

Connection

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

Vol. 32 • NO. 4
August/September 2012

Transitioning kids' back to school routines



Getting a new school year off to a good start can influence a child's attitude, confidence, and performance both socially and academically. The transition can be difficult for both children and parents. Parents can help their young children adapt to the newness of school and ease their older kids back into familiar school-day routines.

"Planning ahead is key to having a successful school experience. Knowing your options for those unexpected days when you need assistance with back up care or alternate transportation will make the school year less stressful," says Vanderbilt Child and Family Center Director Diane Neighbors, EdD.

Here are a few suggestions to help everyone have a successful school experience:

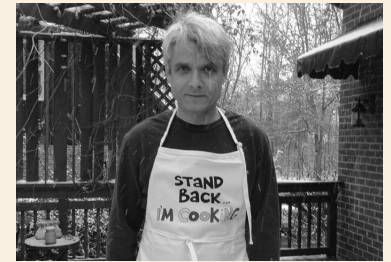
- **Communicate often with your child's teachers.** Discuss with them any issues or concerns at home that may affect your child's academic performance.
- **Plan transportation and back up care.** Arrange a carpool and/or after school care for your child. Even if you don't plan to carpool, gather contact information from neighbors and other parents who may be able to help when needed.
- **Get a plan and stick to it.** Set a specific "quiet time" every day for homework or general reading. Create a homework center (a specific area in the house where your child can do homework) and supply it with pencils, pens, scissors, paper, stapler, etc.
- **Create a master calendar to schedule family events.** As you obtain each person's appointments and activities, add it to the master calendar.
- **Listen to the Health & Wellness Wellcast *Transitioning Children Back to School*** with Noelle Mashburn, Public Information Specialist from the Metro Nashville Public Schools at <http://vanderbi.lt/transitioningkidsbacktoschool>.

Learn about available resources to assist with back up care, tutoring in the community, and after school programs by visiting the Child and Family Center Website at <http://childandfamilycenter.vanderbilt.edu> or by calling Stacey Bonner, Family Services Coordinator, at 936-1990.



Mark Your Calendar

- August 16** The Health Plus Life Phase Series Focuses on Menopause
- August 16** The Health Plus Super Class
- September 15** Health Plus Tent at Tailgate
- September 20** The Child and Family Center Elder Care Fair
- September 30** Health Plus Start! Challenge 3 Ends



Dr. Fazio doing some winter grilling at home.

Sergio Fazio, MD, PhD
 Cornelius Vanderbilt Chair of Cardiovascular Medicine, Professor of Medicine and of Pathology, Immunology, and Microbiology, Chief, Section of Cardiovascular Disease Prevention

Leading by example

Vanderbilt Leaders Making Wellness a Priority

What are three heart-healthy items always in your refrigerator?

Greek no-fat yogurt, cucumbers, and Trader Joe's fresh fennel (as close to dessert as you can get with a veggie).

What makes you really, really happy?

I find happiness in many things, such as making a small discovery, seeing a patient respond to a treatment plan, having a nice talk with any one of my children, taking a walk at Radner Lake with my wife. That covers "happy." For "really, really happy" I guess we would have to go with a multi-million dollar jackpot at PowerBall. However, my odds are lower than average, since I don't play it.

Whose music is likely to be in your CD player or iPod?

Because I am old, I have to listen to The Smiths, The Cure, Enigma, Tangerine Dream, King Crimson, Siouxsie, Alan Parson's project, The Smashing Pumpkins and

(Continued on page 5)

Take advantage of your benefits!

Benefits Open Enrollment set for October 17–31

Mark your calendars! Open Enrollment for your 2013 benefits is October 17–31. As in recent years, all benefits-eligible employees need to enroll. If you don't take action, you will have default benefits for 2013.

Check the Open Enrollment website in the fall for more information: hr.vanderbilt.edu/oe.

Heart Walk aims to crush the #1 killer of Americans

The Annual Nashville Heart Walk will be held on Saturday, October 6th at Vanderbilt University. Last year, Vanderbilt raised \$385,000 to support the cause and was the #3 organization in the U.S. for the American Heart Association!

Here are a few highlights of the impact the Nashville Heart Walk makes on the mission to build healthier lives free of cardiovascular disease and stroke.

- 1 in 3 people will die from heart disease
- More than 60% of adults in Tennessee are considered overweight
- Every 45 seconds someone in America has a stroke — 780,000 people every year
- TN ranks 6th in the nation for the percent of children who are overweight or obese
- Currently, Vanderbilt is receiving over \$6.6 million in active grants from the American Heart Association, representing 42 awardees

Health Plus encourages you to participate in the 2012 Heart Walk at Vanderbilt by supporting co-chairmen Paul Sternberg, MD, Luke Gregory, FACHE, and Amy Major, PhD in making the Vanderbilt Heart Walk a big success.

Can we count on you to help crush heart disease? To register as a team captain or join an existing team, please go to the Vanderbilt University webpage at: <http://vanderbilt/heartwalk>.

Work/Life Connections-EAP

The Counseling Corner



Q: Dear Counselor,

With school starting, my children are asking about outside activities that involve transportation in the late afternoon and on weekends. My job is demanding. I want to be a good parent, but there are limits to my time and energy. How do I fit it all in?

Can't Do It All

A: Dear Can't Do It All,

There will always be more to do than time. Being a good parent means teaching your children how to budget their time, energy, and money. You can't always do it all. Sometimes that means that they need to identify priorities and make choices. Have each decide on one outside activity in addition to the demands of their classes. While they may tell you that it is unfair, you are really teaching them a valuable lesson about managing life balance. 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.

Chad A. Buck, PhD, HSP
Licensed Psychologist
Work/Life Connections-EAP

health yourself

Go for the Gold FAQ's about the Vanderbilt Health Plan Account

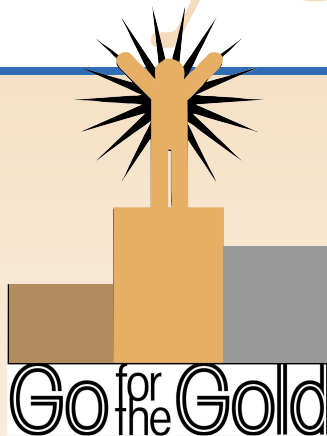
How does the Vanderbilt Health Plan Account work?

The tax-free Wellness Credit you earn by participating in the Health *Plus* Go for the Gold program will create a Health Plan Account either through Aetna or BlueCross BlueShield of Tennessee (BCBST). The Health Plan Account helps you pay your deductible (the amount you pay before the health plan starts paying) and coinsurance (the percent you pay for medical expenses after meeting your deductible).

The Health Plan Account will pay the first medical claims billed, whether the bill is for you or any dependent you cover on the Vanderbilt Health Plan. You can refer to your Explanation of Benefits (EOB) for more information.

What happens if I have a balance in my Health Plan Account at the end of the year?

Your Health Plan Account balance rolls over to the following year, so long as you remain enrolled in the Vanderbilt Health Plan. If you have no medical bills that use up the Health Plan Account, it will continue rolling



over from year to year until you reach the maximum rollover amount of \$1,000.

If I have additional questions about the Health Plan Account, who should I contact?

For questions about how the Health Plan Account works, email human.resources@vanderbilt.edu.

To find out what your Health Plan Account balance is, contact Aetna or BlueCross BlueShield of Tennessee, based on your current Health Plan election. Remember,

each company refers to our Health Plan Account in the manner in which they administer the benefit. Knowing their naming convention will help you find the answer to your "What is my balance?" question.

- If you are enrolled in Aetna Standard, call **800 743-0910** and ask for the balance of your "Health Incentive Credit."
- If you are enrolled in Aetna HealthFund, call **800 743-0910** and ask for the balance of your "HealthFund." The HealthFund total rollover for unused amounts is \$3,000 individual and \$6,000 family, and includes the \$1,000 Health Plan Account limit.
- If you are enrolled in BlueCross Select, call **800 422-6712** and ask for the balance of your "Health Reimbursement Account."

To read all of the FAQ's on the Benefits Website visit: <http://hr.vanderbilt.edu/benefits/gftgFAQ.php#1>.

Before throwing away medication, toss in coffee grounds or kitty litter

Mixing unused or expired over-the-counter and/or prescription medications with used coffee grounds can make the discarded drugs less appealing to children, pets, and people who may rummage through your trash.

Not a coffee drinker? Ask a coffee shop for used grounds or find another undesirable substance such as kitty litter.

Put the medication-grounds/litter mixture in a sealable bag, empty can, or another container before tossing it into the garbage can. "We often get inquiries as to whether or not old or unused medicines can be brought back to Vanderbilt pharmacies," explains Hayley H. Rector, PharmD, BCPS, Manager of VMG Clinic Pharmacy Services at Vanderbilt. "Tennessee does not allow clinics, pharmacies, or their staff members to receive and throw

away these medicines. If we accept them, we are breaking the law. There may be a drop-off site near you where old or unused medicines can be properly disposed of. For more information go to www.nashville.gov/recycle/pharmaceuticals.asp."

Want to learn more? Listen to the Health & Wellness Wellcast *Are You Disposing of Unwanted Medications Safely?* with Carrie Plummer, MSN, from the Vanderbilt School of Nursing by visiting <http://vanderbi.lt/unwantedmedications>.

Source: U.S. Food and Drug Administration

Reviewed and commented on by: Hayley H. Rector, PharmD, BCPS, Manager of VMG Clinic Pharmacy Services at Vanderbilt



Don't worry; be happy

Everyone wants to be happy, but not all people are as cheery as they could be.

- **Learn new skills to counteract sources of unhappiness.** If you're a "glass is half empty" type, teach yourself to be more optimistic. If you're a compulsive spender, turn to thrift and delayed gratification.
- **Nurture your strengths.** Achievement-oriented people might consider competitive sports. Creative individuals could spend time writing, painting, taking photographs, or engaging in other artistic activities.
- **De-stress your life:**
 - Refuse additional activities if you are already feeling maxed out.
 - Work to balance your "wants" and your "shoulds."
 - Carefully consider whether or not to take on optional activities if you are already feeling maxed out. Prioritize the things you need to get done.
 - Create some "media free" quiet time each day.

The benefits are worth it. Happy people typically have a high energy level and a "can do" attitude. They also tend to:

- Spend time with family and friends
- Express gratitude
- Offer a helping hand
- Express optimism about their futures
- Savor life's pleasures
- Make physical activity a daily habit
- Show commitment to lifelong goals

Source: Texas Medical Association

Reviewed and commented on by:
David Street, MD, Assistant Professor,
Department of Psychiatry at Vanderbilt

Health and Wellness Connection

Newsletter Editor: Stacey K. Kendrick, MS,
Coordinator of Health Promotion, Faculty/
Staff Health & Wellness

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

Health n



What's in season at the farmers' market?

August and September are peak months for seasonal highlights such as cantaloupe, blackberries, peaches, arugula, basil, collards, sweet corn, tomatoes, and greens — among other late summer delights.

Stop by the Vanderbilt Farmers' Market from 3–6 p.m. on the Medical Center Plaza every Thursday to shop for fruit, vegetables, and other local offerings. The market operates rain or shine. Cash is accepted at all vendors and credit and debit cards are accepted at some.

Can't make it to the Vanderbilt Market? Find a local farmers' market in your area, as well as recipes and tips by visiting:

<http://www.picktnproducts.org/index.html>.

The Vanderbilt Farmers' Market is a Health Plus, Monroe Carell Jr. Children's Hospital at Vanderbilt, and Nashville Farmers' Market collaboration.

Tip: Go green at the farmers' market and bring your own shopping bags! It saves the farmer money and helps the environment, too.

WEIGHT CONTROL:

Snacks that don't tip the scale on calories

Use snacks to support your weight-control efforts — not sabotage them.

Snacks with 100 calories or fewer:

- **Honey yogurt:** ½ cup nonfat, plain Greek yogurt, with 1 tsp. honey and a few sprinkles of cinnamon
- **Berries and cream:** 1 cup blueberries mixed with 2 Tbsp. whipped topping
- **Cinnamon applesauce:** 1 cup unsweetened applesauce sprinkled with cinnamon
- **Milk and cookies:** ½ cup skim milk and five animal crackers
- **Cucumber sandwich:** ½ English muffin topped with 2 Tbsp. cottage cheese and three cucumber slices
- **Greek tomatoes:** One tennis-ball sized tomato, diced and mixed with 1 Tbsp. feta cheese and a teaspoon of balsamic vinegar
- **Chips and salsa:** 10 baked tortilla chips and ¼ cup salsa
- **Pistachios:** About 25 nuts. Go for those still inside their shells. Cracking open the shells will take time, which may keep you from grabbing more.

News you can use

Prevention = less heart disease

In October 2011, Cardiologist Sergio Fazio was appointed chief of the newly formed section of Cardiovascular Disease Prevention at Vanderbilt. This service will aim at targeting people before they develop conditions such as diabetes, hypertension, and hypercholesterolemia, and support healthy lifestyle behaviors such as not using tobacco and being physically active.

“My objective,” explains Dr. Fazio, “is to bring prevention to the public, and the best place to start is with our colleagues at Vanderbilt University, a community that should take pride in leading on measures of health. Through collaboration with such groups as Health *Plus* and Occupational Health, I invite you to stay tuned for screenings, education programs, and personalized approaches to cardiovascular wellness to become a regular part of campus life.”

Take Dr. Fazio's Heart-Smart Challenge by:

1. Getting 20 minutes of exercise daily. Walking will do.
2. Avoiding or limiting liquid calories.
3. Spoiling your appetite with veggies.
4. Finding a quiet refuge for stress management.
5. Seeing your health care provider once a year.

Leading by example Sergio Fazio, MD

(Continued from page 1)

RHCP. Because I have teenagers now I also like The Killers, MGMT, Deadmau5, and Shpongles.

How do you manage to find time for fitness?

It is a non-negotiable element of my daily schedule. It's either an early morning walk, a lunch-time swim, an evening run, or a late evening session at the gym. I mix it up with some tennis and biking on weekends. Although I still catch myself trying to find excuses on some days, I know that I will be upset if I skip it. And I don't like myself when I am upset.

What personality trait do you have that has helped you most in life?

My number one personality trait is instincts. I have been good at choosing associates, such as my spouse (Elisabetta) and my scientific partner (Mac Linton). My real secret is persistence. With an average IQ and a hypo-maniacal persistence, anyone can climb to the top.

Describe a favorite summertime memory from childhood.

With summer break, a seemingly eternal season of daily adventures would unfold in the dusty streets of Rome, with kids slaloming on their bikes in the hot traffic, diving into fountains, losing soccer balls to unreachable balconies, and playing group hide-and-go-seek where the entire city block was fair game. Probably the last time in the history of man when children were able to experience the world by themselves, daily, without supervision.

Eating-Well Recipe

Fruit Kabobs

- 24 oz. low-fat, sugar-free lemon yogurt
- 1 tsp. fresh lime juice
- 1 tsp. lime zest
- 4 to 6 pineapple chunks
- 4 to 6 strawberries
- 1 kiwi, peeled and diced
- ½ banana, cut into ½-inch chunks
- 4 to 6 red grapes
- 4 wooden skewers

In a small bowl, whisk together the yogurt, lime juice, and lime zest. Cover and refrigerate until needed.

Thread 1 of each fruit onto the skewer. Repeat with the other skewers until the fruit is gone.

Serve with the lemon lime dip.

Serving size 2 kabobs. Per serving: 160 Calories, Total fat 1g, Saturated fat <1 gram, Sodium 45mg, Carbohydrate 36g, Fiber 4g, Protein 4g.

Recipe source: <http://www.mayoclinic.com/health/healthy-recipes/NU00507>



take care

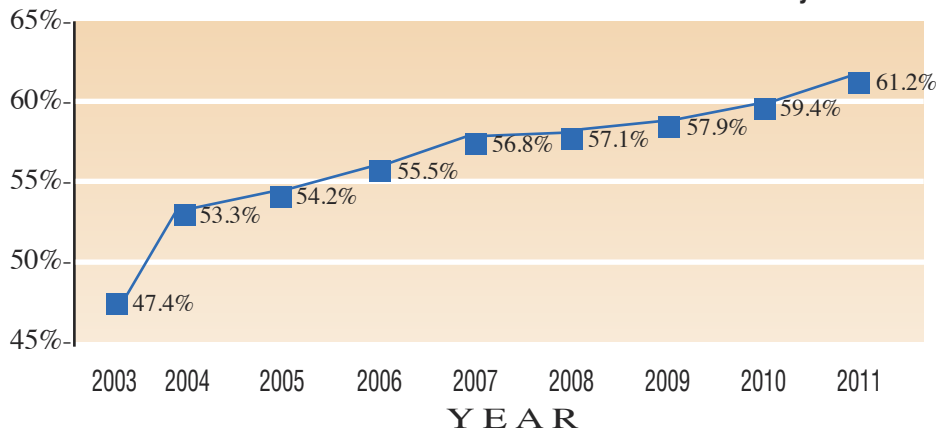
The Healthy Pulse

ON FACULTY AND STAFF AT VANDERBILT



Rate of faculty and staff that eat a diet low in fat climbs

■ Vanderbilt Faculty and Staff



Wellcasts when you want them!

Did you know that Health and Wellness produces a weekly Wellcast on a variety of topics?

Everything from cooking with herbs to dealing with change to keeping your child's teeth healthy! Scan the code with your smartphone to access the Wellcasts or visit <http://healthandwellness.vanderbilt.edu/news/section/wellcasts>.

Annually 80% of Vanderbilt faculty and staff complete their Health Risk Assessment as a part of the Go for the Gold Wellness Program. Included in that assessment is a question about the amount of fatty foods we are eating. Last year 60% of faculty/staff reported eating 'mostly or only' low-fat foods. The good news is that this percent is increasing!

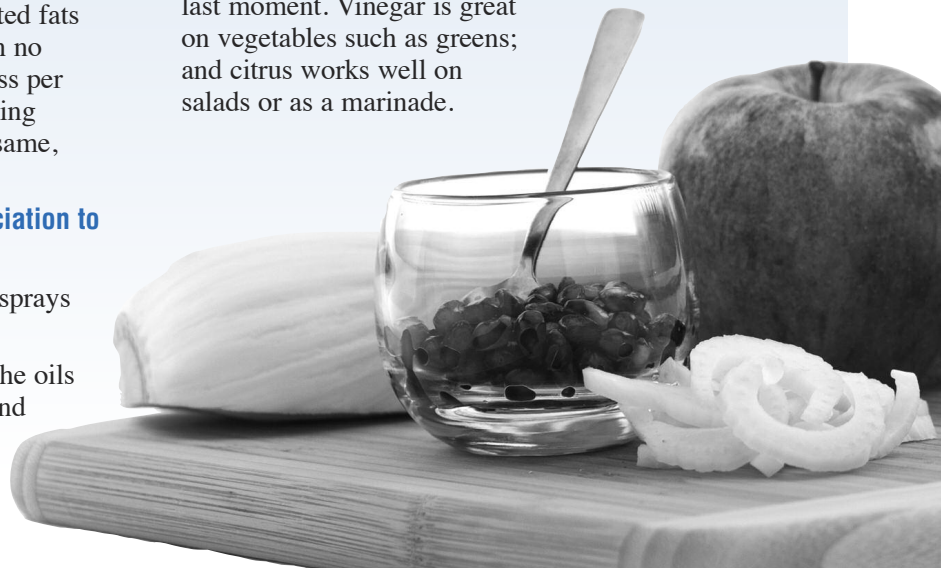
Fats add flavor to our food and are essential for some vitamins, providing energy, and supporting cell growth. There are a variety of fats, and based on the type of fat they can raise or lower the 'bad' cholesterol (LDL). Saturated fats and trans fats raise LDL, while monounsaturated fats and polyunsaturated fats lower it. Read labels to look for products with no trans fats and low saturated fat (3 grams or less per serving). Check the ingredients for the following types of oil: canola, corn, olive, safflower, sesame, soybean, and sunflower.

Try these tips from the American Heart Association to add flavor while helping keep fat intake low:

- Use liquid vegetable oils or nonfat cooking sprays whenever possible.
- Whether cooking or making dressings, use the oils that are lowest in saturated fats, trans fats, and

cholesterol — such as canola oil, corn oil, olive oil, safflower oil, sesame oil, soybean oil, and sunflower oil — but use them sparingly because they contain 120 calories per tablespoon.

- Stay away from coconut, palm, and palm kernel oils. They are high in saturated fat.
- Instead of frying foods, use cooking methods that have little or no fat, such as stir-frying, baking, grilling, or steaming.
- Use vinegars or citrus juices as wonderful flavor enhancers — but add them at the last moment. Vinegar is great on vegetables such as greens; and citrus works well on salads or as a marinade.



family health

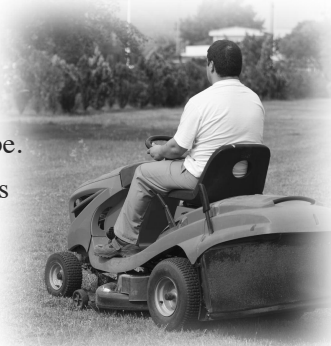
Occupational Health Clinic **TALK:** GRASSROOTS HEALTH

with Muktar Aliyu, MD, Occupational Health Clinic Physician



Caring for your lawn can be a beneficial way of burning up those extra calories, but it can also be a dangerous activity; according to the U.S. Consumer Product Safety Commission, 253,000 Americans were treated for lawn mower-related accidents in 2010. Be sure to follow these safety tips while caring for your lawn.

- **Be aware of temperature and weather.** Mow your lawn during the cooler time of the day (morning or late afternoon). Sunscreen can help shield you from those ultraviolet rays. Drink plenty of water before, during, and after any physically strenuous outdoor activity.
- **Use appropriate protective equipment.** Always wear eye and hearing protection. Use strong, enclosed shoes with slip-resistant soles to protect your feet and prevent skidding. Avoid sandals and loose-fitting clothing.
- **Remove potential projectiles.** Before starting your mower, clear your lawn of rocks, twigs, wires, glass, toys, and debris to prevent injuries from flying objects.
- **Children and lawn mowers do not mix.** The American Academy of Pediatrics recommends that children should be at least 12-years-old before operating a push mower and at least 16-years-old before operating a ride-on mower. All children should be supervised by a responsible adult.
- **Operate lawn machinery according to instructions.** Know available safety features on your lawn equipment. Always start your mower outdoors. Never leave machinery running while unattended. Avoid pulling backward or mowing in reverse. Keep hands and feet away from moving parts. Never refuel while engine is hot.
- **Never operate machinery when impaired.** Alcohol, fatigue, or medications that cause drowsiness can impair your ability to control lawn machinery. Your best bet to prevent injury is to be as alert as you can be.
- **Know your lawn chemicals.** Learn safety precautions for lawn chemicals before use. Keep people and pets off treated lawns per label directions. Store chemical products securely in their original labeled containers.



Know Your Numbers

Keep your weight and blood pressure in check with monthly Know Your Numbers events. Join Health Plus in August and September at these convenient locations.

Every Wednesday

11 a.m. – 1 p.m., 640 Medical Arts Building, The Occupational Health Clinic

Sept 7 and 21

11 a.m. – 1 p.m., One Hundred Oaks, room 26119

Sept 12

10:30 a.m. – 1 p.m., Light Hall, North Lobby

Sept 25

11 a.m. – 1 p.m., The Law School, faculty/staff lounge, 2nd floor

Sept 27

7 – 10 a.m., Monroe Carell Children's Hospital at Vanderbilt, room 2104

Throughout August and September

Health Plus, Atop Kensington Garage During all hours of operation
M – F 5 a.m. – 9 p.m.
Sat 8 a.m. – 2 p.m.

For additional scheduled locations during August and September, check the Health Plus Website at <http://healthplus.vanderbilt.edu>.

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

Eldercare Fair offered by the Child and Family Center

This September 20th event will be an opportunity for Vanderbilt staff and faculty to obtain helpful information about the resources and services in the community that are offered to seniors and their adult caregivers.

The fair will also feature over 20 vendors and three brown bag seminars. It will be held from 10:30 a.m. – 2:30 p.m., at Medical Center North (round wing). Learn more at <http://childandfamilycenter.vanderbilt.edu> or call Family Services Coordinator Stacey Bonner, MBA at 936-1990.

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



upcoming events

Babies and You

Health Plus offers this workplace prenatal health promotion program to full-time Vanderbilt employees, spouses, and dependents. The program encourages early and consistent prenatal care and provides monthly educational opportunities. An incentive is offered to those who register in their first trimester, attend at least three of the monthly classes, and go to all prenatal provider visits.

UPCOMING CLASSES FOR BABIES AND YOU:

August 16, noon to 1 p.m.
Choosing a Pediatrician
Rachel Mace, MD,
University Pediatrics
Location: Light Hall, room 411

September 20, noon to 1 p.m.
Men Have Babies, Too
Carol Huber, RN, BS, IBCLC,
Lactation Consultant, NICU
Location: Light Hall, room 411



For more information or to register online, visit <http://healthplus.vanderbilt.edu>.

Health Plus Group Fitness News to Know...

■ **Step into your own joyful journey with Nia** — Nia is a sensory-based movement practice that draws from martial arts, dance arts, and healing arts. It empowers people of all shapes and sizes by connecting the body, mind, emotions, and spirit. Classes are taken barefoot to soul-stirring music from more than 45 countries. Every class offers a unique combination of 52 moves that correspond with the main areas of the body: the base, the core, and the upper extremities. Stiff beginners and highly fit athletes alike can adapt Nia to meet their needs by choosing from three intensity levels. Every experience can be adapted to individual needs and abilities.

Health Plus Group Fitness Coordinator Lori Cowan is the only certified Nia instructor in Nashville. Join Lori on Tuesdays from 4:30 – 5:15 p.m. at Health Plus, Kensington Garage for the Nia experience.

■ **The Aerobic Challenge Wraps Up with Superclass** — Join us on August 16th as we wrap up the Challenge with a Superclass, which combines six different exercise classes (some form of cardio, strength, and flexibility) into two hours (5 – 7 p.m.) of jam packed fitness fun. Come for all or part of the class. All regularly scheduled classes after 4 p.m. on August 16th will be cancelled due to the Superclass. Participants of the Aerobic Challenge may pick up their prize at the Superclass or in the two weeks after.



For details, call Group Fitness Coordinator Lori Cowan at 343-8943, 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.