

# HEALTH & WELLNESS VANDERBILT FACULTY & STAFF

# Connection

The Occupational Health Clinic

Health Plus  
Work/Life Connections - EAP

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

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April, May 2018

## Invest in Your Well-being During Mental Health Month

At the recent State of the Medical Center address in February, Dr. Jeff Balser, President and CEO of VUMC and Dean of the Vanderbilt University School of Medicine, announced that the concept of well-being would be incorporated into the organization's People Pillar, one of VUMC's Five Pillars of excellence. The new People Pillar states:



We nurture a caring, culturally sensitive, and professional atmosphere as we continuously invest in the **well-being** and aspirations of our people.

As VUMC focuses on ways to support your well-being, there are steps you can take as well! Well-being encompasses all aspects of your health. It includes your physical health, such as exercising, eating healthy and visiting your primary care provider for routine medical care and health screenings, but it also includes your mental, emotional, spiritual, financial and occupational health.

As May is Mental Health Month across America, why not take one step to improve your well-being by focusing on your mental health? Here are a few suggestions:

- Do some mindfulness exercises. Work/Life Connections-EAP offers introductory mindfulness videos at [vumc.org/health-wellness/resource-articles-blog/mindfulness](http://vumc.org/health-wellness/resource-articles-blog/mindfulness).
- Turn off your electronic device and go outside to enjoy a beautiful day.
- Create a gratitude list at the end of each day.
- Connect with family, friends and co-workers through shared interests you have.

For more resources and information to support your mental health and well-being, visit the Work/Life Connections-EAP website at [vumc.org/health-wellness/work-life](http://vumc.org/health-wellness/work-life).



## Passion at Work



*Kathy S. Moss, MSN, MBA, RN, PMP, NEA-BC  
Administrative Director, Nursing; Medical  
Clinics, Wound Ostomy, Respiratory Care, and  
Special Projects; Monroe Carell Jr. Children's  
Hospital at Vanderbilt*

### What's the most fulfilling aspect of your work?

I am inspired by the incredibly dedicated and passionate staff, providers and leaders here at Vanderbilt. I love the diversity of my teams and how we continuously strive to improve healthcare for our patients and families.

### How do you focus on your personal well-being while still managing responsibilities at work?

My family and I recently joined the Vanderbilt Recreation and Wellness Center. It was time for a New Year's resolution, and the new Platinum benefit in the Go for the Gold incentive program began on January 1. I decided to take advantage of this great perk! We are enjoying time together playing basketball, walking on the indoor track, playing ping-pong and building healthy family habits.

### In such a dynamic workplace, how do you keep your team informed?

I round and hold regular staff meetings and 1:1 meetings with my team to keep them updated and help me understand challenges that they are facing. We make it a priority to collaborate with other departments and across VUMC to stay in the loop.

### How does your team come together and bond?

We celebrate accomplishments, have team lunches and connect outside of our work during Healthcare Team and Nurses Week, Respiratory Care Week, service anniversaries, birthdays and other special occasions. Recently, our Associate Operating Officer started "Weekend Story" time in our clinic leader huddles as a fun way to inspire and learn more about each other.

# Work/Life Connections-EAP

## The Counselor's Corner

Rosemary Cope, LPC, MHSP  
Clinical Counselor  
Work/Life Connections-EAP



### Q: Dear Counselor,

Sexual assault seems like it's always in the headlines. As a survivor, how can I deal with hearing about it every day?

*Triggered*

### A: Dear Triggered,

Thanks for asking what may be a difficult question for many others. Here are some suggestions to help you and other survivors.

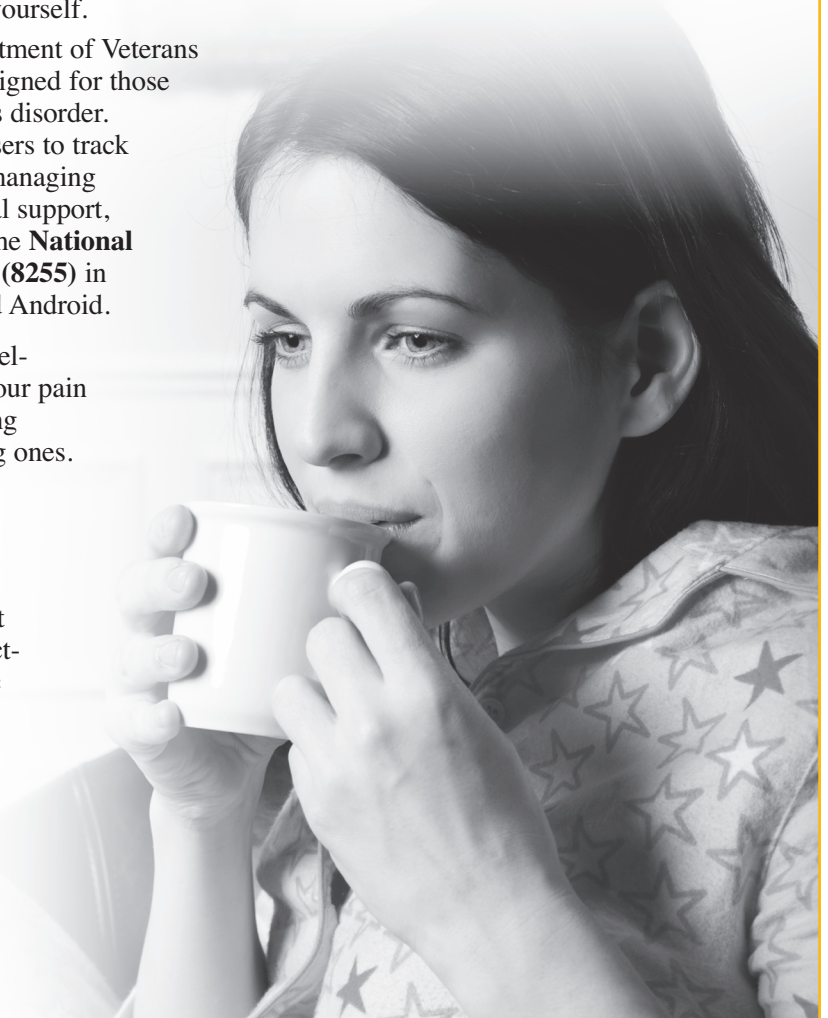
1. **Don't blame yourself for your reactions.** They are normal responses to a truly abnormal situation. Give yourself the support you need, or ask a trusted source. Affirm yourself for practicing self-compassion.
2. **Have a plan of action for your triggers.** You might make a list of things that are self-soothing and carry it with you. In a moment of fear, for example, you may not be able to remember that listening to music helps you to center yourself.

*PTSD Coach* is an app developed by the Department of Veterans Affairs' National Center for PTSD and was designed for those experiencing symptoms of post-traumatic stress disorder. It provides a self-assessment tool that allows users to track symptoms over time, and it includes tools for managing symptoms. Users can store contacts for personal support, locate nearby treatment programs and contact the **National Suicide Prevention Lifeline 1.800.273.TALK (8255)** in emergencies. It's free and available for iOS and Android.

3. **Practice healthy self-care.** Medicating your feelings with unhealthy choices will only further your pain in the long run. Opt for social, active or soothing choices instead of isolating, passive or numbing ones.
4. **Therapy works.** Complex emotions require a well-trained professional. There is no shame in asking for help.

The licensed professionals at WLC-EAP can assist Vanderbilt employees and their spouses by conducting needs assessments and recommending specific resources. To make a confidential appointment, please call **615.936.1327**.

April is Sexual Assault Awareness Month. Learn more by visiting National Sexual Violence Resource Center's website at **nsvrc.org**.



## Occupational Health Clinic **talk:**

# Making Physical Fitness Fit!

**Caleb Hancock, MSN, APRN, FNP-BC**  
**Nurse Practitioner, Occupational Health Clinic**

As May is Employee Health & Fitness Month, I wanted to highlight the benefits of physical activity (PA) in personal health. Marissa Wertheimer, MS, RD, LDN, is a Health Educator with Vanderbilt's Faculty & Staff Wellness Program, *Health Plus*, and regularly meets with employees seeking to pursue personal health and wellness goals. She offers some insights to motivate you as you consider increasing physical activity in your own life.

"Being physically active has many benefits, including:

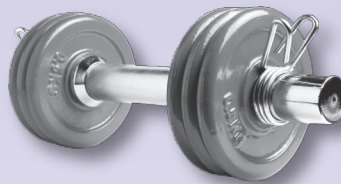
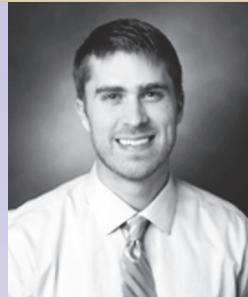
- Improving our general well-being by perking up our mood, reducing stress and increasing our energy.
- Improving our overall physical fitness by making our heart, lungs and bones stronger, improving muscle tone and helping with joint flexibility.
- Lowering our risk for heart disease, type 2 diabetes and some types of cancer."

In spite of these benefits, the idea of fitting the recommended 150 minutes per week of moderate PA into an already-crowded schedule can seem daunting. However, there are opportunities to increase our physical activity all around us! For example, choosing the stairs is a quick way to add PA to your day. Did you know? In 1 minute, a 150-pound person burns approximately 10 calories walking up stairs and only 1.5 calories riding an elevator. Taking the stairs requires little additional time, no wardrobe change and no cost to you!

Did you also know that Vanderbilt is committed to your health and wellness and has gone to lengths to incentivize this? For example:

- The new Platinum Benefit in the "Go for the Gold" program reimburses partial costs for membership and participation at the Vanderbilt Recreation and Wellness Center ([vumc.org/health-wellness/go-gold-incentives-vumc](http://vumc.org/health-wellness/go-gold-incentives-vumc)).
- The "Start! Physical Activity Program" tracker makes it easy to track, maintain and set new PA goals while also earning rewards ([vumc.org/health-wellness/news-resource-articles/start-physical-activity-program](http://vumc.org/health-wellness/news-resource-articles/start-physical-activity-program)).
- Wellness coaches are a free service for faculty and staff interested in losing weight, getting physically active, quitting smoking, eating better or lowering stress ([vumc.org/health-wellness/news-resource-articles/wellness-coaching](http://vumc.org/health-wellness/news-resource-articles/wellness-coaching)).

Make the commitment to pursue better health today by setting goals and taking advantage of the many opportunities available to you here at Vanderbilt!



## Make Time for Me Time

Don't feel guilty about taking *me* time every day. You aren't wasting time; rather, you're investing time in yourself that will benefit you and others, too.

We all need time to do something we enjoy or that will help to improve our lives. When we spend more attention on our own needs, we become better spouses, parents, grandparents, friends and employees. Find a time of day that works best for you and keep the date with yourself every day. Block off the time in your printed or electronic calendar to make it easier to keep the date.





# Save the date for National Walking Day

## April 4, 2018



Take a stroll on April 4! Join Health *Plus* for a 20-minute walk around campus beginning at noon as we celebrate National Walking Day.

**Starting location:** MCN shuttle drop-off area next to the Round Wing.

The walk will merge with a group from VU as we head over to the Peabody campus before ending with a fun celebration at Library Lawn. There will be guest speakers at the celebration, and refreshments and door prizes will be available for all walkers!



# FOODS to boost MOOD



Marissa Wertheimer, MS,  
RD, LDN, Health *Plus*

**Turns out the old saying “you are what you eat” is true.** Over the years, many evidence-based studies have shown that a varied diet with plenty of fruits, vegetables, whole grains, nuts, beans and foods rich in omega-3 fatty acids is linked to lower incidences of depression and a generally better mood.

Ways to improve your mood through food:

- **Load your plate with mood-supporting foods** by eating a rainbow of fruits and vegetables.
- **Limit processed and pre-packaged foods.** Choose foods as close as possible to their natural form.
- **Increase intake of omega-3 fatty acids**, found in fish, flaxseed, chia seeds and walnuts. Ample intake (at least 2 servings a week) is linked to a lower incidence of depression.
- **Eat at regular intervals.** Waiting too long between meals can cause blood sugar levels to drop, which may lead to feeling foggy, tired and irritable.



Get started feeling good by trying the high omega-3 recipe below!

## Eating-Well Recipe

### Walnut Crusted Salmon

#### Ingredients

- ½ cup raw unsalted walnut pieces
- 1 Tbsp. honey
- 1 Tbsp. Dijon-style mustard
- ¼ tsp. freshly ground black pepper
- Pinch of salt
- 4 (6-oz.) skin-on, center-cut salmon fillets, ¾ to 1 inch thick

#### Directions

1. In a food processor, pulse the walnuts until finely chopped. Set aside.
2. Preheat oven to 375°F. Use nonstick cooking oil spray to grease a baking dish large enough to hold the salmon fillets in a single layer.
3. Whisk together honey, mustard, salt and pepper in a small bowl. Brush the tops and sides of the fillets with the mixture, using all of it.
4. Coat the top of the fillets with chopped walnuts. Arrange each coated fillet in the baking dish, skin side down.
5. Bake for 10 to 12 minutes or to the desired degree of doneness.

**Serves 4.** Nutrition per serving (Serving size: 6-oz. fillet): Calories: 415, Total Fat: 28 g, Saturated Fat: 5 g, Cholesterol: 91 mg, Sodium: 131 mg, Carbohydrate: 7 g, Fiber: 1 g, Sugar: 5 g, Protein: 34 g

Source: Elaine Gordon of [EatingbyElaine.com](http://EatingbyElaine.com)



## Babies & You

Health *Plus* wants to support you in having a healthy pregnancy by offering Babies & You, a prenatal education program to encourage early and consistent prenatal care. The program is offered to Vanderbilt faculty/staff, spouses or dependent children. Educational sessions on various topics are offered monthly. A \$50 incentive is offered to those registering in the first trimester, attending at least 3 of the monthly classes and providing documentation of prenatal provider visits.

To see upcoming classes or enroll, go to [vumc.org/health-wellness/news-resource-articles/babies-and-you](http://vumc.org/health-wellness/news-resource-articles/babies-and-you).



# TAKE CHARGE OF YOUR CARE

*THREE OPTIONS FOR BEHAVIORAL HEALTH CARE*

According to the National Institute of Mental Health, nearly one in four adults will experience a mood disorder, such as depression or bipolar disorder, in their lifetime. Fortunately, your VUMC health plan covers behavioral health services so that you can better care for your mind, body and spirit. Here are three options for accessing mental health services.

### **Work/Life Connections - Employee Assistance Program**

All employees have access to the WLC-EAP, located in the basement of the Medical Arts Building. WLC-EAP is staffed with clinicians and counselors who can assist you with a number of issues, both personal and professional. Employees can make an appointment for an hour-long, free consultation with a counselor. At that time, the counselor will assess whether the issue can be resolved through additional sessions at the WLC-EAP. If not, employees will receive referrals to community mental health providers. Call 615.936.1327 or visit [vumc.org/health-wellness/work-life](http://vumc.org/health-wellness/work-life).

### **Traditional Office Visits**

If you are enrolled in the VUMC health plan, you have multiple options for traditional behavioral health care. The Vanderbilt Health Affiliated Network features hundreds of in-network behavioral health providers in the Middle Tennessee area. Providers focus on a wide range of behavioral health issues, including addiction, depression and anxiety.

Visit [aetna.com/dse/custom/vanderbilt](http://aetna.com/dse/custom/vanderbilt) and under "Common Searches," click on the "Behavioral Health Professionals" link for a list of behavioral health providers.

### **Televideo Counseling Services**

Your VUMC health plan now offers televideo counseling services through Aetna. You can meet with a licensed behavioral health specialist anywhere at your convenience as long as you have a mobile device or computer with access to the internet and a webcam. Televideo counseling works just like a face-to-face visit in that you schedule an appointment and are charged a copay for each visit. Televideo counseling services can help reduce travel time and wait time for appointments. Visit [hr.mc.vanderbilt.edu/benefits/behavioralhealth.php](http://hr.mc.vanderbilt.edu/benefits/behavioralhealth.php) to learn more. Note: Fees are charged at the Aetna in-network rate.

If you are unsure if you need professional mental health care, Work/Life Connections-EAP offers several free, online assessments you can take at [vumc.org/health-wellness/news-resource-articles/online-screening](http://vumc.org/health-wellness/news-resource-articles/online-screening). These assessments should not be substituted for professional medical advice.



# upcoming events

## April

- APR 4** **National Walking Day**  
Noon to 12:45 p.m.  
20-minute walk will end at Library Lawn with refreshments, speakers and prizes!  
Starting location at MCN Round Wing
- APR 5** **Know Your Numbers & OHC Comes to You**  
1:30 p.m. to 4:00 p.m.  
MCJCHV, Room 2104
- APR 6** **Know Your Numbers & OHC Comes to You**  
*Late Night Cart*  
6:00 p.m. to 10:00 p.m.  
VUH (10N, 10S, 11N, 11S, ED)
- APR 6** **Vandy Cooks**  
*Pick TN Products with Tammy Algood*  
Noon to 1:00 p.m.  
Vanderbilt Recreation and Wellness Center  
Demo Kitchen
- APR 12** **Know Your Numbers & OHC Comes to You**  
*Hands On: Clinical Safety*  
7:00 a.m. to 6:00 p.m.  
Langford Auditorium, Lobby
- APR 12** **Know Your Numbers**  
11:00 a.m. to 1:00 p.m.  
One Hundred Oaks, Room 26103
- APR 13** **Know Your Numbers & OHC Comes to You**  
*Hands On: Clinical Safety*  
7:00 a.m. to 6:00 p.m.  
Langford Auditorium, Lobby
- APR 18** **Know Your Numbers & OHC Comes to You**  
*Late Night Cart*  
6:00 p.m. to 10:00 p.m.  
MCJCHV (7 A-B-C, 8 A-B-C)
- APR 19** **Babies & You**  
*Coping with the Stresses and Emotions of Pregnancy*  
Noon to 1:00 p.m.  
Presented by Steven Brunwasser, PhD, Psychologist  
Light Hall, Room 419
- APR 20** **Know Your Numbers & OHC Comes to You**  
*Williamson County*  
9:00 a.m. to 10:00 a.m.  
Vanderbilt Center for Women's Health OB/GYN, 2009 Mallory Ln
- APR 20** **Know Your Numbers & OHC Comes to You**  
*Williamson County*  
10:30 a.m. to 11:30 a.m.  
Vanderbilt Rheumatology Clinic, 2001 Mallory Ln
- APR 24** **Know Your Numbers**  
11:00 a.m. to 1:00 p.m.  
One Hundred Oaks, Room 26103

## May

- MAY 2** **Know Your Numbers**  
*Vanderbilt Employee Health & Fitness Day*  
11:00 a.m. to 1:00 p.m.  
Light Hall, South Lobby
- MAY 3** **Know Your Numbers & OHC Comes to You**  
1:30 p.m. to 4:00 p.m.  
MCJCHV, Room 2104
- MAY 4** **Know Your Numbers & OHC Comes to You**  
*Late Night Cart*  
6:00 p.m. to 10:00 p.m.  
VUH (6T, 7T, 8T, 9T)
- MAY 10** **Know Your Numbers**  
11:00 a.m. to 1:00 p.m.  
One Hundred Oaks, Room 26103
- MAY 16** **Know Your Numbers & OHC Comes to You**  
*Late Night Cart*  
6:00 p.m. to 10:00 p.m.  
VUH (3, 4N, 4S, 5N, 5S)
- MAY 16** **Boomers, Elders & More**  
*Many Emotions of a Caregiver*  
Noon to 1:00 p.m.  
Light Hall, Room 412
- MAY 17** **Babies & You**  
*Preparing for Labor and Birth*  
Noon to 1:00 p.m.  
Presented by Bethany Sanders, MSN Certified Nurse  
Midwife, West End Women's Health Center  
Light Hall, Room 419
- MAY 18** **Vandy Cooks**  
*Thai Cuisine with Marilyn Holmes and Marissa Wertheimer*  
Noon to 1:00 p.m.  
Vanderbilt Recreation and Wellness Center  
Demo Kitchen
- MAY 18** **Know Your Numbers & OHC Comes to You**  
*Williamson County*  
9:00 a.m. to 10:00 a.m.  
Vanderbilt Bone & Joint Clinic, 206 Bedford Way
- MAY 18** **Know Your Numbers & OHC Comes to You**  
*Williamson County*  
10:30 a.m. to 11:30 a.m.  
2105 Edward Curd Ln, 3rd Floor Conference Room
- MAY 22** **Know Your Numbers**  
11:00 a.m. to 1:00 p.m.  
One Hundred Oaks, Room 26103
- MAY 23** **Know Your Numbers & OHC Comes to You**  
*Hands On: Clinical Safety*  
7:00 a.m. to 6:00 p.m.  
Langford Auditorium, Lobby
- MAY 24** **Know Your Numbers & OHC Comes to You**  
*Hands On: Clinical Safety*  
7:00 a.m. to 6:00 p.m.  
Langford Auditorium, Lobby

If you have questions regarding Boomers, Elders & More events, contact Denisha Morris, Family Services Coordinator, at 936.1990, or at [denisha.m.morris@vanderbilt.edu](mailto:denisha.m.morris@vanderbilt.edu).

Every Thursday in April and May: **OHC Comes to 100 Oaks** — 8:00 a.m. to 11:30 a.m., VPEC 21100

**Vanderbilt Health & Wellness**  
**Vanderbilt University**  
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Nashville, TN 37212



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Have a topic you want to see covered? Email us at [health.wellness@vanderbilt.edu](mailto:health.wellness@vanderbilt.edu).

*"Friendship is born at that moment when one person says to another, 'What! You, too? I thought I was the only one.'"*

— C.S. Lewis

### Health and Wellness Connection

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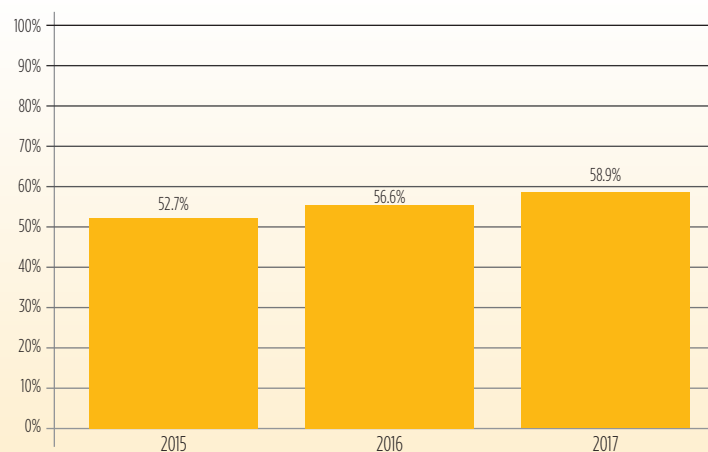
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Paula McGown, MSN, MAcc, CPA, Health & Wellness Administration

# The Healthy Pulse

FOR FACULTY AND STAFF AT VANDERBILT

## Percent of Employees Who Have Been Tested for Hepatitis C



Hepatitis C is a liver infection caused by the Hepatitis C virus. Baby Boomers are at increased risk of having Hepatitis C. The U.S. Preventive Service Task Force and the CDC therefore recommend that persons born between 1945 and 1965 be tested for Hepatitis C. Vanderbilt employees who were born during this time, are covered by Vanderbilt insurance, and have not yet been tested can be screened at no cost through the Occupational Health Clinic (OHC). No appointment is needed. If you are unsure whether you have been tested or have other risk factors for Hepatitis C\*, talk with your primary care provider (PCP). If you need to get established with a PCP, use the VHAN "Find a Doctor" resource at [vhan.com/findaprovider](http://vhan.com/findaprovider). OHC and Health Plus can also assist you through the process!

Data source: Compass Health Assessment

References: [uspreventiveservicestaskforce.org/BrowseRec/Index](http://uspreventiveservicestaskforce.org/BrowseRec/Index)

\*[cdc.gov/hepatitis/hcv/cfaq.htm](http://cdc.gov/hepatitis/hcv/cfaq.htm)