

HEALTH & WELLNESS

VANDERBILT FACULTY & STAFF

The Occupational Health Clinic

Health Plus
Work/Life Connections - EAP

Connection

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

Vol. 38 • No. 6 • Medical Center Edition
December 2018, January 2019

START THE NEW YEAR S.M.A.R.T.!

A new year is a great time for creating new goals. And when setting your goals, it's best to make them S.M.A.R.T.!

- S Specific**
Answer the what, where, how and when of your goal
- M Measurable**
Include measurements and tracking details for your goal
- A Action-based**
Your goal should include the action(s) you will take
- R Realistic**
Your goal should be challenging to you but still reachable
- T Time-bound**
Include a time by which the goal will be completed

Take the time to write out your goals using the SMART steps above. Post your SMART goal in an area where you will see it often (e.g., bathroom mirror, refrigerator, office space, cell phone screen, etc.). Set aside time each week to assess your progress and make adjustments when needed. Think of your plan as an experiment; if something isn't working, either tweak it or try something else.

What does a SMART goal look like?

Typical goal: I will exercise.

SMART goal: I will walk for 15 minutes, 5 days a week.

Typical goal: I will stop drinking sodas.

SMART goal: I will cut back to only 1 soda a week.

Submit your SMART goal to health.plus@vanderbilt.edu for a chance to be featured in next year's newsletter!

*"If you can dream it,
you can achieve it."*

— Zig Ziglar

Care Gap Alerts

Vanderbilt Experts on Health

Cervical Cancer



Melinda New, MD
Associate Professor, OBGYN

How are women screened for cervical cancer?

Women are screened for cervical cancer at the time of their well-woman visit with a test called a Pap smear. Cells from the cervix are collected and examined for signs of cancer or pre-cancerous change. They can also be tested for the presence of the HPV virus.

When should women start cervical cancer screening tests?

It is recommended that women between the ages of 21 and 29 are screened with a Pap smear alone. Women aged 30 to 65 can have Pap smear screening every 3 years, or can have co-testing with HPV testing every 5 years.

There is also the option to have HPV testing alone every 5 years. Many women can stop receiving routine screening for cervical cancer if, by age 65, they have not had a prior history of abnormal Pap testing, or if they have undergone a hysterectomy where the cervix has been removed.

Your women's health professional can help you determine which screening interval is right for you!

(continued on page 3)

Work/Life Connections-EAP

The Counselor's Corner

Maggie Reynolds, LPC-MHSP, CEAP
Clinical Counselor
Work/Life Connections – EAP



Q: Dear Counselor,

My mom died this past spring and I am absolutely dreading the holiday season. It's been nearly 9 months, but I'm worried about being sad and negative around the rest of my family. What should I do?

Grieving through Cheer

A: Dear GTC,

Grieving through the typically cheerful season can seem like an impossibly heavy burden. It's common to worry about "bringing others down" or not being able to withstand the festive environment accompanying the holiday season. Here are some tips for allowing yourself the space to grieve while still being present with family and friends.

- **Start a new tradition.** Something as simple as lighting a candle or having your mother's favorite dish can be a powerful way to memorialize her this year and for years to come.
- **Mix things up.** Some traditions that remind you of your mother may simply be too hard to continue. It's all right to let some of these go and replace them with new activities.
- **Communicate with your loved ones.** It's normal to be struggling during the holidays. Expressing negative emotions can be difficult, but the support from friends and family is crucial to the grieving process.
- **Be patient with yourself.** There is no timeline on grief. Give yourself space to cry or moments to be alone throughout the season. While holidays will likely get easier with time, they also may always trigger a grief wave.
- **It's OK to laugh.** Oftentimes we feel guilty about experiencing joy during grief. Remember that continuing to have enjoyable experiences does not diminish or devalue the relationship you had with your mom.

Should you desire additional support through these potentially difficult months, please call Vanderbilt's EAP to schedule a confidential appointment with a licensed mental health clinician — **615.936.1327**.

Passion at Work



Kate Copeland, MSN, RN, NEA-BC
Administrative Director of Emergency Services
Monroe Carell Jr. Children's Hospital at Vanderbilt

How does your team come together and bond?

We have team dinners and encourage everyone to bring their families and loved ones. It is great to meet everyone's families and thank them, too! Recently we had a team dinner and took all the children to our ambulances to allow them to see where their parents worked. We also have special weeks/days such as Olympic weeks and Super Hero Days with yummy food.

In a dynamic workplace like VUMC, how do you keep your team informed?

We incorporate staff newsletters, bulletin boards, huddles, unit board, debriefing times after difficult events and, of course, text and email. We offer meetings via electronic platforms, which allows for the information to be viewed later. We are always looking for improved ways to foster communication and information sharing, but we never want to lose those personal one-on-one conversations.

What do you do to celebrate the accomplishments of others on your team?

We share kudos within and outside our department. We have an Employee and Physician/NP of the Month! We send personal thank-you notes and participate in many community events. Last year, our Neonatal and Pediatric Transport Team was in the Nashville Christmas Parade!

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

I try to exercise four times per week and take the stairs at work as much as possible. As much as I love my job and the people I work with, I have learned it is important to have a balance.



Occupational Health Clinic talk: Mindful Eating — Just in Time for the Holidays

Mark Young, MSN, APRN, FNP-BC
Nurse Practitioner, Occupational Health Clinic



Have you ever sat down to a full meal and then, the next thing you know, your plate is empty — even though you barely remember eating? Chances are you were distracted during your meal, and not eating mindfully. It's easy to do in our busy lives... especially during the holidays! If this sounds familiar to you, here are some steps to help practice mindful eating and start enjoying your meals:

Eat slowly and without distraction. Turn off the TV, put away the smartphone or tablet, newspaper, magazine, or book, and pay attention to the meal before you.

Listen to physical hunger cues and eat only until full. It's OK to focus on portion size (even during the holidays!) and ask for a take-out box or smaller portions, or not take second helpings.

Engage your senses. Notice the colors, smells, sounds, textures, and tastes. Use all your senses to fully experience your meal.

Notice the effect food has on your feelings and body. Identify foods that make you feel guilty, anxious, or bad physically. You can then make plans to limit those foods.

Appreciate your food. Time and effort went into growing the ingredients, preparing, cooking, and serving your food. Take time to recognize and be thankful for all the effort that went into your meal.

"It is so easy to be on autopilot that we forget to pay attention to the things around us that enrich our lives. You can apply the same process to all aspects of your life. Being mindful allows you to be present during the journey, not just at the destination," notes Jim Kendall, LCSW, CEAP at Work/Life Connections-EAP.

Here's wishing you and yours happy, healthy holidays!



Care Gap Alerts

Vanderbilt Experts on Health
Cervical Cancer

(continued from page 1)



Why do doctors recommend screening for cervical cancer?

Screening tests for cervical cancer can detect abnormal cervical cells years before they develop into cervical cancer. At this stage, the abnormal cells can be easily treated and, in many cases, cured. Since the introduction of cervical cancer screening in the U.S., incidence of cervical cancer — as well as the chance of dying from cervical cancer — has decreased by over 50%.

What can I do to reduce my risk of developing cervical cancer?

To reduce the risk of cervical cancer, we recommend having regular well-woman annual exams along with periodic screening for cervical cancer. Another important way to help reduce the incidence of cervical cancer (as well as other HPV-related cancers such as vaginal, anal, penile and many head and neck cancers) is to be vaccinated against the HPV virus. Although it was originally recommended for men and women between the ages of 9 and 27, the FDA just approved use of HPV vaccine in both men and women up to age 45.

FIT FOR WINTER

Cold Weather Excuse-Busters

Cold outside? Check. Less daylight? Check. Holiday obligations? Check. It's easy over the winter to find excuses not to be physically active. Here are 5 excuse-busters to inspire you to keep moving through the colder months:

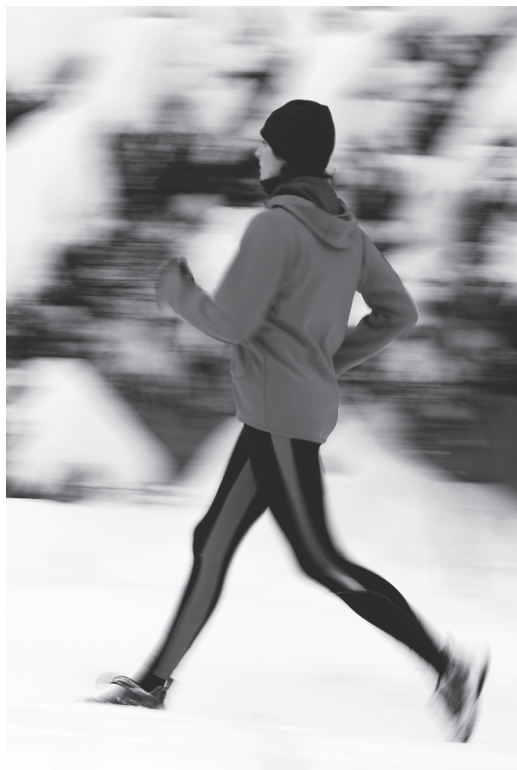
Buy new cold weather gear. If you are dressed for the cold, your workout will be far more enjoyable! Go for layers that you can easily peel off as your body temperature increases. Synthetic material works best as it traps in heat but wicks moisture to keep your body dry and warm.

Consider moving your workouts indoors. Join a gym or a local community center. Take up a new indoor sport, such as racquetball, volleyball, or basketball. Visit the Vanderbilt Recreation & Wellness Center at vu.edu/ims for a listing of faculty and staff winter intramural sports leagues.

Sign up for a charity 5K. Pick a cause that's dear to your heart and sign up. It gives you a sense of accountability and purpose. Remember, you don't have to run a 5K — you can walk it!

Up(date) your playlist. Download fun new songs so you're looking forward to your workout music.

Create a family challenge. Getting others involved can make exercise more exciting! See who can walk the most steps that week, or do the most push-ups, and offer a non-food-related reward!



Hold the Stuffing

Enjoy good health this holiday season.

Enjoy holiday foods in **MODERATION**

With appropriate **PORTION SIZE**

And engage in regular **PHYSICAL ACTIVITY**

**Final Weigh-In
January 2–18**

For more information, visit vanderbi.lt/hts.



Keep on Truckin'!

Join Health *Plus* every Wednesday from 11:00 a.m. to 2:00 p.m. for **food trucks** behind Light Hall! Each week will feature 2 trucks and a Health *Plus* “Healthy Pick” from each menu to help support the healthy lifestyle practices of the Vanderbilt community.



Listen Up!

Vanderbilt Bill Wilkerson Center is offering a 20% discount on hearing aids for all Vanderbilt employees and retirees. Call **615.322.HEAR** for more information. Offer expires January 31, 2019.



The Dish on Dining Out Over the Holidays

You may find yourself eating out for many reasons over the holidays: as a social outing, for convenience, or even as the main celebratory event! However, going out to eat shouldn't be an excuse to put your health on the backburner.

Health is all about balance, and eating out can fit in a healthy lifestyle if you choose your food and drinks wisely. These tips will help make navigating restaurant menus a breeze!

The Dish On DINING OUT



PLAN AHEAD Many restaurants post menus and nutrition facts online. Check these resources ahead of time to make an informed choice. If you plan to splurge, enjoy it with no regrets by planning to eat lighter throughout the day.



WATCH FOR WORDING Look for words including “grilled,” “baked” or “steamed,” meaning the food is cooked with less fat or no fat at all. Avoid dishes with descriptions such as “fried,” “breaded,” “smothered,” “alfredo,” “rich,” and “creamy.”



CHOOSE YOUR DRINK WISELY When it comes to beverages, choose water, fat-free or low-fat milk, unsweetened tea or other drinks without added sugars instead of sugary and calorie-rich drinks.



SHARING IS CARING Many restaurants serve huge portions. Splitting a meal or eating a smaller portion and bringing leftovers home can prevent that stuffed feeling and double your satisfaction.



TAKE YOUR TIME It takes about 20 minutes for your brain to get the message from your stomach that you are no longer hungry. Fast eaters tend to overeat. Slow eaters tend to eat less and are still satisfied. Slow down and enjoy your meal.

Chicken Pot Pie Bundles

Ingredients:

- 1½ tablespoons canola oil, divided
- 1 large carrot, peeled and diced
- ½ cup diced onion
- 2 cloves garlic, minced
- 1 pound boneless, skinless chicken breast, cut into ½-inch cubes
- 2 teaspoons chopped fresh tarragon or ½ teaspoon dried tarragon
- ½ teaspoon kosher salt
- Pinch of black pepper
- 1 cup low-sodium chicken broth
- 4 teaspoons cornstarch
- ¾ cup frozen petite peas, thawed
- ¾ cup frozen corn kernels, thawed
- 2 tablespoons grated Parmesan cheese
- 12 egg roll wraps (not the smaller wonton wrappers)

Yield: 12 bundles (serves 6)

Per serving (2 bundles): 360 calories | 24g protein | 7g total fat | 1g saturated fat | 48g total carbohydrate | 70% vitamin A | 15% iron | 3g dietary fiber | 680mg sodium

Source: eatright.org

Directions:

1. Preheat the oven to 350°F. Heat 1 tablespoon of the oil in a large nonstick skillet over medium-high heat. Add the carrot and onion and cook, stirring frequently until softened (about 5 minutes). Add the garlic and cook 1 minute more.
2. Stir in the chicken, tarragon, salt and pepper. Cook until the chicken is no longer pink, about 5 minutes.
3. Place the broth and cornstarch in a bowl and whisk until well combined. Add to the skillet along with the peas and corn, and bring the liquid to a simmer, stirring constantly. Continue to simmer and stir gently until the sauce thickens, about 2 minutes.
4. To prepare the bundles, use a muffin pan with 12 medium-size cups (do not coat with nonstick cooking spray). Gently place 1 egg roll wrap into each cup, letting it extend over the sides.
5. Place a generous ¼ cup of the chicken mixture into each wrap, and sprinkle Parmesan cheese on top. Fold the corners up and over the top of the filling, and press to seal the edges (it doesn't have to be perfect!). Brush the remaining oil on top of each bundle.
6. Bake until golden and crisp, 12 to 15 minutes. Cool slightly before eating.



THIS COLD AND FLU SEASON, SAVE TIME AND MONEY WITH TELADOC

The VUMC Health Plan is committed to helping you get the care you need as quickly and affordably as possible, which is why we offer access to Teladoc, a Tier 1 service that is available [24/7](#).

Talk to a physician by phone or video

On-demand appointments are available 24/7, 365 days a year. **The average time from when you request an appointment to when you see a doctor is eight minutes!** Teladoc visits are charged at the Tier 1 rate. Copays are only \$20 for Aetna Plus and Aetna Select members. Aetna HealthFund members pay up to \$40.



Treat many of your non-urgent medical conditions

Teladoc physicians* can diagnose, recommend treatment and prescribe medication when appropriate for many of your non-urgent medical issues, including cold, flu, sinus infections and bronchitis.

*Teladoc physicians are not members of the VUMC medical staff and do not replace your primary physician. Be sure to let your PCP know if you have been prescribed a new treatment by a Teladoc physician.

Get started now!



1

Get started: Download the app, visit [Teladoc.com/aetna](https://www.teladoc.com/aetna) or give Teladoc a call at 855.835.2362.

2

Set up: Create a Teladoc account using your Aetna member ID and complete your medical history.

3

Request a visit: A Teladoc doctor is now just a call or click away.

Save time with televideo counseling services

The VUMC health plan 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 appointments are charged at the Tier 1 rate. Visit hr.vumc.org/benefits/behavioralhealth to learn more.

upcoming events

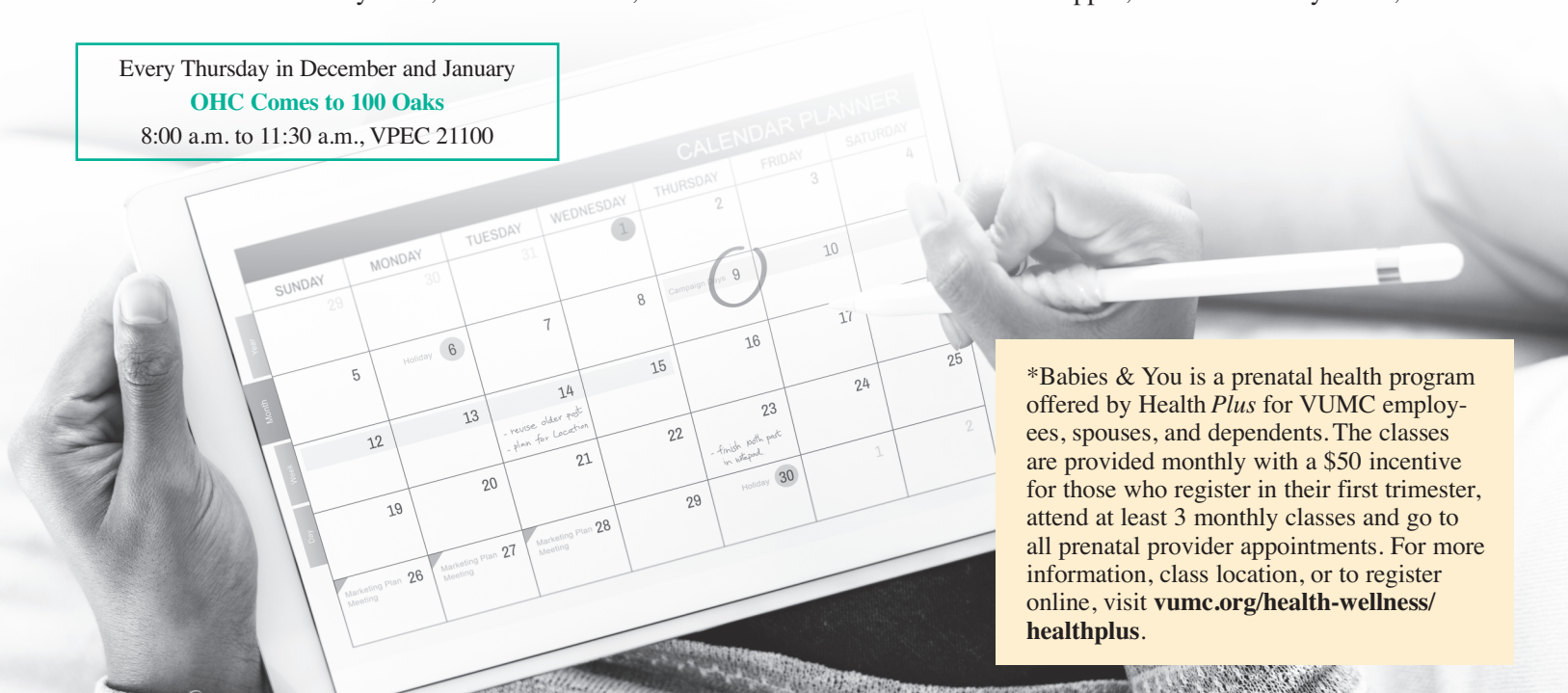
December

- DEC 6** **Know Your Numbers & OHC Comes to You**
1:30 p.m. to 4:00 p.m.
MCJCHV, Room 2104
- DEC 7** **Vandy Cooks**
Healthy Holiday Desserts
Noon to 1:00 p.m.
Vanderbilt Recreation and Wellness Center Demo Kitchen
- DEC 7** **Know Your Numbers & OHC Comes to You**
Late Night Cart
6:00 p.m. to 10:00 p.m.
MCJCHV ED, Radiology
- DEC 19** **Know Your Numbers & OHC Comes to You**
Late Night Cart
6:00 p.m. to 10:00 p.m.
MCN 3, 4, 5, 6, 7
- DEC 20** **Babies & You***
Getting Back in Shape after Baby
Noon to 1:00 p.m.
Presented by Nicole Motzny, Physical Therapist,
Vanderbilt Orthopedic Institute
Light Hall, Room 411
- DEC 21** **Know Your Numbers & OHC Comes to You**
Williamson County
9:00 a.m. to 10:00 a.m.
2015 Edward Curd Lane, 3rd Floor Conference Room
- DEC 21** **Know Your Numbers & OHC Comes to You**
Williamson County
11:00 a.m. to Noon
Brentwood Primary Care, 343 Franklin Rd., Ste. 101

January

- JAN 3** **Know Your Numbers & OHC Comes to You**
1:30 p.m. to 4:00 p.m.
MCJCHV, Room 2104
- JAN 4** **Babies & You***
Eating for Two
Noon to 1:00 p.m.
Presented by Marissa Wertheimer, RDN, LDN,
Health Educator Health *Plus*
Light Hall, Room 419
- JAN 4** **Know Your Numbers & OHC Comes to You**
Late Night Cart
6:00 p.m. to 10:00 p.m.
VUH 3, 4N (L+D), 4S, 5N, 5S
- JAN 16** **Know Your Numbers & OHC Comes to You**
Late Night Cart
6:00 p.m. to 10:00 p.m.
MCJCHV (3 OR, 4)
- JAN 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,
Franklin
- JAN 18** **Know Your Numbers & OHC Comes to You**
Williamson County
11:00 a.m. to Noon
Brentwood Primary Care, 343 Franklin Rd., Ste. 101
- JAN 18** **Know Your Numbers & OHC Comes to You**
Williamson County
1:00 p.m. to 2:00 p.m.
Brentwood Shoppes, 782 Old Hickory Blvd., Ste. 203

Every Thursday in December and January
OHC Comes to 100 Oaks
8:00 a.m. to 11:30 a.m., VPEC 21100



*Babies & You is a prenatal health program offered by Health *Plus* for VUMC employees, spouses, and dependents. The classes are provided monthly with a \$50 incentive for those who register in their first trimester, attend at least 3 monthly classes and go to all prenatal provider appointments. For more information, class location, or to register online, visit vumc.org/health-wellness/healthplus.

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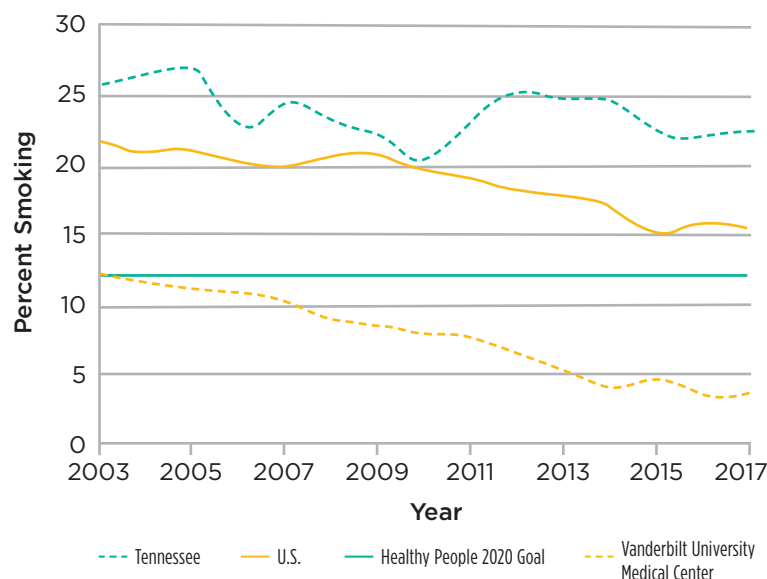
The Dish on Dining Out Over the
Holidays

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

The Healthy Pulse

FOR FACULTY AND STAFF AT VANDERBILT

15-Year Smoking Trends Among VUMC Employees



Data collected in our annual Go for the Gold Health Risk Assessment indicates the percent of VUMC faculty and staff who report smoking has steadily declined since 2003 and is now well below state and national population estimates. We have consistently met the goal of the Healthy People 2020 campaign which aims to keep the smoking rate among adults below 12% in order to reduce tobacco use to the point that it is no longer a public health problem for the nation. VUMC offers a variety of resources to assist faculty and staff in their efforts to quit smoking that can be found at vumc.org/health-wellness/ql/tobacco_free.

Data source: Go for the Gold Health Risk Assessment, National Health Interview Survey (cdc.gov/nchs/nhis/releases/released201705.htm#8), Tennessee Behavioral Risk Factor Surveillance System (TNBRFSS, americashealthrankings.org/explore/annual/measure/Smoking/state/TN)

Health and Wellness Connection

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