

# 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. 31 • NO. 1  
February/March 2011

## COUNT ON YOUR HEART

During National Heart Month in February and National Nutrition Month in March, Health Plus encourages you to lower your risk for heart disease by controlling what you can.

- **Don't smoke.**
- **Keep total cholesterol below 200**, LDL below 130 (below 100 is optimal), HDL 40 or above for men and 50 and above for women.
- **Measure your waist and learn your risk.** A high-risk waistline is 35" or larger for women and 40" or higher for men.
- **Keep your weight and blood pressure in check** with monthly Know Your Numbers stations.

### IN FEBRUARY:

#### • Know Your Numbers

<b>Wednesday, February 2</b>	11 a.m. – 1 p.m.	Law School, Flynn Room
<b>Wednesday, February 9</b>	11 a.m. – 1 p.m.	Light Hall, North Lobby
<b>Thursday, February 10</b>	7 – 10 a.m.	Vanderbilt Children's Hospital, Room 2104
<b>Friday, February 11</b>	11 a.m. – 2 p.m.	Vanderbilt Bone and Joint Center, Conference Room
<b>Tuesday, February 15</b>	11 a.m. – 1 p.m.	3401 West End, Room 380
<b>Wednesday, February 16</b>	8 – 10 a.m.	Green Hills Clinic, Conference Room
<b>Monday, February 21</b>	11 a.m. – 1 p.m.	One Hundred Oaks, 1st Floor Conference Room
<b>Throughout February</b>	All Hours of Operation	Health Plus, Kensington Garage

Please have your Vanderbilt ID card with you at all Health Plus events.

- **Wear Red for Women Day on Friday, February 4.** Join Health Plus and Vanderbilt Heart Cardiologist Mark Glazer, MD for an interactive discussion: *The Latest Research on Heart Disease and Women*. Wear red to this event and get a heart-healthy recipe packet. Noon to 12:55 p.m., Light Hall, room to be announced on the Health Plus Website at <http://healthplus.vanderbilt.edu>.
- **The Love Your Heart Expo on Wednesday, February 9.** Visit this lunchtime event from 11 a.m. – 1 p.m. in Light Hall, north lobby to receive a complimentary cholesterol and glucose screening compliments of Vanderbilt Heart\*, and an opportunity to get one on one counseling from a Vanderbilt Cardiologist and Registered Dietitian, prizes, and more.

\*A limited number of screenings are available; first come, first served.

### Mark Your Calendar

**February 4** Wear Red for Women Day

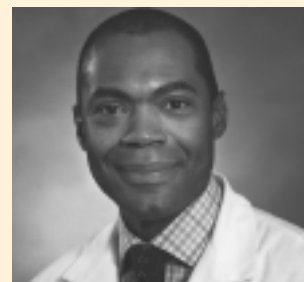
**February 9** Love Your Heart Expo

**February 15** Summer Camp Fair at OHO

**March 4** Summer Camp Fair at MCN

**March 16** Presentation: What is Long Term Care Insurance?

**March 17** Presentation: Facing the Challenges of Pregnancy



*Keith Churchwell, MD  
Executive Director and Chief  
Medical Officer, Associate Professor  
of Medicine and Radiology, Director  
of Cardiac Imaging, Vanderbilt  
Heart and Vascular Institute*

## Leading by example

*Vanderbilt Leaders Making  
Wellness a Priority*

### What is your favorite heart-healthy breakfast?

Oatmeal (brown sugar and raisins added).

### What is a favorite way to de-stress after a demanding work week?

I watch a favorite movie and spend time with my wife and daughter.

### What kind of music do you listen to?

Jazz of the 1930s – 50s and popular singers and songs of the Tin Pan Alley generation are my favorites.

### What is your idea of retirement bliss?

I have no plans for retirement.

### How does Vanderbilt help you maintain a healthy lifestyle?

Taking care of patients with illnesses whose lifestyles have a significant impact on the illness is a great motivator towards health.

Continued on page 2

## Count on your heart

Continued from page 1

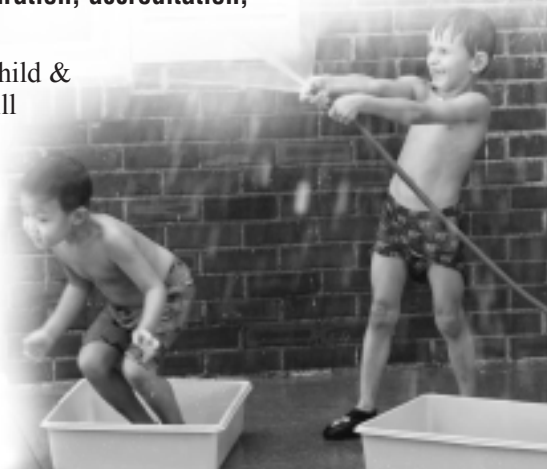
### IN MARCH:

- **Top Ten Food Tips for a Healthy Heart.** Join dynamic speaker Jamie Pope, MS, RD, LDN, Instructor of Nutrition at the School of Nursing on March 23 from Noon to 12:55 p.m. at Monroe-Carell Jr. Children's Hospital at Vanderbilt, Children's Theatre (near conference rooms on the second floor).
- **Take the March Health Madness Challenge.** Download the heart-healthy living challenge. Accomplish 23 out of the 31 daily challenges to earn a prize. Download the challenge at <http://healthplus.vanderbilt.edu>.
- **Visit the Healthy Kitchen Cooking Video Library.** Watch a variety of 2 – 3 minute videos for heart-healthy recipe ideas and inspiration. Download the recipe cards and get cooking!
- **Listen to 5 minute Wellcasts on heart-health topics** from your MP3 player or computer. Find the Wellcasts at <http://healthplus.vanderbilt.edu>.
- **Make heart healthy choices at the Courtyard Café** by printing the guide to healthy dining options.

## Selecting a summer camp your child will love

**If you are planning to enroll your child in a camp this summer, now is the time to begin thinking about it. Taking time to be selective will help ensure a positive experience for you and your child. There are a variety of things you should consider when choosing a program, including the type of camp, the location, cost, duration, accreditation, and more.**

The Vanderbilt Child & Family Center will be hosting two summer camp fairs that will offer an opportunity for faculty and staff to ask questions and receive information from camp representatives.



## The Counseling Corner



### Q: Dear Counselor,

I often feel guilty that I get upset or sad when things don't go my way. I realize that there are people who are much worse off than I am; those who have been dealing with things like the flooding, job loss, and cancer. How can I learn to get over the things that in the big picture just are slight bumps in the road, but at the time feel like sinkholes?

*Bump in the Road*

### A: Dear Bump,

First of all, you have a right to feel upset or sad when bad things happen. We don't need to compare our successes or obstacles with others. However, Stephen Covey gives us a helpful way to look at the things that happen to us; the 90/10 principle.

Covey says, "10% of life is made up of what happens to you; 90% of life is decided by how you react. We have no real control over what happens to us... We can only control how we react to these life events. Millions of people are suffering from undeserved stress, trials, problems, and heartache. We all must understand and apply the 90/10 principle."

If you are faced with a problem or stressor, one of our counselors can help you formulate a strategy for responding. As a member of the Vanderbilt faculty and staff, Work/Life Connections-EAP would be happy to meet with you to discuss this and other ways to enhance your emotional wellness.

For a confidential appointment, just call 936-1327.

*Margie Gale, RN, MSN, CEAP*  
EAP Nurse Wellness Specialist

- **February 15** from 11:30 a.m. to 2:30 p.m., One Hundred Oaks, 1st floor conference room.
- **March 4** from 11:30 a.m. to 2:30 p.m., Medical Center North Round Wing

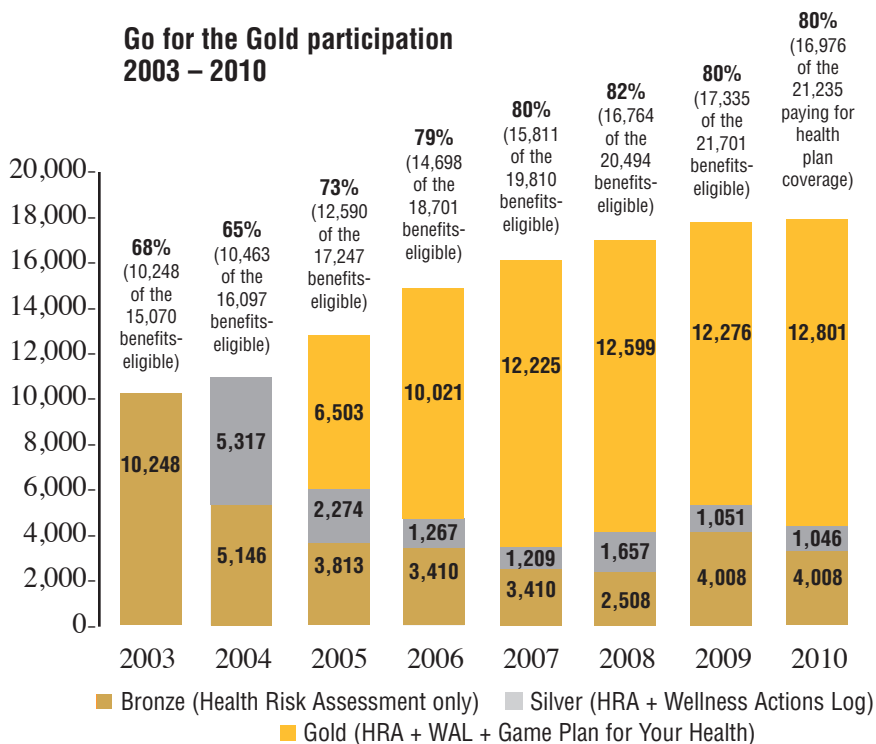
For a comprehensive database of day and overnight summer programs for children visit: <http://childandfamilycenter.vanderbilt.edu/services>.

# health yourself

## The Healthy Pulse

ON FACULTY AND STAFF AT VANDERBILT

Go for the Gold participation at the Gold Level continues to grow!



What can you learn from your Health Risk Assessment?

## Summary of recommended health actions

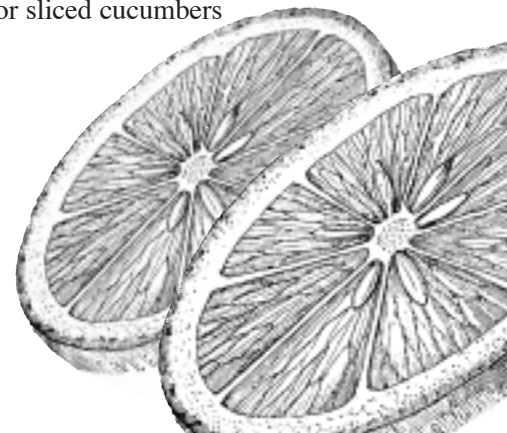
The Summary of Recommended Health Actions lists your personal recommendations, based on your health risks. They will be listed in order of priority and there may be up to five. These actions will help you identify where to focus your wellness goals.

Log into your yearly Health Risk Assessment to view your recommended health actions by visiting the Health Plus Website at <http://healthplus.vanderbilt.edu/>.

## A substitute for soda

If you are looking to cut back on sugary soda, but drinking plain old water just isn't your thing, try adding a little twist to your H<sub>2</sub>O. Make a glass or a whole pitcher.

- Sliced citrus fruit or zest such as lemon, lime, orange or grapefruit
- Crushed fresh mint or other herbs
- Peeled and sliced fresh ginger or sliced cucumbers



The award winning Go for the Gold has continued to grow in popularity with the Vanderbilt faculty and staff population. Completing it each year 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's important to you.

A wellness credit of up to \$240 per year is available to faculty and staff paying for Vanderbilt Health Plan benefits. However, participating in Go for the Gold is not just about the money! It is about taking a look at your own health risks, taking action to reduce those risks, and controlling out-of-pocket health care expenses.

Health Plus staff are available to help faculty and staff complete the Go for the Gold Program and answer questions throughout the year. Help is available via e-mail at [health.plus@vanderbilt.edu](mailto:health.plus@vanderbilt.edu) or by calling 343-8943.

Visit the Go for the Gold Website to read Frequently Asked Questions or to begin your 2011 Go for the Gold at <http://healthplus.vanderbilt.edu/>. The 2011 deadline is October 31.



Passionate about wellness?

## Become a Health *Plus* Wellness Commodore

**Tracy Oyler works in the Allergy/Pulmonary Department and has been a Wellness Commodore for over a year.**

"I like being a part of the Commodore program because it gives me a

chance to meet people in my division and let others know about what a great facility Health *Plus* is. Health *Plus* has changed my life by helping me to make positive changes and live healthier. I participated in Weight Watchers at Work and use the gym regularly."

Tracy likes to spread the word as a Wellness Commodore "...that good health choices are within every employee's grasp and if I can encourage others to make positive changes in their own lives, I feel great about that!"

Act as a wellness cheerleader in your department by becoming a 2011 Wellness Commodore today! Visit <http://health-plus.vanderbilt.edu/> to learn more.

***"Even if you are on the right track, you will get run over if you just sit there."***

— Will Rogers

### **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](mailto:stacey.k.kendrick@vanderbilt.edu) or 322-6689



# Health n

## Lunchtime series focuses on aging loved ones

The Child and Family Center offers a monthly series on a variety of topics relating to baby boomers, the elderly and much more. All sessions are from noon – 12:45 p.m.

### **February 16 Understanding and Communicating with the Seniors in Your Life**

What happens to relationships when adult children become caregivers to their parents or in-laws? Often these are tension and power struggles. Rose Shawe, Patient Advocate at Parthenon Pavilion, will discuss communication skills and methods to improve relationships during this difficult stage of life.

*Location:* Light Hall, room 411 C/D

### **March 16 What Is Long Term Care Insurance?**

Libby Cain from the State of Tennessee Department of Commerce & Insurance will be discussing long term care insurance and why it is important.

*Location:* Light Hall, room 411 C/D

For a schedule of upcoming Boomers, Elders and More presentations for 2011, visit <http://childandfamilycenter.vanderbilt.edu/>.



*Being assertive means being able to express your needs and feelings. You can do this by using "I" statements. "I want you to listen to me."*

## Vanderbilt now provides back-up care as one of your benefits

**Parents in a Pinch is a temporary in-home backup care program for children and adults.**

Backup care gives you and your family a safety net when...

- Your child's school is closed for a holiday or vacation but you have to work
- Your mother needs home care after an injury
- You're suddenly without a nanny
- You need a brief respite from ongoing care of your grandmother

Parents in a Pinch services are offered to Vanderbilt benefits-eligible faculty and staff. Twenty days combined of childcare and adult care are available each contract year.

Tina E. French, RN, from the Vanderbilt Department of Case Management found the service invaluable. "My father has recently been through a couple of joint replacement surgeries and then had some associated problems. I needed a sitter for the day after he was discharged from the hospital. They made the arrangements with just 48 hours notice, and everyone was professional, kind, and competent as well as having a personal touch. I would highly recommend this service to others that need caregiver help."

For more information or to request care, call Parents in a Pinch at **800-688-4697**. Please provide your Vanderbilt employee ID number when calling.

Parents in a Pinch program details are available by visiting <http://childandfamilycenter.vanderbilt.edu> or call

Family Services  
Coordinator Stacey  
Bonner, MBA at  
**936-1990.**



## Eating-Well Recipe

### Spicy Buttermilk Dressing

- 1/2 cup low-fat buttermilk
- 1/2 cup no-salt-added canned garbanzo beans, rinsed and drained
- 1/3 cup canned tomatoes with green chiles
- 1/3 cup fat-free yogurt
- 1 clove garlic
- 1 Tablespoon red wine vinegar
- 1 teaspoon dried Italian seasoning
- 1 teaspoon smoked paprika
- 1/4 teaspoon salt (kosher preferred)

In a blender, process all the ingredients for one minute, or until smooth. Transfer to a jar with an airtight lid and refrigerate until ready to use.

Per serving: 26 calories, 4 g carbohydrate, 0.5 g total fat (0 g saturated fat), 72 mg sodium

For more heart-healthy recipes, visit the American Heart Association at: <http://heart.org/recipes>.



## Simplify your financial life

Here are a few low-maintenance ideas to keep your finances in order without causing you headaches.

### Automate:

- Direct deposit your paycheck into your banking account(s).
- Arrange for automatic recurring purchases of investments such as mutual fund and stock shares.
- Use automatic bill payment services for regular expenses (such as your house payment and insurance premiums).
- Arrange for monthly transfers from your checking account to savings.

### Delegate:

- Share financial management tasks with your spouse or partner.
- Consider hiring a financial planner for assistance with investment performance reviews and portfolio rebalancing.
- Get your taxes done by a professional preparer but save money by organizing your receipts and tallying up deductible expenses such as charitable contributions.

To download cash flow management spreadsheet tools developed for your personal use by Ralph Topham, go to: <http://worklifecconnections.vanderbilt.edu/article/cash-flow-management-spreadsheet-tools>.

Work/Life Connections-EAP is also available for confidential interviews and discussions about how to set up your cash flow plans by calling **936-1327**.

Reviewed by Ralph Topham, LPC-MHSP, CEAP, Clinical Counselor at Work/Life Connections-EAP

## NUTRITION QUESTIONS?

# Ask the Dietitian

**Q:** Some packages of nuts claim to be heart healthy. Is that true?

**A:** **Yes and No!** Nuts have many benefits that make them part of a heart healthy diet. They contain polyunsaturated and monounsaturated fat, which are referred to as “healthy fats.” These healthy fats can help to decrease your LDL, or bad cholesterol. On the other hand, saturated fats, or “unhealthy fats,” increase LDL cholesterol.

Because nuts are also a source of omega-3s, they may reduce the risk of arrhythmias or abnormal heartbeats. Nuts also contain fiber which keeps you feeling full or satisfied longer, which may help with weight manage-

ment. Fiber also plays a role in lowering LDL cholesterol.

Though nuts contain many important nutrients, they do have a high fat content and can contribute significant calories to your overall diet. Nuts should be eaten in place of foods high in saturated fats such as meats, dairy products, and many snack foods and desserts.

Choose plain nuts over yogurt covered, chocolate covered, salted varieties! Walnuts, almonds, hazelnuts, pecans, pistachios, pine nuts, and macadamia nuts may contain higher amounts of heart healthy nutrients. According to the Food and Drug Administration, a good rule of thumb is to eat a handful of nuts every day, or 1.5 ounces.

Tracie Rohal and Bekah Regenfuss  
2010-2011 Dietetic Internship Program at Vanderbilt  
Reviewed by: Dianne Killebrew, MEd, RD

Mayo Clinic. Nuts and your heart: Eating nuts for heart health. <http://www.mayoclinic.com/health/nuts/HB00085>

# take care

Vanderbilt took 1.38 billion steps toward healthier lifestyles in 2010!



Chancellor Zeppos, Vice-Chancellor Balsler, and Nashville Mayor Karl Dean walk with Health Plus Medical Director Dr. Lori Rolando at the 2010 Start! Senior Leader Walk.

**Start! moving more this year.** Be a part of Vanderbilt's physical activity program for faculty and staff as we strive to reach a goal of 1.5 billion steps in 2011. In 2010 over 5,000 participants took 1.38 billion steps toward healthier lifestyles!

Health Plus and Vanderbilt Heart are partnering with the American Heart Association to encourage faculty and staff to move more, while having fun.

Walk or do another activity you enjoy. Track your activity in the Online Step Tracker. Meet the activity goals for the four quarterly challenges and win great prizes. Participate alone or with your co-workers. Receive a bi-weekly motivational e-mail to keep you on track. Register or learn more by visiting <http://healthplus.vanderbilt.edu/> and clicking on the green start button.



*When stretching, try not to bounce. It can cause small muscle tears.*

## Seeing the bright side

**It's human nature to worry and to sometimes think negatively, but staying upbeat and positive is easier than you may think. It just takes a little practice.**

- **Write your future success story.** Put your goals and dreams down on paper. Describe what a great future you'll have. Writing may help you to better absorb ideas than just thinking about them. Take active steps to support your dreams.
- **Make lemonade.** Not literally, but take every negative situation that comes your way and try to find the good. Ask yourself: How have I grown from this situation? Have I developed new skills or strengthened relationships? What can I be proud of about how I handled this situation?
- **Keep a gratitude journal.** Write down anything that makes you smile — no matter how big or small. Great news you've heard, touching moments, relationships, quotes. Go back and reread past entries.
- **Savor moments.** Use your senses to take in those stop-and-smell-the-roses moments.
- **Share good news.** Telling someone about a happy event can help you to enjoy it even more.
- **Write thank-you notes.** Think of people who have been kind to you. Write those people letters thanking them and letting them know how much you appreciate them. You may find that you get just as much enjoyment out of writing the notes as the recipients get receiving them.
- **Be your own best friend.** If your friend was feeling down or having negative thoughts, what would you do or say? Take your own advice and do it for or say it to yourself.

Source: Mental Health America,  
[www.liveyourlifewell.org](http://www.liveyourlifewell.org)



# family health

## OHC TALK:

### EXERCISE SAFETY: PROTECTING YOURSELF FROM INJURY



Elaine Dauwalder, MSN, APN, FNP-BC, Nurse Practitioner, Vanderbilt Occupational Health Clinic, talks with Scott Cooper, MS, ATC, assistant manager for the Vanderbilt Orthopedic Institute Fitness Center.

Staying active is vital for good health. However, there is a higher risk of injury when starting any exercise program without taking proper precautions. Here are some exercise safety tips that can limit your chance of injury.

1. **See your Health Care provider** before starting any new exercise program. Make sure you are healthy before you start
2. **Start slow.** Build up your stamina slowly to get your body accustomed to physical exertion. It takes time to increase your overall level of fitness and endurance. Training too hard or too fast is a common cause of injury.
3. **Learn the right technique:** If using a gym, ask one of the trainers how to perform exercises. Before using the gym equipment, get professional advice on proper use and positioning. If starting a running or jogging program, talk with a fitness professional about how to increase mileage carefully without increasing your risk of injury.
4. **Take time to warm up and cool down:** Take five to ten minutes to warm up and cool down when exercising to reduce the risk of injuring muscles. Utilize foam rollers, massage sticks, or movement prep exercises.
5. **Use the right equipment:** Buy shoes and equipment that fit properly. Proper foot wear can reduce chronic pain and injury. Know and understand your foot type and get shoes that are made for you, rather than a pair that just looks good.
6. **Wear protective equipment:** Depending on the activity, choose the right safety equipment. For example, always wear a helmet if you cycle or skate.
7. **Do not forget to drink plenty of fluid.** Stay hydrated. The more you sweat, the more water your body will be losing. Drink water before, during, and after each work out.
8. **Watch the weather.** Dress in layers and wear gloves and a hat for colder months. Use sunscreen and wear light clothing during the warmer months. Consider special clothing that absorbs moisture for added comfort.
9. **Be aware of your surroundings.** Whether you are cycling, walking, or jogging, be aware of cars that might not see you. Always use the cross walk appropriately. For added protection, you may use reflective clothing.
10. **Know when to stop.** Know when you have done too much. Stop exercise immediately if you experience pain, dizziness, shortness of breath, rapid or irregular heartbeat, or chest pain. Contact your primary care provider, or go to the Emergency Department immediately.

## 5 habit-forming how-to's for the exercise challenged

If you're the type who can't get excited about getting active or simply can't find the time, it might be easier than you think to make movement a habit. Here are some tips to try:

- **Have fun.** If you like what you're doing, you're more likely to do it. Choose something you love or want to learn — not what you think you should be doing. Add in friends and your favorite music.
- **Switch it up.** Doing the same thing over and over can get old fast. Keep your routine fresh and interesting by trying new and different activities. If you're moving, it counts.
- **Schedule a date with yourself.** Just like you'd add a business meeting, doctor's appointment or special dinner to your calendar, make a daily date for your fitness. Find the right time for you — whether first thing in the morning, over lunch, or on your way home.
- **Find a friend.** Hook up with a buddy or make a new one with someone who likes the same activities and shares the same goals. It's easier to stick to a routine if someone else is counting on you.
- **Reward yourself.** Set fitness goals and treat yourself when you make them. Get in a walk every day for a month? Buy yourself a new outfit, or take in a show or big game.
- **Join Start!** Vanderbilt's physical activity program for faculty and staff that rewards you with prizes for being active. Read more on page 6 of this newsletter.
- **Try a group fitness class.** A variety of options are offered at the Health Plus facility as well as at other sites on and off the main Vanderbilt campus. Learn more and view the current group fitness schedule at <http://healthplus.vanderbilt.edu/service/group-fitness>.

Vanderbilt Health & Wellness  
Vanderbilt University  
2201 25th Ave. South  
Nashville, TN 37240



## 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:

**February 17, noon to 1 p.m.**

##### Basics of Infant Safety at Home and In the Car

Tara Huss, MD, Vanderbilt Pediatrics  
Location: Light Hall, room 415

**March 17, noon to 1 p.m.**

##### Facing the Challenges of Pregnancy

Michelle Collins, MSN, RNC, Certified Nurse Midwife, West End Women's Health Center  
Location: Light Hall, room 415

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



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

Health Plus offers a variety of group fitness classes to meet every level and interest! Below are descriptions of a few classes you might want to try; a great way to kick-start a stale winter workout program into high gear.

- **Ab Blast** – A fifteen minute mini class which targets the abdominal and back muscles for added strength and toning. This class will get you doing much more than the basic crunch!
- **Functional Fitness** – A workout with movements that mimic daily activities while improving strength and increasing cardiovascular endurance.
- **Pilates** – This core conditioning class focuses primarily on strengthening the back and abdominal muscles. This is a good class if you don't like to sweat.
- **Zumba** – Have fun working out to music that makes you want to dance! The class is easy dance steps set to Latin and hip hop music. Every instructor has their own style; so try them all. This class is a cardio party so get ready to have fun.

**New Location!** Green Hills now offers Zumba (see description above) on Mondays from 5 – 6 p.m. and Pilates (see description above) on Thursdays from 5 – 6 p.m.

**New Class for Beginners!** Group Fitness 101 is a new class that will teach the basics of strength training, step aerobics, and bosu. Get an introduction to the basic choreography found in a step, bosu or body shaping class. If you are asking, *What is a bosu?* ... come find out! This class will meet Monday and Wednesday nights at 5:15 p.m. in the Health Plus conference room next to the front desk. Watch the group fitness schedule for additional times to be scheduled.

For details, call Group Fitness Coordinator Lori Cowan at 343-6576, or contact her at [lori.l.cowan@vanderbilt.edu](mailto: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