

Connection

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

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Care for the caregiver

The everyday demands of work and home can be stressful. That level of responsibility, coupled with work, family, and social commitments, can quickly become an impossible juggling act that's sure to exhaust even the most skilled multi-tasker.

"More and more adult children find themselves as the primary caregivers for their aging parents. It is estimated that today's family members are responsible for 80% of the elder care provided in the United States. As the population ages, more faculty and staff will find a need for assistance when dealing with elder care issues," explains Vanderbilt Child and Family Center Director Diane Neighbors, EdD.

An estimated 22 percent of the American population is classified as the Sandwich Generation, meaning they are parenting their own children and taking care of their parents at the same time.

Here are some tips which can help:

- **Make time for your own self-care.**
- **Reserve time each week for your own activities.** Hire a teenager or share reciprocal sitting duties with a friend, even for a short time once a week to get some time for yourself.
- **Regular exercise and a healthy diet are like routine car maintenance;** it keeps us from needing major and more comprehensive repairs. Take a walk with your children or aging parent, if possible.
- **It takes a lot of energy to take care of others.** Sleep is necessary to avoid fatigue.
- **Build a support system.** Sharing with friends can be a great stress reducer! Without this you can be subject to caregiver stress, burnout, and depression.
- **Learn good time management techniques.** Create a family master calendar. Set aside time for work and to spend with those who depend upon you, time for yourself, and time for your spouse and/or friends.

(Continued on page 2)

Mark Your Calendar

April 1 Start! Challenge 2 Begins

April 4 Start! Walking Day

May 16 Presentation: What resources are available in the community for caregivers?

May 18 National Employee Health and Fitness Day



Samuel McKenna, DDS, MD
Chairman, Department of Oral and
Maxillofacial Surgery, Professor of Surgery,
Department of Oral and Maxillofacial
Surgery

Leading by example

*Vanderbilt Leaders Making
Wellness a Priority*

What is a practice that helps ensure you get enough sleep?

I do not feel that I get enough sleep during the week, but I try to make up for this some on weekends.

Describe your idea of a near perfect day off.

Going out for breakfast with my wife, skeet shooting with my wife and residents, cycling, or going for a dive at a local rock quarry.

Describe one way Vanderbilt helps you maintain a healthy lifestyle.

Go for the Gold.

What is your current fitness goal?

Cycle at least 30 miles every weekend, elliptical, or spinner cycling 3 evenings/week.

Name three things that are always in your refrigerator.

Fruit in various forms, non-fat milk, low-fat ice cream.

What is your typical lunch on a busy work day?

I always bring my lunch which consists of a sandwich, fruit, and occasionally chips.

Care for the caregiver

(Continued from page 1)

- **Take some quiet time in your life.** Learn to say “no” to requests that interfere with these goals when you can. Be realistic about what you can get done so that you don’t always feel rushed.

Vanderbilt also has a variety of resources that can help support caregivers caring for children or aging loved ones.

- **Back-up Care Options** are offered through the Vanderbilt Child and Family Center for the provision of back-up, evening and night care, and emergency care. Both the Vanderbilt Sitter Service and Parents in a Pinch offer programs to serve both children and adults. Visit <http://childandfamilycenter.vanderbilt.edu> for details.
- **A Caregiver Support Group** offered by the Child and Family Center meets monthly to allow people to share information and openly discuss their problems without judgment, to process their feelings, and to hear others talk about their situations. Participation can help people deal more effectively with their problems. Visit <http://childandfamilycenter.vanderbilt.edu> for details.
- **The Boomers, Elders and More lunchtime series** offered monthly by the Child and Family Center covers a variety of topics from completing legal forms to preventing trips and falls. All sessions are from noon – 12:45 p.m. Visit <http://childandfamilycenter.vanderbilt.edu> for details.
- **Counseling is available from Work/Life Connections-EAP** when you find that you are unable to cope with the demands of care giving. Call **936-1327** for a confidential appointment.

“It is important to create a support system,” adds Stephanie Dean, LPC, Assistant Manager, Work/Life Connections-EAP. “Your own needs can get lost if you continually put your role as caretaker ahead of your time for self care. When your children and your parents depend on you, it is paramount that you pace yourself as for a marathon.”

Compliance Hotspots Hit The Spot!

Performance evaluations are here — are you ready? Log in to the Health & Wellness Information Portal at <https://myhealthandwellness.vanderbilt.edu> to see what you need. For quick and convenient shots and TB tests, visit one of the Compliance Hotspots. Find locations at <http://occupationalhealth.vanderbilt.edu>.

Work/Life Connections-EAP

The Counseling Corner



Q: Dear Counselor,

My mother-in-law died recently and we decided to move my husband’s father to Nashville to live with us. Our kids are now on their own so we have the space. He is 84 years old and is moving from Oregon. We love him, but only have visited for short periods of time every year so I don’t know much about his current needs. What do I need to do to help us all make this a smooth transition?

Daughter-in-Law

A: Dear Daughter-in-Law,

While this will certainly be an adjustment for everyone, it can be a wonderful gift. It is best to try and minimize surprises that could impact everyone’s adjustment to this new living situation. Having an in-depth discussion in advance of the move will help for a smooth transition.

1. As a couple, talk about what your expectations are of each other in regards to the father-in-law’s care.
2. What expectations do you have of your father-in-law? Will he contribute financially to the household?
3. Are there any rules (i.e., no smoking in the house) that would impact how successfully he makes this transition?
4. Establish a relationship with a primary care physician as soon as possible before there is a medical problem.
5. Assess how independently he is able to function. It is often hard to know that during brief visits.
6. See if he has a living will, power of attorney, etc. If not, help him define what his wishes are in the event his health declines.
7. Spend some time learning from him what his likes and dislikes are.
8. Help him find a social support network — church, bowling, Fifty Forward, etc. The Vanderbilt Child and Family Center Website is rich with helpful information on resources. <http://childandfamilycenter.vanderbilt.edu>
9. Another good resource to find services for seniors is through the Council on Aging (Directory of Services for Seniors) Website at www.coamidtn.org.

This is a big transition for all. It can be helpful to talk with a professional. Making an appointment at Work/Life Connections-EAP allows you a safe place to discuss your feelings. Call **936-1327** for a confidential appointment.

Ellen Clark, LCSW, CEAP, Clinical Counselor, Work/Life Connections-EAP

health yourself

Start! your spring by getting outside more

start!

Join more than 8,600 faculty and staff in tracking your physical activity, earning quarterly prizes, and helping Vanderbilt reach the goal of 1.75 billion steps in 2012. This program is easy, convenient, available 24/7, and requires no equipment or fitness facility. What are you waiting for? Start! with these activities:

- **Challenge 2 begins April 1.** It's not too late to sign up.
- **Walking Wednesdays — do it alone or with a friend.** Join Health Plus Group Fitness Coordinator Lori Cowan as she leads 6 weeks of 30-minute walks beginning April 11. Meet Lori at the Medical Center North shuttle drop off at noon, rain or shine (if it rains we walk in the tunnels). For questions contact Lori Cowan at **343-6576** or lori.l.cowan@vanderbilt.edu.

- **National Start Walking Day is April 4.** Join Health Plus staff for a 20-minute fitness walk beginning at several locations and ending at Library Lawn. After the walk, join in the festivities and, if you qualified, receive a prize for completing Start! Challenge 1.
- **May 16 is National Employee Health and Fitness Day,** a day dedicated to promoting worksite health and fitness. Read more details below.
- **Can't get outside? Try our new indoor walking maps** that can be found on the Health Plus Website.

Click the green Start! button on the Health Plus homepage at <http://healthplus.vanderbilt.edu> to begin moving more and having fun.

Vanderbilt observes National Employee Health and Fitness Day

a day dedicated to promoting physical activity in the workplace

Wednesday, May 16

- **Breakfast on the Go!** Stop by 4 locations to pick up a healthy breakfast on the go. Pick up your breakfast at Wesley Place Garage, at the corner of Natchez Trace & Jess Neely, the West Garage, and 100 Oaks (employee parking area) from 6:30 a.m. – 9 a.m.
- **The One Day Challenge.** Choose one of 3 different physical activity challenges. Fax your completed documentation to Health Plus and receive a prize. This is a great way for off campus folks to get in on the fun!

- **3 Mile Fun Run.** Join Health Plus staff for a 3 mile run at Centennial Park; beginner runners welcomed. Meet at Health Plus at 5:15 p.m. Off campus? Consider starting one for your department on this day. Contact Health Plus for help at **343-8943**.

- **Group Fitness Super Class.** Enjoy six 20-minute exercise classes rolled up into one fun event, from 5 – 7 p.m. at Health Plus. Attend one or all six.

View the complete event details for this special day at <http://healthplus.vanderbilt.edu>.

Know Your Numbers

Keep your weight and blood pressure in check with monthly Know Your Numbers events. Join Health Plus in April and May at convenient locations.

Every Wednesday 11 a.m. – 1 p.m.
640 Medical Arts Building, The Occupational Health Clinic

May 14 11 a.m. – 1 p.m.
100 Oaks, 2nd Floor, Room 26102 – 26104

May 15 11 a.m. – 1 p.m.
Owen School of Business, Room 106

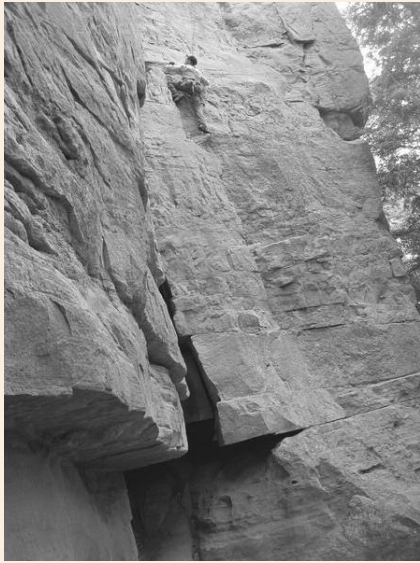
May 16 10 a.m. – 2 p.m.
Outside Eskind Biomedical Library

May 16
Health Plus, Atop Kensington Garage
During all hours of operation
M – F 5 a.m. – 9 p.m.
Sat 8 a.m. – 2 p.m.

For additional scheduled locations during April and May check the Health Plus Website at <http://healthplus.vanderbilt.edu>.

Please remember to bring your Vanderbilt identification card to all Health Plus events.





Matthew climbing with the Nashville Hiking Meetup group at Stone Door, Beersheba Springs, Tennessee.

WELLNESS COMMODORES SPOTLIGHT ON

Matthew E. Bosler,

BA, EMT-IV/T/W, Clinical Trials,
Department of Emergency Medicine

Matthew is a Health *Plus* Wellness Commodore in his department. “To me, being a Commodore is about trying to set the example in my workspace. Whether it’s choosing a fruit plate over chocolate, or knocking out a few pushups while waiting for the centrifuge to finish, I see it as my chance to help my coworkers, Division, and Department be the best they can be.”

Are you passionate about wellness? Share your passion by becoming a Wellness Commodore! Wellness Commodores are liaisons between their work departments and Health *Plus*. Commodores know their colleagues and can have an advantage in motivating them to make healthy changes.

Join over 145 faculty and staff at Vanderbilt and act as a Wellness Commodore in your department. Visit <http://healthplus.vanderbilt.edu> to learn more.

Health and Wellness Connection

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Health n



Farmers' Market produce paradise at Vanderbilt begins

The 2012 Vanderbilt Farmers' Market starts on Thursday, May 3, offering a variety of local fruit, vegetables, goat cheese, all natural dairy products, grass-fed beef, flowers, and healthy baked goods. The market will be conveniently located across from Langford Auditorium every Thursday from 3 – 6 p.m., and will operate rain or shine. Cash, credit cards, and debit cards are accepted.*

Jeff Themm, Director of the Nashville Farmers' Market commented on the success of the market at Vanderbilt, “The farmers are excited to be back at Vanderbilt for the fourth year to share all of their fresh Tennessee products. The number and variety of farmers will depend on the season and their crop specialties. Farmers will range from those practicing sustainable farming to conventional growers.”

Early in the Tennessee growing season you can look forward to many delicious early spring items including greens, spinach, lettuces, and fresh local strawberries.

Visit the Nashville Farmers Market Website at <http://www.nashvillefarmersmarket.org> to get recipes and find out what is in season.

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

*varies by vendor

“The Constitution only gives people the right to pursue happiness. You have to catch it yourself.”

— Benjamin Franklin

NUTRITION QUESTIONS?

Ask the Dietitian

Q: Does buying my produce locally really make a difference, and what can I find this early in the season?

A: Have you ever tried to eat a tomato in winter and been disappointed due to the lack of flavor and dull color? Consider that some of the “fresh” fruits and vegetables that you find in your local grocery store may have traveled hundreds, even thousands, of miles to make it to your cart. A study conducted by scientists from the University of California Davis found that some fresh vegetables, such as spinach and green beans, lose up to 75% of their vitamins and minerals within seven days of being picked. One of the benefits of buying in season produce from your local farmers is that the fruits and vegetables have been picked recently and have not traveled

far. They are crisp, full of flavor, and still have many of the healthy vitamins and minerals that your body needs. One of the best places to buy local produce is at your nearest farmer’s market. Watch for the Vanderbilt Farmer’s Market opening Thursday, May 3!

Here is what to look for in markets this spring season:

- Asparagus
- Beets
- Greens
- Rhubarb
- Strawberries
- Snow Peas
- Carrots
- Honey

Find a local farmer’s market in your area at www.agriculture.state.tn.us/marketing.asp (choose the Farmer’s Market tab in the column on the left side of the page) and check out recipes using fresh, local produce at www.nashvillefarmersmarket.org.

Learn more about the weekly Vanderbilt Farmers’ Market on page 4 of this newsletter.

Reference: Rickman J, Barrett DM and Bruhn C. Nutritional comparison of fresh, frozen, and canned fruits and vegetables. Part 1. Vitamins C and B and phenolic compounds. J Sci Food Agric. 2007;87(6): 930-944.

Written by: Elizabeth Sullivan and Lindsey VanDoornik, 2011 – 2012 Dietetic Interns, The Dietetic Internship Program at Vanderbilt

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

Eating-Well Recipe

Brown Sugar Glazed Beets

- 3 tablespoons dark brown sugar
- 2 tablespoons orange juice
- 1 tablespoon unsalted butter
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 3 cups roasted or steamed cubed fresh beets, ½ to 1 inch cubes

Combine brown sugar, orange juice, butter, salt, and pepper in a large nonstick skillet. Cook over medium heat until the sugar and butter are melted and starting to bubble. Stir in beets and cook until most of the liquid has evaporated and the beets are coated with glaze, 6 to 8 minutes. Serve hot or warm.

Serves 6. Per serving: 74 Calories, Fat 2g, Carbohydrates 14g, Fiber 2g, Sodium 164mg, Potassium 276mg.

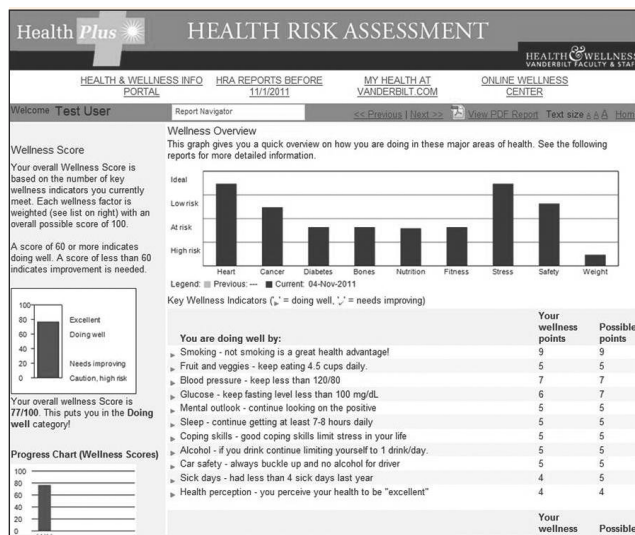
Adapted from: www.eatingwell.com.

A minute saved is a minute earned

Get ready the night before. Set out imperishable breakfast ingredients, clothes, backpacks, and bags. Pack lunches and put them in the refrigerator before going to bed. You’ll have fewer things to think about in the morning when you’re getting ready to leave home.

Keep things in their place. Have a “home” for everything — your keys, glasses, cell-phone, etc. Put things back in that same place when you’re not using them so you don’t have to search for them.

take care



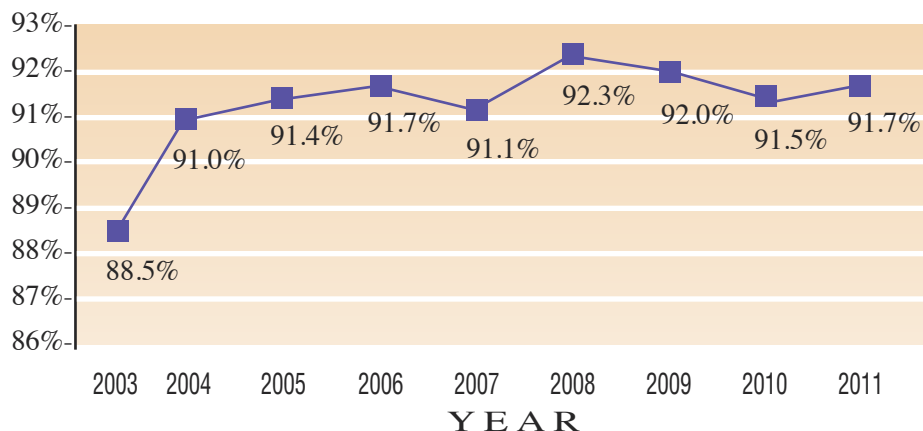
“If the grass looks greener on the other side of the fence, it may be that they take better care of it there.”

— Cecil Selig

The Healthy Pulse

ON FACULTY AND STAFF AT VANDERBILT

Faculty and staff report they are coping well with stress



■ Vanderbilt Faculty and Staff

THE HEALTH RISK ASSESSMENT REPORT:

Assessing your major areas of wellness

The new and improved format of the Health Risk Assessment includes a quick overview on how you are doing in 9 major areas of health, including Heart, Cancer, Diabetes, Bones, Nutrition, Fitness, Stress, Safety, and Weight. A more comprehensive report on each of the areas can be found within the additional pages of the report. The more detailed pages include any risk factors you may have in each specific area, as well as preventive actions that can be taken, and links for further information or clarification.

Complete your Health Risk Assessment each year to help you identify your health risks and any changes in your health. Visit <http://healthplus.vanderbilt.edu> to complete the Health Risk Assessment.

The Health Risk Assessment that most faculty and staff complete each year (over 80% in 2011) includes a question that asks “How well do you feel you are coping with your current stress load?” Individuals that responded that they are *coping fairly well* or *very well* are represented in the graph at left.

Stress is inevitable. Stress protectors can help us bounce back from the stress in our lives. The more protectors you have, the more likely you will cope better and stress less. Practice some of the stress protectors below; they have been identified as helpful to other faculty and staff at Vanderbilt.

- Get at least 8 hours of sleep on a typical night.
- Take quiet time.
- Try to have an optimistic outlook on life.
- Regularly give and receive affection.
- Manage time effectively.
- Be physically active each day.
- Identify a social support network to share your thoughts with.

If you find that the stress you are experiencing is not improving, consider a confidential assessment with a Work/Life Connections-EAP counselor. This is a benefit, at no cost to you. To make an appointment, call 936-1327.

family health

Occupational Health Clinic **TALK:** STEP INTO SPRING, BUT DON'T TWIST YOUR ANKLE



Karen Gordon, Nurse Practitioner at the Occupational Health Clinic spoke to Brian Richardson, physical therapist at Vanderbilt Orthopedic Institute Rehab Services.

So you have been closed up for the winter, and limited to indoor exercise. Spring is here, so get out and enjoy the great outdoors. Exercise!

Whether you are a beginner or exercise regularly, begin your exercise time with a warm-up period which begins to warm up your muscles and increases blood flow. Then, you are ready to proceed with your exercise at the level of intensity which you enjoy. Afterwards, don't forget to cool down with a period of milder exercise to allow your muscles and body a period of recovery time. Don't abruptly stop your exercise.

What if you find yourself twisting your ankle? You are able to walk on it, but it is swollen and painful. You go to your health care provider and they tell you "It's not broken; your ankle is mildly sprained." Well, sprains can hurt quite a bit and limit what you can do. Some common suggestions your provider may tell you are:

- Rest your ankle from exercise to prevent further injury
- Put ice on your ankle
- They may or may not tell you to wear an ace wrap
- Elevate your foot above your heart to help decrease the swelling

Vanderbilt Orthopedic Institute physical therapist, Brian Richardson, states that many people are confused about the proper use of ice after an injury. Many people unknowingly put an ice pack directly on the skin, but that can damage the skin and cause 'frostbite'. Some people may also leave the ice pack on for several hours or even sleep with the ice pack on the foot, thinking, "more ice will be better". Actually, studies show that using ice intermittently in 10-minute intervals during the first few days is better than prolonged ice usage. The shorter intervals and intermittent use of ice help to decrease the pain and swelling and improve function of the ankle.

If you find yourself injured, you can start some of the suggestions above, while seeking an evaluation by your healthcare provider. Earlier intervention and evaluation can help to return you back to your normal activities sooner.



Turn housework into a workout. Vacuum using long back and forth motions and deep lunges.



Lunchtime series focuses on aging loved ones

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

April 18, 2012

Legal Forms

Light Hall, room 437

Mary Lyn Goodman from the Legal Aid Society will give a presentation on various types of legal forms, where to obtain them, and when they should be used.

May 16, 2012

What resources are available in the community for caregivers?

Light Hall room 419

Are you caring for your mother, father, or spouse? Do you wonder what resources are available for them or for you? Are you in need of some respite care? If you answered yes to any of these then you don't want to miss this panel of experts from the community that will be available to answer all your questions regarding care giving.

Vanderbilt Health & Wellness
Vanderbilt University
2201 25th Ave. South
Nashville, TN 37240



upcoming events

Babies and You

Health Plus offers this worksite prenatal health promotion program to full-time Vanderbilt employees, spouses, and dependents. The program encourages early and consistent prenatal care and provides monthly educational opportunities. An incentive is offered to those who register in the first trimester, attend at least 3 of the monthly classes and go to all prenatal provider visits.

UPCOMING CLASSES FOR BABIES AND YOU:

April 19, noon to 1 p.m.

Child Care: What to Look For
Rhonda Laird, Early Childhood Coordinator, Vanderbilt Child and Family Center
Location: 407 Light Hall

May 17, noon to 1 p.m.

Prenatal Yoga
Ali Sperry, Prenatal Yoga Instructor
Location: 407 Light Hall

For more information or to register online, visit <http://healthplus.vanderbilt.edu>.



Health Plus Group Fitness News to Know...



Yoga instructor Hilary Lindsay practicing the seated twist position.

■ **Active Yoga** is instructor Hilary Lindsay's signature name for her blend of yoga that describes a strong physical practice with attention to detail. Active Yoga requires a lively mind as the students are encouraged to observe the effects of postures and breath.

Hilary brings more than two decades of experience to her teaching. She created the first yoga classes inspired by music and the first vinyasa flow classes in Nashville. Her classes are slowly paced, fluid, and strong.

Classes are tailored for the group on any given day. They are inspired by her study of Iyengar yoga, as well as dance, and studies in awareness through movement as taught by Feldenkrais.

Hilary teaches a 75-minute class at the Health Plus, Kensington Garage location on Tuesdays at 6:15 p.m. Health Plus also offers many other yoga classes at lunchtime and in the evening, and some are at other locations around campus. Choose from a variety of instructors offering different styles such as Hatha, Iyengar, Gentle Yoga, and more.

View the group fitness schedule on the Health Plus homepage at <http://healthplus.vanderbilt.edu>.

For details, call Group Fitness Coordinator Lori Cowan at 343-6576, or contact her at lori.l.cowan@vanderbilt.edu.

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