

Connection

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

Vol. 32 • NO. 3
June/July 2012



Vanderbilt Weekly Farmers' Market makes it easier to eat your fruits and veggies

The 2012 Vanderbilt Farmers' Market kicked off its 2012 season on May 3 with a variety of local fruit, vegetables, goat cheese, all natural dairy products and grass-fed

meats, flowers, and delicious and healthy baked goods. The market will be conveniently located at the Medical Center Plaza (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 for 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 farmers practicing sustainable farming methods to conventional growers."

Visit the market during June and July to find such seasonal items as basil, blueberries, cantaloupe, cherry tomatoes, eggplant, field peas, leeks, pole beans, snap beans, squash, and zucchini among other tasty items. Availability will vary based on weather conditions.

Look for many returning vendors and a few new ones, including:

Lucky Farm for fruits and vegetables • **Foodscapes** for garden products and plants
Hillside Haven Farm for a variety of produce • **JD Country Milk** for milk and cheese
Walnut Hills Farm for grass-fed meat products • **Noble Springs Dairy** for goat cheese
Alfresco Pasta for local, premium pasta and sauces
Provence Breads for local, artisan breads • **Owsley Ouch** for locally made salsa
Kelley's Berries for seasonal berries • **See Flowers** for beautiful bouquets
Si Sun Vu for fruits and vegetables • **Howell's Farm & Produce** for fruits and vegetables
Bell's Bend Farm for fruits, vegetables, and a CSA (Community Supported Agriculture)

Visit the Health Plus Website at healthplus.vanderbilt.edu to get recipes and find out what is in season.

*varies by vendor

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

Mark Your Calendar

Every Thursday in June and July
Vanderbilt Farmers' Market

June 20 Boomers, Elders, and More:
Sibling Communication and the 50-50 Rule

June 21 Babies and You: Preparing For Labor and Delivery

July 1 Start! Challenge 3 Begins



James Franklin
Vanderbilt Head Football Coach with his wife Fumi and daughters Shola and Addy

Leading by example

Vanderbilt Leaders Making Wellness a Priority

How do you stay physically active during the off season?

I try to get in an elliptical workout and some light lifting as often as possible. Also, keeping up with my 4- and 5-year-old daughters.

Describe a near perfect day spent with your family.

I don't get many days just for family, so the ones I get we cherish. It doesn't matter what we do, it's a perfect day.

What makes you laugh out loud?

Some of the things my daughters say — they are amazing. I love watching them develop their own personalities. I may be in trouble for the next 20 years.

Is there a summertime food that you can't get enough of?

Absolutely. Grilled salmon with rice and asparagus.

What is your typical Commodore Breakfast of Champions?

Greek black cherry yogurt. I am usually eating on the run.

How has a positive attitude helped you succeed in football and in the game of life?

It's the number one trait I focus on personally and for our program as a whole. I want to lead by example and I try to surround myself with other positive people.

Why oral health matters

We all understand the importance of screenings — annual colon and breast screenings have saved countless lives.

Yet few of us realize the importance of regular dental screenings. Not only are we protecting our teeth and gums, but scientists and doctors are now realizing that good oral health is an important component of general health.

For example, did you know that poor oral health has been linked to low birth weight babies and heart disease? Or that certain medications and therapies can actually lead to bone and jaw deteriorations, and dental decay?

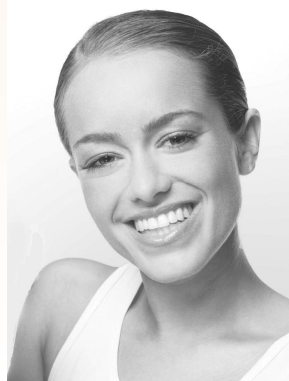
Physicians at Vanderbilt are taking an integrated approach to develop a comprehensive care path that includes regular oral health screenings and routine dental care.

“We see many patients with medical conditions who are undergoing critical medical treatments, but who are not aware of the importance of maintaining excellent oral health,” said Samuel J. McKenna, chair of Oral & Maxillofacial Surgery at Vanderbilt.

“That’s why we’re working closely with our peers in Otolaryngology, Radiation Oncology, and others to educate patients on why oral health screenings, both before and after such procedures, is critical to achieving the best possible outcomes. It’s all related,” he said.

What you can do:

- **Ask your medical doctor** if you should see the dentist more frequently when taking certain medications.
- **Schedule oral health screenings** before and after medical treatments that may make home oral care more difficult.
- **Maintain regular dental visits** to prevent dental infection and gum disease, which can seriously impact treatment plans for other health conditions.
- **Talk to your dentist and medical doctor.** Find out why oral health matters.



Work/Life Connections-EAP

The Counseling Corner



Q: Dear Counselor,

As part of our holiday family vacation, we will be attending my wife’s family reunion this summer. She looks forward to this every five years, but when all her relatives get together, there is always some kind of family drama. We are obligated to attend, but do you have any suggestions as to how we can make the trip more bearable?

Family Reunion Blues

A: Dear Reunion Blues,

Start with an optimistic mindset. There will no doubt be some very enjoyable moments reconnecting with folks that you see only occasionally. Families and their dynamics are complicated. Have realistic expectations. We don’t get to choose our relatives, yet they can have an emotional grip on us throughout our lives.

1. Plan ahead how you will handle unpleasant situations — role-playing can help.
2. Take a break while there — take some quiet time for sight-seeing, a movie, or hiking.
3. Avoid sensitive subjects such as politics or past conflicts.
4. Self-care — get plenty of rest and use exercise for stress relief.
5. Consider staying in a hotel rather than with relatives so that you can choose when and how to be with others; this is especially true if you have little ones.
6. Plan something fun with your family after the reunion to help you decompress.

If you are concerned about handling your stress in anticipation of the event (or need some counseling afterwards), Work/Life Connections-EAP is available at no charge to Vanderbilt employees and their spouses. For a confidential appointment just call **936-1327**.

Stephanie Dean, LPC, Work/Life Connections-EAP, Assistant Manager

Contact the Vanderbilt Dental Clinic for an appointment at **615-322-2193** or by e-mail at **Contact.dentistry@vanderbilt.edu**. Visit the Vanderbilt Oral Health Website at <http://www.vanderbilthealth.com/dental/>.

health yourself

THE VANDERBILT CHILD AND FAMILY CENTER FAMILY FOCUS:

I love you, but can I travel with you?

The height of summer brings travel and vacation plans to mind for many of us. Whether these plans include a visit to relatives or a family vacation, preparation is the key to ensuring that everyone enjoys a trip that is fun and as stress-free as possible.

If you are traveling this summer with children, here are a few suggestions to make it a pleasurable journey:

- **Buy little knick-knack items** for kids to play with.
- **Have a clean washcloth** in a baggie.
- **Bring a lap table for each child**, as well as crayons and lots of paper for drawing.
- **Bring snacks.** Invest in the individually wrapped items or put items in small baggies.

Traveling with the elderly can also be a wonderful experience. Here are some tips to help you with your trip:

- **Bring along prescription medications.** A pill organizer is a great way of packing the necessary meds for the day.
- **Take water with you** to avoid dehydration. Bottled water will keep a senior citizen hydrated and reduce discomfort in the mouth.
- **Bring a lumbar pillow.** This can help reduce the back-aches that seniors often experience when traveling long distances.
- **Keep travel simple and manageable** and avoid multiple stops. Plan your itinerary carefully.

Traveling with small children and the elderly can be a hectic event, but a little preparation can guarantee a safe, comfortable, and enjoyable trip!



Go for the Gold 2012 offers new ways to be well

In 2011, 17,142 faculty and staff received a wellness credit for participating in the nationally 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. An added bonus to faculty and staff paying for Vanderbilt Health Plan benefits is a wellness credit of \$240.

What can you expect in 2012?

- A new and improved Health Risk Assessment format.
- A revised Wellness Actions Log. Be sure to view it soon, so you have plenty of time to complete it.
- A new version of the award-winning Game Plan for Your Health video series focusing on healthy cooking at home.
- 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.
- 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**, or to check your Health Plan Account balance online, log into www.bcbst.com/members/vanderbilt or www.aetna.com.

Complete the Go for the Gold Program by October 31, 2012 and make the yearly commitment to be as healthy as possible. Participate by visiting <http://healthplus.vanderbilt.edu>.



Beth Hanson,
Research and Prospect Development

WELLNESS COMMODORES SPOTLIGHT ON:

Beth Hansen is a Health *Plus* Wellness Commodore in her department

“As a Wellness Commodore, I put up the Health *Plus* group fitness class schedule and other wellness opportunities in our break room and send e-mails with monthly events to the team. I have really enjoyed being a Wellness Commodore because it gives me the opportunity to talk to people about health and fitness. It is really rewarding to see people get excited about being healthy.”

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

Join over 160 faculty and staff at Vanderbilt and act as a Wellness Commodore in your department. Visit <http://healthplus.vanderbilt.edu> to learn more.

**“To climb steep hills requires
slow pace at first.”**

— Shakespeare

Health and Wellness Connection

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Health n



Faculty/Staff Health & Wellness Awards and Recognitions

Vanderbilt recognized by National Influenza Vaccine Summit

Vanderbilt University's Flupalooza mass vaccination event recently received a 2012 NIVS Immunization Excellence Award of Honorable Mention in the Corporate Campaign division for Outstanding Efforts during flu season. The primary goal of the Flupalooza event was to test the pandemic mass vaccination plan, using seasonal flu vaccine. To generate the high volumes Vanderbilt would anticipate in a pandemic, the Occupational Health Clinic and Emergency Preparedness groups decided to stimulate interest by challenging the Guinness World Record for most vaccines given in one day. The secondary goal was to break the existing record of 6,215 vaccines in 8 hours. Ultimately Vanderbilt set a new Guinness World Record, more than doubling the existing record, with 12,850 flu vaccines in 8 hours and 14,082 vaccines for the entire day.

Vanderbilt receives Fit-friendly Company award for the Start! physical activity program

For the fifth consecutive year, Vanderbilt has been recognized by the American Heart Association with its Platinum Level Fit-friendly Company Award.

This award is given to companies that demonstrate progressive leadership toward making health and wellness a priority for their work force. “We would like to thank everyone whose hard work, program participation, and dedication helped Vanderbilt once again win the American Heart Association's Platinum Level award. The award is the AHA's pinnacle of Corporate Wellness and is awarded to those companies that make the health and wellness of their employees a priority. We would especially like to thank our senior leadership, whose continued support and encouragement has exemplified this culture of wellness at Vanderbilt,” said Lori, Rolando, MD, MPH, Health *Plus* medical director.

Vanderbilt will receive recognition in the September issue of *Fortune* magazine for this accomplishment.

NUTRITION QUESTIONS?

Ask the Dietitian

Q: Do herbs and spices have nutritional value?

A: Yes! Herbs not only provide flavor for your food, but also offer significant health benefits. Herbs are used to enhance the flavor of foods while replacing unhealthy ingredients normally used to flavor foods, such as salt, sugar, or fat. The use of herbs can help reduce your sodium intake and help reduce fat consumption. Herbs are low in calories and packed with vitamins and minerals, such as calcium, iron, Vitamins A, C, E, B, and folate.

Fresh vs. dried herbs:

While both fresh and dried herbs offer health benefits, the major

difference is the taste and potency of the herb. Fresh herbs naturally provide more antioxidants, nutrients, and flavor than dried herbs. Both fresh and dried herbs have anti-inflammatory effects, which can protect your heart and reduce symptoms of diabetes.

Innovative use of herbs:

Herbs are commonly used in cooking, but rarely used in a smoothie. Be sure to check out the recipe for a healthy and refreshing way to use herbs in a

beverage. This smoothie is packed with antioxidants and nutrients because it contains spinach, mango, mint, and lime. It is also a perfect way to sneak in a vegetable at breakfast!

Sources:

Kaefer CM, Milner JA. The role of herbs and spices in cancer prevention. *J Nutr Biochem.* June 2008;19(6):347–361

Tempest M. Adding Spice for a Healthier Life-Evidence Shows Antioxidant-Rich Herbs and Spices May Cut Chronic Disease Risk. *Today's Dietitian.* March 2012;14(3):40

Written By:

Lauren Jacoway and Brittany Siler, Vanderbilt Medical Center Dietetic Interns, 2011 – 2012

Reviewed By:

Dianne Killibrew, MEd, RD, LDN, The Dietetic Internship Program at Vanderbilt Educational Coordinator



Eating-Well Recipe

Monster Mango Smoothie

- 1 cup spinach
- 3 – 4 large leaves mint
- ¾ cup mango
- ¼ lime
- 1 packet Splenda
- 5 ice cubes
- ½ cup water

Place all ingredients in blender, and blend until smooth.

Serving size 2 cups. Per serving: 110 Calories (Calories from Fat 0), Fat 0g, Cholesterol 0mg, Sodium 30mg, Carbohydrate 29g, Fiber 5g, Sugars 21g, Protein 2g.

Recipe created by: Lauren Jacoway and Brittany Siler, dietetic interns, 2011–2012 Dietetic Internship Program at Vanderbilt

Increase your fruit and vegetable servings with the Health *Plus* More Matters challenge!

Take the 10-week challenge to increase your fruit and vegetable consumption! Held June through August, this program consists of weekly educational e-mails, a log sheet to record your number of cups consumed, and a prize for completion.

Enjoy the summer abundance of fresh fruits and vegetables!

Contact kimberly.a.tromatore@vanderbilt.edu, or 343-3849 for details.

take care

Health **Plus**

HEALTH RISK ASSESSMENT

HEALTH & WELLNESS
VANDERBILT FACULTY & STAFF

Your Risk Rating

The more coronary risks you have the greater your chance of heart disease. You have 0 indicated major risk(s). Your coronary risk rating is **Excellent**.

4

3

2

1

0

Cautious, high risk

Needs improving

Doing well

Excellent

Progress Chart (Coronary Risks)

4

3

2

1

0

11/11

Previous Scores

16-Nov-2011 0

Here is a summary of your health test results. Items needing improving are checked (-). A % indicates doing well.

Total cholesterol

-- mg/dL

LDL chol

-- mg/dL

Non-HDL chol

-- mg/dL

HDL chol*

-- mg/dL

Triglycerides*

-- mg/dL

Fasting glucose*

-- mg/dL

Blood pressure*

--/-

Body mass index

21

Waist girth*

-- inches

*Risk factors for metabolic syndrome

+Glucose is also called blood sugar

Resource Links

Learn how to make changes to improve your heart health.

Coronary Risk

Your coronary risk is determined by the number of major risk factors you have. Each risk factor you have increases your likelihood of developing a heart problem earlier in life. Notice any major risks you have. Take preventive action where appropriate. Get your doctor's help if needed in making changes.

Risk Factors ('+' = doing well, '-' = major risk, 's' = moderate risk)

Doing Well:

Heart Disease

No personal history of early heart disease.

Diabetes

Diabetes not present; glucose levels normal.

Age

Risk increases rapidly in women over 55.

Smoking

Never smoked - that's great, never start.

Total cholesterol

You report your cholesterol is in the desirable range; <200 is desirable, less than 160 ideal, 240+ is high risk.

Blood pressure

Your blood pressure is normal - less than 120/80. A pressure of 140/90 is high risk.

Physical activity

You are physically active, 30+ min, 5 times per week.

Needs Improving or Risks You Cannot Change:

Heart Disease

If you have a family history of early heart disease you are also at increased risk.

HDL cholesterol

Know your cholesterol numbers. Keep HDL cholesterol level above 45 mg/dL for men and 55 mg/dL for women.

Preventive Actions ('+' = doing well, '-' = personal need, 's' = comment)

Remain a nonsmoker.

Your heart and lungs will thank you!

Maintain a healthy blood glucose level; exercise, be lean, and eat well.

Maintain a healthy cholesterol level by eating low saturated fat meals and foods high in dietary fiber such as fruit, vegetables, and legumes.

Maintain healthy HDL levels by maintaining a healthy weight, getting regular exercise, eating healthy fats, and limiting refined carbohydrates.

Keep triglyceride levels low with regular exercise and a healthy weight.

Keep blood pressure low by limiting sodium, keeping weight down, getting regular exercise, eating fruits and vegetables, and limiting saturated fats.

Maintain a healthy weight (BMI <25).

Keep active, at least 30+ minutes of moderate activity, 5+ days per week.

Probability of a Heart Attack Within 10 Years***

It's important to know your cholesterol and blood pressure numbers. When you know, use the link below to calculate your probability of a heart attack in the next 10 years. Then recalculate your risk using ideal values to see how your probability improves. Ideal numbers are:

Lower cholesterol to less than 200 mg/dL

calculator

*** Note: Based on the NIH coronary risk calculator.

UNDERSTANDING YOUR HEALTH RISK ASSESSMENT REPORT:

Coronary risk

The new improved format of the Health Risk Assessment includes comprehensive reports in nine different areas of health, including coronary risk. Your coronary risk is determined by the number of major risk factors you have. Each risk factor you have increases your likelihood of developing a heart problem earlier in life. The report identifies not only your risk factors, but specific preventive actions you can take, and an overall coronary risk rating. Notice any major risks you have. Take preventive action where appropriate. Get your doctor's help, if needed, in making changes.

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.

Your summer bucket list

Don't let these warm days fade into fall without taking time to savor simple summer moments.

- **Buy lemonade** from at least one kid's lemonade stand — even if you don't like lemonade. You'll be encouraging tomorrow's entrepreneurs.
- **Find a beach somewhere**, take off your shoes, and enjoy the sand between your toes as you go for a walk.
- **Pack a picnic**, grab a blanket, and find a park. Take along a book, too. After eating, spend some time getting lost in a great novel.
- **Eat watermelon**, and don't worry about the mess as the juice runs down your arm. If there are kids around (or

even if there aren't), have a watermelon seed spitting contest.

- **Go berry picking** — whether it's for strawberries, blackberries, blueberries, or some other kind. The sense of accomplishment as you weigh your bucket can be almost as sweet as the berries themselves.
- **Run through at least one sprinkler**. After working in the yard or finishing a long walk, run, or bike ride, there is no better way to cool down and embrace the child within.

6

family health

Occupational Health Clinic **TALK:** SIMPLE STEPS FOR LOWERING COLORECTAL CANCER RISK



Mark A. Young, MSN, APN, FNP-BC, Occupational Health nurse talks with Roberta L. Muldoon, M.D., F.A.C.S., assistant professor of Surgery, Division of General Surgery, Colon and Rectal Surgery

Colorectal cancer is the third most common type of non-skin cancer and the second leading cause of cancer deaths in the U.S. More than 143,000 cases of colorectal cancer will be diagnosed and more than 51,000 deaths will occur due to colorectal cancer in the U.S. during 2012.

There are some simple steps we can take to help lower our risk of colorectal cancer.

- 1. Increase physical activity.** Moderate physical activity reduces the risk of colon cancer. Simply work 10 minutes of activity into your daily schedule, and eventually increase the time to 30 minutes.
- 2. Watch your weight.** Excess body weight increases the risk of colorectal cancer. Limit your serving sizes and high-calorie foods.
- 3. Increase diet fiber.** A high-fiber diet can significantly lower the risk of colorectal cancer. Ten grams of dietary fiber per day reduces the colorectal cancer risk by 10%. Use whole grain products rather than white flour and increase fruits and vegetables to two-thirds of each meal.
- 4. Limit red meat and processed meat products.** Excess red meat, especially processed meats, increases colorectal cancer risk. Substitute roasted chicken, turkey, and fish for processed meats.
- 5. Limit alcohol intake.** Limit alcohol intake to no more than 2 drinks daily for men, and 1 drink daily for women.
- 6. Eliminate tobacco.** Tobacco use increases the risk of colorectal cancer, and is linked with other cancers and health issues. If you don't use tobacco, don't start. If you do, see your health care provider for assistance in tobacco cessation.

Since more than 90% of colorectal cancers are diagnosed in people over age 50, it is recommended that routine screening start at age 50. In addition, several factors in personal or family medical history may indicate the need for screening at an earlier age.

"The best way to reduce one's risk of developing colorectal cancer is to undergo appropriate screening. Through screening, polyps can be identified and removed before they have a chance to turn into a cancer. It is also important to remember that most colorectal cancers are asymptomatic so, unless we look for them, we may not know they are even present. The good news is that if colorectal cancer is caught early enough, it is curable," explains Dr. Muldoon,

Consult with your medical provider to determine the best method of colorectal cancer screening for you, and when this screening should be performed.



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.

June 20, 2012

Sibling Communication and the 50-50 rule

Light Hall, Room 437

Jamie Patterson from Home Instead will provide practical ideas to develop open discussions between adult siblings. This discussion will help siblings improve communication skills, develop teamwork, make decisions together, and divide the workload in caring for aging parents.

July 18, 2012

What is a senior care consultant?

Light Hall, Room 437

Robin Williams, a senior care consultant with Silverlink, discusses how a senior care consultant can help you through the search and selection process when considering a nursing home, assisted living facility, Alzheimer's care, or a retirement community for an elderly loved one.

Lunch is not provided for this program, but feel free to bring your own.

This class is part of the Boomers, Elders, and More Series.

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



upcoming events

Babies and You

Health Plus offers this workplace 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 their first trimester, attend at least three of the monthly classes, and go to all prenatal provider visits.

UPCOMING CLASSES FOR BABIES AND YOU:

June 21, noon to 1 p.m.

Preparing for Labor and Delivery
Lauren Drees, MSN, Certified Nurse Midwife
Location: 419 Light Hall

July 19, noon to 1 p.m.

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



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

**Health and Wellness Welcomes
New House Staff, Nurse Residents,
and New Faculty!**

We are glad you are here.

Health Plus Group Fitness News to Know...



■ **Group cycling** is a fantastic heart pumping workout taught on a stationary bike. Health Plus has indoor cycle classes every Tuesday night at 5:45 p.m. and every Wednesday morning at 6 a.m.

Classes are held at the Vanderbilt Orthopaedic Institute Fitness Center (VOIFC), located at 1210 Medical Center Drive in Medical Center East, South Tower.

In order to participate:

- Complete paperwork at Health Plus, Kensington Garage;*
- Turn in paperwork and have your picture taken at VOIFC, and obtain an access card;
- Call Health Plus at **936-5698** in advance to reserve a bike for class between 5 a.m. and 4 p.m. on Tuesday.

*You must come to Health Plus to complete paperwork before attending this class.

When attending the class, bring water and arrive 10 minutes early to set up equipment. Health Plus participants only have access to the indoor cycling class and use of the locker rooms/showers at the VOIFC.

**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.