



HEALTH & WELLNESS

VANDERBILT FACULTY & STAFF

The Occupational Health Clinic

Health Plus
Work/Life Connections - EAP

Connection

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

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June, July 2021



NEW

- **Easy to navigate!**
- **Quick to complete!**
- **Mobile friendly!**

bit.ly/healthplusgogold

What better year than 2021 to make BIG changes to Go for the Gold? The NEW Go for the Gold is easy to navigate, quick to complete, and mobile friendly!

Earn up to a \$240 Wellness Credit (for eligible faculty and staff).

Step 1: Health Risk Assessment

Step 2: Wellness Actions Log

Step 3: Coming Soon!

Log in to the Health & Wellness Information Portal (HWIP) at **bit.ly/healthplusgogold**.

Have questions? Contact Health Plus at **615.343.8943**, or email **health.plus@vmc.org**.

Step 2: Wellness Actions Log is Live!

Complete your Wellness Actions Log to:

- Enjoy more options than ever before to take action and improve your well-being.
- Get credit for participating in other great Health Plus programs like Know Your Numbers, TASTE, Control is the Goal, Spring into Summer, Nutrition Corner, and Step Challenges.
- Easily track completed actions.

Care Gap Alerts

Alzheimer's Disease



Paul Newhouse, MD

*Jim Turner Chair in Cognitive Disorders
Professor of Psychiatry, Pharmacology
& Medicine*

*Clinical Core Director, Vanderbilt
Alzheimer's Disease Research Center*

What is Alzheimer's disease?

Alzheimer's is the most common cause of dementia, a general term for memory loss and other cognitive abilities serious enough to interfere with daily life. Alzheimer's is a progressive disease, where dementia symptoms gradually worsen over a number of years. In its early stages, memory loss is mild, but with late-stage Alzheimer's, individuals lose the ability to carry on a conversation and respond to their environment.

What causes Alzheimer's disease and how prevalent is it?

Two abnormal structures called plaques and tangles are likely the principal reasons for damage to nerve cells in the brain. Most people develop some plaques and tangles as they age; however, those with Alzheimer's tend to develop far more and in a predictable pattern. The destruction of nerve cells causes memory failure, personality changes, and other symptoms of Alzheimer's disease.

The greatest known risk factor is increasing age. As many as 5.5 million Americans age 65 and older may have Alzheimer's disease. But, Alzheimer's is not just a disease of old age. Approximately 200,000 Americans under the age of 65 have younger-onset Alzheimer's disease.

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Work/Life Connections-EAP

The Counselor's Corner

Rosemary Cope, LPC, CEAP



Summertime Blues

Summer is supposed to be a fun time of endless days without school, backyard parties, trips to the beach, vacations, and warm sunshine. Right? Not always.

Ian Cook, director of the Depression Research Program for UCLA, tells us that for some people, summer depression has a biological cause. For others, the unique stresses of summer can be overwhelming.

Here are things to know about summer depression. About 10% of people will get SAD (Seasonal Affective Disorder) in the summer, instead of the winter. This is especially true if your days are longer with increasing heat and humidity. During the summer, routines are easily disrupted by kids, trips, and visitors. A disrupted schedule can make one feel depressed, or you might feel a bit out of control. Maybe you have a less than perfect body, and dread summer clothes and outings. The social stress of that is real. Summer can also affect your financial picture if you can't afford all the fun things everyone else seems to be doing. Finally, the heat can just make you feel cranky and unwilling to interact with anyone who's not close to the air conditioner.

Here are some tips for managing your summer stresses:

- ☀ Get help if it feels overwhelming.
- ☀ Plan ahead for visits and visitors.
- ☀ Give yourself time to do things that nurture YOU.
- ☀ Don't overcommit.
- ☀ Adjust medication if you know this is a pattern for you.
- ☀ Don't beat yourself up if things aren't perfect. We've all had a rough year.



The summer is short, and you're going to want to get the most out of it. Make your mental health a priority.



Passion at Work



Jenny Slayton, MSN, RN

Senior Vice President, Quality, Safety & Risk Prevention

In a dynamic place like VUMC, how do you keep your team informed?

In the new blended work environment, we have developed Townhall forums, occurring every two weeks, to update our teams and include highlighting a team or new team members each session. We use this time to share broadly VUMC and QSRP updates with time for Q&A.

How do you build community with your team?

We have launched virtual *coffee time* and *lunch chats* as a way to bridge the gap of social interactions for our teams. This was a recommendation from our Department Board and has been a huge benefit to gather ideas and insights from our teams to make sure we maintain a sense of connectedness.

In what ways do you celebrate the accomplishments of others on your team?

We highlight accomplishments during our bi-weekly Townhalls, including service anniversaries, kudos, birthdays, and new team members.

How do you focus on your personal well-being while still managing responsibilities at work?

I try to maintain personal time in the morning for exercise before the day starts. It's a great way to clear my head and re-energize!

Care Gap Alerts

Alzheimer's Disease

(continued from page 1)

Is there a treatment for Alzheimer's disease?

Alzheimer's disease is complex, and it is unlikely that any one drug or other intervention can successfully treat it alone. Several prescription drugs are currently approved by the U.S. Food and Drug Administration (FDA) to help reduce some symptoms and control some behavioral symptoms in people who have been diagnosed with Alzheimer's disease. We are always testing new medications to improve our ability to treat the many symptoms of this illness.

Are there ways we can reduce our risk for Alzheimer's disease?

Though research is still evolving, evidence is strong that people can reduce their risk by making key lifestyle changes, including participating in regular physical activity and maintaining good heart health. Heart-healthy eating includes limiting the intake of sugar and saturated fats and making sure to eat plenty of fruits, vegetables, and whole grains. The Mediterranean diet and the DASH (Dietary Approaches to Stop Hypertension) diet have been studied and may be beneficial to lowering the risk of Alzheimer's.

Finally, join a clinical trial! We, as part of the Alzheimer's Clinical Trial Consortium (ACTC), are testing several strategies to prevent Alzheimer's disease. You can learn more through our website: vumc.org/ccm.



Occupational Health Clinic talk:

Occupational Safety: Prevention is Key!

Jesi Howe-McCutchen, MSN, APRN, FNPC, CEN
Nurse Practitioner, Occupational Health Clinic



National Safety Month is a great time to focus on occupational safety. According to the National Safety Council, 31% of all workplace injuries are related to overexertion. Sprains, strains, and tears attribute to over half of all overexertion injuries with the most common injury occurring in the back.

Prevention is key in reducing injury to your back! A few easy steps you can take to avoid back injury are:

- Be sure to follow proper safety precautions. Get help when needed!
- Use proper techniques when it comes to lifting, carrying, and other body mechanics. Lift with your legs and keep your feet shoulder-width apart to maintain your balance.
- Set up an ergonomic workstation, keep your head and neck in proper alignment with your spine, and remember to change position frequently.
- Rest at regular intervals and when you feel signs of overexertion, especially when doing repetitive tasks.

According to Dr. Aaron Yang, Associate Professor, VUMC Physical Medicine and Rehabilitation, "First, motion is lotion. Increased sedentary jobs, or sitting for long periods of time, can prime your back for potential injury. I try to encourage some level of exercise throughout the week with daily stretching and standing breaks. There is a correlation between consistent exercise and preventing back pain. Simple as that. No medication, injection, or surgery will fully prevent FUTURE episodes of back pain, so it's time to take an active approach to treatment as opposed to a passive approach."



VUMC offers some great opportunities to assist you in taking care of your back. Occupational Health provides ergonomic evaluations and even an online tutorial designed to assist in evaluating your workstation. Visit bit.ly/occhealthergonomics for more details!

Additionally, the Health *Plus* team offers a great way to practice injury prevention with Pop-Up Stretch breaks. Visit bit.ly/healthplusmb for more information!

Carpe Annum! — Seize the Year!

6 Keys to a Re-energized 2021

It's time for your fourth key action to re-energize in 2021! In the last issue, we covered the third key: Be Smoke-Free. In this issue, we focus on: Get Enough Sleep!

6 Keys to an Energized Year!

- Eat for Energy
- Get Active
- Be Smoke-Free
- **Get Enough Sleep**
- Live with Less Stress
- Work Toward a Healthy Weight



Adults who sleep seven to eight hours a night are likely to be more energetic and productive during the day! Below are some helpful hints for getting enough sleep. Use the checkboxes to ensure healthy sleep habits.

Your Sleep Checklist

Timing	<input type="checkbox"/> Go to sleep and get up at the same time every day. <input type="checkbox"/> Avoid sleeping in — even on weekends. <input type="checkbox"/> Limit naps to 15 to 20 minutes in the early afternoon.
Light	<input type="checkbox"/> Spend some time outside during daylight. <input type="checkbox"/> Turn off all screens 1 to 2 hours before bedtime. <input type="checkbox"/> Make sure bedroom is dark when sleeping.
Exercise	<input type="checkbox"/> Exercise daily for best sleep — even light exercise such as walking is helpful. <input type="checkbox"/> Finish moderate or vigorous exercise 3 hours before bedtime.
Food & Drink	<input type="checkbox"/> Limit caffeine, nicotine, and alcohol. <input type="checkbox"/> Avoid big meals at night. <input type="checkbox"/> Cut back on sugary foods at night.
Wind Down	<input type="checkbox"/> Follow the same bedtime ritual each night. <input type="checkbox"/> Make your room cool, quiet, and dark. <input type="checkbox"/> Slowly breathe in through your nose and out through your mouth for relaxation.

If you have regular sleepless nights, see your health care provider. You could have a sleep disorder like sleep apnea or restless legs syndrome. It is important to find the cause of a sleep disturbance and treat it.

Can't-Miss Health *Plus* Activities in June and July!



Spring into Summer!

Celebrate good health this season with Health *Plus* Spring into Summer weight maintenance program! Initial weigh-in is June 1–11, and final weigh-in is July 12–23. Visit bit.ly/healthplussis for activity details.



Stretch Breaks

Every Wednesday from 12 to 12:30 p.m. on the Plaza in June and July! Visit bit.ly/healthplusmindful for details.



Walking Wednesdays

Join Health *Plus* every Wednesday for a group walk through the beautiful Vanderbilt campus! Visit bit.ly/healthplusww for activities details.



TASTE

Enjoy the taste of eating right with this 10-week nutrition series and take your eating habits to the next level! Visit bit.ly/healthplustaste for details.

Ask a Lifestyle Coach

Q I lost 10 lbs. and have regained it all. This isn't the first time. What can I do?

A After working hard to lose weight, it's not uncommon to slip back into old behaviors and see the pounds slowly creep back. It usually starts with a lapse, like overeating for a day or two, or skipping your usual physical activity. The key is to keep this brief, small slip from growing into a relapse.

These are some ideas that may help:

- **Learn from the lapse.** Have an experiment mindset. Find what will work for you. Ask yourself what happened, and plan for the next time you are in that situation.
- **Resist negative thinking.** You are not a failure. You are normal.
- **Get back on track** at the very next opportunity. Don't put it off until tomorrow.
- **Get support** from someone you know who is encouraging and won't criticize.
- **Be kind to yourself** and focus on the positive changes you have made.
- **Remember this is a lifelong journey.** There are many small choices to make every day. A short lapse won't erase all your progress.



Rachel Bowman, CHES
Health Educator, Health Plus

Create a Comeback Plan!

1. What high-risk situations tend to get me off track?
2. What 2 steps can I take immediately after a lapse?
3. What negative thoughts could hold me back from going into action?
4. What positive thoughts will I use to keep myself going?
5. How will I reward myself when I get back on track?

Tip: How you think about your lapse is the most important part of the process. If you use it as a learning opportunity, *you will succeed!*



To get started with Lifestyle Coaching, complete the registration form at bit.ly/healthpluscoach.



Learn about a different nutrition topic each month to support your health. With tips and delicious recipes, Nutrition Corner makes healthy eating simple!

June — Smart Snacking

July — Simple Meals for Busy People

Enjoy this recipe from June's Nutrition Corner.

Black Bean Hummus



Ingredients:

- 1 (15-ounce) can low sodium black beans, drained
- 1 clove garlic
- 2 tablespoons lemon juice
- 2 tablespoons tahini
- 1 teaspoon cumin
- Salt to taste
- Water to thin

Directions:

1. In a blender or food processor, puree all ingredients. Season with salt to taste, and thin with water if needed.
2. Serve with crackers or sliced vegetables.

Nutrition Information per Serving:

(2 tablespoons) Calories 45 | Total Fat 2g | Sodium 30mg | Carbohydrate 6g | Fiber 2g | Sugar: 0g | Added Sugar: 0g | Protein: 2g

Log in to Nutrition Corner in June and July for these great topics and more delicious recipes. Go to bit.ly/healthplusnutritioncorner.

HR Corner

Getting The Most Out of Your Benefits

Take charge of your health with the Aetna Health app

Never be without your health insurance card. With the Aetna mobile app, you can access your digital member ID card and even add it to your mobile wallet. Easily search for in-network providers and see what services are covered by your plan. You can also use the app to:

- view your benefits and progress toward deductibles
- manage claims
- get medication details and cost estimates

Keep your retirement on track with the NetBenefits app

Take control of your financial wellness with Fidelity Investment's mobile app. View your account balances, investments, recent contributions and account performance and get a personalized plan to maximize your savings. The app also allows you to:

- manage your Health Savings Account (HSA) expenses and investments
- change your contribution
- access articles, videos, podcasts and webinars to help you make informed financial decisions

Everything you need to manage your dental benefits – in your pocket

Access important benefits information on the go – your teeth will thank you. Download the myCigna, MyBlueTN or Delta Dental mobile app to gain access to your plan information anytime and anywhere. You can use these apps to:

- easily search the network of dental providers with contact information, ratings and driving directions
- quickly view ID cards for your family
- review benefit details, claims and deductibles

Take the stress out of short-term disability with the Unum Customer app

Managing your disability claims is easier with Unum's mobile app. Manage claims, review correspondence, see payment information and verify or change personal information directly from your mobile device. You can also use the Unum Customer app to:

- start a claim
- upload documents and download forms
- manage direct deposits of claim payments
- correspond with Unum reps



YES, THERE'S AN APP FOR THAT

Conveniently access your VUMC benefits anytime, anywhere

upcoming events



Walking Wednesdays

Go to bit.ly/healthplusww for activity details.



Know Your Numbers

Go to bit.ly/healthpluskyn for digital options.



Spring into Summer

Go to bit.ly/healthplussis for activities details.



Babies & You

Go to bit.ly/healthplusbabies for updated scheduling.



TASTE

Go to bit.ly/healthplustaste for activity details.



Healthier You Presents

Go to bit.ly/healthplushealthieryou to view monthly presentations.



Stretch Breaks

Go to bit.ly/healthplusmindful for weekly stretch break details.



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Have a topic you want to see covered? Email us at health.wellness@vumc.org.

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Health & Wellness Connection

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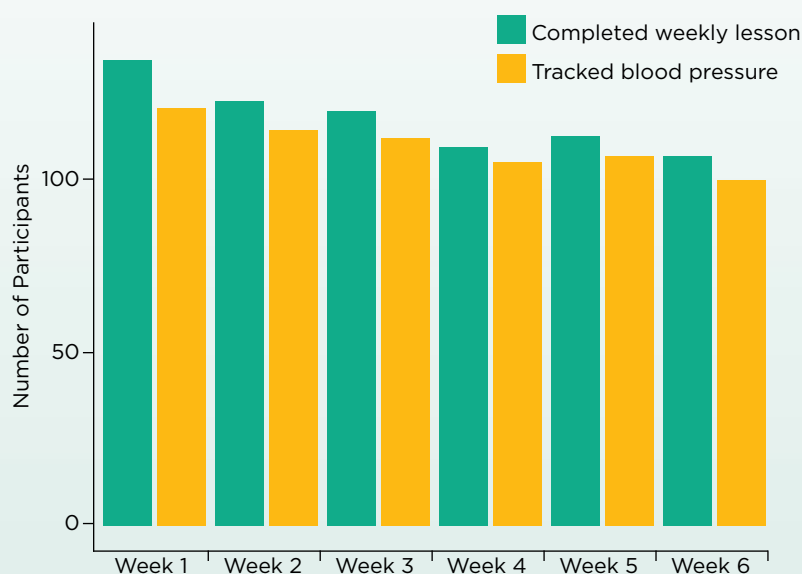
Paula McGown, MSN, MAcc, CPA, Health & Wellness

The Healthy Pulse

FOR FACULTY AND STAFF AT VANDERBILT



"Control is the Goal" for Blood Pressure Management



Control is the Goal promotes and encourages healthy choices to help with blood pressure control. By participating in *Control is the Goal*, participants also learn how to make blood pressure (BP) self-monitoring a healthy habit in their daily lives. This figure shows *Control is the Goal* participants in the Fall 2020 and Spring 2021. Cohorts demonstrated high rates of weekly BP self-monitoring throughout their time in the 6-week program.