

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!

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April/May 2011

De-clutter, Delete, De-Stress.

Spring cleaning your life!

Spring cleaning is synonymous with an annual heavy duty cleaning or de-cluttering. While the efforts that go into this task are often tiring, the result of getting organized gives one a feeling of accomplishment. Cleaning doesn't seem like an obvious way to reduce stress, but keeping your surroundings less cluttered and more organized is a standard time management tool.



Where did I put that document? Where are my keys? Which folder has the e-mail about the new policy? A little spring reorganization can make you more efficient and reduce frustration. Once you do the initial organization, the key is to use a system to keep things straight. Jim Kendall, Manager of Work/Life Connections offers the following suggestions:

- 1. Daily to-do lists and scheduling systems** (day planners or electronic devices) are useful in keeping track of regularly scheduled appointments, tasks, projects, and deadlines. They also serve as a map for what you want to get accomplished today, this week, and this month. Review it first thing each day and when you end the day. David Allen's book *Getting Things Done: The art of stress-free productivity* or Stephen Covey's *First Things First*, outline practical methods for organizing your life.
- 2. Handle papers and e-mails once.** Try *TRAF*, which stands for Toss It; Refer It (Pass it along); Act on it; File it is based on the book *Organize for Success* by Stephanie Winston.
- 3. Set up desktop and e-mail folders and files** for saving things you aren't ready to part with just yet. Clean out your e-mail inbox monthly.
- 4. Spend your energy on those tasks that yield a greater impact toward your goals.** Take control of this resource and allocate it.
- 5. 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. If you have trouble taking care of yourself, consider reading *Self-Nurture: Learning to Care for Yourself as Effectively as you Care for Everyone Else* by Alice D. Domar and Henry Dreher.
- 6. Throw things away that you haven't used in several years.** Simplify. There will be a couple of things you wish you had kept, but most of it you will never miss.

Pam Brown, Director of the Vanderbilt Organizational Effectiveness Team, suggests controlling TV time. "In the evening and on weekends, limit your television watching to programs that you truly enjoy. If possible, record shows and save them until you've completed other tasks." She also adds, "Reward yourself when you've completed a task — identify non-food rewards

Mark Your Calendar

- April 1** Start! Challenge 2 Begins
- April 6** National Start! Walking Day
- April 9-16** The Week of the Young Child
- April 20** Presentation: Caring for a Loved One With Alzheimer's Disease
- May 18** National Employee Health and Fitness Day



Traci Nordberg
Associate Vice Chancellor,
Chief Human Resource Officer

Leading by example

Vanderbilt Leaders Making
Wellness a Priority

What is one of the things that helps you most in balancing work and raising 3 children under the age of 8?

Sleep! I try to make getting enough sleep a priority so that I can function at my best each day.

What is a favorite activity for family time?

We enjoy being active outdoors, doing things such as riding bikes. Lately we have been having fun discovering parks in the Nashville area. My kids like to find new parks online, and we discover them together.

What was the last book you read?

What the Dog Saw by Malcolm Gladwell.

How do you manage a healthy dinner for your family after a hard day?

Well, sometimes it is a challenge. One thing we do is plan three meals for the week and buy everything we need at the grocery store. Seared tofu is a favorite. We also occasionally like to eat breakfast for dinner.

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vanderbilt news

Spring cleaning your life!

Continued from page 1

such as calling a friend, playing or watching a sport, reading a book, taking a walk, or any other activity that makes you happy”.

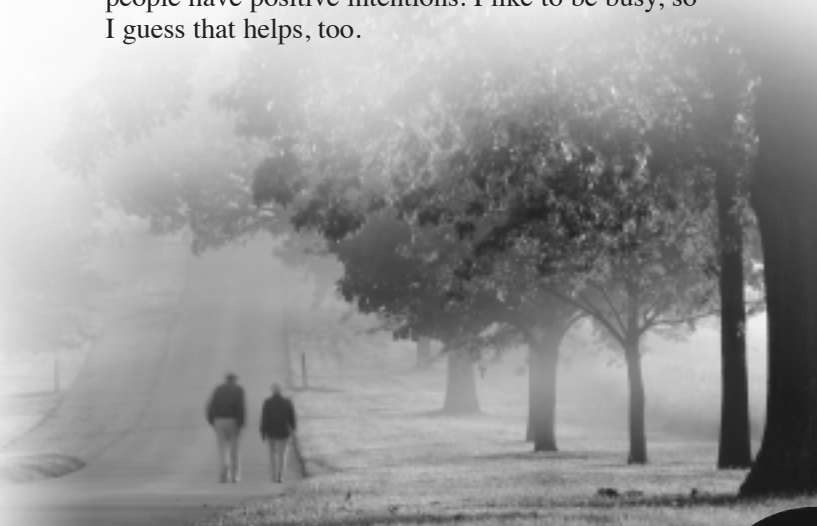
A good spring-cleaning will make you feel better physically and emotionally. You're sure to be refreshed, renewed, and much more relaxed in your environment and in your life. At last, spring is here!

Leading by example: Traci Nordberg

Continued from page 1

How do you maintain what appears to be a very calm disposition?

I have a “glass is half full” outlook and I always assume people have positive intentions. I like to be busy, so I guess that helps, too.



Start! your spring by getting outside more

start!

Join more than 5,000 faculty and staff in tracking your physical activity, earning quarterly prizes, and helping Vanderbilt reach the goal of 1.5 billion steps in 2011. 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 an insulated lunch box.
- **Walking Wednesdays — do it alone or with a friend.** Join Health *Plus* Group Fitness Coordinator Lori Cowan as she leads 6 weeks of 30-minute walks April 13 – May 18. Meet Lori at the Medical Center North shuttle drop off at noon – 12:30 p.m., rain or shine (if it rains we walk in the tunnels). For questions contact Lori Cowan at **343-6576** or lori.l.cowan@vanderbilt.edu.

The Counseling Corner



Q: Dear Counselor,

I feel stuck. I am not happy with many areas of my life. I am thinking I would be happier in a different career, relationship, and city. But when I think about change, I just feel overwhelmed and do nothing. How can I get past this inertia?

Stuck in Nashville

A: Dear Stuck,

It is easy to feel overwhelmed when you think so many areas of your life aren't working. Why not try this approach.

1. Make a list of all the things about your job, relationships, and Nashville that you perceive are not working.
2. Then imagine and write down what life would be like in a year if things were going well. Where would you be? Who would you be with? What would you be doing?
3. Create a list of action steps that can lead you to your vision of the future. Sometimes just focusing on one area you would like to change and taking those steps will create a ripple effect and make the other areas less unsatisfying.

If you need help with this process or continue to feel stuck I would suggest you meet with a counselor.

Work/Life Connections-EAP has free, confidential, counseling available to all Vanderbilt Employees. To make an appointment call **936-1327**.

Ellen Clark, LCSW, CEAP, Work/Life Connections-EAP Counselor

- **National Start Walking Day is April 6.** Join Health *Plus* for a 20-minute lunchtime fitness walk, beginning at the Medical Center North shuttle drop off, or join in the walk from any point along the route between Medical Center North and Library Lawn. After the walk, join in the festivities.
- **May 18 is National Employee Health and Fitness Day,** a day dedicated to promoting health and fitness. Turn to page 4 of this newsletter to learn more.

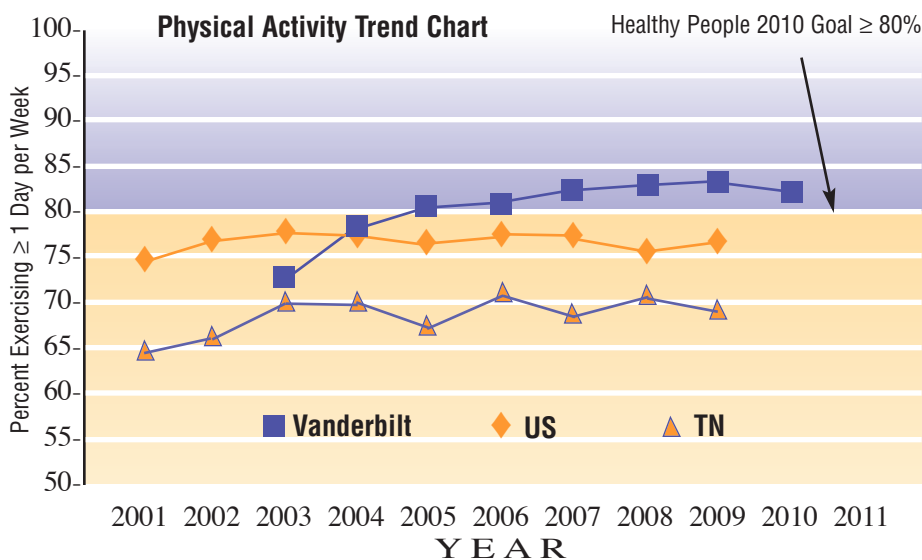
Click the green Start! button on the Health *Plus* homepage at <http://healthplus.vanderbilt.edu> to begin moving more and having fun.

health yourself

The Healthy Pulse

ON FACULTY AND STAFF AT VANDERBILT

Vanderbilt ahead of state and nation in exercising one or more days each week



- The above physical activity data for Tennessee and the US are from the Behavioral Risk Factor Surveillance System (BRFSS), a national telephone survey conducted by the Centers for Disease Control and Prevention (CDC) and state health departments. The BRFSS physical activity questions attempt to measure a person's physical activity in leisure-time. The data from Vanderbilt is from individuals that reported exercising > 1 day a week on the Health Risk Assessment. Vanderbilt continues to be ahead of both Tennessee and the United States for leisure time activities, such as running, dancing, gardening, or walking.
- Research has demonstrated that individuals that move from being completely sedentary to being physically active even one day a week can make a significant difference in their health.

Source: http://www.cdc.gov/nccdphp/dnpa/physical/stats/leisure_time.htm

Please note: Data beyond 2009, for TN and the US, is not yet available.

“My own prescription for health is less paperwork and more running barefoot through the grass.”

— Terri Guillemets

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 <http://healthandwellness.vanderbilt.edu/wellcasts>.



Know your numbers

Keep your weight and blood pressure in check with monthly Know Your Numbers events. Join *Health Plus* in April and May at convenient locations. Don't forget to bring your Know Your Numbers card, if you have one.

April 8 11:45 a.m. – 1:15 p.m.
Blair School of Music — Choral Hall

April 11 11 a.m. – 1 p.m.
Loews Vanderbilt, 9th Floor, Conference Room 905

April 28 12:30 – 2 p.m.
The Dayani Center

May 16 Noon – 2 p.m.
The Vanderbilt Clinic, rooms 2703-2704

May 17 11 a.m. – 2 p.m.
100 Oaks, 2nd Floor, Room 26102-26104

May 18 5 a.m. – 9 p.m.
Health Plus, Kensington Garage

May 19 11 a.m. – 1 p.m.
The Owen School of Business, Room 106

May 20 7 – 10 a.m.
Preston Research Building, Lobby

Please remember to bring your Vanderbilt identification card to all *Health Plus* events.

Achoo!

Dealing with allergies

Seasonal allergies affect 35.9 million Americans. Although it is impossible to avoid allergy triggers altogether, there are ways to help minimize issues.

- Do a thorough spring cleaning. Wipe windows, bookshelves, and air conditioning vents that collected dust and mold.
- Delay early morning outdoor activities. Pollens are usually released between 5 and 10 a.m.
- Know your local pollen count. (National Allergy Bureau Website: www.aaaai.org/nab).
- If possible, use air conditioning instead of opening windows.
- When traveling in a car, keep windows up and the air conditioning on.
- Stay indoors on hot, dry, and windy days when allergens get stirred up.
- Don't hang your laundry out to dry. Allergens can collect on it.
- When mowing the lawn or raking leaves, wear a filter mask.
- Wash bedding weekly in hot water.
- Shower and wash your hair every night.
- Remove visible mold using non-toxic cleaning products such as undiluted vinegar or lemon juice mixed with a pinch of salt.
- Pay attention to high mold spore counts after heavy rains or in the evening.

Source: American Academy of Allergy Asthma & Immunology

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

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

Health n



Wash clothes in cold water. It uses less energy, which is good for the environment and your wallet.

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.

April 20

Caring for a Loved One with Alzheimer's Disease

Laurie Cooper of Home Instead offers an empathetic approach to coping with this loss and maintaining one's own emotional well-being throughout the course of the disease.

Location: Light Hall, room 411 C/D

May 18

Home Health Services: A Hands-on Approach

The presentation will include a panel who will provide information on the services available for both skilled and non-skilled care.

Location: Light Hall, room 411 C/D

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

Vanderbilt Observes National Employee Health and Fitness Day Wednesday, May 18

- **Breakfast on the Go!** Stop by 3 locations on campus (from 6:30 – 9 a.m.) to pick up a healthy breakfast on the go. Find Health *Plus* at the corner of Natchez Trace and Jess Neely, near the entrance to Wesley Place Garage, and in front of the 25th Ave. Garage entrance.
- **The One Day Challenge.** Choose one of three different physical activity challenges. Fax your completed documentation to Health *Plus* and receive a prize. This is a great way for off campus folks to get in on the fun!
- **3 Mile Fun Run.** Join Health *Plus* staff for a 3 mile run at Centennial Park; beginner runners welcomed. Meet at Health *Plus* at 5:15 p.m.
- **Group Fitness Super Class.** Enjoy six 20-minute exercise classes rolled up into one fun event, from 5 – 7 p.m. at Health *Plus*. Attend one or all six. This event kicks off the Aerobic Challenge.
- **Know Your Numbers** events will be happening all week long. See page 3 of this newsletter for convenient locations to get your weight and blood pressure checked.

View complete details and a schedule of all the events for this special day at <http://healthplus.vanderbilt.edu>.

“Waste your money and you're only out of money, but waste your time and you've lost part of your life.”

– Michael Leboeuf



Lighter late-night snacking

Eating-Well Recipe

Trail Mix On-the-Go

- 3 cups of bite-sized shredded wheat
- 1 cup of raisins
- 1/2 cup dark chocolate chips
- 1/2 cup almonds or walnuts
- 2 cups dried apricots, cut into bite-sized pieces
- Other dried fruit such as apples, raisins, cherries, etc.
- 3 cups of fat-free popcorn
- 2 cups of pretzels

Make a large batch of this delicious trail mix. Perfect for breakfast on the run or anytime you want a healthy snack loaded with fruit, fiber, crunch, and sweetness. Pack up small baggies for a great “grab and go” nutritious snack.

Mix all ingredients together in a large bowl. Store in an airtight container.

*Nutrition Information: Serving size: 1/8 recipe.
Calories 498.7, total fat 6.8g, saturated fat 2.2g, sodium 848.3mg, total carbohydrate 108.1g, dietary fiber 7g, protein 11.7g.*

Watch a video of this recipe in the Healthy Kitchen Video Library at <http://healthplus.vanderbilt.edu>.

Dinner is done, and bedtime is still hours away. For many people, the time in between can be filled with raiding the refrigerator for a little something extra.

When hunger strikes in the evening, it can be tempting to dig into a favorite snack. But some foods can interfere with a good night's sleep and have the potential to derail a healthful eating plan.

Here are a few snacks that won't disturb your sleep or your healthy diet:

- Like to chomp on potato chips? Go for seasoned, air-popped popcorn or a handful of nuts instead.
- Sweet tooth need satisfying? Try fresh raspberries, blueberries, strawberries, and melon.
- Tend to be a scoop-of-ice-cream type? Consider fat-free yogurt or low-fat cottage cheese with fresh fruit such as pineapple.

Source: American Dietetic Association

NUTRITION QUESTIONS?

Ask the Dietitian

Q: Sometimes I want a quick snack. Are there any healthy options in vending machines?

A: Yes! Vending machines are infamous for the types of products they offer: chips, cookies, candies, candy bars, sodas, etc. Take a second glance and you will notice that certain vending machines sell trail mixes, peanuts, nuts, pretzels, and baked chips.

Although these foods are “snack-size,” they still may be high in fat and sugar and contribute large amounts of calories without contributing many nutrients.

Many are high in fat and sometimes contain saturated and trans fats. These fats are related to heart disease, obesity, and other chronic diseases and they should be limited. High amounts of sugar are also found in candies and sodas. Calories from these sweet treats easily add up. Look for items that pack a nutritious punch. Here are some tips for your next trip to the vending machine:

- Choose nutrient-rich items such as baked chips, raisins, pretzels, nuts, and seeds.
- Limit foods high in fat such as candy bars, potato chips, pastries, etc.
- Limit sugary foods like candies, cookies, and sodas.

Try packing healthy options from home. For a quick make-ahead snack try a **Hold the Jelly:**

- 1 Tablespoon peanut butter
- 6 thin apple slices
- 2 slices whole-wheat bread
- 1 teaspoon honey
- Pinch of cinnamon

Nutrition information: Calories 264, fat 10.1 g, carbohydrates 30.8 g, protein 12 g, sodium 323 g.

Resources: www.calorieking.com, www.eatright.org

Written by: Stacy Rahat and Crystal Van Meter, The Dietetic Internship Program at Vanderbilt, 2010 – 2011

Reviewed by: Diane Killebrew, Med, RD, LDN, Coordinator of the Dietetic Internship Program at Vanderbilt

take care



An interview with Diane Neighbors about

The Week of the Young Child

Stacey Kendrick sat down with Diane Neighbors, EdD, Director of the Vanderbilt Child and Family

Center and Vice-Mayor of Nashville, to find out more about The Week of the Young Child.

What is The Week of the Young Child? It is a week-long program that focuses attention on the rights and needs of young children, and raises awareness about community resources that promote their healthy development. The Week of the Young Child 2011 will be April 9 – 16.

Why should I get involved in The Week of the Young Child, and how should I take action? Good health habits start early; the early years are the most formative in a child's life. Model healthy eating and active living habits and remember that families that eat meals together tend to be healthier. Make sure your child gets plenty of exercise and good, age appropriate nutrition. Also, be sure to register to vote and let your voice be heard for children. Last, insist that all children and families have access to quality child care and health care.

What activities will be available for families during Nashville's Week of the Young Child? There will be a variety of activities, including:

- Saturday, April 9 **Toad-ly Awesome Amphibians**
Celebrate frogs, toads, and salamanders through crafts, stories, games, and a scavenger hunt from 9:30 a.m. – 2:30 p.m. at Warner Park Nature Center.
- Saturday, April 9 **Martin ArtQuest Gallery at the Frist Center for the Visual Arts**
Hands-on interactive activities for visitors of all ages to experience. ArtQuest is open until 5:30 p.m. daily and admission to the Frist is free on this day.
- Sunday, April 10 **Week of the Young Child Kick-off Celebration**
2 – 5 p.m. at the Nashville Zoo at Grassmere
Children's activities begin at 2 p.m. Join us for the animal show and entertainment. Free admission for children 12 and under.
- Saturday, April 16 **Healthy Kids Day at Centennial Park Bandshell**
Bring a picnic lunch. Walk with the Mayor. Entertainment, car seat checks, health checks, and fun for the entire family.

For complete details visit the Week of the Young Child Website at: <http://kc.vanderbilt.edu/kennedy/woyc>.



Healthy surfing

The Web is full of health information. How do you know what's good? Here are some things to keep in mind:

- **Consider the source.** Use recognized authorities. Is it the federal government, a nonprofit institution, a professional organization, a health system, a commercial organization, or an individual?
- **Focus on quality.** Does the site have an editorial board? Is the information reviewed?
- **Be a skeptic.** Does the site make health claims that seem too good to be true? Promise quick, dramatic, miraculous results? Is it the only site making these claims?
- **Look for evidence.** Rely on medical research, not opinion. Look for the author of the information, either an individual, or an organization.
- **Check for currency.** Is the information current? Look for dates on documents.
- **Beware of bias.** What is the purpose? Who is providing the funding? Who pays for the site?

Source: www.medlineplus.gov — A service of the U.S. National Library of Medicine, National Institutes of Health

Reviewed by Melanie Moran, Associate Director, Vanderbilt News Service

Read to your child. Take a walk with your child. Get involved.

family health

OHC TALK: CUT DOWN ON SALT!

OHC Talk with Muktar Aliyu, MD, Occupational Health Clinic Physician



Too much sodium can lead to high blood pressure and an increased risk of heart disease or stroke. The new Dietary Guidelines for Americans recommend limiting salt intake to about one teaspoon of salt daily (2300 mg sodium). If you are 51 and older, African American, or have high blood pressure, diabetes, or chronic kidney disease your limit is even lower (half a teaspoon, or 1500 mg sodium daily). Here are some tips to help you put down that salt shaker.

1. **Cook at home instead of eating out.** Remove salt from recipes whenever possible. Add flavor to your meals with spices and seasonings other than salt, such as black pepper, basil, lemon, garlic, onions, and herbs.
2. **Rely on fresh foods instead of processed or frozen foods.** Most of our daily sodium intake comes from processed foods. Opt for fruits, veggies, low-fat dairy products, and lean cuts of meat and poultry.
3. **Read food labels to choose foods lower in sodium.** Go for low-, reduced-, or no-salt-added foods. Select foods with less than 5% daily value for sodium.
4. **Rehydrate yourself with water and low-sodium soft drinks.** Energy drinks and some sodas often contain large amounts of added sodium.
5. **Do not touch that salt shaker.** Avoid adding salt to food at the table. Better still, remove the salt shaker from the table.
6. **Cut back slowly.** Your taste for salt is acquired over time. It takes a while for your taste buds to adjust to lower sodium. Reduce the amount of salt in your cooking a little each day until no salt add-ons are used.
7. **Be careful with salt substitutes.** Talk to your health-care provider before adopting salt substitutes. Some salt substitutes are rich in potassium and could be unsafe for certain people.
8. **Try out the DASH diet.** If you have a tendency toward developing high blood pressure the DASH (Dietary Approaches to Stop Hypertension) diet may be the way to go. The DASH diet is low in salt and saturated fat and rich in fruits, vegetables, and low-fat dairy products. Cutting down on sodium is a proven way to help control your blood pressure.



Read the newly released Dietary Guidelines for Americans at <http://health.gov/dietaryguidelines>.

Caring for caregivers

If you have a friend, family member, or co-worker who is a caregiver, you may want to consider:

- Offering to take the caregiver out for dinner and a movie
- Being a shoulder to cry on
- Taking over the grocery shopping every other week or once a month
- Mowing the lawn or shoveling the snow
- Coordinating a volunteer team to help with specific caregiving tasks
- Making sure to call every week just to check in
- Researching resources that may help
- Helping with insurance and other paperwork
- Taking the child or aging parent out for a few hours so the caregiver can relax at home
- Letting the caregiver know when you're available and what you can do in case a need arises

If you are a caregiver, you may want to:

- Take time for yourself and your other family members. Even a few minutes a day can make a big difference.
- Join the Vanderbilt Caregiver Support Group. The group meets monthly and allows people to share information and openly discuss their problems without judgment, to process their feelings, and to hear others talk about their situation. No RSVP required. For specific details visit <http://childandfamilycenter.vanderbilt.edu/> or contact Stacey Bonner, Family Services Coordinator, at 936-1990.

Sources: National Family Caregivers Association; Autism Society of America

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:

April 21, noon to 1 p.m.

Prenatal Yoga

Ali Sperry, Prenatal Yoga Instructor
Location: Light Hall, room 415

May 19, noon to 1 p.m.

Labor and Delivery

Margaret Buxton, MSN, 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...

- **Get your abs looking great for summer with Ab Blast.** Tone your abdominal muscles along with the rest of your core. This 15-minute class meets every Tuesday at 4:15 p.m.
- **Need something gentle on the joints?** Try Nia on Tuesdays at 4:30 p.m. to get a great cardio workout that is a fusion of dance, kickboxing, yoga, and more. You'll have so much fun you'll forget you are exercising!
- **Hot! Hot! Hot!** As the weather warms up, check out the group fitness schedule for the beginning of outdoor classes.
- **A new group fitness schedule format!** Now all classes are on the front of the page and descriptions and class details are on the back. Each day lists all classes at Health Plus and offsite locations. Use the Key in the lower right-hand corner of the schedule to identify location, time, and instructor.

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



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