



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. 37 • NO. 2 • Medical Center Edition
April, May 2017

Mind Your Mental Well-being During Mental Health Month

May is Mental Health Month. As defined by the World Health Organization, mental health is a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community. Here are some facts you may not know about mental health:

1 in 5 1 in 5 adults in America experience a mental illness.¹

#1 Depression is the leading cause of disability worldwide.¹

60% Nearly 60% of adults with a mental illness didn't receive mental health services in the previous year.¹

! Stigma and discrimination against patients and families often prevent people from seeking mental health care.²

Sources: ¹National Alliance on Mental Illness, ²World Health Organization

Minding your mental well-being is an important step to being at your best. If you, a loved one, a friend or a co-worker are struggling with mental health concerns, do not be afraid to seek help or offer support. Work/Life Connections – EAP is a short-term, no-cost, confidential service available to Vanderbilt faculty, staff, and their spouses. Visit their website at vanderbi.it/worklife for resources and information pertaining to mental health, or give them a call at **615.936.1327**.



“There is no health without mental health.”

– World Health Organization

Passion at Work



April N. Kapu, DNP, RN,
ACNP-BC, FAANP, FCCM
Associate Nursing Officer, Advanced
Practice, VUMC; Associate Professor,
VU School of Nursing; Director, Office
of Advanced Practice

What does your team do to bond? Outside of work and during breaks, we enjoy talking, eating and joking around. Being advanced practice nurses (APNs) and working so closely with patients, there are common experiences that bring us close.

How do you recognize others on your team for a job well done? There are some who appreciate a personal heartfelt expression of gratitude, but other times we enjoy shouting accomplishments of APNs from the rooftops. We recognize APNs in meetings, events, newsletters and on our website, and we prepare to recognize whenever the moment is right.

In a dynamic workplace like VUMC, how do you keep your team informed? To make emails fun and attractive for our team, we use an approach called the quadruple ‘C’ — consolidate, communicate, use a catchy title or subject and make calendaring a breeze! We strive to make adding the invite to the calendar a one-click effort. We also use Freeform and Twitter, but honestly, picking up the phone or communicating in person is the best way to go.

What keeps you connected to and passionate about your work? Passion for patient care and supporting those that care for patients keeps me going. The Vanderbilt culture centers on excellence in patient-centered care and constantly striving to advance care as a world-class health system. It's pretty neat to be a part of it all!

Work/Life Connections-EAP

The Counselor's Corner

Chad A. Buck, PhD

Clinical Psychologist, WLC-EAP

Psychological Support Consultant, Health Plus



Q: Dear Counselor,

I think my co-worker might be depressed. He seems down, withdrawn and negative. He's also missed a few days of work. He made some comments about "hating life" that worry me, too. What should I do?

Worried

A: Dear Worried,

It's good that you're asking for some guidance on how to approach your co-worker with your concerns.

Seeking help in the workplace can be intimidating due to fear and stigma. Expressing your concern, privately, and in a caring and nonjudgmental way could make a great deal of difference in your co-worker's overall well-being.

Here are some suggestions:

1. **Focus on what you have seen.** Show empathy without labeling or trying to diagnose him. Use statements such as "I am concerned because..."
2. **Your role is to voice your concerns and to direct your co-worker to appropriate support resources.** Try not to offer more than you might be able to provide.
3. **Be prepared to ask, "Have you felt so bad that you've thought of hurting yourself?"** Suicidal thoughts are common when people are depressed, and asking doesn't put the idea into his mind. You can always call Work/Life Connections-Employee Assistance Program (WLC-EAP) for advice. If he indicates plans to harm himself immediately, call 9-1-1 or help him get to an emergency room.
4. **Encourage him to make an appointment with WLC-EAP, or to at least call for some advice or community resources.**

WLC-EAP provides a private and confidential gateway for employees in need of targeted resources or consultation. Short-term, solution-focused counseling is also available. Visit WLC-EAP's Resource Library on our website to read the article, "Talking about Mental Health in the Workplace" for more information on this topic. You or your co-worker can also call **615.936.1327** to schedule a confidential appointment to obtain more individualized support and guidance.

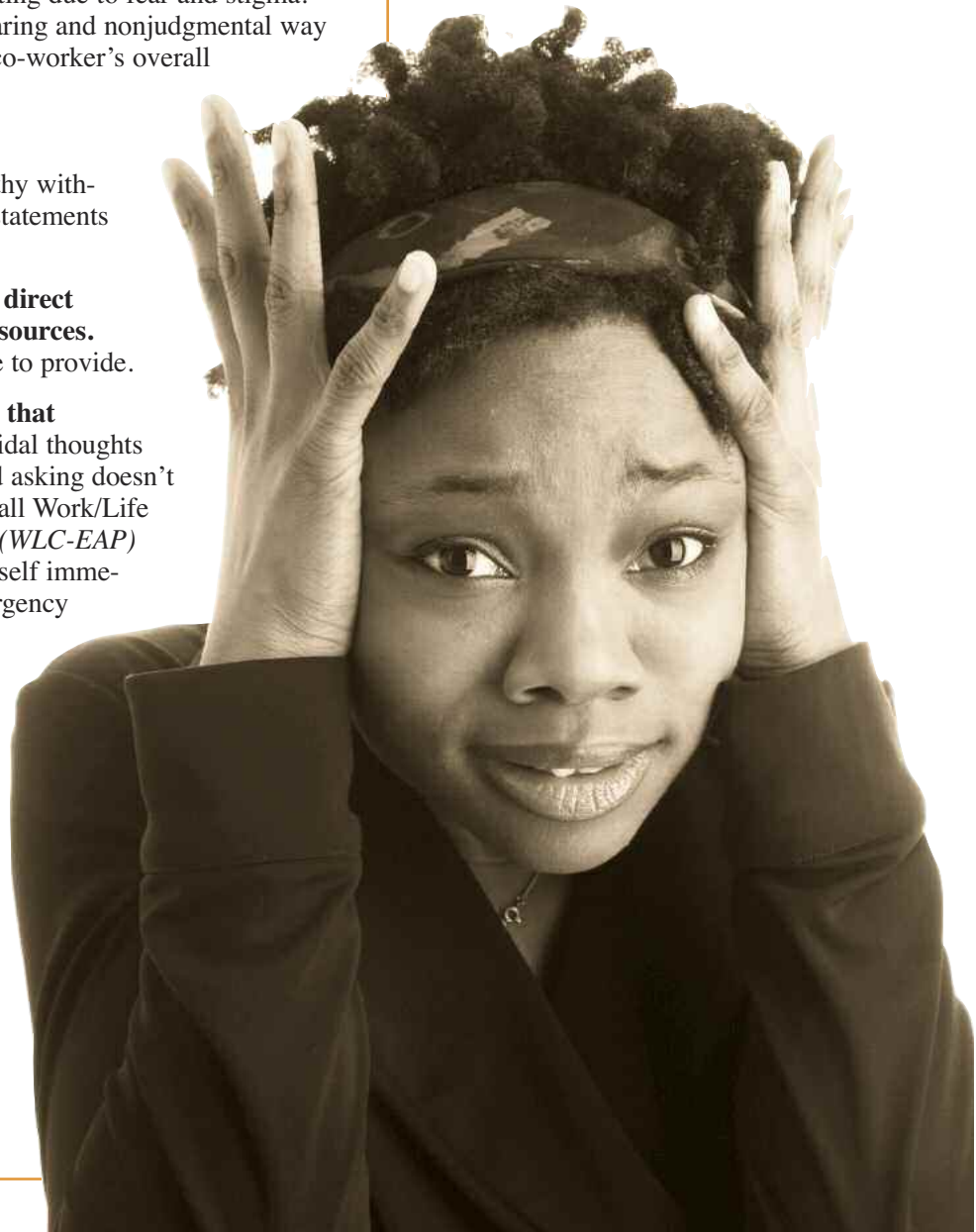
Break the cynicism cycle

Avoid negative, cynical people — if people are complaining, don't join in.

Focus on good times — thinking positive thoughts may help you to see a situation in a better light.

Make goals achievable — don't set completely unrealistic goals for yourself that may lead to frustration and disappointment.

Don't let yourself believe the world is against you — chances are, you'll have good times ahead, even if you are going through a rough time now.



Occupational Health Clinic **talk:**

Spring Cleaning For Your Medicine Cabinet



**Melanie Swift, MD, FCOEM, Associate Professor of Clinical Medicine
Director, Occupational Health Clinic**

What's in your medicine cabinet? Perhaps you have a few pain pills, half a bottle of cough syrup or even an entire cache of controlled substances.

It's a common and potentially dangerous problem according to Andrea Bryant, PharmD, MBA, MHA, and Executive Director for Pharmacy Business Operations at VUMC. "We know that 60 to 70% of prescription drug abuse starts with medications obtained from family and friends — often found in the family medicine cabinet," says Bryant.

Abuse isn't the only risk, however. Medication given to a friend could be harmful to them. Children and pets can swallow medications with dangerous or even fatal results. Even taking your own expired medicine is not safe.

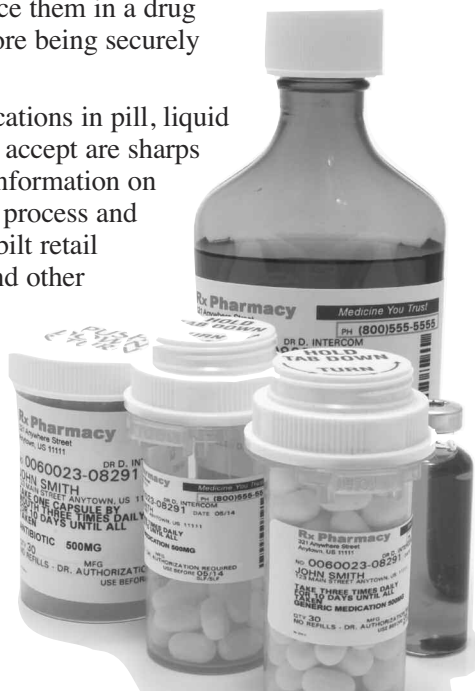
So how should one dispose of unwanted medication safely? Can it be returned to a pharmacy, thrown in the trash or even flushed down the toilet or sink?

"Flushing is not recommended because of potential environmental effects," says Mark Sullivan, PharmD, MBA, and Executive Director of Pharmacy Operations at VUMC. "You could put them in the trash, sealed in a plastic bag mixed with something like kitty litter, to send to a landfill, but even this isn't ideal." Landfill drugs can leach into the ground and may present an environmental hazard.

Sullivan and Bryant agree that the best way to dispose of unwanted medications is to have them professionally destroyed through a pharmacy take-back program since many pharmacies now have safe and eco-friendly medication disposal programs. While pharmacy staff cannot touch the medications you wish to discard, they can help you place them in a drug collection kiosk where they are stored before being securely routed to an incineration plant.

Kiosks accept human and veterinary medications in pill, liquid and patch form. "The only things we can't accept are sharps and inhalers," says Bryant. Any personal information on the medication is protected throughout the process and destroyed with the medication. All Vanderbilt retail pharmacies have drug collection kiosks, and other Middle Tennessee locations can be found online at vanderbi.lt/meddisposal.

If medication disposal has you stumped, remember that your pharmacist is happy to help. So roll up your sleeves and clean out that medicine cabinet today!



Finding a Primary Care Provider – Your Partner in Health

Choosing a Primary Care Provider (PCP) is the first and most important step you can take toward being healthy and staying healthy. A PCP is your partner for a variety of health care needs, including routine checkups, disease prevention, treatment of a health problem and referral to a specialist when needed. Whether you choose a PCP that is a physician (*family practitioner, internist or pediatrician*), nurse practitioner or physician assistant, establishing a relationship with a PCP is the key.

For resources on choosing a PCP that is right for you, visit vanderbi.lt/pcp.

To find a provider covered by the Vanderbilt Health Affiliated Network (VHAN), visit the Aetna DocFind® website at aetna.com/docfind/custom/vanderbilt or VHAN's Find a Doctor website at vhan.com/findaprovider. These sites include both Vanderbilt providers and other providers in the network with the lowest out-of-pocket costs. Wait times for a first appointment vary, so it's important to schedule before you have an urgent health care need.

Save the date for National Walking Day **April 5, 2017**



Take a stroll on April 5! Join Health *Plus* for a 20-minute walk around campus beginning at noon as we celebrate National Walking Day.

Starting location: MCN shuttle drop-off area next to Round Wing.

The walk will merge with a group from VU as we head over to the Peabody campus before ending with a fun celebration at Library Lawn.

There will be guest speakers at the celebration, and refreshments and door prizes will be available for all walkers!





MOOD & FOOD

High amounts of stress have been shown to change appetite, stimulate overeating and cause insulin-resistance, which can lead to obesity and Type 2 diabetes. Stress can cause your brain to make you crave foods high in fat, sugar or salt.

Food cues are words, feelings, logos, objects, smells or sounds that spark the desire to consume certain foods or beverages. Food cues can interfere with internal hunger cues, preventing you from recognizing the difference between the two.

Practicing mindful eating can help you maintain a healthy relationship with the food you eat and avoid unhealthy patterns, like overeating, due to stress or sadness.

Mindfulness is maintaining a moment-by-moment awareness of your thoughts, feelings, bodily sensations and surrounding environment. Mindful eating is being conscious of your hunger cues, savoring your food and knowing when you are satisfied with a meal.

Eating-Well Recipe

Chicken Cutlets with Strawberry-Avocado Salsa

- 1 ½ cups chopped strawberries
- ½ cup diced, peeled ripe avocado
- 2 tablespoons minced seeded jalapeño pepper
- 2 tablespoons chopped fresh cilantro
- 2 teaspoons fresh lime juice
- ¾ teaspoon salt, divided
- 1 tablespoon olive oil
- 4 (4-ounce) chicken breast cutlets
- ¼ teaspoon freshly ground black pepper
- 4 lime wedges

1. Combine strawberries, avocado, jalapeño, cilantro, lime juice and ¼ teaspoon salt in a small bowl; toss to combine.

2. Heat a large skillet over medium heat. Add oil to pan; swirl to coat. Sprinkle chicken with remaining ½ teaspoon salt and pepper. Add chicken to pan; cook 3 minutes on each side or until done.

3. Divide chicken among 4 serving plates, and spoon salsa evenly over each serving. Garnish each serving with a lime wedge.

Nutrition information per serving (1 chicken cutlet with ½ cup salsa): 211 calories, 9 g total fat (1.5 g saturated fat), 494 mg sodium, 7 g carbohydrates, 3 g fiber, 3 g sugar (0 g added sugar), 25 g protein

Tips for Mindful Eating



Melinda Mahoney, RDN,
LDN, Health Educator,
Health Plus

1. Break the food routine.

Eating the same foods every day can prevent you from listening to your internal hunger and satiety cues.

2. Savor each bite. Bring all of your senses into each bite of your meal. Notice the aroma, texture, appearance and taste.

3. Give your meals and snacks all of your attention. The opposite of mindful eating is mindless eating, where you eat out of boredom or while your brain is engaged in another activity, such as watching TV.

4. Check in with your body during your meal. After eating about half of your meal, stop and take a moment to ask yourself if you are still hungry. Slow down and give your mind time to listen to the signals your body may be trying to send you.

5. Change your talk. Negative thoughts can have a huge impact on your mind and emotions, which can affect how you respond to food and hunger cues. Be kind to your body and mind, and allow yourself to have a positive relationship with food.

4 benefits perks you don't want to miss!

Trying to get fit without breaking the bank? Here are four perks brought to you by your Benefits team that can help you stay healthy and save some money at the same time.

1. VUMC employees can join the Centennial Sportsplex for \$350 per year (\$385 if you live outside Davidson County). Membership gives you access to the Sportsplex's fitness center, two indoor pools and two ice rinks as well as discounts to outdoor tennis courts. The Sportsplex is conveniently close to VUMC, located across from Centennial Park at 222 25th Ave. N. To join, bring your VUMC ID badge and proof of Davidson County residency (if applicable) to the Sportsplex fitness center. Visit sportsplex.nashville.gov for hours.

2. Aetna health plan members can get discounts on blood pressure monitors and other home products, gym memberships, weight management programs, hearing aids and more. Your Aetna plan also gives you access to LifeMart, a website with discounts of up to 40% on sports equipment, DirectTV, theme park tickets, movie tickets and hotel stays. To get these discounts, log in to aetna.com and select "Get Discounts" under the "Health Programs" tab.

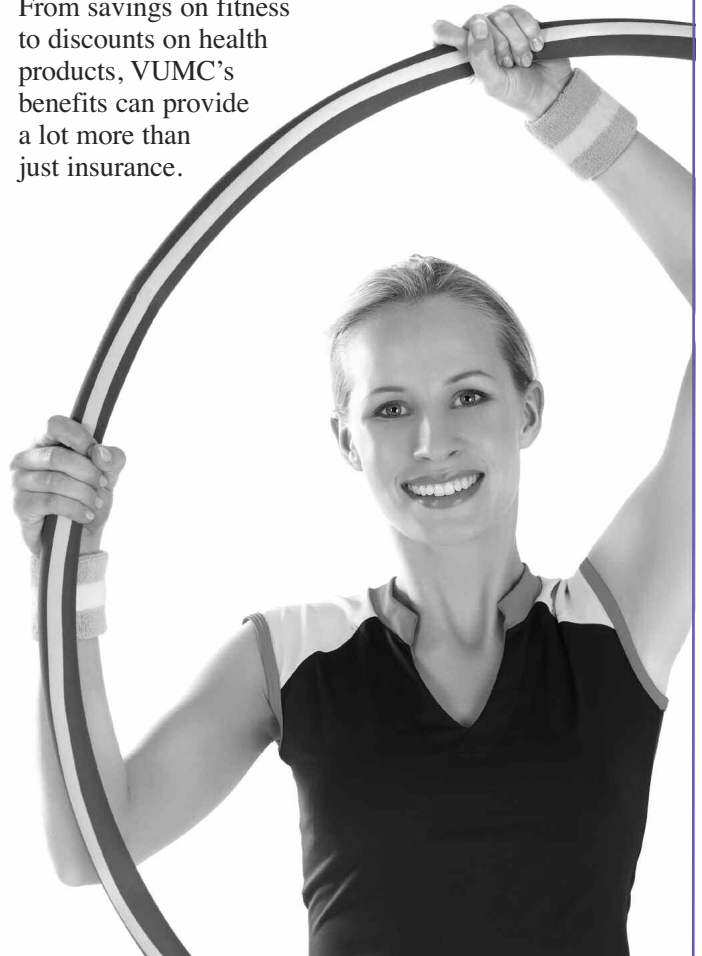
3. If you have the BlueCross BlueShield dental plan, you can take advantage of two discount programs: BluePerks and FitnessBlue.

- BluePerks saves you up to 50% on cosmetic dentistry, yoga, hearing care, museums and zoos. Visit bcbst.com/health-wellness/blue-perks to learn more.
- With FitnessBlue you pay a \$29 enrollment fee and a \$29 per month membership fee to use gyms such as the YMCA and Planet Fitness. While FitnessBlue does not offer family membership rates, all family members over age 18 who are covered by your dental benefit plan are eligible to participate in the program. Visit fitnessblue.healthways.com/LandingPage/Index?codelink=A04C6712 for details and locations.

4. Cigna dental plan members can get discounts on fitness club memberships as well as discounts on GaiaM yoga and wellness products.

- For fitness club discounts, go to choosehealthy.com and click on "Find a Provider." Choose "Fitness Clubs" and enter your search criteria to see eligible fitness clubs in your area. Click on a fitness center to see that facility's details. If you want to join, click on the "Print this certificate" icon and bring the certificate to the facility.
- For GaiaM products, log in to cigna.com and then go to the HealthyRewards website. Enter the GaiaM website through the HealthyRewards website.

From savings on fitness to discounts on health products, VUMC's benefits can provide a lot more than just insurance.



upcoming events

April

- APR 5** **National Walking Day**
Noon to 12:45 p.m.
20-minute walk will end at Library Lawn with refreshments, speakers and prizes!
Starting location — MCN Round Wing Shuttle Drop-Off
- APR 6** **Know Your Numbers & OHC Comes To You**
1:30 p.m. to 4:00 p.m.
MCJCHV, Room 2104
- APR 7** **Know Your Numbers & OHC Comes To You**
Late Night Cart
6:00 p.m. to 10:00 p.m., VUH (10N, 10S, 11N, 11S, ED)
- APR 18** **Wellness Fair**
11:00 a.m. to 1:00 p.m., MCJCHV, Theater
Know Your Numbers, Core Nutrition, Ergonomics, Stress Resilience, and more in one convenient location.
- APR 18** **Vandy Cooks**
Go Healthy with TN Produce
Noon to 1:00 p.m., VRWC Demo Kitchen
Presented by Tammy Algood, TN Dept. of Agriculture
- APR 19** **Know Your Numbers & OHC Comes To You**
8:00 a.m. to 11:30 a.m.
Green Hills Office Bldg, Room 3001
- APR 19** **Know Your Numbers & OHC Comes To You**
Late Night Cart
6:00 p.m. to 10:00 p.m., MCJCHV (7 A-B-C, 8 A-B-C)
- APR 19** **Boomers, Elders & More**
Long-Term Care Insurance
Noon to 1:00 p.m., Light Hall, Room 419
- APR 20** **Babies & You***
Nutrition: Eating For Two
Noon to 1:00 p.m., Light Hall, Room 411
Presented by Melinda Mahoney, RDN, LDN, Health Educator Health Plus
- APR 21** **Know Your Numbers & OHC Comes To You**
Williamson County
9:00 a.m. to 10:00 a.m.
Center for Women's Health, 2009 Mallory Ln
- APR 21** **Know Your Numbers & OHC Comes To You**
Williamson County
10:30 a.m. to 11:30 a.m., Vanderbilt Rheumatology Clinic, 2001 Mallory Ln, Suite 100
- APR 26** **Know Your Numbers & OHC Comes To You**
Hands On: Clinical Safety Fair
7:00 a.m. to 5:00 p.m., Langford Auditorium, Lobby
- APR 27** **Know Your Numbers & OHC Comes To You**
Hands On: Clinical Safety Fair
7:00 a.m. to 5:00 p.m., Langford Auditorium, Lobby

May

- MAY 4** **Know Your Numbers & OHC Comes To You**
1:30 p.m. to 4:00 p.m.
MCJCHV, Room 2104
- MAY 4** **Boomers, Elders & More**
Estate Planning Basics and More
Noon to 1:00 p.m., Light Hall, Room 411
- MAY 5** **Know Your Numbers & OHC Comes To You**
Late Night Cart
6:00 p.m. to 10:00 p.m., VUH (6T, 7T, 8T, 9T)
- MAY 11** **Know Your Numbers & OHC Comes To You**
Competency Assessment Validation Expo
10:00 a.m. to 5:00 p.m., MCJCHV, Theatre
- MAY 12** **Know Your Numbers & OHC Comes To You**
Competency Assessment Validation Expo
6:00 a.m. to 1:00 p.m., MCJCHV, Theatre
- MAY 17** **Know Your Numbers**
10:00 a.m. to 12:30 p.m.
Light Hall, North Lobby
- MAY 17** **Know Your Numbers & OHC Comes To You**
Late Night Cart
6:00 p.m. to 10:00 p.m., VUH (3, 4N, 4S, 5N, 5S)
- MAY 18** **Babies & You***
Coping with the Stresses and Emotions of Pregnancy
Noon to 1:00 p.m., Light Hall, 411
Presented by Steven Brunwasser, PhD, Psychologist
- MAY 19** **Vandy Cooks**
Korean Cuisine
Noon to 1:00 p.m., VRWC Demo Kitchen
Presented by Marilyn Holmes, Marissa Wertheimer and Melinda Mahoney
- MAY 19** **Know Your Numbers & OHC Comes To You**
Williamson County
9:00 a.m. to 10:00 a.m.
Vanderbilt Bone & Joint Clinic, 206 Bedford Way
- MAY 19** **Know Your Numbers & OHC Comes To You**
Williamson County
10:30 a.m. to 11:30 a.m.
2105 Edward Curd Lane, 3rd Floor Conference Room
- MAY 24** **Know Your Numbers & OHC Comes To You**
Hands On: Clinical Safety Fair
7:00 a.m. to 5:00 p.m., Langford Auditorium, Lobby
- MAY 25** **Know Your Numbers & OHC Comes To You**
Hands On: Clinical Safety Fair
7:00 a.m. to 5:00 p.m., Langford Auditorium, Lobby

Every Thursday in April and May:

OHC Comes to 100 Oaks

8:00 a.m. to 11:30 a.m., VPEC 21100

*Babies & You is a prenatal health program offered by Health Plus for VUMC employees, spouses and dependents. The classes are provided monthly with a \$50 incentive for those who register in their first trimester, attend at least three monthly classes and go to all prenatal provider appointments. For more information, class location or to register online, visit healthplus.vanderbilt.edu.

If you have questions regarding the Boomers, Elders & More events, contact Stacey Bonner, Family Services Coordinator, at 936.1990, or at stacey.l.bonner@vanderbilt.edu.

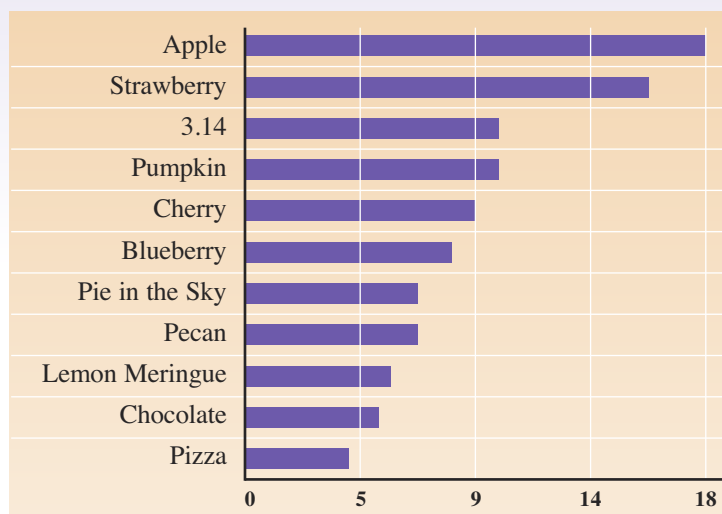
Vanderbilt Health & Wellness
Vanderbilt University
1211 21st Ave. S.
Medical Arts Building, Suite 640
Nashville, TN 37212



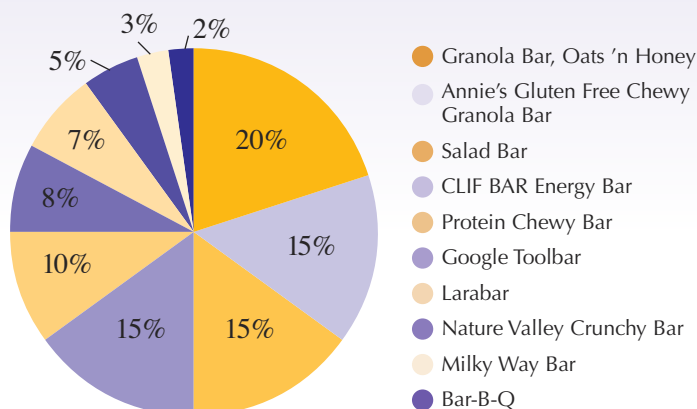
The Healthy Pulse

FOR FACULTY AND STAFF AT VANDERBILT

A Bar Chart of Vanderbilt's Favorite Pies



A Pie Chart of Vanderbilt's Favorite Bars



A little humor for everyone around April Fool's Day! Laughter is the best medicine, after all!

"Don't let what you cannot do interfere with what you can do." – John Wooden

Health and Wellness Connection

Newsletter Editor:

Andrew Haag, MBA, Faculty/Staff Health & Wellness

Contact andrew.haag@vanderbilt.edu or 615.936.3735.

Health and Wellness Director: Mary Yarbrough, MD, MPH

Department Managers:

Melanie Swift, MD, FACOEM, and 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 Administration.

In this Issue:

Mind Your Mental Well-being
During Mental Health Month

"Passion at Work" with April Kapu

Spring Cleaning For Your Medicine Cabinet

Finding a Primary Care Provider – Your Partner in Health

Tips for Mindful Eating

Four Benefits Perks You Don't Want to Miss

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