or shine. Walk with the fast-paced or the slower-paced group. An option for off-site walkers is also available upon request by contacting Lori at **343-6576** or **lori.l.cowan@vanderbilt.edu**.

- **National Start! Walking Day is April 7.** Join Health Plus staff for a 20-minute fitness walk beginning at the Medical Center North shuttle drop-off. After the walk, join in the festivities as Start! participants receive prizes for completing Challenge 1, and you can learn more about the Walking Wednesdays walking club.
- **May 19 is National Employee Health and Fitness Day**, a day dedicated to promoting health and fitness. Turn to page 2 of this newsletter to learn more.

Click the green Start! button on the Health Plus home page to begin moving more and having fun!
<http://healthplus.vanderbilt.edu/>

Go for the Gold participation increased for the 7th consecutive year



The award-winning Go for the Gold Program has continued to grow in popularity within the Vanderbilt faculty and staff population. Completing it yearly will help you evaluate your current lifestyle, identify health risks, and decide where and how to make improvements. Use the personal recommendations you will get to set your own goals, based on what is important to you.

NEW FOR 2010:

- A new deadline for completion of October 31, 2010
- A new Wellness Actions Log that will be more interactive
- A new Game Plan for Your Health video on maintaining a healthy weight
- Check your own Go for the Gold completion status by logging into the Health and Wellness Information Portal at <https://myhealthandwellness.vanderbilt.edu/>.

2009 was the first year in which the Wellness Credit was deposited in a Health Plan Account rather than deposited into paychecks. Benefits to having the wellness credit deposited in the Vanderbilt Health Plan Account include:

- The money is not taxed.
- The money is deposited as a lump sum at the beginning of the calendar year.
- The money can be used to help offset the cost of deductibles and coinsurance.
- The money will roll over each year, to a maximum of \$1,000.

Visit <http://hr.vanderbilt.edu/benefits/gftgFAQ.htm> to read frequently asked questions about the Vanderbilt Health Plan changes affecting Go for the Gold.

Participate in Go for the Gold and be a part of Vanderbilt's Culture of Wellness by visiting <http://healthplus.vanderbilt.edu>. Get started today to make sure your Go for the Gold steps are completed by the new deadline of October 31, 2010.

SPOTLIGHT ON

Health Plus Wellness Commodore Dannie Rio, Guest Services

Dannie is one of over 50 Wellness Commodores at Vanderbilt. Commodores communicate to faculty and staff in their area about Health Plus programs and services, help Health Plus staff understand the needs and interests of their department, and act as role models for wellness.

“As a Wellness Commodore, I provide periodic announcements about wellness activities to my department and encourage participation in the Go for the Gold Program,” explains Danny.

Learn more about becoming a Wellness Commodore for your department at <http://healthplus.vanderbilt.edu>.



Allergy relief

Wash your hands frequently and avoid touching your eyes and face. Pollen collects on all outdoor surfaces, including car doors, mailboxes, etc. Avoid running your fingers through your hair, and wash your hair before going to bed if you spend a lot of time outdoors.

If possible, stay indoors between 10 a.m. and 4 p.m., the peak pollen hours. Close the windows in your home and car, and use the air conditioner instead.

Information on the pollen count where you live can be found at www.aaaai.org.

Reviewed by Cynthia M. Wasden, APRN, Vanderbilt Asthma, Sinus, and Allergy Program

**“Write injuries in sand,
kindnesses in marble.”**

— French proverb

Health n

Diabetes news

Weight loss and regular exercise may trump medication when it comes to delaying or preventing type 2 diabetes.

Over one 10-year study, people at increased risk for diabetes who lost weight through controlling calories and fat and exercising at least 150 minutes a week reduced their risk of developing diabetes by 34%. Participants in the same study who took medication to prevent diabetes saw an 18% lower risk.

Visit <http://www.vanderbilthealth.com/diabetes/> for more information on Vanderbilt Diabetes' comprehensive approach, to make an appointment, or to read more on living with diabetes.

Source: The Lancet, Vol. 374, pg.1677

Reviewed by Kathleen Wolff, MSN, FNP-BC, Vanderbilt Diabetes Center

Life Phase Series

The Health Plus Life Phase Presentation Series is designed to help promote quality of work life by providing programs to manage areas of our lives other than work.

Thursday, April 15
Simple Steps to Live Greener

Noon – 1 p.m.
419 Light Hall

Learn simple steps to make your home and office more environmentally friendly with Tara Biller, owner of a green residential consulting service.

Thursday, May 20
Managing Your Money 101

Noon – 1 p.m.
Location to be announced on the Health Plus Website.

Learn money monitoring and planning skills at this informative presentation designed to help you manage your money so it doesn't manage you. Worksheets and electronic tools will be provided to guide you through this valuable class taught by Ralph E. Topham, Clinical Counselor at Work/Life Connections-EAP.



*You'll be more productive if you plan something
to look forward to each day.*

Are you up to date?

Performance evaluation season is upon us, so act now to make sure you are in compliance with required immunizations and screenings in Occupational Health. Check your Occupational Health Status to find out what services you may need.

Visit the Health and Wellness Information Portal at <https://myhealthandwellness.vanderbilt.edu/> to access this and other Health and Wellness program information in one convenient location.

Smart Living



Find something to laugh about every day.

Health and Wellness Connection

newsletter editor: Stacey K. Kendrick, MS, Coordinator of Health Promotion, Faculty and Staff Health and Wellness

Contact stacey.k.kendrick@vanderbilt.edu or 322-6689

Eating-Well Recipe

Shrimp and Pine Nut Spaghetti

- 8 oz. uncooked spaghetti
- 12 oz. peeled and deveined medium shrimp
- 2 Tbsp. pine nuts
- 1 cup 1% low-fat milk, divided
- 1 Tbsp. all-purpose flour
- ½ tsp. Dijon mustard
- ¼ tsp. ground nutmeg
- ¼ tsp. salt
- ¼ tsp. freshly ground black pepper
- ½ cup (2 oz.) grated fresh Parmigiano-Reggiano cheese
- ⅓ cup finely chopped fresh basil
- ¼ cup torn fresh basil leaves

Bring 4 quarts water to a boil in a large saucepan. Add pasta; cook 7 minutes. Add shrimp to pan; cook 3 minutes or until shrimp are done and pasta is al dente. Drain; keep warm.

While pasta cooks, heat a small nonstick skillet over medium heat. Add nuts to pan; cook 2 minutes or until lightly browned.

Combine ½ cup milk and flour in a large saucepan, stirring with a whisk until well blended. Place pan over medium heat; gradually stir in remaining ½ cup milk. Stir in mustard and nutmeg. Bring to a boil; reduce heat to medium-low, and cook 5 minutes or until mixture begins to thicken, stirring constantly. Stir in salt and pepper; cook 1 minute. Add drained pasta mixture, cheese, and chopped basil, tossing gently to combine. Sprinkle with nuts and torn basil.

Serves 4 (1 cup per serving). Per serving: 421 calories, 9.7 g total fat, 3.4 g saturated fat, 2.4 g monounsaturated fat, 2.5 g polyunsaturated fat, 550 mg sodium, 32.7 g protein.

Source: www.cookinglight.com

NUTRITION QUESTIONS?

Ask the Dietitian

Q: What Websites can I use to find healthy recipes?

A: Cooking healthy is not as hard as it might seem.

Sometimes finding the right resources can be the hardest part. Here are some helpful Websites that contain not only healthy recipes, but also useful information about eating and living well.

The Food Network

<http://www.foodnetwork.com/topics/healthy/index.html>

When you hear “The Food Network,” most people think gourmet, Paula Deen, and butter. However, this Website spotlights Ellie Krieger, a Food Network chef and also a Registered Dietitian, who offers great information on healthy eating. The main page highlights recipe categories such as “Lightened-Up Fare,” “Healthy International Cuisine,” and healthy holiday cooking. In the mood for mac and cheese, but want to skip the guilt? Try Ellie’s “Macaroni and 4 Cheeses,” which uses pureed squash to lower the calories (only

395 per serving). Just don’t mention the squash part to the kids. Click on “Meal Makeovers” to find healthier versions of some traditional favorites such as chicken pot pie, burgers, lasagna, and apple pie. Both good and good for you!

Cooking Light

www.cookinglight.com

The name gives it away, but this site is truly the treasure chest of healthy recipes. This Website also has a “Recipe Makeover” section containing recipes such as Shrimp Etouffee, Light Party Bean Dip, Light Chili, and even lightened chocolate desserts with all the flavor, just fewer calories. You can also sign up for daily or weekly newsletters that deliver healthy recipes straight to your inbox. All recipes contain nutritional information, so you will know exactly what you’re getting.

Also, be sure to check out The American Dietetic Association at www.eatright.org for healthy eating tips and helpful nutrition resources.

Written by: Emily Smith and Lori McGrail, 2009 – 2010 Vanderbilt Dietetic Interns
Reviewed by: Abbie Derrick, MS, RD, LDN, Vanderbilt Nutrition Services

The Occupational Health Clinic comes to you!

OHC makes getting those shots and skin tests even more convenient for you. Drop by during any of these sessions to get all the immunizations and testing you need to be “up to date.”

OHC Visits 100 Oaks

8 – 11:30 a.m. every Thursday in the Vanderbilt Preoperative Evaluation Clinic (suite 21100).

OHC Visits Williamson County

April 2, 10 – 11 a.m., Edward Curd Lane (3rd floor conference room).

11:15 a.m. – 12:15 p.m., Walk-in Clinic

May 12, 9 – 10 a.m., Edward Curd Lane (3rd floor conference room).

10:30 – 11 a.m., Brentwood Primary Care (343 Franklin Road, Suite 101).

OHC Visits Vanderbilt Children’s Hospital (VCH)

April 1 and May 6, 1 – 4:30 p.m., room 8009.

Make sure you are in compliance with required immunizations and screenings in Occupation Health by visiting <http://myhealthandwellness.vanderbilt.edu> to find out what services you may need.

family health

Summer camp fun made easy

Summer camp offers children a chance to try new activities, and gain proficiencies and skills beyond what school can offer. It can provide an experience that your child will look back on with fond memories. Summer camp can help your child develop character, learn valuable life skills, and make new friends.

Before you choose a camp for your child, it is important to think about your child's personality and what camp programs will benefit him or her the most. Make sure to include your child in the decision.

Need help finding the camp that is right for your child? Visit <http://childandfamilycenter.vanderbilt.edu> and click on The Family Center to access an extensive listing of day and overnight camps.

Lunchtime series focuses on geriatric care and senior living

The Child and Family Center offers a monthly lunchtime series on a variety of topics relating to baby boomers, the elderly, and much more. All sessions are from noon – 12:45 p.m., in Light Hall, room 407 c-d. Feel free to bring your lunch.

April 21

Geriatric Care Management — How Can It Help?

Gretchen Napier Geagan of Life Links will discuss the benefits of using a geriatric care manager to support your loved one's needs.

May 19

Solving the Mysteries of Senior Living

Judy Givens of Park Manor, April Lovelace of Homewood, and Tracy O'Kelly of West Meade Place will speak about independent senior living, assisted living, and long-term care considerations.

View the complete Boomers, Elders, and More series schedule at

<http://childandfamilycenter.vanderbilt.edu/>.



Get local! Visit the Vanderbilt Farmers' Market

The Vanderbilt Farmers' Market returns in late May through October with even more offerings than before. Come to the Medical Center Plaza for this rain-or-shine event to choose produce from local farmers and a variety of local artisan foods — a great way to help maintain your healthy lifestyle.

New this year!

Select healthy locally baked goods, all natural and grass-fed meat, and all natural dairy products.

The Vanderbilt Farmers' Market is sponsored by Health *Plus*, Monroe Carell Jr. Children's Hospital and the Nashville Farmers' Market.

All proceeds from the Vanderbilt Farmers' Market directly benefit Tennessee farmers.

Visit the Health *Plus* Website for Vanderbilt Farmers' Market details and what's in season at

<http://healthplus.vanderbilt.edu/service/farmer-s-market>.

take care

OHC TALK: FOR TIP-TOP HEALTH, START AT THE BOTTOM

Alice Warren, RN, MSN, Med, ANP, Nurse Practitioner, and Assistant Clinical Manager talks with Dr. David Trenner, Senior Associate in Orthopaedics and Rehabilitation at Vanderbilt



While physical activity like walking, running, or sports participation is vital to achieving good health, it can, at the same time, mean wear and tear and stress on the feet. Good foot care is important to keep your feet healthy and fully functioning so you can participate in the activities that you enjoy.

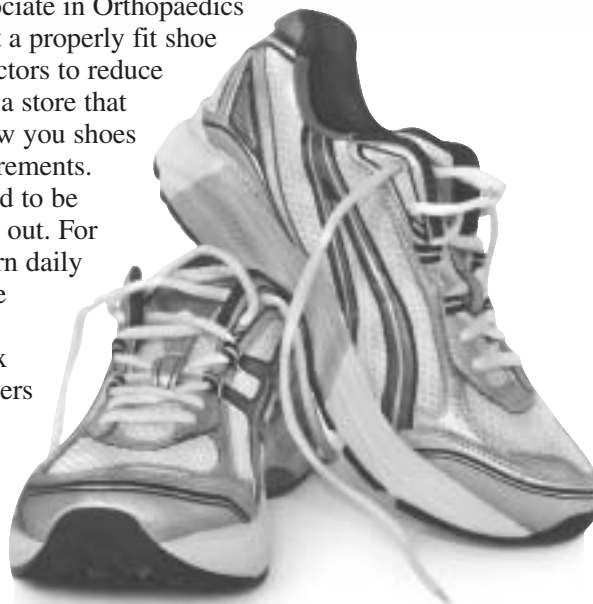
Preventive care of the feet begins with daily washing with a mild soap and warm, not hot, water. Be sure to dry carefully, including between the toes. Apply a moisturizing lotion or cream to dry cracked areas. If your feet sweat a lot, consider using a foot powder, and change socks often to help keep them dry. Trim nails straight across using clippers made for toenails.

Wear shoes that fit, to protect your feet. Always try on shoes before you buy new ones, and make sure they feel good when you stand and walk. Most people have some swelling in the feet at the end of the day, so shop and find a fit when your foot is the largest. The ball of your foot should feel comfortable in the widest part of the shoe, and there should be ½ inch between your toes and the end of the shoe when you stand.

Inspect your feet for signs of injury. Ingrown toenails, corns, and calluses are only a few of the common foot problems that can occur. It is especially important for everyone who has diabetes or circulatory problems to have regular foot checks by a doctor.

Dr. David Trenner, Senior Associate in Orthopaedics and Rehabilitation, advises that a properly fit shoe is one of the most important factors to reduce foot injury. If possible, shop at a store that will measure your feet and show you shoes that are correct for your measurements.

Dr. Trenner says that shoes need to be replaced before they look worn out. For most people, shoes that are worn daily should be replaced at least once a year. People with high body weight need new shoes after six months of daily wear, and runners are advised to replace running shoes after 300 – 500 miles of use.



Snoring is no laughing matter

Loud snoring can be a sign of sleep apnea, a condition that increases your risk for high blood pressure, heart attack, stroke, and type 2 diabetes.

People with sleep apnea may stop breathing several times during the night, or seem as if they are holding their breath. Daytime sleepiness, trouble concentrating, irritability, and forgetfulness are other symptoms.

Being overweight often leads to sleep apnea, but even modest weight loss may improve your breathing and reduce snoring. Sleeping on your side may also help. Drinking alcohol less than four hours before going to bed, and certain medications, especially sleeping pills, can contribute to sleep apnea.

Talk to your doctor about any signs of sleep apnea. After medical evaluation and diagnosis, sleep apnea can be treated with airway machines, certain prescription dental appliances, and devices that keep you from sleeping on your back.

Beth Malow, MD, MS, Medical Director of the Vanderbilt Sleep Disorders Center added, “Identification and treatment of sleep apnea should be viewed as an opportunity to prevent major medical illnesses, and improve well-being and daytime functioning. Visit the Vanderbilt Sleep Disorders Program Website at www.vanderbilthealth.com/sleepcenter, or call 615-343-5888 to learn more about our program.”

Source: National Heart, Lung, and Blood Institute

Reviewed and commented on by Beth Malow, MD, MS, Professor, Department of Neurology, Medical Director, Vanderbilt Sleep Disorders Center



upcoming events

Babies and You

Babies and You is a prenatal education program sponsored by Health *Plus* that is offered to full-time faculty, staff, and their dependents. The program focuses on early prenatal care and the prevention of birth defects and low birth weight. Sign up for Babies and You within the first trimester of pregnancy, and your baby may be eligible to receive a \$100 (taxable) savings bond when he or she is born. After the birth of your baby, you will qualify for one free home visit by a registered nurse. The service is available for Davidson and surrounding counties.

UPCOMING CLASSES FOR BABIES AND YOU:

April 15, noon to 1 p.m.

Breastfeeding: A Positive Choice

Carol Huber, RN,
Perinatal Education
Location: 407 Light Hall

May 20, noon to 1 p.m.

Therapeutic Touch for Babies/ Infant Massage

Jennifer Pearson, Occupational Therapist,
Certified Infant Massage Therapist
Note: You may bring your baby or a doll for hands-on practice.

Location: 8380A Medical Center East,
South Tower

For more information or to register online, visit
<http://healthplus.vanderbilt.edu/service/babies-and-you>.



Health *Plus* Group Fitness News to Know...

■ **THE AEROBIC CHALLENGE IS BACK!** Join in the fun, meet others, and beat the heat. The Aerobic Challenge is a three-month program beginning May 19 and ending August 19. Sign up at the Superclass (5 to 7 p.m.) on May 19 or anytime thereafter.

Participate and be entered in a drawing for great fitness prizes:

- Earn 45 points or more and you will be entered in a drawing for one of four \$25 gift cards from Dick's Sporting Goods Store.
- Different bonus classes each week (3 extra points for bonus classes).

THE BIG FINALE... (some form of cardio, strength, and flexibility)

On August 19 the Challenge will end with a Superclass that combines four different exercise classes (from kickboxing to yoga) into two hours (5 to 7 p.m.) of jam-packed fitness fun. Come for all or part of the class.

Take the challenge! It's loads of fun, you'll meet new people, it's an indoor activity in the hot summer, it'll keep you motivated, and beginners are welcome!

■ **One Hundred Oaks now offers Pilates and Zumba**

- Starting Monday, April 5, Zumba will be offered every Monday night from 5 to 5:45 p.m. Zumba is a fun cardio class with super-hot Latin-style music.
- Two 30-minute Pilates classes are being offered Thursdays at 11:30 a.m. and at noon. Pilates focuses on "the core," which mainly works the abdominal muscles and the back.
- All classes are on the third floor in the Finance Department, conference room 30213.

■ **Yoga on the Peabody Campus**

- Yoga classes at Peabody are Tuesday and Thursday evenings from 4:45 to 5:45 p.m. in the Kennedy Center, MRL 241.

■ **Fitness through dance** is a rotating dance-based class that changes styles monthly or bi-monthly. This class meets every Monday from 6:15 to 7:15 p.m. Get exercise while having fun experiencing different types of dance! The schedule is: April — African dance, May — Zumba, June — Zumba

**For details, call Group Fitness Coordinator Lori Cowan
at 343-6576, or contact her at lori.l.cowan@vanderbilt.edu.**

Health and Wellness Director: Mary Yarbrough, MD, MPH

Department Managers:

Lori Rolando, MD, MPH and Marilyn Holmes, MS, RD, LDN, Health *Plus*
Jim Kendall, LCSW, ACSW, CEAP, Work/Life Connections-EAP; Melanie Swift, MD, FACOEM, The Occupational Health Clinic; Diane Neighbors, EdD, Child and Family Center; Paula McGown, MSN, MAcc, CPA, Health & Wellness Administration