

HEALTH & WELLNESS

VANDERBILT FACULTY & STAFF

The Occupational Health Clinic

Health Plus
Work/Life Connections-EAP

April Fool's Edition

Dis-Connection

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

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Work/Life Connections-EAP

The Counselor's Corner

Jim Kendall, LCSW, CEAP, Manager Work/Life Connections-EAP



Editor's Note:
This article and the Events on page 7 contain real content. The remainder of this issue is for your amusement only, so don't lose your sense of humor and enjoy!

Q: Dear Counselor,

I have a very tense and demanding job. Sometimes I might make a joke or tell a funny story to lighten the mood. Is it okay to use humor at work?

Signed, *Seriously?*

A: Dear Seriously,

There is a reason that laughter is often referred to as "the best medicine." Humor helps us bounce back from difficult times, bonds us together, lightens our outlook, inspires hope, and connects us to others. A sense of humor is a key element in building resilience in both our personal and professional lives.

It is a good sign that you are considering whether or not humor is appropriate in the workplace. The work we do every day can be difficult and challenging. A little humor, such as that featured in this April Fool's edition of the newsletter, can offer relief and decompression. It is very important, however, to consider your timing, your situation, and your audience when choosing to lighten the moment.

Here are some suggestions for how to use humor at work:

- **Never use humor to mock, belittle, undermine, or attack.** Sarcasm can be misinterpreted, even when it is not intended to hurt someone.
- **Gags and pranks have a time and a place, and work is not typically it.** Also, gags and pranks are only funny if the person on the receiving end finds them to be.
- **Don't force it.** If you are trying too hard to be funny, you might not be all that funny.
- **Pay attention to social cues.** If people aren't laughing or won't look you in the eye, you probably are not making them feel comfortable. The effective use of humor helps people feel at ease.

Hopefully you will share a laugh or two as you read this newsletter. If you have more questions about using humor in the workplace or need support in finding effective ways to manage daily demands, please call **615.936.1327** to schedule a confidential appointment with one of our licensed clinicians.



Leading By Example

This month we highlight a campus leader who works behind the scenes for Vice Chancellor Jeff Balser and family, Layla Balser.

Hi Layla, thanks for talking with us today. Can you share how you like to stay active?

(Layla stares.)

Um, Layla? Did you hear me?

(Layla stares, blinks, then looks away.)

I'm over here, Layla!

I hear you, human. I'm not deaf. You have no treats. What is your purpose?

Oh. Well. Um, our readers would like to know how you stay healthy. You know, fitness and nutrition tips, mental wellbeing, et cetera. Do your "readers" have treats?

Well, some do, I'm sure.

Bring them to me. *(Closes eyes.)*

Well, Layla the thing is... they're not... if you could just share a tip — maybe just one. How about telling us how you choose healthy foods?

The human with no treats wishes to discuss food. You are a cruel species.

Right. Let's move on. How about a tip for resilience? How do you manage stress?

(Layla stretches, walks in a small circle and lies down, eyes closed. Minutes pass.)

Layla? Are you asleep?

(Layla does not stir.)

OK then. Well, naps can help people manage stress. Thanks for the tip, Layla, I guess.

(Layla opens one eye as interviewer leaves.)

Finding Your Place — Are you VU or VUMC?



With the upcoming transition of VU and VUMC into separate entities, some faculty and staff report feeling part of both, and a bit uncertain where they truly belong. To help clarify matters, the Transition Office has created a quick and easy test to help you classify yourself as VUMC or VU. Answer the questions below and calculate your score to determine where your heart will lie post-transition:

True/False

1. You have a urine specimen container on your desk. It's not for urine.	T = 1 F = 0	<input type="checkbox"/>
2. When someone mentions "The Wall" you DON'T think of the Pink Floyd album.	T = 0 F = 1	<input type="checkbox"/>
3. When asked directions to the university, you say "which university?"	T = 1 F = 0	<input type="checkbox"/>
4. You can hear the hourly chimes from Kirkland Hall.	T = 0 F = 1	<input type="checkbox"/>
5. You're still angry about your flu shot.	T = 1 F = 0	<input type="checkbox"/>
6. You've had a workplace injury involving a squirrel.	T = 0 F = 1	<input type="checkbox"/>
7. You know what a green dot is.	T = 0 F = 1	<input type="checkbox"/>
8. It took you five years to find your way around MCN, but you did it!	T = 1 F = 0	<input type="checkbox"/>
9. You know the location of Bishop's Grave.	T = 0 F = 1	<input type="checkbox"/>
10. You would assume that Frank Vanderbilt was a man.	T = 1 F = 0	<input type="checkbox"/>
11. You're hoping the Apple store hasn't been notified of the separation.	T = 1 F = 0	<input type="checkbox"/>
12. You are secretly sick and tired of The Vagina Monologues.	T = 0 F = 1	<input type="checkbox"/>
13. You founded your own religion to get a vaccine exemption.	T = 1 F = 0	<input type="checkbox"/>
14. You've written an "open letter" to complain about something.	T = 0 F = 1	<input type="checkbox"/>
15. You've sewn on a button at work using surgical suture.	T = 1 F = 0	<input type="checkbox"/>
16. You kind of miss the controversies of the Gee era.	T = 0 F = 1	<input type="checkbox"/>
17. You thought we already had Epic.	T = 1 F = 0	<input type="checkbox"/>
18. You've seen Cornelius Vanderbilt's statue decorated — more than once.	T = 0 F = 1	<input type="checkbox"/>

Scoring:

Add your total points _____

Interpretation:

0 – 6 points:

Go 'Dores! You're all University.

6 – 12 points:

You seem confused. Better consult your administrator.

13 – 18 points:

Hearts and minds; it's who we are. Welcome to VUMC.

Occupational Health Clinic talk:

New Vaccine For Vaccine Phobia

**Mark Young, MSN, APN, FNP-BC, Occupational Health Clinic
Nurse Practitioner and Assistant Manager for Levy**

Primary care providers have long searched for ways to help patients who suffer from vaccinophobia, which is the strong, persistent, and excessive fear of immunizations.

“Interestingly, we find higher rates of vaccinophobia in adults than children, suggesting that the mode of transmission differs from most common vaccine-preventable diseases,” states VUMC vaccine expert, C. Buddy Creech, MD, MPH.

“We suspect that transmission is not through respiratory droplets as in many childhood diseases,” says Creech, “and we’re exploring some exciting early findings which implicate social media as a possible vector.”

Despite a desire to remain healthy and not contract dangerous illnesses, patients with vaccinophobia are completely unable to benefit from what is widely regarded as the most important advance in all of western medicine. Now, there is a treatment which may help.

A new vaccine is now approved to inoculate both children and adults against this debilitating affliction. With the trade name Luvvaxx®, the vaccine appears to work by modifying cell signaling in the prefrontal cortex. “The vaccine works well, but our main problem is getting test subjects to accept it,” admits Creech. “Kind of a catch-22 situation, if you know what I mean.”

Next, investigators plan to test alternative routes of administration, including an inhaled version called Luvvaxx Fogg®, which is packaged in a can which can be activated in a closed room and can treat one to ten vaccinophobic patients in one “fogging.”



Chill Pill Program at Occupational Health

OHC is in its second year of offering chill pills to employees at no charge. The clinic reports that in the first year of the program, interest has steadily grown and shows no signs of stopping.

In fact, demand has become so great that the clinic is issuing new guidelines.

Chill pills are intended as a temporary mood lightener from a moment of tension, not a long-term solution to an underlying problem. OHC would like to educate the Vanderbilt community on when “just taking a chill pill” is appropriate, and when it is not.

Situation	Just Take A Chill Pill?	Alternate Solutions
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Bad Hair Day	Yes	
Running Late To Meeting	Yes	
Mildly Annoyed By Computer Issue	Yes	
Frustrated By Computer	Yes	
Threw Computer Out Window	No	Computer classes, stress management counseling
Find Coworker Irritating	Yes	
Find Coworker Terrifying	No	Consult supervisor
Answered Email During Meeting	Yes	
Answered Email During Colonoscopy	No	Time management class; stronger sedation
Jonesing For Another Chill Pill	No	Individual counseling

OHC would also like to remind people that chill pills are only dispensed for one-time personal use. The clinic will not honor requests for “one for the road” to be slipped into a coworker’s coffee later.



Don't Skip Out On Skipping

This total-body routine is your research-proven formula for high efficiency and great results.

It seems like every other month a new study boasts about a new way to get and stay fit. Look no further as researchers have discovered the all-time greatest way to get the biggest bang for your effort and time. No longer appropriate for just preschoolers and professional day-dreamers, skipping is the new wonder workout. Outshining CrossFit and P90X, skipping has been proven to build muscle while burning off undesirable fat. In addition to this, an American Institute of Skipping (AIS) study released Wednesday has discovered a strong correlation between skipping and increased levels of endorphins, dopamine, and serotonin.

"Skipping increases levels of joy and happiness which causes a less corrosive effect on one's muscles," states lead researcher Dr. Walker.

The combination of increased muscle mass and happy hormones one gets from skipping promotes overall health and decreases one's risk of couch-potatoitis, sedentaria, and I-Don't-Want-To Syndrome.

With this, skipping is easy to learn and can be done in the morning, afternoon, and evening. So next time you step outside or head to work, pick up those knees and take a new leap towards health!

Follow these easy steps to get started on your daily skipping excursions:

- **Set a goal:** Decide to skip to all meetings this week.
- **Start small:** Skip for five minutes at a time when you first start. Work your way up to skipping all day long.
- **Include others:** Skip with a buddy or have a skipping meeting.
- **Track your skipping:** Don't forget to keep a log to see how far you've come!

**SKIP AWAY AND
SEE RESULTS TODAY!**



Fad Diets for a Fast Life

Hospital employees are often required to work long hours, leaving little time to maintain a healthy diet and focus on fitness. In order to better accommodate the needs of its employees, Vanderbilt is implementing a quick and easy way to promote weight loss.

Starting April 1, 2016, the Courtyard Café will be home to a new station: *Fad Diets for a Fast Life*. It is Vanderbilt's hope that this innovative station will provide the necessary "quick-fix" diets for those employees that do not have time to eat well or exercise.



Daily specials will be offered, each promoting a new lifestyle option.

Monday: Cabbage Soup Diet Featuring 7 varieties of cabbage soup, all equally bland.

Tuesday: Grapefruit Diet A sour snack to sweeten up your day.

Wednesday: Blood Type Diet Complimentary blood draws for the most accurate meal plan.

Thursday: Intermittent Fasting Available every 8 hours to account for maximum fasting.

Friday: Cake Cleanse End your week with a treat, because cake is the ultimate healthy meal.

Coming Soon to Monroe Carell Jr.

Children's Hospital:

The Baby Food Diet!

Share a meal with your child.

Vanderbilt Cracks Down on Contraband

The Vanderbilt Food Police (VFP) has announced new security measures that will be put into effect the first of April.

In response to the success of the current TSA guidelines in airports across the country, Vanderbilt has adopted a strategy to help improve safety and ensure healthy meals in the Courtyard Café. Mandatory lunch bag checks will be completed prior to entering the cafeteria. These new guidelines come in the wake of a string of unauthorized transport of contraband on the premises, including Twinkies and Ho-Hos.

To account for crowds and limited space in the cafeteria, lunch bags will now be limited to one bag per person, in addition to one personal item. Size restrictions have also

been implemented, and all persons with lunch bags exceeding 7" x 4" x 10" will not be permitted access to the cafeteria.

In order to efficiently move people through security, the VFP requests that all lunch bags are opened, and utensils removed, prior to screening.

PROHIBITED ITEMS:

Knives • Foods ending in "O" such as Frito, Dorito, etc. • Beverage containers with liquid over 3 ounces • Donuts, cupcakes, and Twinkies (unless you bring enough for everybody)

Please ensure ID badges are visible. Pre-screening will also be available for those who are deemed "low-risk" by trained registered dietitians. Please arrive 2 hours early and expect delays during this transition period.

As a reminder, do not leave any lunch bags unattended and do not transport lunch for anyone you do not know. Should someone ask you to do so, contact the Vanderbilt Food Police or dining hall personnel immediately.

Future security measures will include random break room checks. Any unlabeled or contraband food will be disposed of accordingly.

For more information, please visit:
healthplus.vanderbilt.edu/aprilfools



Complaint Department

We have some early editorial feedback on this issue, so we're publishing it now. If your feedback is already reflected below, there's really no need to contact us — we heard you already!

"Is this for real?"

— Johnny B. Goode (*editor's reply: Nope.*)

"Too funny!"

— Jimmy O.

"Not funny."

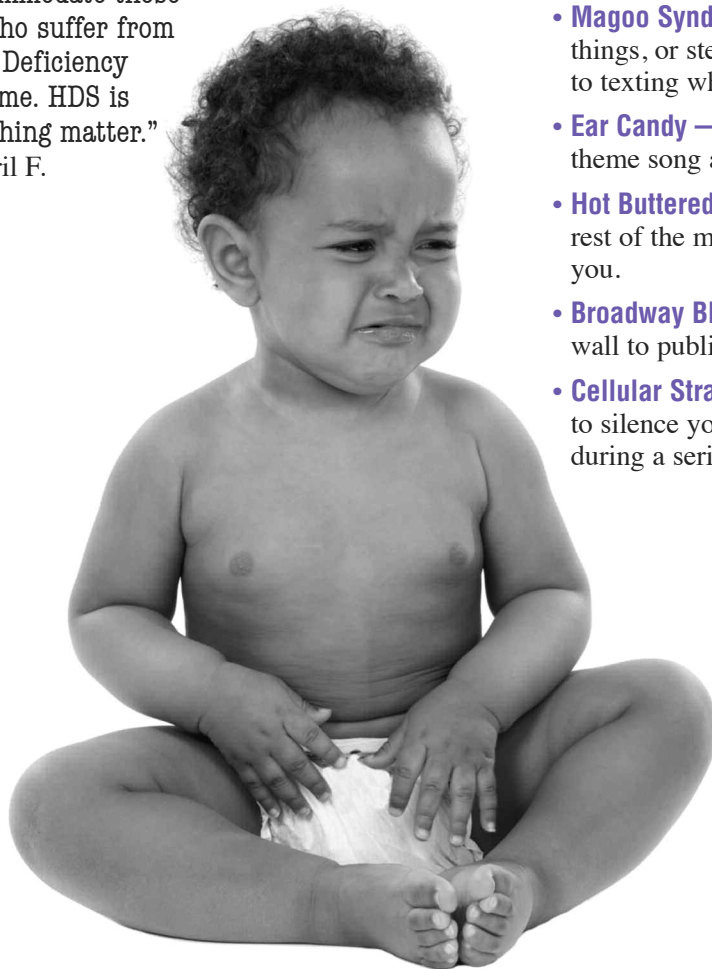
— Lois L.

"I'm highly offended."

— Huffy P.

"If you must use so-called 'humor', please provide a mirth-free version to accommodate those of us who suffer from Humor Deficiency Syndrome. HDS is no laughing matter."

— April F.



Your Cell Phone and Your Health

Seems everyone has a smart phone these days, but are they smart for your health? The CDC reports a growing list of health concerns related to our reliance on smart phones.

To prevent these, experts recommend setting a daily limit on the amount of time you spend using your phone. The right amount for you is hard to prescribe, but anything over 20 hours a day is probably too much. Here are some new maladies which are directly related to that mobile phone:

- **Cell Phone Elbow** — Numbness and tingling in the forearm and hand from having elbow bent too long.
- **Robot Face** — Complete lack of engagement with those around you due to staring at the screen.
- **Googlitis** — Inability to just say "I don't know" when asked name of actress who played Ethel Mertz on *I Love Lucy*.
- **Magoo Syndrome** — Walking into poles, tripping over things, or stepping out in front of oncoming traffic due to texting while walking.
- **Ear Candy** — When you can still hear the Candy Crush theme song after your phone is off.
- **Hot Buttered Assault** — When you answer a call and the rest of the movie theater audience throws their popcorn at you.
- **Broadway Blues** — When a stage actor breaks the fourth wall to publicly humiliate you for leaving your ringer on.
- **Cellular Strain** — Muscle injury from lurching under table to silence your "I'm Too Sexy For My Shirt" ring tone during a serious meeting.



upcoming events

This page contains REAL events. Do not be fooled!

April

APR
1

Late Night Cart

6:00 p.m. to 10:00 p.m.
VUH (9N, 9S, 9T, ED)

APR
6

National Walking Day

Noon to 12:45 p.m.
20-minute walk will end at Library Lawn with refreshments, speakers, and prizes!
Starting locations at Alumni Lawn and Medical Center North

APR
7

Know Your Numbers

1:30 p.m. to 4:00 p.m.
MCJCHV, Room 2104

APR
14

First Home Buying

Presented by Tina Majors, Re/Max Realtors
Noon to 1:00 p.m.
Light Hall, 415

APR
15

Vandy Cooks

Presented by John Kelly
Noon to 1:00 p.m.
Vanderbilt Recreation and Wellness Center Demo Kitchen
<http://www.vanderbilt.edu/recreationandwellnesscenter/wellness/vandy-cooks/>

APR
15

Know Your Numbers

9:00 a.m. to 10:00 a.m.
Williamson County, Vanderbilt Rheumatology Clinic
2001 Mallory Lane, Suite 100

APR
15

Know Your Numbers

10:30 a.m. to 11:30 a.m.
Williamson County, Center for Women's Health
OB/GYN, 2009 Mallory Lane

APR
20

Know Your Numbers

1:30 p.m. to 4:00 p.m.
Green Hills Office Building, Room 3001,
3841 Green Hills Village Drive

APR
20

Late Night Cart

6:00 p.m. to 10:00 p.m.
MCJCHV (5 A-B-C, 6 A-B-C)

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

Walking Wednesdays April 6 – May 25

Meet at the Eskind Library at 11:30 a.m.
Contact Lori Cowan at lori.l.cowan@vanderbilt.edu

APR
20

Virtual Dementia Tour

Behind Light Hall
To register go to:
<https://form.jotform.com/60416301576955>

APR
21

The Virtual Dementia Tour — Debriefing the Experience

Light Hall, 419

APR
21

*Babies & You Class

Breastfeeding: A Positive Choice

Presented by Carol Huber, RN, BS, IBCLC,
Lactation Consultant, NICU
Noon to 1:00 p.m., Light Hall, 407

May

MAY
4

Estate Planning 101

Noon to 1:00 p.m.
Medical Center East, 8380B

MAY
5

Know Your Numbers

1:30 p.m. to 4:00 p.m., MCJCHV, Room 2104

MAY
6

Late Night Cart

6:00 p.m. to 10:00 p.m., VUH (4N L&D, MCE 4, 3S)

MAY
18

National Employee Health & Fitness Day

Activities to include: Department Relay Competition, Hoophoria on the Lawn, Grab and Go Snack, Walking Wednesdays, and healthy food samples at Courtyard Café, Children's Hospital Food Court, Suzie's Espresso, and more. Contact Marilyn Holmes at **615.343.2638** or marilyn.c.holmes@vanderbilt.edu

Web: vanderbilt.edu/recreationandwellnesscenter/

MAY
19

Free Estate Planning Consultations

11:30 a.m. to 2:00 p.m.
Light Hall, 411. *Individual consultations on a first-come, first-served basis.*

MAY
19

*Babies & You Class

Nutrition: Eating For Two

Presented by Melinda Mahoney, RDN, LDN,
Health Educator at Health Plus
Noon to 1:00 p.m., Light Hall, 407

MAY
20

Vandy Cooks

Dietary Guidelines

Presented by Jamie Pope
Noon to 1:00 p.m., Vanderbilt Recreation and Wellness Center Demo Kitchen

Mother's Day is right around the corner. Make Mom feel special without breaking the bank by using your Vanderbilt employee discounts. Choose from gift ideas ranging from flowers to custom framing to jewelry to experiences like dinner, event tickets, and travel. If Mom needs her car washed, there's even a discount for auto detailing. And don't forget — you can always use your Vanderbilt ID to receive 10 percent off at Barnes and Noble Bookstore. Visit vu.edu/discounts for a complete list.

Sign up for regular discount alerts so you never miss an opportunity to save by showing your ID card.
Visit <https://hr.vanderbilt.edu/secure/discounts/listserv.php> to subscribe to the VU discounts listserv.

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In this Issue:

We hope you enjoy our April Fool's edition of *Connection*. When you see the joker hat throughout this issue, we hope you take a moment to have a laugh. You deserve it!

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



The Healthy Pulse

FOR FACULTY AND STAFF AT VANDERBILT



Healthy Pulse

Not A Healthy Pulse

Poolapalooza

Mass Screening Event Debuts Next March

Inspired by the success of Flulapalooza, and spurred by the enthusiastic response to Colon Cancer Awareness events, Vanderbilt announces a new mass colonoscopy event will premier in March of 2017.

Entitled Poolapalooza, the event will take place in a large tent between the VA and Light Hall. A team of volunteer anesthesiologists will man 34 "Sedation Stations" to efficiently sedate patients, and gastroenterologists and GI fellows will work in shifts to conduct the screenings. For privacy, all procedures will take place behind screens and there will

be no photography. In lieu of the traditional "Selfie Station," participants will have the option to purchase their own souvenir polyp pictures on the plaza.

The planning team has decided to hold the event on a Monday, after a building survey identified inadequate plumbing capacity to handle all eligible faculty and staff doing their prep on the same day.

For those who must work on the Sunday prior to the event, both Rand Dining and the Courtyard Café will offer GoLYTELY Smoothies.



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