

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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December 2009/January 2010

Top 10 gifts NOT to give yourself

While finding the perfect gifts for your loved ones, take time to make sure you don't end up with one of these *not so great gifts* yourself:

1. Holiday stress.

Listen to "Relaxation: Finding the Calm within You" at <http://healthandwellness.vanderbilt.edu/podcasts>. New Health and Wellness podcasts are also available at this location each week.

2. Love handles.

Participate in a 10-week Vanderbilt Weight Watchers at Work program. Learn more at <http://healthplus.vanderbilt.edu/service/vanderbilt-weight-watchers-at-work>.

3. The flu.

Get your seasonal flu shot at the Occupational Health Clinic between 8 a.m. and 5 p.m., Monday – Friday. Monitor <http://occupationalhealth.vanderbilt.edu> for updates on the H1N1 flu vaccine.

4. A new year without resolutions.

Review your yearly Health Risk Assessment to evaluate your current lifestyle, identify health risks, and decide where and how to make improvements. Visit <http://healthplus.vanderbilt.edu> to review your current report and set goals for 2010.

5. Couch potato thighs.

Join Start!, Vanderbilt's physical activity program that rewards you with prizes for meeting challenge goals. Visit <http://healthplus.vanderbilt.edu> and click on the green Start! button to learn more.

6. A smoker's cough.

The Occupational Health Clinic Quit Rx program offers counseling and treatment services, including medications when appropriate. Call 936-0955 to schedule an appointment to let us help you begin your quit plan with Quit Rx.

7. Wintertime blues.

If you think you might be suffering from depression, Work/Life-Connections-EAP (WLC) can help. WLC provides confidential, short-term counseling at no cost to the employee. Call 936-1327 for an appointment.

8. Traveler's diarrhea.

Plan to visit the Occupational Health Clinic before leaving on work-related international travel to obtain immunizations and advice and avoid spending your trip in the toilet. Visit:

Continued on page 5

Mark Your Calendar

December 9 OHC Visits Edward Curd Lane

December 9 Laughter Yoga

December 17 Presentation: Get Control of Your Cash Flow

December 17 Presentation: Save Your Sanity This Holiday Season

January 4 – 9 Hold the Stuffing Final Weigh-ins



Jerry G. Fife

Vice Chancellor for Administration and son Taylor Fife at the Du Run Run Father's Day triathlon

Leading by example

Vanderbilt Leaders Making Wellness a Priority

What is a favorite holiday memory from childhood?

Going to my grandparents for Christmas. I grew up in a farm family. We all got together for a holiday dinner and celebration. There were about 25 of us, and we had a great time.

What is a special Fife family tradition that makes you smile?

My wife always wants to open one gift on Christmas Eve. It's a big joke in our household.

Favorite holiday food?

Do I have to pick just one? Turkey, mashed potatoes, and pumpkin pie.

What physical activity will help keep your holiday weight gain in check?

Staying active. I try to run and lift at least three times per week.

Do you have a New Year's resolution for 2010?

I'm training for the Music City Half Marathon. I ran the Du Run Run last Father's Day with my oldest son and got the bug again. Placed third in the Clydesdale division. See the photo above from that event.

The HEALTH *Plus* Fitness Facility has resources to help you reach your wellness goals for 2010!

Fitness prescriptions

A HEALTH *Plus* certified fitness professional will design an exercise program based on your individual goals, time, and needs. Be sure to wear exercise clothes and allow one hour for this free service. Call 936-5698 to schedule an exercise prescription. You can also visit the Health *Plus* Website to view the 12-week **Do it Yourself Fitness Program** (click the link on the home page, near the Start! button) at <http://healthplus.vanderbilt.edu>.

Fitness evaluations

HEALTH *Plus* offers a free fitness evaluation to Vanderbilt faculty and staff. The evaluation includes measurements of cardiovascular fitness, flexibility, muscular endurance, and muscular strength, as well as measurements of blood pressure, resting pulse, height and weight, and body composition analysis. You will receive a four-page printout evaluating your current fitness status. Please allow at least 30 minutes for this evaluation. Call **936-5698** to set up an appointment.

Wellness coaching

Wellness Coaches are available to help you reach your wellness goal. Schedule your first appointment at HEALTH *Plus* with one of our coaches by calling **343-8943**. The meeting will last 20 – 30 minutes, and follow-up sessions may be by phone, e-mail, or face to face.

Group fitness classes

Health *Plus* offers a wide variety of classes on a daily basis — most are beginner-friendly. All classes are free and include step aerobics, body sculpting, water aerobics, track class for runners, yoga, Pilates, dance, cycling, and more. View the complete group fitness schedule at <http://healthplus.vanderbilt.edu>.



The Counseling Corner



Do you hope for Hallmark holidays?

Q: Dear Counselor,

Holiday season feels crazy to me, and afterwards I feel disappointed. Each year I hope that it will be a wonderful event like I remember from my childhood or saw in the movies. And each year I get upset that we spent too much, the kids argue, and the dishes got left with me.

Longing for the happy holidays

A: Dear Longing for the happy holidays,

Each of us wants to have the holiday season that Hallmark portrays in its cards. We remember our childhood holidays through our eyes as children and try to recreate them from our adult perspective. We all need to stop and smell the eggnog. Here are some things you might consider to make your holidays more enjoyable.

- Seek the meaning of your holiday.
- Volunteer — Offer to baby-sit while parents shop, volunteer to help assemble gifts, visit folks at the nursing home, or help your neighbors.
- Drive around neighborhoods to enjoy the lights.
- Sing carols; gather friends for eggnog or cider.
- Get out old pictures and reminisce with loved ones.
- Reconnect with friends; write holiday cards and share memories, not just signatures; thank those who have been meaningful to you and your family.
- Be grateful for the moment, for what you have, and for people who matter in your life.

Holidays should be about being together with friends and family, celebrating traditions, and sharing our time, energy, or gifts with each other. It's not about money. You may not remember what extravagant plastic object Aunt Martha gave you two years ago, but you'll always remember the potholder your kindergartner made for you at school.

However, if depression or grief limits your ability to engage in the season, call Work/Life Connections-EAP at **936-1327** for a confidential appointment.

*Jim Kendall, LCSW, CEAP, Manager,
Work/Life Connections-EAP*

health yourself

Hold The Stuffing mid-season and final weigh-ins



If you began the Health *Plus* challenge to maintain your weight over the holiday season by getting weighed in November, don't forget to complete the final weigh-in at one of the locations listed below.

Mid-season weigh-ins (optional) December 14 – 19

ALL WEEK – ALL DAY 5 a.m. – 9 p.m. M – F; 8 a.m. – 2 p.m. Sat.

Health *Plus* Fitness Facility, Kensington Garage

FINAL WEIGH-INS

Monday, January 4	11 a.m. – 1 p.m.	Vanderbilt Children's Hospital, room 2104
Tuesday, January 5	Noon – 2 p.m.	Peabody Library, room 108
	Noon – 2 p.m.	Law School, commons area
Wednesday, January 6	7 a.m. – 2 p.m.	Courtyard Café
Thursday, January 7	11 a.m. – 1 p.m.	100 Oaks, room 26102-104
	Noon – 2 p.m.	Baker Building, room 1110
Friday, January 8	11 a.m. – 1 p.m.	Light Hall, lobby
Saturday, January 9	8 a.m. – 2 p.m.	Health <i>Plus</i> , Kensington Garage

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).*

*On Thursday, December 24, OHC will not visit OHO.

OHC visits Williamson County:

December 9, 8:30 – 9:30 a.m., Edward Curd Lane; 10 – 11 a.m., Walk-in Clinic;

January 6, 8 – 10 a.m., Brentwood Primary Care

January 6, 11 a.m. – 12:30 p.m., Vanderbilt Heart-Murfreesboro

OHC visits Vanderbilt Children's Hospital (VCH):

December 3 and January 7, 1 – 4:30 p.m., room 8009.

LOOKING AT THE BIG PICTURE The real costs of drunk and drugged driving

The costs of driving under the influence don't end with the fatalities, injuries, or disabilities caused by traffic accidents.

People who drive after using drugs or alcohol, and even passengers who ride with them, can face jail time, the loss of a driver's license, higher insurance rates, and additional expenses such as attorney fees, court costs, and lost time at work.

Alcohol-related crashes account for nearly one-third of traffic-related deaths in the U.S., and the annual cost is over \$51 billion.

So remember, if you catch a buzz, catch a ride.

Sources: National Highway Traffic & Safety Administration; U.S. Centers for Disease Control and Prevention

Health and wellness podcasts with a festive theme

- Invest more meaning, not more money, in the holidays
- Healthy eating during the holidays
- Relaxation: Finding the calm within you
- Success starts with setting a goal
- Mindful eating

Listen to weekly interviews, tips and tidbits on a variety of health and wellness topics ranging from choosing child care, to healthy dining, to the civilized workplace. Listen from your MP3 player or your computer. The Faculty and Staff health and wellness podcasts are available at <http://healthandwellness.vanderbilt.edu/podcasts>. Click the podcast link in the lower right corner.

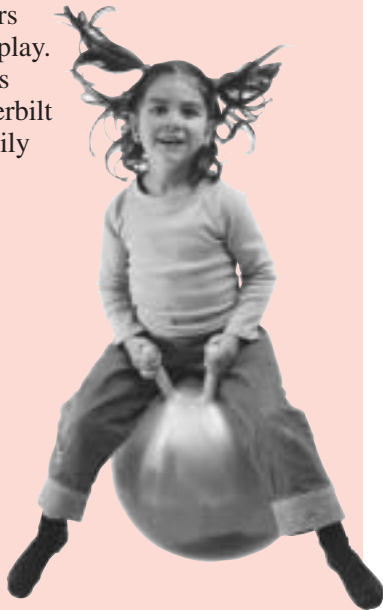


GIFTS FOR KIDS: What are the best toys?

Choosing toys for your children can be expensive and mind-boggling. No one wants to have a bunch of toys lying around and no one interested in playing with them. If you have ever wondered what the best kid-friendly toys are, these suggestions may help with your holiday gift purchases this year:

- **Choose toys that are durable and reusable.** Toys that can be used over and over again and in multiple capacities are best. For instance, blocks such as Legos are great for building different things each time, and there is no wrong way or right way to build with them.
- **Choose toys that are creative.** Dress-up clothes that aren't already a known character (Disney, etc.) are creative and good for a child's imagination. Avoiding a character outfit will encourage lots of make-believe play, stimulating a child's creativity.
- **Choose toys that help stimulate learning.** Crayons and a roll of paper can provide hours of fun, but did you know they also encourage writing skills? Drawing and scribbling are the first steps to writing. Books of all types are a great way to help your child learn to read. Of course, reading with your child should be a staple in all households.

You may have noticed that video games and movies are not a part of this list. These toys limit creativity and have only one right way to be used. Children's toys that use a hands-on approach will make a lasting impression on your child and encourage hours of stimulating play. Happy holidays from the Vanderbilt Child and Family Center!



Health n

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, December 17, 2009

'Tis the season for keeping your sanity

Noon – 1 p.m.
Light Hall, room 415
The holidays are often filled with too much to do and not enough time to accomplish it all. Learn how to relax your mind, body, and spirit so you can be more productive and have more joy in your relationships. Presented by Ellen Clark, LCSW, CEAP, Work Life Connections-EAP.

Thursday, January 21, 2010

Staying on track in a volatile market

Noon – 1 p.m.
Light Hall, room to be announced on the Health *Plus* Website
Learn how to adapt to the current market volatility and identify options to help manage investment accounts with TIAA-CREF Financial Services Senior Consultant, Susan Martin.

Get control of your cash flow in 2010!

Ralph Topham, LPC, a clinical counselor at Work/Life Connections-EAP, is offering a one-hour course to help you create a personal spending plan. This program can be your first step to financial security. You will learn to take responsibility for your budget, identify how much money comes in, and decide where your money goes. You will use tools that can help you develop a personal cash-flow monitoring program.

This class is open to faculty/staff and their significant others. Classes will be held in the Medical Arts Building, suite 029, EAP Training Room (in the basement).

- **Thursday, December 17, at 4 p.m.**
- **Thursday, January 21, at 4 p.m.**

Call Work/Life Connections-EAP at **936-1327** to register; limited to 10 people.

OVERWHELMED BY DEBT?

How to preserve your credit rating

If you find it difficult to pay your loans and credit card bills on time, taking steps like these may help protect your credit score:

- Before you miss a payment, contact the lender by phone. If you can only pay a portion of the bill, still contact the lender. You may be able to negotiate a financial hardship plan for a limited time. However, Michael Bittle, CEO of the Vanderbilt Employee Credit Union points out "unless the creditor changes the required payment to match the partial payment being made, the loan will show past due and the delinquent amount will continue to grow as partial payments continue to be made. This will have more than a minimal impact on the credit score".
- If you're facing repossession on a big item like your car, try selling it yourself to pay off the loan. If a lender repossesses the car, you'll still be responsible for any difference between what the bank gets for selling your car and the balance you still owe.
- Try to raise some quick cash that you can put toward paying your bills. Look for things in your house or garage that you no longer use. You may be able to sell them by having a garage sale or listing them on a free want-ad site.
- The Vanderbilt University Employees Credit Union can help. The cost of joining the credit union is 25¢, with a minimal account balance of \$25 required. They offer free credit counseling, debt consolidation loans, and automobile refinancing loans. All of the loans offer convenient repayment through payroll deduction. For more information, call the Vanderbilt Employee Credit Union at **(615) 936-0300**, or visit the Website at <http://www.vanderbiltcu.org>.

Source: National Endowment for Financial Education, www.SmartAboutMoney.org/SurvivalTips
Reviewed and commented on by Michael Bittle, CEO, Vanderbilt University Employee Credit Union

News you can use

"Bounce Berries"

Cranberries are ranked among the top 10 antioxidant foods — and a ½-cup serving provides 10% of the daily requirements for vitamin C.

Good ripe cranberries will bounce, which is why they are nicknamed bounce berries. When stored in a tightly sealed plastic bag in the refrigerator, fresh cranberries may last up to two months. Cook them only until their skins pop. Overcooking gives them a bitter taste.

Source: U.S. Centers for Disease Control & Prevention

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

Party Kebabs
Make these easy, flavorful toothpick kebabs for your next holiday gathering. Combine two or three ingredients on a toothpick to provide a simple, fast, and delicious treat.
For example:

- Low-fat turkey, reduced-fat Cheddar cheese, and an olive
- Cherry tomato, mozzarella cheese, and fresh basil
- Cantaloupe, raspberry, and blackberry with honey yogurt dip

Honey Yogurt Dip:

Combine 1 cup plain yogurt (choose low-fat or nonfat), ½ teaspoon cinnamon, 1 teaspoon vanilla extract, 1 or 2 teaspoons orange zest (from 1 orange), and 3 to 4 tablespoons honey in a small bowl. Whisk to combine. Serve chilled with fresh fruit kebabs. Dip can be made in advance and stored in the refrigerator.

Makes about 1 cup.



NUTRITION QUESTIONS?

Ask the Dietitian

Q. How can I enjoy the holiday season and still maintain the weight I have worked so hard to achieve?

A. The winter season is notorious for providing countless opportunities to gather and celebrate... and eat! Research states, on average, Americans gain 1 pound between Thanksgiving and New Year's Day. While this may seem insignificant, research also shows that most people do not lose the added pound, which leads to slow, steady weight gain over time. The good news is there are plenty of ways to maintain a balanced diet and avoid the unwanted pound(s). First, do not underestimate the power of planning ahead. If you know healthy food selections will be limited at a

gathering, choose to make your contribution healthy. For example, bring a platter of raw vegetables or fruit with a low-calorie dip. Second, remember portion sizes still apply. Grazing on food during parties or family gatherings is very easy to do, so plan to make one plate of food for the duration of the event. A healthy plate includes variety and is made up of mostly fruits and vegetables, a lean protein, and carbohydrate. Finally, when it comes to sweet treats, be picky. Select the one dessert you think will be the most satisfying and leave the others. One thing is for sure — there will be a gathering with more treats before the season is over!

Reference: *The New England Journal of Medicine, A Prospective Study of Holiday Weight Gain, March 23, 2000*
Written by: Mary Tidwell, RD, LDN, Vanderbilt Nutrition Services

Top 10 gifts NOT to give yourself

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<http://occupationalhealth.vanderbilt.edu/service/International-Travel> to develop a personalized plan.

9. The family squeeze.

The Vanderbilt Family Center offers a variety of information about elder-care options, including podcasts, articles, and a directory of services. Visit <http://childandfamilycenter.vanderbilt.edu/service/adult-care> or call Stacey Bonner, Family Center Coordinator, at 936-1990.

10. A preventable illness.

You can help lower your risk of illness or injury by getting regular exams and tests to find problems at an early, treatable stage, and by receiving immunizations that prevent disease. Visit the new Health and Wellness Information Portal at <http://myhealthandwellness.vanderbilt.edu/> to see what preventive services are recommended for you and what Vanderbilt resources are available to help.

The entire team of Faculty and Staff Health and Wellness wish you and yours a healthy and safe holiday season. We look forward to continuing to supporting your health and productivity in 2010.

SPOTLIGHT ON A NEW HEALTH AND WELLNESS TEAM MEMBER:



Stacey Bonner, MBA

Stacey joined the Child & Family Center as the Family Services Coordinator in September 2009. Stacey will be coordinating the new Sitter Service (read more in the column to the right) as well as organizing monthly lunch and learns on elder-care issues and resources in the community.

Stacey has more than 10 years working with children and their families. She started her career in 1999 working at the Community Action Agency in Kalamazoo, Michigan. In 2004 she relocated to Nashville, Tennessee, and worked at the Department of Children Services in foster care. Before joining Vanderbilt, Stacey was employed at Big Brothers Big Sisters of Middle Tennessee.

Stacey holds a Master of Business Administration degree and a Bachelor of Arts degree in Family Life Education. Welcome to Vanderbilt, Stacey.



*Never exercise to the
point of pain.
If something hurts, don't do it.*

NEW! Vanderbilt Sitter Service makes it easy to find a sitter

The Sitter Service is a free service that allows Vanderbilt employees who are in need of dependent (child or elder) care to connect with students and employees from the Vanderbilt community. The goal for this service is to accommodate the Vanderbilt Community, either as a sitter or a potential client.

Clients who have an immediate or occasional need for a sitter will be able to access the sitter list through the Health & Wellness portal. A person must have a VUNet ID and password to access the site.

The client will contact the sitter directly if that person's availability, skills, and abilities meet their needs. Sitters are under the supervision, direction, and employment of the client at all times.

A potential sitter can call Stacey Bonner at **936-1990** for more information, or access the registration form at <http://childandfamilycenter.vanderbilt.edu>.



take care

OHC TALK:

**DON'T GET THE FLU. DON'T SPREAD THE FLU.
DON'T RUIN YOUR HOLIDAYS. GET VACCINATED!**

Mark Young, MSN, APN, FNP-BC, Nurse Practitioner, Vanderbilt Occupational Health Clinic, talks with Tom Talbot, MD, Chief Hospital Epidemiologist and Assistant Professor of Medicine and Preventive Medicine at Vanderbilt



The holidays are almost on us. With the holidays come parties and family gatherings. This year, in particular, many people are concerned with the possibility of influenza and want to know how to prevent becoming infected while enjoying holiday activities. With a few simple precautions, you should be able to enjoy the holidays and help prevent the spread of the flu and other upper respiratory infections.

The first step in protecting yourself is getting immunized against influenza. Vaccines are available for both seasonal and Novel H1N1 (swine) influenza. Visit the Occupational Health Website (<http://occupationalhealth.vanderbilt.edu>) or the Centers for Disease Control and Prevention (CDC) influenza Website (<http://www.cdc.gov/flu/>) for more information about the flu vaccines and help in deciding which form is right for you.

Other steps in limiting the spread of influenza include:

1. **Cover your mouth and nose with a tissue if you cough or sneeze.** Throw the used tissue in the trash. If a tissue is not available, cough or sneeze into your sleeve.

2. **Wash your hands with soap and water frequently.** This is especially important after coughing or sneezing. If soap and water are not available, use an alcohol-based hand sanitizer.
3. **Avoid touching your nose, eyes, and mouth.** Germs spread this way.
4. **Avoid close contact with sick people,** especially face-to-face contact within 6 feet.
5. **If sick with flu-like symptoms, STAY HOME until your fever is gone for 24 hours.** The fever should be gone without the use of a fever-reducing medicine such as Tylenol, Advil, or Aleve. Flu symptoms may include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and fatigue. Some people may also have vomiting and diarrhea.

Dr. Tom Talbot, Vanderbilt Chief Hospital Epidemiologist and Assistant Professor of Medicine and Preventive Medicine, says, "The most important thing you can do to avoid catching the flu this holiday season is to get vaccinated!"

If you think you or a family member has the flu, call your Primary Care Provider (PCP). Treatment is available for both the seasonal and H1N1 influenza. Your PCP can help you decide if medication for influenza is appropriate. You may also use the Occupational Health Flu Tool at our Website (<http://occupationalhealth.vanderbilt.edu>) to help determine if you should stay home and if medication may be indicated.

The power of gratitude

“Gratitude unlocks the fullness of life.

It turns what we have into enough, and more.

It turns denial into acceptance,

chaos to order, confusion to clarity.

It can turn a meal into a feast, a house into a home, a stranger into a friend.

Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.”

— Melody Beattie



Vanderbilt Health & Wellness
201 25th Ave. South
Nashville, TN 37240



upcoming events

Babies and You

Babies and You is a free 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:

December 17, noon to 1 p.m.
Nutrition: Eating For Two
Marilyn Holmes, MS, RD, LDN, Manager Health Plus
Location: 8380 A, Medical Center East — South Tower

January 21, noon to 1 p.m.
Basics of Infant Safety at Home and in the Car
Tara Huss, MD, Vanderbilt Pediatrics
Location: To be announced. Please check the Health Plus Website at <http://healthplus.vanderbilt.edu>.

For more information, call Lisa Connor, RN, at 343-8943.



Health Plus Group Fitness News to Know...

■ **Dancing With the Stars!** — Learn to dance from Vickie Rose, International Dance Champion. She will be teaching couples' dances on Mondays, 6:15 – 7:15 p.m., in Studio 1 at Health Plus during January and February.

■ **Avoid gaining weight over the holidays by taking group fitness classes.** Did you know Health Plus offers classes around campus and beyond? Classes are offered at Alumni Hall, Outdoor Track, 3401 West End, Peabody, Vanderbilt Orthopedic Fitness Center (VOIFC), Dayani, One Hundred Oaks, and VMG Williamson County.

Check our Website for locations and times at <http://healthplus.vanderbilt.edu>. Click on the Group Fitness schedule for details.

■ **Laughter Yoga** – Relieve holiday stress by attending a 30-minute demo class on Wednesday, December 9, at noon in Studio 1 at Health Plus, Kensington Garage. Laughter yoga is a simple practice involving laughing for “no reason” with different gestures or movements in a group, using simple breathing exercises, and practicing playfulness. Anyone can do it — without jokes, put-downs, monologues, sitcoms, or even a sense of humor.

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



Protect your feet by wearing flip-flops instead of walking barefoot in public pool areas, locker rooms, and hotel rooms.

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