



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!

Vol. 42 • No. 3 • Medical Center Edition
June, July 2022

Going for Gold Throughout Summer

Easy to Navigate | Mobile Friendly | Health Plus Programs



- 1** **Health Risk Assessment**
Be **AWARE** of risks
- 2** **Wellness Actions Log**
Take **ACTION**
- 3** **Game Plan for Your Health**
Make a **PLAN**

bit.ly/healthplusgogold

All 3 steps of Go for the Gold are ready to be completed! Go for the Gold is easy to navigate, mobile friendly, and includes many of your favorite Health Plus programs this year.

Earn a Wellness Credit of up to \$240 if enrolled in a Vanderbilt Health Plan.

Step 1: Health Risk Assessment – Be **AWARE of your health risks.**

Step 2: Wellness Actions Log – Take **ACTION to reduce your risks.**

Step 3: Game Plan for Your Health – Make an ongoing **PLAN for your health.**

Log in to the Health & Wellness Information Portal (HWIP) at bit.ly/healthplusgogold. Deadline is October 31.

Have questions? Contact Health Plus at 615.343.8943 or email health.plus@vumc.org.

Step 3: Game Plan for Your Health is Live!

Complete Game Plan for Your Health to:

- Learn how to read and utilize your Personal Health Report based on your Health Risk Assessment.
- Discover excellent resources to reduce health risks.
- Make an ongoing PLAN for your health!

Care Gap Alerts

The Importance of Summer Safety



Cristina M. Estrada, MD
Associate Professor of Clinical Pediatrics
Division Chief, Pediatric Emergency Medicine

What is the most common misconception around drowning?

Child drownings remain the leading cause of unintentional death among children ages 1 to 4 years old. The Consumer Product Safety Commission (CPSC) estimates nearly 395 children younger than 15 years of age drown in swimming pools and spas each year across the nation. Of those victims, 75% are younger than 5 years old. In addition to fatal drownings, CPSC's new data shows that there were an estimated 6,700 children who were hospitalized from a pool or spa incident but had nonfatal injuries from 2017 through 2019. This is the equivalent to about 18 children every day.

Drowning is thought to only occur from swimming pools and at the beach. However, it's important to always cover or close anything with water, such as washing machines and in-home hot tubs when not in use. Always empty water from sinks, pails, coolers, and containers and supervise young children in the bathroom. Children can drown quickly and silently in the home!

What are the ABCs of water safety?

A – Adult supervision

- Active adult supervision is key. At least one adult should be focused on the pool and close enough to touch the swimmers if necessary.

(continued on page 7)

Work/Life Connections-EAP

The Counselor's Corner

Heather Kamper, LCSW
SHARE Coordinator/Clinical Counselor
at Work/Life Connections-EAP



Savoring the Moment and Expressing Gratitude

As we move from spring to summer, we want to highlight two positive psychology principles, savoring and gratitude. Each can help us balance and cope with difficult events and emotions in our lives by focusing on positive virtues and our internal strength.

Savoring

Savoring helps us increase the duration and appreciation of a positive experience or emotion. It can be intertwined with reminiscing and anticipating. However, reminiscing, anticipating, and savoring all have different meanings and emotional experiences.

Think of it this way. Are you sitting at home reflecting on a past experience or event that brought you joy? *Reminiscing* relates to how we reflect on a previous experience. Do you have a summer vacation coming up? *Anticipation* focuses on the hopes and joy of a future event. *Savoring the moment* focuses on an experience as it unfolds in the present time.

Gratitude

Gratitude occurs when people acknowledge the good things in their lives, whether big or small. In turn, gratitude helps people connect to something larger than themselves.

Let's look at how we can incorporate gratitude. Do you have a favorite outside place where you sit or relax? Grab a notebook or your phone and start a regular gratitude journal while you sit. Focus on the things you're grateful for from that day. You can also include how you contributed to those good things. If you prefer a phone or tablet-based app, search for "gratitude" in your app store and you'll find several options.

If you would like to learn more about incorporating positive psychology principles into your life, call **615.936.1327** to schedule a confidential appointment with one of our EAP counselors.

Passion at Work



Caroline Epps, MSN, RN, CPPS
Manager, Patient Care Services Internal Medicine and Pediatrics

In what ways do you build connection and community within your team?

Our team remains accessible to staff by keeping our doors open for any issues that arise, whether to discuss it or to just listen. We also have a snack cart that's popular, and it allows us to walk around providing sweet and healthy treats. We like to send birthday cards to our team members and gather for potluck lunches when we can. Our clinic recently formed a wellness committee, and one of the areas of focus is building connections within our team. Getting to know each other as individuals is an important part of building a sense of community.

In a dynamic place like VUMC, how do you share information with your team?

We share information broadly using email and then have focused conversations while rounding and during team huddles. There is also information posted throughout the clinic for people to reference related to quality metrics, patient satisfaction, and general announcements. Our clinic is quite large, so we have smaller team meetings that allow us to share information and cover topics specific to each work group.

How do you celebrate accomplishments among your team members?

We begin every staff meeting asking for team members to share kudos and follow those up with a handwritten note expressing our gratitude for their hard work. We also announce daily nominations or personal or professional advances publicly and celebrate them!

Tell us how you focus on your personal well-being while still managing priorities at work.

We feel it is important to take some time each day to recharge, and sometimes that looks like a walk around the building outside, having some quiet time behind a closed door, or eating lunch in the sunshine while listening to music. We work hard to support each other and cover for one another when we take time off to spend with our loved ones.



Occupational Health Clinic talk:

Stick It to the Flu

Lori Rolando, MD, MPH, FACOEM, Director of Occupational Health Clinic

As you know, taking steps to keep yourself safe and healthy can not only benefit you, but those around you. One easy step you can take is by getting an annual flu shot. Before you do, let's look at some important information you need to know about the flu and the flu vaccine.



- Everyone ages 6 months and older should be vaccinated every year, with rare exceptions like a severe allergy to the vaccine. A high dose of a flu vaccine is available for those 65+ and an egg-free dose is available for those with a *severe* allergy to eggs.
- The best time to get vaccinated is whenever you can! The most important thing is to **get vaccinated**. If possible, it's best to be vaccinated before the end of October to ensure you are protected throughout flu season. As a reminder, the VUMC employee deadline to receive a flu vaccination is December 1!
- Another benefit of being vaccinated is to help prevent hospitalization and death if you contract the flu.
- Plus, you can't get the flu from the flu vaccine!

"Influenza causes illness in people of all ages. The best way to prevent influenza is by receiving a flu vaccine," stated Kathryn Edwards, MD, Scientific Director, Vanderbilt Vaccine Research Program. "Vaccines also prevent the spread of the flu to family members, colleagues, and patients."

High-risk Groups for the Flu

- Individuals under 5 years of age or 50 years and older.
- Individuals with chronic medical conditions, such as heart disease, lung disease, kidney or liver disease, or diabetes.
- Individuals who are immunocompromised, which means their immune system is not as strong.
- Individuals who are pregnant.
- Individuals with a body mass index of 40 or above.
- Individuals who are American Indian or Alaskan Natives.



Protect yourself and others from the flu by receiving your flu vaccination. For more information about the flu and the flu shot, visit the Occupational Health Clinic website.

Making Our Comeback with Compassion

No matter what comes our way, we come back stronger when we respond with compassion. In this issue, we learn to implement the fourth tip for cultivating compassion — share compassion!

6 Tips for Coming Back with Compassion!

1. Grow compassion for yourself!
2. Grow compassion for others!
3. Keep the growth going!
4. **Share compassion!**
5. Create a compassionate environment!
6. Enjoy the benefits of compassion!

Now that you understand how to cultivate greater compassion through your experiences, it's time to **share compassion!** Compassion is a strength because compassion is an action. Showing compassion to others helps alleviate suffering and improve well-being. Look for opportunities to share compassion with those around you!

“There is research showing that, when you notice somebody has been suffering, even spending 40 seconds to convey to that person, ‘I am here for you and I am going to be here to support you,’ has big effects on people’s well-being and their ability to recover from the suffering they are experiencing.”

— Robin Steaban, MSN, RN, NEA-BC,
Chief Nursing Officer, Vanderbilt University Adult Hospital

You can view *Making Our Comeback with Compassion* and prior *Connection Newsletter* compassion articles at bit.ly/healthpluscompassion.

3 STEPS TO Compassion in Action



• Recognize Another's Suffering

Notice and acknowledge someone is suffering.



• Empathize With Their Suffering

Allow yourself to feel what the other person is feeling about their situation. Similar to, “feeling their pain”.



• Take Action

Act on your feelings of empathy. Do something towards helping them alleviate their suffering in some way.

Health *Plus* Activities in June and July!



Spring into Summer!

Celebrate good health this season with Health *Plus*'s Spring into Summer! Choose from two options this year, depending on your health and wellness goals. **Bonus:** Registering and submitting measurements during the Weight Maintenance Challenge will count towards completion of 1 of the 5 actions needed this year for Go for the Gold Step 2: Wellness Actions Log! Visit bit.ly/healthplussis for details.



Health *Plus* Pacers

Join the new Vanderbilt community walking and running club! Participate in a weekly on-campus walk or run with colleagues, or digitally document your personal walk or run for the week. Visit bit.ly/healthpluspacers for details.



TASTE

Enjoy the taste of eating right with our 10-week nutrition series and take your eating habits to the next level! **Bonus:** Participating in TASTE will count towards completion of 1 of the 5 actions needed this year for Go for the Gold Step 2: Wellness Actions Log! Visit bit.ly/healthplustaste for details.

Ask a Lifestyle Coach

Q I find it hard to stay hydrated consistently. How can I stay hydrated in the summer?

A Staying hydrated is an important part of our health that we don't want to put on the backburner. Being hydrated can lead to great benefits, such as better sleep, brain function, and energy levels. Keep it simple and experiment using the ideas below.



Rachel Bowman, CHES
Health Educator, Health Plus

- **Don't wait to hydrate!** Symptoms of dehydration can include increased thirst, dry mouth, dark urine, early fatigue, and headache.
- **Spice it up.** Water is the best way to stay hydrated, and flavoring your water can make it easier to drink. Consider flavoring your water with fruit, MiO, Liquid I.V., or a splash of fruit juice. You can also try sparkling water.
- **Understand your preferences.** Some people prefer cold water, while others like when it's room temperature.
- **Create reminders.** Breaking old habits and starting new ones always takes practice. Setting reminders to refill your water bottle can help.
- **Eat high water content foods.** Some examples of food containing high water contents are cucumbers, celery, tomatoes, watermelons, and greens.
- **Moderation is key.** Avoid drinking large amounts of caffeine, sugary drinks, and alcohol.
- **Call to action!** Set a SMART goal to stay more hydrated. Use the 1-week hydration tracker to help you get started.

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



1-week Hydration Tracker

💧 = 8 ounces

Sunday	👉👉👉👉👉👉👉
Monday	👉👉👉👉👉👉👉
Tuesday	👉👉👉👉👉👉👉
Wednesday	👉👉👉👉👉👉👉
Thursday	👉👉👉👉👉👉👉
Friday	👉👉👉👉👉👉👉
Saturday	👉👉👉👉👉👉👉



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!



Garlic Roasted Crunchy Chickpeas

Serves 6.

Ingredients:

- 2 (15-ounce) cans low-sodium chickpeas, rinsed and drained
- 1 tablespoon extra-virgin olive oil
- 2 tablespoons garlic powder
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper

Directions:

1. Preheat oven to 400 degrees.
2. Place a paper towel on a baking sheet and place rinsed chickpeas on top. Top with another paper towel to absorb excess moisture.
3. After 15 minutes, pat any remaining moisture with the top paper towel and use your hands to remove as many casings as you can from the chickpeas.
4. Remove the bottom paper towel from the baking sheet and add olive oil and spices. Mix with a wooden spoon to coat evenly.
5. Roast in the oven for 40 minutes, tossing every 10 minutes. Allow the chickpeas to cool before storing.

Nutrition Information per Serving (about 2/3 cup):

Calories 146 | Total Fat 3g | Saturated Fat 0g
Cholesterol 0mg | Sodium 237mg | Carbohydrate 25g | Fiber 8g | Sugar 0g | Protein 7g

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

TREAT YOURSELF TO A HEALTHIER LIFESTYLE THIS FATHER'S DAY

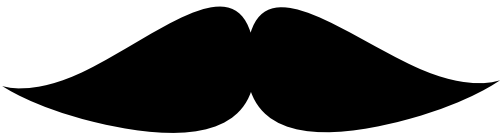
by making appointments for preventive care screenings and services. The Vanderbilt University Medical Center Health Plan covers many preventive care services at no cost to you — not even a copay. The following list is in no way comprehensive, but can act as a guide.

WELLNESS VISIT / ALL AGES

Studies show men tend to go to the doctor at lesser rates than women. Break the cycle, and this Father's Day, schedule a wellness visit with your primary care physician. During this visit, your provider may check your weight, blood pressure, cholesterol and blood glucose levels, which can all be used to help diagnose and treat heart disease, obesity, and diabetes, among others.

COLORECTAL CANCER SCREENING ADULTS AGES 45-75

The American Cancer Society recommends men at average risk for developing colon cancer should schedule a free colonoscopy every 10 years, beginning at age 45. If you are African American or at higher risk for colon cancer, your provider may suggest you begin your screenings at an earlier age.



PROSTATE-SPECIFIC ANTIGEN (PSA) SCREENING

MEN AGES 50 AND OLDER

Talk with your primary care physician about this screening for prostate cancer. The frequency of subsequent screenings depends on your PSA levels. African American men with a history of prostate cancer in their immediate family are encouraged to begin screenings at age 45.

MENTAL AND EMOTIONAL HEALTH / ALL AGES

After more than two years of a global pandemic, mental health professionals have recorded an increase in diagnoses of depression and anxiety. If you are experiencing any changes to your mental or emotional health, schedule an appointment with your primary care physician.

IMMUNIZATIONS / ALL AGES

Depending on your age, the CDC recommends the full dose as well as a booster dose of an approved vaccine to protect against COVID-19. The CDC also recommends the shingles vaccine for adults ages 50 and older and pneumococcal vaccination for adults 65 and older. You are also encouraged to receive an influenza vaccination each year.

Log in to [aetna.com](https://www.aetna.com), click on the **Health and Wellness** tab and then **Preventive Health Schedule** for a personalized screening schedule or check with your primary care provider.



upcoming events

NOTE: All events are subject to change. Please check details on event webpage prior to attendance.



Mindful Stretch Breaks

bit.ly/healthplushmindful

Every Wednesday in June and July from 11:00 to 11:30 a.m., Virtual
(Register to receive Zoom link)



Babies & You

bit.ly/healthplusbabies

Thursday, June 16, Noon to 1:00 p.m., Virtual (Register to receive Zoom link)
Thursday, July 21, Noon to 1:00 p.m., Virtual (Register to receive Zoom link)



Know Your Numbers

bit.ly/healthpluskyn

June 9, June 21, July 14, and July 26
11:00 a.m. to 1:00 p.m. | One Hundred Oaks, Room 26103
June 2 and July 7
2:00 p.m. to 4:00 p.m. | MCJCHV, Room 2104
June 8 and July 13
9:00 a.m. to 11:00 a.m. | Light Hall, North Lobby



Healthier You Presents

bit.ly/healthplushealthieryou

Care Gap Alerts | The Importance of Summer Safety

(continued from page 1)

- Designate an adult as a “water watcher.” This person’s sole responsibility is to watch the pool area for 15 minutes and not read or talk on the phone. Ensure that the “water watcher” is a sober adult who knows CPR and has basic swimming skills.
- Floaties or other inflatable flotation devices are not life jackets and should never be substituted for adult supervision.

B – Barriers and boating safety

- Always have a proper working physical barrier around a body of water, such as an isolation fence, pool safety cover, and pool alarm.
- While at the beach, always swim at a lifeguarded beach and pay attention to the beach warning flags.

- While on a boat, wear properly fitted U.S. Coast Guard-approved life jackets.

C – Classes

- Learning to swim is critical when it comes to water safety. The American Academy of Pediatrics recommends swimming lessons for children as young as 1. In addition, adults and children 13 years and older should learn infant and child CPR.

What do parents need to do to prevent this from happening to their child(ren)?

Drowning is silent and can happen in an instant. One of the most important steps to take as a parent is to ensure your child learns how to swim.

Vanderbilt Health & Wellness
Vanderbilt University
1211 21st Ave. S.
Medical Arts Building, Suite 640
Nashville, TN 37212



In This Issue:

Going for Gold Throughout Summer with Health Plus

Care Gap Alerts: *The Importance of Summer Safety* with Cristina M. Estrada, MD

Savoring the Moment and Expressing Gratitude with Heather Kamper, LCSW, SHARE Coordinator/Clinical Counselor at Work/Life Connections – EAP

Passion at Work with Caroline Epps, MSN, RN, CPPS Manager, Patient Care Services Internal Medicine and Pediatrics at VUMC

Stick It to the Flu with Lori Rolando, MD, MPH, FACOEM, Director of Occupational Health Clinic

Ask a Lifestyle Coach with Rachel Bowman, CHES, Health Educator at Health Plus

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



Follow us on Twitter
[@twitter.com/WellVanderbilt](https://twitter.com/WellVanderbilt)

Health & Wellness Connection

Newsletter Editor:

Amy R. Thomas, BA, Health & Wellness Administration

Contact amy.r.thomas@vumc.org or 615.936.1806.

Health & Wellness Executive Director: Mary Yarbrough, MD, MPH

Department Managers:

Lori Rolando, MD, MPH, The Occupational Health Clinic

Brad Awalt, MS, ACSM, Health Plus

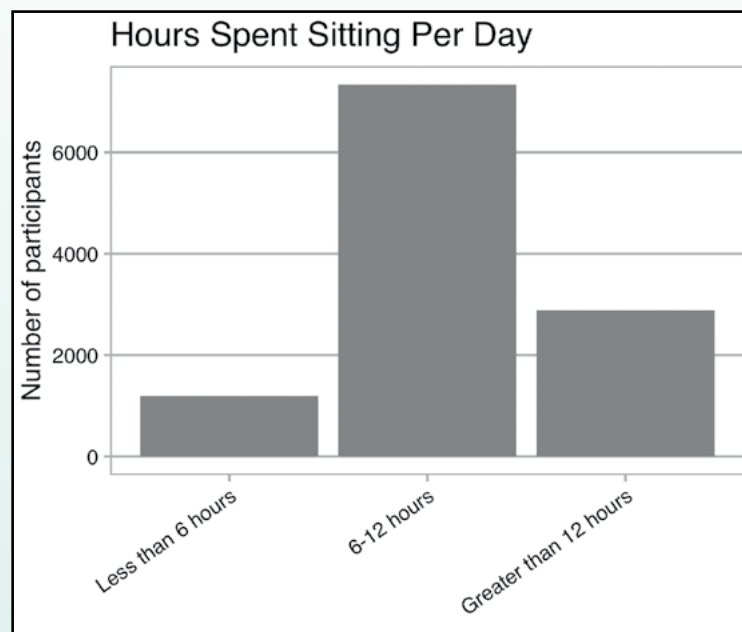
Jim Kendall, LCSW, ACSW, CEAP, Work/Life Connections - EAP

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

The Healthy Pulse



FOR FACULTY AND STAFF AT VANDERBILT



According to our Health Risk Assessment data, many faculty and staff are sitting more than 6 hours a day. Sitting for hours at a time raises your risk for health problems — even if you get regular exercise! Stand or walk whenever you can, and plan to take an activity break at least every hour. Health Plus has Mindful Stretch Breaks (bit.ly/healthplusmindful) and Step Challenges (bit.ly/healthplusstep) to help you decrease time spent sitting throughout the day.