



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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It's time to complete your Go for the Gold 2011

In 2010, 16,976 faculty and staff received a wellness credit for participating in the award winning Go for the Gold Program! Completing it yearly will help you evaluate your current lifestyle, identify health risks, and decide where and how to make improvements. Use the personal recommendations you get to set your own goals based on what is important to you. A wellness credit of up to \$240 per year is available to faculty and staff paying for Vanderbilt Health Plan benefits.

What can you expect this year?

- **A revised Wellness Actions Log (WAL).** The big change you will notice relates to the Wellness Categories **Weight**, **Physical Activity**, and **Blood Pressure**, which require participation in Health Plus programs, specifically *Know Your Numbers* and *Start!*. Be sure to view the WAL soon, so you have plenty of time to complete it. Remember: You only need to complete 7 out of the 10 categories to get credit for completing the WAL.
- **A new Game Plan for Your Health video** focusing on prevention, with a playful twist.
- **An easy way to check your own Go for the Gold completion status** by logging into the Health and Wellness Information Portal at <https://myhealthandwellness.vanderbilt.edu>.

How does the wellness credit deposited in the Vanderbilt Health Plan Account work?

- The money you earn is deposited as a lump sum at the beginning of the calendar year into your Vanderbilt Health Plan Account.

(Continued on page 2)

Where can I participate in Know Your Numbers?

- At locations on the main campus and at off-site locations; find one convenient to you by viewing the Website at <http://healthplus.vanderbilt.edu/service/know-your-numbers>. Be sure to see page 3 of this newsletter to see where Health Plus will offer *Know Your Numbers* in August and September.
- Health Plus provides this service in departments. Contact us to make a request at <http://healthplus.vanderbilt.edu/contact>, or call 343-8943.
- *Know Your Numbers* is offered during all hours of operation in the Health Plus facility located at the corner of Kensington and 25th Avenue. Health Plus is open 5 a.m. – 9 p.m. Monday – Friday, and 8 a.m. – 2 p.m. Saturday.

Mark Your Calendar

August 17 Caregiver Respite Lunch and Learn

August 18 Babies and You Class on Choosing A Pediatrician

August 24 Aerobic Challenge Ends With Superclass

September 12 Know Your Numbers at OHO

September 15 Know Your Numbers at The Law School

September 30 Start! Challenge 3 Ends



Carolyn Dever
Professor, English and Women's and Gender Studies
Dean, College of Arts and Science

Leading by example

*Vanderbilt Leaders Making
Wellness a Priority*

What is your favorite way of spending your free time?

Hanging out at home with my family.

What was the last book you read for pleasure?

"The Immortal Life of Henrietta Lacks" — one of the most remarkable books I have ever read!

Who has been one of your greatest influences?

My grandmother and grandfather, who did whatever it took to ensure that their children and their children's children had access to education.

What makes you laugh out loud?

Our little boy, Noah, recently started dancing on request — or anytime he hears music playing. He has some amazing moves.

What are three things you would find hard to live without?

My family, my friends, and a refreshing headstand at the end of a long day.

Complete your Go for the Gold

(Continued from page 1)

- It is managed by your health plan choice, either BlueCross BlueShield or Aetna.
- The Health Plan Account money is used to cover deductibles and coinsurance.
- You don't need any special card to use the money. It will happen automatically.
- The money in the account is not taxed.
- If all the money in the account is not used in the year it is earned, it will roll over to a maximum of \$1,000.

Visit <http://healthplus.vanderbilt.edu> and click the link to Go for the Gold to read **Quick Facts** about the Go for the Gold Program. To check your Health Plan Account balance online, log into www.bcbst.com/members/vanderbilt or www.aetna.com.

The deadline for completion is October 31, 2011 to receive a Wellness Credit in your Health Plan account in January 2012. Participate by visiting <http://healthplus.vanderbilt.edu>.

Breastfeeding is best for mom and baby

According to the National Women's Health Information Center the experience of breastfeeding is special for many reasons, including:

- The joyful bonding with your baby
- The perfect nutrition only you can provide
- The cost savings
- The health benefits for both mother and baby

Did you know Vanderbilt provides lactation rooms for nursing mothers at a variety of convenient locations?

Visit <http://childandfamilycenter.vanderbilt.edu> and click on the Baby's Best Start feature to view the lactation room locations and to find a variety of resources to support you in a healthy pregnancy and baby's best start, including educational opportunities, breastfeeding basics, and more.

“Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom.”

— Marcel Proust

The Counseling Corner



Q: Dear Counselor,

I have been married ten years, and lately I feel like my husband and I are not as romantically close as we used to be. Between work, bills, raising kids, and taking care of the house, I feel like we barely have time to talk, let alone go out on a date. Any ideas to help bring the spark back?

Looking for Connection

A: Dear Looking,

Our lives are so busy that what you are experiencing is not uncommon. Demands from work, kids, and home can leave little time for connecting with our partners. Keeping these relationships close, however, is important for our health and happiness.

When time is of the essence, aim for quality time over quantity of time. You may not be able to go out and have a leisurely candlelight dinner, but if you have ten minutes together, use those ten minutes to truly connect. Turn off the TV, cell phones, and computers and look each other in the eyes and talk. The key is to be fully present in your interaction.

Take a moment each day to tell your partner how much they mean to you and how much you care for them. It doesn't take a lot of extra time, but it will feel good to say it. Tell them how you feel before you run out the door in the morning, or give them a quick call during your lunch break. The point isn't to talk about the kids, pets, or bills, but just to let them know you are thinking about them.

Sometimes relationships need a little extra help. If you need further guidance, Work/Life Connections-EAP can help you. Just call **936-1327** to schedule an appointment with one of our counselors.

Ellen Trice,
LCSW, CEAP
EAP Counselor



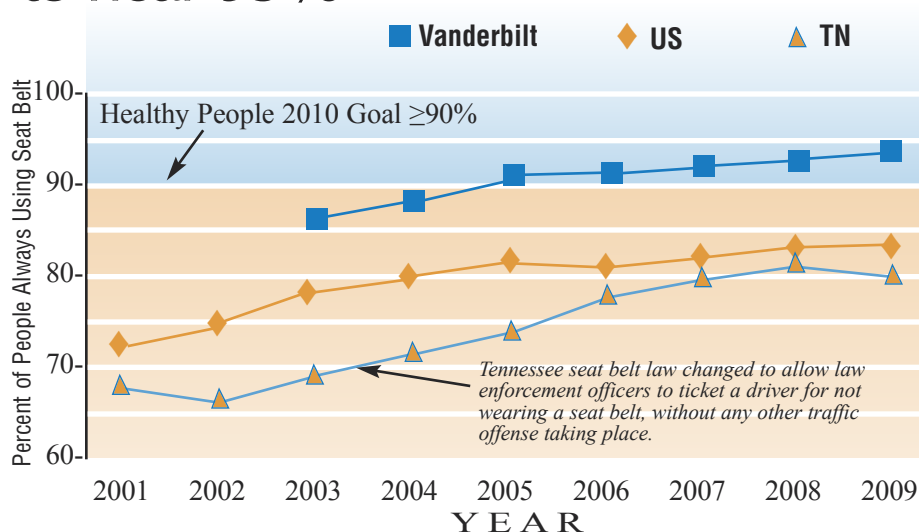
health yourself

The Healthy Pulse

ON FACULTY AND STAFF AT VANDERBILT



Seat belt use at Vanderbilt climbs to near 95%



According to the National Highway Traffic Safety Administration seat belts saved over 13,000 lives in 2008. Buckling up is the single most effective thing you can do to protect yourself in a crash. During a crash, being buckled up helps keep you safe and secure inside your vehicle, whereas being completely thrown out of a vehicle is almost always deadly. Seat belts are also the best defense against impaired, aggressive, and distracted drivers. “Not only does wearing your seat belt save lives, it’s the law! Wearing your seat belt properly costs you nothing, but not wearing your seat belt, can cost you everything!” Rochelle M. Waddell, Vanderbilt Police Department Sergeant emphasizes.

Seat belt use rates have steadily increased over time, particularly in the past decade in response to a national push to increase use. According to the National Highway Traffic Safety Administration, in 1994 the overall observed shoulder belt use rate was 58%. A decade later that number had risen to 80%, and in 2009 the national average was 84%. Tennessee lagged behind that with a rate of 80.6% in 2009.

The rate of seat belt use by Vanderbilt faculty and staff has continued to climb, as reported on the yearly Health Risk Assessment. In 2009 it reached almost 95%, well above the Centers for Disease Control and Prevention Healthy People 2010 goal of 90%.

Visit <http://www.nhtsa.gov> to read the top 5 things you should know about buckling up, including fit of the seat belt and how to secure the littlest passengers.

Sources: The Governors Highway Safety Association; National Highway Traffic Safety Administration

Know Your Numbers

Health *Plus* invites you to stop by and have your weight, blood pressure and body mass index checked at any *Know Your Numbers* locations across campus:

- Every week, Monday – Friday, 5 a.m. – 9 p.m., Health *Plus*, Kensington Garage, club level
- Saturday, 8 a.m. – 2 p.m., Health *Plus*, Kensington Garage, club level
- Every Wednesday, 11:00 a.m. – 1:00 p.m., Occupational Health Clinic, 640 Medical Arts Building
- August 18, 11:00 a.m. – 2:00 p.m., Divinity School Private Dining Room #129
- September 12, 11:00 a.m. – 2:00 p.m., One Hundred Oaks, Room 26102
- September 15, 11:00 a.m. – 2:00 p.m., Law School, Staff Lounge
- September 23, 11:00 a.m. – 2:00 p.m., Monroe Carell Children’s Hospital at Vanderbilt, Conference Room 2104

NEW! You can now view your **Know Your Numbers** measurements in the Health and Wellness Information Portal at <https://myhealthandwellness.vanderbilt.edu> as well as your participation history in Health *Plus* activities. These numbers can be used to complete your Wellness Actions Log as part of the Go for the Gold Program.

If you would like to schedule a *Know Your Numbers* in your department, please contact kimberly.a.tromatore@vanderbilt.edu or call 343-3849.

Please bring your Vanderbilt ID card to all Health *Plus* events.

Wellness Commodore SPOTLIGHT ON Bernadette Cornett



The wellness display board located at the offices of the Center for Patient and Professional Advocacy

Bernadette Cornett has used her role as a Wellness Commodore for the Center for Patient and Professional Advocacy to communicate health-related messages through the use of a wellness display board. The board includes such things as upcoming *Know Your Numbers* dates, the group fitness schedule at *Health Plus*, the *Connection* newsletter, recipes, and other valuable information that helps people focus on a healthy lifestyle. The board “has already received great responses from coworkers and several are going to contribute to the recipe section, provide motivational sayings, and/or bring in copies of other health magazines,” Bernadette explains.

Act as a wellness cheerleader in your department by becoming a Wellness Commodore today. Call *Health Plus* at **343-8943** or read more on the *Health Plus* Website at <http://healthplus.vanderbilt.edu>.

Flulapalooza event aims to break Guinness World Record!

October 12

This year the flu vaccine campaign will kick off in a BIG WAY as the Occupational Health Clinic attempts to break the Guinness World Record for most vaccines given. Our goal? Vaccinate over 8000 faculty, staff, volunteers, and students at an all-day Flulapalooza event. Watch for details soon, and join the fun as we attempt to break a Guinness World Record on October 12!

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

Health n

Choose My Plate makes healthy eating easy

The United States Department of Agriculture recently replaced much of the consumer information formerly found on MyPyramid.gov with the new Choose My Plate concept. Choose My Plate makes it simple to focus on a few key things that can help individuals eat healthy diets.



Choose steps that work for you in these three areas, and start today.

Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals — and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

Visit ChooseMyPlate.gov for practical information and tips to help build a healthier diet.

What's in season at the Vanderbilt Farmers' Markets?

August and September are peak months for seasonal highlights such as cantaloupe, blackberries, peaches, arugula, basil, collards, sweet corn, tomatoes, and greens, among other wonderful late summer delights.

Stop by the market each Thursday and shop for fruit, vegetables, and other local offerings at two Vanderbilt locations; Medical Center Plaza across from Langford Auditorium and at 100 Oaks, between the south end of the mall and the cinema. Both markets run through October 27, from 3 – 6 p.m., rain or shine. Cash is accepted at all vendors and credit cards and debit cards are accepted at some.

The Vanderbilt Farmers' Market is a *Health Plus*, Monroe Carell Jr. Children's Hospital at Vanderbilt, and Nashville Farmers' Market collaboration.



Unlock the keys to concentrating

- **Turn off alarms**, ringers, and alerts; let voicemail take care of messages.
- **Disable e-mail**, instant messaging, and other media, only checking them at planned times.
- **Take care of other distractions** such as hunger, temperature, and noise so they don't get in the way.
- **Take short breaks.** Do something physical, stand up, stretch, or take a quick walk.

Eating-Well Recipe

Fruity Trifle

- 1 (14 oz.) can fat-free sweetened condensed milk
- 1 (8 oz.) carton non-fat lemon yogurt
- 1/3 cup lemon juice
- 2 tsp. lemon zest
- 1 (8 oz.) container reduced-fat whipped topping
- Angel food cake, cubed
- 1 cup sliced strawberries
- 1 cup diced peaches (substitute blueberries for a patriotic twist)
- 1 cup raspberries



In a large bowl, combine the milk, yogurt, lemon juice, and zest. Fold in 2 cups whipped topping.

In a large serving bowl, layer 1/3 of cake cubes, 1/3 of the lemon mixture, and all of the strawberries. Repeat cake and lemon mixture layer. Top with peaches and remaining cake cubes and lemon mixture. Sprinkle with raspberries. Spread remaining whipped topping over berries.

Serves 16: 173 calories, 0 g fat, 201 mg sodium, 38 g carbohydrate, 1 g fiber, 4 g protein.

Nutritional Bonus! High in Vitamin C.

Great grilling starts with safety

Grilling can be a healthful way to prepare food... so keep it safe.

- Place grill at least 10 feet away from your house, shrubs, or bushes. Make sure grill is on a flat surface. Never bring a grill indoors.
- Never leave a grill unattended.
- If using a gas grill, check connections thoroughly before use.
- Keep a fire extinguisher handy.
- Remove grease buildup from grates and trays.
- Use utensils with long handles.
- Allow grill to cool before cleaning or discarding charcoal. Never move a hot grill.

Sources: Home Safety Council; National Fire Protection Association; Hearth, Patio & Barbecue Association

NUTRITION QUESTIONS?

Ask the Dietitian

Q: I want to lose weight. Is a cleanse diet right for me?

A: Fad diets are popular because they promise the quick fix. But don't be fooled! The Master Cleanse diet is not an effective, long term way to lose weight or change your eating habits.

For the skinny on weight loss, trust the American Dietetic Association (ADA). It is the position of the ADA that "successful weight management to improve overall health for adults requires a life-long commitment to healthful lifestyle behaviors emphasizing sustainable and enjoyable eating practices and daily physical activity."

There is no need for fads or expensive diet foods. The ADA recommends that we go back to the basics for weight loss. When grocery shopping, focus on the four corners of the store; choose fruits and vegetables from the produce

section, whole grains from the bakery, low-fat dairy products from the dairy section, and lean proteins from the meat and fish department.

It's all about balance. To lose weight, you want to burn more calories than you eat. Eating about 500 calories fewer each day will help you lose about 1 pound per week. Choose fruits and vegetables for great low calorie snacks. Instead of cutting out high fat, high calorie foods completely, the ADA recommends that you "moderate, not eliminate," indulgences in your diet.

The Master Cleanse diet is a type of "Detox diet" that claims to help the body remove toxins. Dieters drink large quantities of lemon juice, maple syrup, water, and cayenne pepper, along with laxative tea. Other cleanse diets may recommend drinking only juice or even just water. People typically experience side effects with cleanse diets. Side effects might include inability to focus

or think clearly, runny nose or sneezing, and diarrhea.

Long lasting detox dieting or fasting can cause serious problems such as electrolyte imbalances and cardiac failure. Due to the severity of cleanse diets, people with diabetes, eating disorders, children, teenagers, and older adults should not attempt these diets.

The bottom line? Cleanse diets don't solve weight issues, and are not good for long term weight loss. Instead of a radical cleanse, jump start your weight loss safely with lots of water, fruits and veggies, low-fat dairy, lean proteins, and whole grains.

References:

Position of the American Dietetic Association: Weight management. *J Am Diet Assoc.* 2009; 109:330-346.
Back to basics for healthy weight loss. Accessed March 24, 2011.
<http://www.eatright.org/Public/content.aspx?id=6847>
Schaeffer J. Spring cleansing: Assessing the benefits and risks of detox diets. *Today's Dietitian.* 2008;10:34.

Written by: Nicoletta Drilias and Kristie Butler, The Vanderbilt Dietetic Internship Program, 2010 - 11

Reviewed by: Dianne Killebrew, Med, RD, LDN, Coordinator of the Vanderbilt Dietetic Internship Program

take care

The back to school routine already?

It seems like only yesterday kids were running out of school to begin summer break. Now, our thoughts are turning towards preparing them for the new school year. Already, stores are trying to entice parents with their back to school offers on anything from clothing to stationary.

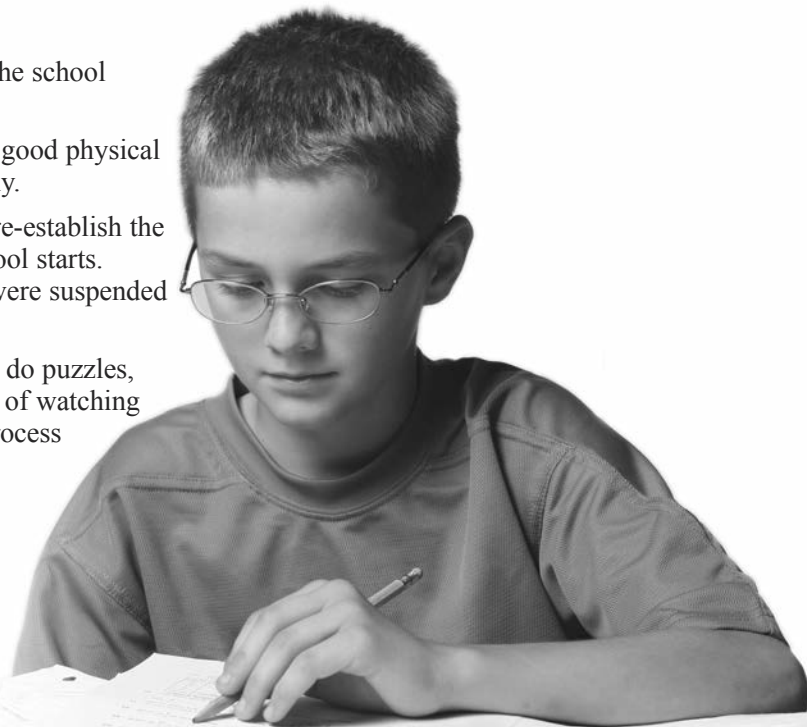
The following tips will allow kids and parents to get back in the school routine in a stress free manner.

- **Good physical and mental health.** Be sure your child is in good physical and mental health. Schedule doctor and dental checkups early.
- **Re-establish the bedtime and mealtime routines.** Plan to re-establish the bedtime and mealtime routines at least one week before school starts. Include pre-bedtime reading and household chores if these were suspended during the summer.
- **Turn off the TV.** Encourage your child to play quiet games, do puzzles, flash cards, color, or read as early morning activities instead of watching television. This will help ease your child into the learning process and school routine.
- **Visit school with your child.** If your child is young or in a new school, visit the school with your child. Meeting the teacher, locating their classroom, locker, lunchroom, etc., will help ease pre-school anxieties and also allow your child to ask questions about the new environment.
- **Review all of the information.** Review the material sent by the school as soon as it arrives. These packets include important information about your child's teacher, room number, school supply requirements, school calendar dates, bus transportation, and health and emergency forms.
- **Mark your calendar.** Make a note of important dates. This is especially important if you have children in more than one school and need to juggle obligations.

The Vanderbilt Child and Family Center's **Family Center** offers assistance in balancing family needs with work life. They offer resources and links to services for adult care, summer camps, before and after school care, and tutorial services by visiting their Website at <http://childandfamilycenter.vanderbilt.edu/> or calling the Family Services Coordinator at 936-1990.

“Any kid will run any errand for you if you ask at bedtime.”

— Red Skelton



Backpack buying basics

Back to school means a trip down the school-bag aisle.

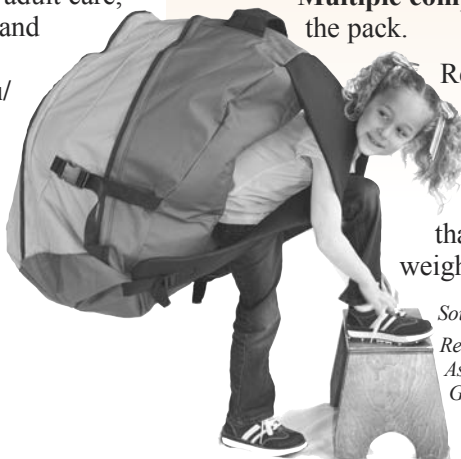
Backpacks are best because they are carried with the body's strongest back and abdominal muscles. Follow these buying tips from the American Academy of Pediatrics:

- **Choose nylon material** so the empty pack is nearly weightless.
- **Wide, cushioned straps** prevent circulation problems.
- **Multiple compartments** distribute weight throughout the pack.

Remind kids that backpacks should be carried with both straps and a waist belt secured, and that heavier items should be closest to the center of the back. The pack and its contents should weigh less than 10% to 20% of the student's body weight.

Source: American Academy of Pediatrics

Reviewed and commented on by: Tracy L. McGregor, MD, Assistant Professor of Pediatrics, Division of Medical Genetics, Director, Vanderbilt Down Syndrome Clinic



family health

OHC TALK:

KEEP YOUR COOL — STAY SAFE

Alice Warren, RN, MSN, Med, ANP, Occupational Health Clinic Nurse Practitioner and Assistant Clinical Manager talks with the Tennessee Poison Center



Summertime brings warm weather and sunny skies. A favorite activity for families will be long days at poolside. Are you prepared for the summer poison hazards from pool chemicals? According to Dr. Saralyn Williams, MD, Toxicology Attending Physician, exposures to swimming pool chemicals are among the most common calls to the Tennessee Poison Center during the long summer months.

Pool chemicals are a potential poisoning hazard when they become wet, are combined with other chemicals, or stored at high temperatures. Under these conditions, the pool chemicals may form new compounds or may become gas or vapor that can easily come in contact with the body. Most of them can cause injury to eyes, skin, and lungs with direct contact.

The proper handling of pool chemicals is vital to keeping yourself safe this summer. Jeff Moore, BS, RN, a Certified Poison Information Specialist at the Tennessee Poison Center, advises everyone to follow these CDC recommendations for preventing pool chemical associated injuries for public pool operators and residential pool owners:*

Always follow these tips about pool chemical safety

- Read entire product label or material safety data sheet (MSDS).
- Read complete appropriate training or education.

Always store pool chemicals safely

- Secure chemicals away from children and animals.
- Store chemicals as recommended by the manufacturer.
- Protect stored chemicals from mixing or getting wet.
- Respond to pool chemical spills immediately.

Always use pool chemicals safely

- Read product label and manufacturer's directions before each use.
- Use chemicals in manufacturer's original, labeled container.
- Use appropriate protective gear, such as safety glasses and gloves.
- Never pre-dissolve solid chemicals or add water to liquid chemicals.
- Never mix chlorine products with each other, with acid, or with any other substance.

* <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5818a1.htm>

According to Dr. Williams, in most cases, exposures to pool chemicals can be handled at home; however, the poison center should be called right away to make that assessment and to learn what treatment or actions are required for the exposure. Be sure to have the Tennessee Poison Center number **1-800-222-1222** posted nearby.

Have a safe, fun summer.

Develop skills and knowledge for providing self care with Occupational Health class

How can I treat my sore throat? How do I prevent getting a cold? A bug bit me; what is the treatment needed? When do I need to see my Medical Provider?

These questions may be answered as you develop your skills for providing self care. With these skills and knowledge you can prevent, recognize, and manage many common illnesses and injuries. Valuable self care skills include knowing how to communicate your health needs and becoming a partner with your Primary Care Physician in maintaining good health.

Thursday, September 8, from noon – 1 p.m. in Monroe Carrell Jr. Children's Hospital.

Lunchtime series focuses on aging loved ones



The Child and Family Center offers a monthly series on a variety of topics relating to baby boomers, the elderly, and much more. All sessions are from noon – 12:45 p.m.

August 17, 2011

Respite Care: Relief for the Caregiver

Location: Light Hall, room to be announced on the Website.

September 21, 2011

Veterans Aid and Attendance Allowance: A Benefit Available for Veterans and their Surviving Spouse

Location: Light Hall, room to be announced on the Website.

For a complete schedule of upcoming Boomers, Elders, and More presentations, visit <http://childandfamilycenter.vanderbilt.edu>.

Vanderbilt Health & Wellness
Vanderbilt University
2201 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:

August 18, noon to 1 p.m.

Choosing a Pediatrician

Rachel Mace, MD,
Vanderbilt Pediatrics

Location: Light Hall, room to
be announced on the Website

September 15, noon to 1 p.m.

Men Have Babies, Too

Carol Huber, RN, BS, IBCLC,
Lactation Consultant, NICU

Location: Light Hall, room to
be announced on the Website

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

Health Plus Group Fitness News to Know...

■ **Start your day with relaxing Tai Chi**; an ancient Chinese approach to achieving mind and body relaxation through balance, strength, and flexibility. Tai Chi is held every Monday and Friday at 6:30 a.m. in Studio 1 at Health Plus. If weather permits, you may find this class meeting on the balcony or the grassy area outside.

■ **Superclass wraps up the Aerobic Challenge** on August 24 with a two hour Superclass from 5–7pm in Studio 1 at Health Plus. There will be six 20-minute classes with a variety of formats. Take one or take them all. This is a great opportunity to try different classes. All regularly scheduled evening classes at Health Plus will be cancelled for the Superclass. Aerobic Challenge participants can pick up prizes at the Superclass, and all participants have until August 31 to complete their card and pick up their prize.

■ **Fitness thru Dance** on Mondays at 6:15 p.m. will feature the Latin-inspired dance-fitness craze Zumba for August, and in September try Line Dancing for a new twist on your workout.

View the Group Fitness Schedule at <http://healthplus.vanderbilt.edu> to find classes for a variety of fitness levels, as well as times, locations, and class descriptions.

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

“My great hope is to laugh as much as I cry; to get my work done and try to love somebody and have the courage to accept the love in return.”

— Maya Angelou