

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 2010/January 2011

ALL THROUGH THE HOUSE...

10 great tips for happy, healthy, and safe holidays



- 1. Count your blessings and let go of unrealistic expectations.** During the holidays people tend to think about how they wish their lives were different in some way. Gratitude is an appreciation of your life right now. If you are able, consider making a donation to the Vanderbilt Faculty and Staff Hardship Fund by visiting <http://worklifeconnections.vanderbilt.edu>. You can also volunteer for a good cause, or find a way to brighten someone else's life. Acts of kindness can help you avoid a case of the holiday blues.
- 2. Ask each family member to make a "wish list" of holiday activities they want to do.** Then have a family meeting to cut the wish list in half. Limiting activities and saying no to unwanted invitations will make the season less stressful.
- 3. Use LED lights for decorating.** They are shatterproof, shock resistant, and produce almost no heat, which reduces the risk for fires.
- 4. Because of the excitement and anticipation, some people can become careless and vulnerable to theft and other holiday crime.** Vanderbilt University Police Department Chief Honey Pike suggests a few preventive measures. "Beware of strangers approaching you for any reason. At this time of year, con-artists may try various methods of distracting you with the intention of taking your money or belongings. Be extra careful if you do carry a wallet or purse. They are the prime targets of criminals in crowded shopping areas, transportation terminals, bus stops, on buses and other rapid transit"
- 5. Be careful when shopping on the internet.** Chief Pike also suggests that "if you are entering your credit card or other personal information when shopping online, look for an "s" (Encryption) after http in the Web address of that page. Also, make sure there is a tiny closed padlock in the address bar or in the lower right corner of the window."
- 6. When you host a holiday party, serve alcohol in moderation, offer nonalcoholic beverages, and remind your guests to plan ahead and pick a designated driver.**
- 7. If you drink, don't drive.** "When I think of tragic Christmas stories, almost all revolve around alcohol. So many of our Vanderbilt patients' accidents are the same; someone drinks too much, does not wear their seatbelt, and then either maims or kills themselves or others. If you drink and drive, know that you are risking your life and ability to walk again, along

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Mark Your Calendar

December 16 Babies and You
Presentation

December 31 Start! Challenge 4
Ends

January 10-15 Hold the Stuffing
Final Weigh-ins

January 12-February 16 Learn,
Move, Live Group Fitness Class



*Lynn Matrisian,
Chair of Cancer Biology and
husband Paul hiking in Baja*

Leading by example

*Vanderbilt Leaders Making
Wellness a Priority*

**One of your favorite holiday memories
from childhood?**

Singing "We Three Kings" with
hastily-made crowns on our
heads to wake up our parents
on Christmas morning.

**A special Matrisian family tradition
that makes you smile?**

Paul and I always cook a full
course holiday meal with all the
trimmings... even if it is just the
two of us.

Favorite holiday food indulgence?

Pumpkin pie. Yum!

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

On top of my usual routine, I
make sure the occasional week-
end walk in Edwin Warner park
happens every week.

**Do you have a new year's resolution
or goal in mind for 2011?**

Not one that I don't try to keep
every day of the year.

vanderbilt news

Holiday tips

Continued from page 1

with the lives and livelihood of everyone else you are sharing the road with” warns Corey Slovis, MD, Chair of the Emergency Medicine Department at Vanderbilt.

8. Have a meal or snack before you go shopping.

Heading for the grocery store on an empty stomach can increase impulse buying and overspending.

9. Defrost turkey and other meats in the refrigerator and use a meat thermometer to make sure they are thoroughly cooked.

Refrigerate or freeze leftovers within two hours.

10. If you give a bike, skateboard, or similar gift, make sure the recipient has a helmet or include one in the gift.

Remember that any toy with parts small enough to fit inside the cardboard tube of a toilet paper roll poses a choking hazard. Toys with string, straps or cords longer than 7 inches pose a risk for strangulation.

Sources: Puget Sound Energy; American Academy of Allergy, Asthma and Immunology; American Academy of Orthopaedic Surgeons; www.safekids.org

Hold the Stuffing 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 these locations:

MID-SEASON WEIGH-INS (optional):

All Week — All Day, 5 a.m. – 9 p.m., Monday – Friday,
8 a.m. – 2 p.m. Saturday

FINAL WEIGH-INS:

Tuesday, January 11

Noon – 2 p.m., Preston Research Building (PRB), Lobby
11 a.m. – 1 p.m., Wyatt Atrium

Wednesday January 12

7 a.m. – Noon, Courtyard Café
Noon – 2 p.m., Baker Building, Room 1110

Thursday, January 13

11 a.m. – 1 p.m., One Hundred Oaks, Room 26102

Friday, January 14

11 a.m. – 1 p.m., Monroe Carell Jr. Children's Hospital at Vanderbilt (VCH), Room 2104
Noon – 2 p.m., Crystal Terrace, Room 201

January 10 – 15

Monday – Friday, 5 a.m. – 9 p.m., Saturday, 8 a.m. – 2 p.m.,
Health Plus, Kensington Garage, Club Level

Additional final weigh-in locations will be offered, but could not be confirmed at the time of this newsletter deadline. For additional locations please check the Health Plus Website homepage at <http://healthplus.vanderbilt.edu>.



The Counseling Corner



Q: Dear Counselor,

Every time I try to go on a diet, I end up falling off the wagon when I get stressed. Do you have any suggestions for how to approach my New Year's resolution to start a diet and stick with it?

Hungry for Help

A: Dear Hungry,

It sounds like you may be focusing on the wrong things. Rather than worrying about starting and staying on a diet, it may help you to re-frame it as moving towards a more healthful lifestyle. When people go on a diet, they often feel like they have to adhere strictly to it or else they are failures. This “all-or-nothing” approach sets people up for binges, secretive eating, guilt, and shame. Exploring more variety in your meal choices, using non-restrictive portion control, and allowing for lapses in judgment or the occasional splurge is much easier than going on the latest celebrity-endorsed fast or eating only pre-packaged meals. The results may be more gradual, but they will be much more likely to last. Also, if food is a source of comfort in times of stress, then the stress you are experiencing may be what needs to change. Recognizing emotional triggers for eating and planning for healthy outlets for the emotions you experience may make all the difference in achieving your goals. Also, it is important to get reasonable amounts of exercise. Get on a regular schedule to increase movement whether it is walking, bicycling, or working out at the gym. As a member of the Vanderbilt faculty and staff, at Work/Life Connections-EAP we would be happy to meet with you to discuss this and other ways to enhance your emotional wellness.

For a confidential appointment, just call **936-1327**.

This month's counselor is *Chad Buck*, PhD, Clinical Counselor at Work/Life Connections-EAP

“*Things should be as simple as possible, but not simpler.*”

— Albert Einstein

health yourself

Half marathon training program begins January 8



Make your dream to run or walk the Country Music 1/2 Marathon on April 30, 2011 a reality. Join Health Plus as we partner with Gilda's Club of Nashville to offer a 16-week comprehensive training program designed to help you reach your goal. Joining Gilda's Gang is a great way to get fit and give back to the men, women, and children in our community who are affected by cancer.

Jennifer Millinsky of the VMG Business Office explains her experience with the Gilda's Gang training program last year "Participating in the training with Gilda's Gang for the Country Music Half Marathon 2010 was... life changing. The people you meet while training; hearing their stories of survival; weekly long runs together; not to mention the support and encouragement received from all. I achieved my goal of running a half marathon, but I also met

a group of wonderful people who are passionate about making a difference in the lives of those who are living with cancer."

Each team member is asked to raise a minimum of \$750 to support the free programs at Gilda's Club.

Learn more about December informational sessions at Vanderbilt by visiting the Health Plus homepage at <http://healthplus.vanderbilt.edu>.



For outdoor winter activities dress for temperatures about 20 degrees higher than they actually are. The air may feel chilly when you start, but your body will warm up once you get moving.

Health Plus announces fitness center access to part-time faculty and staff

Effective immediately, the Health Plus fitness facility will be available for regular part-time faculty/staff and will offer:

- Health Risk Assessments (required)
- Biometrics (body composition, blood pressure, weight, and height)
- Fitness prescriptions
- Fitness assessments
- Group fitness classes on-campus and at off-site locations

Requirements for participation will include:

- A valid Vanderbilt identification card
- Completion of a yearly Health Risk Assessment
- Regular part-time and full-time faculty/staff status

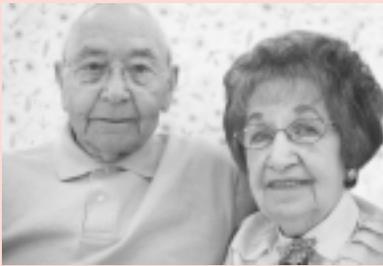


"We are indeed excited about offering this benefit to part-time staff whose health and well being is so important to the overall success of this institution," said Lori Rolando, MD, MPH, Health Plus Medical Director.

For detailed eligibility information and more details on the Health Plus fitness facility call **343-8943**, or visit the Website at <http://healthplus.vanderbilt.edu>.

Holiday activities you can share with seniors

During the holidays, seniors often experience feelings of isolation and loneliness,



so it is important to keep them active and involved. Try to include your loved ones in the family holiday preparations and activities. Here are some ideas you may find useful:

- **Cook a favorite meal together** — prepare a dish the senior loved as a child or once prepared as a holiday tradition. Involving the senior in the process, instead of making it for them, allows the senior to feel helpful and needed.
- **Drive to see the beautiful holiday lights** — taking a senior loved one (especially a senior who can no longer drive) on a drive through town can be a delightful experience.
- **Play a favorite board game** — it is important to get seniors' minds engaged by playing games or doing puzzles. Interaction is important for seniors, especially during the busy holidays.
- **Address holiday cards** — sending holiday cards is a wonderful way to keep in touch with family and friends. Holiday cards are a simple and thoughtful gesture that can help seniors to stay in contact with people they might not otherwise keep up with.
- **If you live far away from your loved one and cannot be with them for the full holiday season, try encouraging them to join a senior group in their area.** Long, cold winters and holiday seasons often bring depression and isolation, so it is important that seniors feel connected and active.

For a variety of resources that focus on aging loved ones, visit the Vanderbilt Child and Family Center Website at <http://childandfamilycenter.vanderbilt.edu/>.

Health n

Educational series explores blood pressure control through lifestyle choices

Health Plus is once again sponsoring Pressure Relief Network, a series of classes that explore a range of lifestyle choices you can make to control your blood pressure. Six sessions will be offered every Wednesday beginning February 2, 2011 and ending March 9, 2011. The classes will be held from noon to 12:55 p.m. in Light Hall, room to be announced. The sessions are free and are available to all full-time faculty/staff and their spouses. For more information or to register, please contact Madeline Garr, Health Educator and Wellness Coach, at **343-8777**, or **madeline.b.garr@vanderbilt.edu**.

Health Plus gives the office party a makeover!

Stacey Kendrick is joined by Marilyn Holmes, Health Plus manager and registered dietitian to discuss ways we can make our parties and celebration a bit more healthy and still delicious.

Listen to this Wellcast and a variety of other holiday themes such as *Creating Holidays with More Joy*, *Less Stress* and *Healthy Eating During the Holidays*. Find these and all Wellcasts at **<http://healthandwellness.vanderbilt.edu/wellcasts>**.

“The opposite of talking isn't listening. The opposite of talking is waiting.”

— Fran Lebowitz

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

A note to caregivers

You deserve a break today... and every day. Try to carve out an hour a day to do something that will give you pleasure and entertainment.

Instead of feeling selfish about taking time for yourself remember that your loved one will benefit by being around people who can offer stimulation of a different kind.

The Child and Family Center now offers several back-up care options that serve dependents of all ages; the Vanderbilt Sitter Service and Parents in a Pinch. Visit the Child and Family Center homepage **Back-up Care** information at **<http://childandfamilycenter.vanderbilt.edu>**. An article on *Caregiver Burnout* in the Child and Family Center Resource Library can be found at **<http://childandfamilycenter.vanderbilt.edu/article/caregiver-burnout>**.

Source: *Passages In Caregiving: Turning Chaos into Confidence*, by Gail Sheehy



Keep space heaters at least three feet away from anything that can burn.

Give of yourself

Give the gift of early detection

Early detection, a decline in smoking, and better treatment have contributed to a steady decrease in cancer deaths over the last 20 years.

According to the U.S. Centers for Disease Control and Prevention, more than 10,000 premature deaths could be prevented each year through screenings for breast and colon cancer.

“Early detection can be the key to surviving many forms of cancer and scheduling an appropriate cancer screening is one of the best gifts you can give yourself and your family,” said Dana Backlund Cardin, MD, assistant professor of Medicine, Vanderbilt-Ingram Cancer Center. “Cancer screening technology has become increasingly sophisticated and we are catching many cancers at an early treatable stage. With colonoscopies, physicians can even remove suspicious tissue and prevent cancer from occurring. We encourage patients to talk with their physician about the best time to start screening for diseases like breast and colon cancer, based on their age and family history.”

Source: American Cancer Society

Commented on by: Dana Backlund Cardin, MD, assistant professor of Medicine, Vanderbilt-Ingram Cancer Center

An April 2010 survey by UnitedHealthcare and VolunteerMatch found that 68% of those who volunteered in the past year reported that volunteering made them feel physically healthier. In fact, 29% of volunteers who suffer from a chronic condition say that volunteering has helped them better manage their illness.

According to a recent government study, 63.4 million Americans volunteered last year. How do you find the right outlet for your desire to volunteer? You could start with VolunteerMatch (www.volunteermatch.org), a national nonprofit dedicated to strengthening communities by helping good people and good causes to connect.

Vanderbilt’s University Staff Advisory Council is partnering with Hands On Nashville (HON), Middle Tennessee’s volunteer resource center, which offers over 100 service projects each month. These projects rely on volunteers to positively impact 17 critical community needs, from hunger and homelessness to education and environmental protection. To view Hands On Nashville’s online “Project Calendar,” visit www.hon.org. If you elect to register for a project, please use your Vanderbilt e-mail address. This allows HON to track your service as a Vanderbilt employee. For questions about upcoming Vanderbilt volunteer opportunities contact andrea.wall@vanderbilt.edu.



Each morning review your activities for the day and plan how you will make them go well. In the evening, review and celebrate your accomplishments.

Home blood pressure monitoring

People who take their blood pressure at home may be able to control it more successfully than those treated with conventional methods.

In one study of adults with high blood pressure, those who took daily readings and then sent the information to their doctor’s office via a fax, text, or e-mail showed a greater reduction in blood pressure over six and 12 months than those who received standard care.

Researchers believe that working actively to control blood pressure made the self-management group more successful. If participants in the self-monitoring group were not reaching their blood pressure goals, they were able to change their medication according to pre-arranged guidelines with their physician.

Source: *The Lancet*, Vol. 376, pg. 173

Eating-Well Recipe

Glazed Root Vegetables with Pomegranates

- 2 large sweet potatoes scrubbed and chopped into bite-sized pieces
- 10 medium carrots, sliced into thick rounds
- 2 Tbsp. extra virgin olive oil
- 6 Tbsp. 100% pomegranate juice
- Kosher salt to taste
- ½ cup fresh pomegranate seeds
- fresh black pepper, a few grinds

Preheat oven to 400°F. Coat a baking sheet with olive oil cooking spray. In a medium bowl, whisk together the olive oil, pomegranate juice, salt, and pepper. Add the sweet potatoes and carrots to the bowl and toss to evenly coat with the pomegranate mixture. Spread the vegetables onto the prepared baking sheet and roast for about 40 minutes (stirring once or twice) until softened and glazed. Sprinkle seeds on when serving.

Serves 4. Per serving: 220 calories, 3 g protein, 38 g carbohydrate, 7 g fiber, 7 g total fat (1 g saturated fat), 204 mg sodium (does not include extra add salted to taste)



take care



Adult Emergency Department uses wellness efforts to cope

“The Adult Emergency Department (ED) is a volatile, intense and high stress environment that can lead to fatigue and feelings of being overwhelmed” explains Tonya McBride, RN, Charge Nurse in the ED. This year they formed a Wellness Committee in order to promote health and wellness within the department with an overall mission to advocate and build a healthier environment.

An aromatherapy pilot was initiated to enhance the ED environment by diffusing certified pure therapeutic grade essential oils into the air to increase energy and decrease stress levels. It is suggested that their use can relieve stress, reduce pain, and

facilitate sleep. Anxiety, stress, and sleep deprivation are very common culprits in an emergency department setting. “Another benefit of the oils is that it enhances the environment by eliminating foul odors that may be in the air” explains Tonya. Many hospitals are now incorporating the use of essential oils. The ED Wellness Committee also recently hosted a “Fall Into Wellness” event that promoted healthy living in which Faculty and Staff Health and Wellness participated. The following was a quote from one of the emergency department residents, “I just want to tell you how much I enjoyed the wellness party that was held today in the conference room. The morale of the entire team seemed to be lifted by this event. Thank you for supporting

events like this — I just wanted you to know how much we appreciate it!”

Plans are in the works for a staff quiet room which will be a place where staff can go to have a moment of solace, as well as exercise groups, department activities, and social events that promote mental and physical well being.

The ED Wellness Committee created a detailed step by step plan on how the committee was rolled out to their department that can be viewed at www.vanderbiltemergency.com under Wellness in the Workplace. You can also read more about the aromatherapy pilot on this webpage. Kudos to the entire Adult ED for their efforts to create a healthy work environment.

Keep physically active during the holiday season with Start!



Keeping up with your commitment to lead a healthy lifestyle can be especially challenging during the holiday season. Parties with tempting treats, hectic days spent traveling and getting out of our normal fitness routine are all reasons people slip. Try these suggestions for staying active:

- **Pack fitness clothing and shoes when traveling.**
- **Wear your running or walking shoes as much as you can.** You may find a 20-minute window when people are napping or before dinner for a quick walk or run.
- **If you’re visiting family or friends in another city,** try out a fitness club *in their area*. (The first visit is often free.)
- **Talk a brisk walk before a holiday meal to curb your appetite.** It is a great way to socialize with family and friends without nibbling and drinking.
- **Buy a pedometer** as an early Christmas gift to yourself. Use it to see how many steps you take in a day and aim to increase that number. Your goal should be 10,000 steps a day for good health.
- **Try ice skating.** It will put you in the holiday spirit and burn calories. The Nashville area has several indoor rinks including the Centennial Sportsplex off of West End Avenue and Southern Ice in Cool Springs.
- **Locate the greenways, parks, and bike trails in the city you will be in.** Visit www.nashville.gov/greenways to view Nashville area greenway maps. It is a great way to show off the beauty of Middle Tennessee to out of town visitors.
- **Keep logging your steps in Start!** at <http://healthplus.vanderbilt.edu>.

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



upcoming events

Babies and You

Babies and You is a 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 16, noon to 1 p.m.

Nutrition: Eating for Two
Marilyn Holmes, MS, RD, LDN,
Manager Health Plus
Location: 411 Light Hall

January 20, noon to 1 p.m.

Child Care: What to Look For
Rhonda Laird, Early Childhood
Coordinator, Vanderbilt Child
and Family Center
Location: To be announced on
the Health Plus Website.

For more information or to register online, visit
<http://healthplus.vanderbilt.edu/service/babies-and-you>.



Health Plus Group Fitness News to Know...

■ **Zumba and Couples Dance Featured** Fitness through Dance classes are held Monday nights from 6:15 – 7:15 p.m. in Studio 1. These classes change monthly or bi-monthly, featuring a different dance each month. You can try Bellydancing, Zumba, Couples Dance and more. Watch the group fitness schedule for the type of dance highlighted each month. For December try super-fun Zumba, in January give Couples Swing Dance a try and in February Couples Ballroom Dancing will be taught.*

*Individuals may bring a dance partner to the couples dance class, however it is not necessary.

■ **Looking for a small class size and slower pace?** Sign up for one of the **Learn, Move, Live** classes taught by Greta Severs. These classes give you a great foundation and help you learn in a slow-paced environment with a small class setting. Greta will watch your form and give you recommendations specifically for you. You will learn correct form for basic exercises, correct posture, and what exercises might be best for you. This class meets in 6-week sessions at Health Plus on Wednesdays from 12:30 – 1:30 p.m. This class will not be listed on the regular group fitness schedule, since you must sign up and it is limited to 10 participants. You must be able to attend five out of the six sessions. Following are the sessions for the first quarter:

Session 1: January 12 – February 16

Session 2: February 23 – March 30

Please email lori.l.cowan@vanderbilt.edu to register, or call 343-6576.

■ **Looking for beginner friendly classes?** If your new year's resolution is to get healthy and exercise more, try one of the beginner friendly group fitness classes. Some good classes for beginners to start with are gentle yoga, yoga, Pilates, Nia, Zumba, Step 1, and aqua aerobics. See descriptions for each class on the group fitness schedule at <http://healthplus.vanderbilt.edu>. Everyone is welcome at any of the classes, but the ones highlighted in gray on the schedule are better suited for intermediate to advanced participants. Feel free to contact Lori Cowan for suggestions on which classes may be best for you.

For details, call Group Fitness Coordinator Lori Cowan at 343-6576, 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