What is your healthy breakfast on the go?
I’m no high achiever on this one, but at least I’m more likely to miss a breakfast than eat an unhealthy one. I do try to at least grab some kind of low-carb bar if I’m on the move and keep the carbs and sugars as low as I can during the week, giving a bit more room to splurge on the weekend.

How do you fit physical activity into your busy day?
One of the great things about being at Vanderbilt is that it’s just the right size to encourage physical activity; many of our colleagues we need to meet with are in buildings at “just right” distances… our relatively compact and highly walkable campus makes it easy to “fit in” some exercise.

Does technology play a role in maintaining your healthy lifestyle?
I got a Fitbit Force monitor for Christmas and have discovered it to be strangely motivating. The quantification this thing provides — steps taken, staircases climbed, active minutes, etc. — goes a long way to laying out with clarity whether I’m moving around a reasonable amount. Even with a modest goal of 15 staircases minimum each day, I’m getting 15 more than I used to on a lot of days.

What is a favorite activity for family time?
My wife and I have both been spending a fair amount of time on the golf course which is both full of moderate exercise and relaxing. Thus far we have two of our three kids involved and are still working on the last one.

“ ‘A healthy outside starts with a healthy inside.’ ”
— Robert Urich

Go for the Gold
16,831 faculty and staff received a Wellness Credit for participating in the award-winning Go for the Gold program in 2013!
Don’t miss out! The October 31 Go for the Gold deadline is approaching.

All faculty and staff who are committed to leading a healthy lifestyle are encouraged to participate in Go for the Gold. A Wellness Credit of up to $240 is available to faculty/staff paying for a Vanderbilt Health Plan. Learn more with “Go For The Gold at a Glance” on page 5.
MARK YOUR CALENDARS!

Benefits Open Enrollment is coming October 15 – 31, 2014

Open Enrollment is the time each year when all benefits-eligible Vanderbilt employees can select or make changes to important benefit programs:

- Medical, dental, and vision insurance
- Short-term disability insurance
- Accidental death and dismemberment (AD&D) insurance
- Health flexible spending accounts, which reimburse medical expenses for you and your dependents
- Dependent care flexible spending accounts, which reimburse day care service expenses for your dependents

Selections made during this time are effective January 1 through December 31, 2015, unless you have a qualifying event such as marriage, divorce, or the birth or adoption of a child.

Learn more about these programs and more at the Annual Vanderbilt Health and Benefits Fair October 20 – 21, 2014. Look for more information in September.

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**Upcoming Events**

Boomers, Elders, and More

**Lunchtime Series**

A monthly series offered at lunchtime, on a variety of topics relating to baby boomers, the elderly, and much more. All sessions are from noon – 12:45 p.m. Feel free to bring your lunch.

**August 20, 2014**

My Loved One Has Been Diagnosed with Alzheimer’s

Tiffany Cloud-Mann, VP of Programs at the Alzheimer’s Association

Location: TBD

**September 18, 2014**

Estate Planning

Jason A. Lee, Esq. of Brewer, Krause, Brooks, Chastain and Burrow, PLLC

Location: TBD

For more information or class location visit:

[Childandfamilycenter.vanderbilt.edu](http://Childandfamilycenter.vanderbilt.edu).

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**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. A $50 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 — BABIES AND YOU:**

**August 21, noon to 1:00 p.m.**

Caring for Your Newborn

Sunny Bell, MD, University Pediatrics Center Location: TBD

**September 18, noon to 1:00 p.m.**

Men Have Babies Too

Carol Huber, RN, BS, IBCLC, Lactation Consultant, NICU Center Location: TBD

For more information, class location, or to register online, visit [healthplus.vanderbilt.edu](http://healthplus.vanderbilt.edu).
Occupational Health Clinic **TALK:**
Live to tame the silent killer

Alice Warren, RN, MSN, MEd, Nurse Practitioner
Occupational Health Clinic

Hypertension has been called the “silent killer” because most people who have it don’t have symptoms. About 70 million Americans have high blood pressure that can damage blood vessels and organs. Are you one of those at risk for a stroke or heart attack?

**Blood Pressure Levels**

<table>
<thead>
<tr>
<th>Category</th>
<th>Systolic</th>
<th>Diastolic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>less than 120 mmHg</td>
<td>less than 80 mmHg</td>
</tr>
<tr>
<td>Prehypertension</td>
<td>120 – 139 mmHg</td>
<td>80 – 89 mmHg</td>
</tr>
<tr>
<td>Hypertension</td>
<td>140 mmHg or higher</td>
<td>90 mmHg or higher</td>
</tr>
</tbody>
</table>

The foundation for treating high blood pressure and to prevent prehypertension from becoming high blood pressure is to have a healthy lifestyle. While medication may also be necessary, a healthy lifestyle can reduce or delay the need for medication.

- **Follow a healthy diet** — such as the DASH (Dietary Approaches to Stop Hypertension) diet. Limit your salt (*sodium*) intake and alcohol consumption (*1 drink per day for women and 2 drinks per day for men*).
- **Be physically active** — Engage in moderate activity, like a brisk walk, for 30 minutes most days of the week in addition to your usual daily activity.
- **Maintain a healthy weight** — Know your body mass index (BMI <25), which is a guide for knowing your healthy weight.
- **Quit smoking** — If you are not smoking, don’t start.

By using these lifestyle steps to achieve blood pressure levels in the normal range, you can “tame the silent killer” and lower your risk for heart disease and stroke. Dr. Cheryl Laffer, Director of Vanderbilt’s Hypertension Service, encourages everyone to “know your numbers,” including blood pressure. If it is not normal, discuss it with your primary care provider. For more information, visit [vanderbilthypertension.com](http://vanderbilthypertension.com).


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**When it comes to being sick, VU faculty and staff have many options to get the care they need to stay healthy.**

**Sick at work?**
OHC offers free Express Care for faculty and staff

For care of minor illnesses, faculty and staff can be seen in Express Care (Medical Arts Building). Convenient scheduling options include walk-in and same day appointments.

Open weekdays, 7:30 a.m. – 2:00 p.m.

**My Health Walk-In Clinics for you and your family**

Vanderbilt Walk-In Clinics for adults and the After-Hours Clinics for children are all around the Nashville area, including Spring Hill, Franklin, Cool Springs, Hendersonville and Mt. Juliet.

With no appointment necessary, My Health Walk-In Clinics offer a convenient solution to help keep you and your family healthy. Each walk-in clinic has a board-certified Vanderbilt doctor on site and also offers extended hours on weekdays and weekend options.

**Services offered:**
- **Exams and Physicals** — including school and sports physicals
- **Vaccinations**
- **Treatment of common illnesses and minor injuries**
- **Screening and Testing**

Learn more by visiting: [MyHealthWalkIn.com](http://MyHealthWalkIn.com) and [ChildrensHospital.Vanderbilt.org/after hours](http://ChildrensHospital.Vanderbilt.org/after hours).
What inspires you to live a healthy life?

**Tiffanie Winkler**  
*Administrative Assistant II, Urologic Surgery*

The way that I feel is the most inspiring thing about living a healthy life. There is such a big difference in the way eating healthier makes you feel! When people come to me and ask how I do it I can simply say “I eat how I want to feel. I simply enjoy working out and running as well. You have to pick an activity you genuinely enjoy doing. I’m not one to do yoga, but I love Zumba and Jazzercise! You have to figure out what is right for you.”

**Jane Zubulake**  
*Assistant Director, Med Center Finance*

Many things inspire me to live a healthy life. I have a lot of various diseases in my family (cancer, diabetes, heart issues, etc.) and I know the healthier I live the better chance I have of keeping these at bay. In addition, I’m motivated to live healthier so I feel better. At my age, injuries start to creep in (a lot) and I find the better I keep myself in shape the better I fight them off. I also am inspired when I know that I’ve motivated someone to do something healthier. I recently completed the half marathon and raised money for Gilda’s Club. It was a very rewarding experience to hear from so many that I inspired them. Also running in honor and in memory of so many that had battled cancer, I knew that what pain I was in was NOTHING compared to them.

**Alecia Fair**  
*Research Services Consultant II, Vanderbilt Institute for Clinical and Translational Research (VICTR)*

I was inspired to be healthy at a young age; I became a Lacto-ovo vegetarian at 9 years old and joined my first gym at 16. I was driven to pursue a Doctorate in Public Health (DrPH), as being healthy and staying fit is a way of life for me.

It is very challenging to stay healthy as we take on commitments with our jobs, families, and other priorities. I find working out with my friends keeps me motivated to stay on a healthy course. Laura McLeod and I have maintained a weekly running “date” for nearly a year. I look forward to seeing her, catching up during our run, and enjoying a healthy breakfast afterwards. We keep each other accountable and inspired!

**Laura McLeod**  
*Director of Special Projects, Vanderbilt Kennedy Center*

I am the exact opposite of Alecia. I was well into my adulthood before I actively embraced an exercise regimen. Varying my workouts and doing things I enjoy (like dance) have helped make it a regular part of my life. I work out so that I can enjoy all that life has to offer. It’s also a great opportunity to connect with others. I so enjoy running with Alecia because she pushes me and it’s also a time for us to catch up on each other’s lives. Another inspiration is my friend Kelly who is my age and passed away last year. Prior to her illness, she had been striving to be healthy and we encouraged each other to eat healthy and exercise. Every time I feel myself faltering (especially on Heartbreak Hill in Alecia’s neighborhood!) I think of Kelly and that pulls me through.

**Marilyn Osborne**  
*Custodial Worker Lead, Plant Operations*

I feel like a brand new person. I have been eating healthy, lots of fruits, vegetables, and nuts and I drink plenty of water. My niece/granddaughter, she’s two — I call her my “cupcake” — if you don’t feel like running she’ll make you run. People around me notice I’ve been losing weight. I just feel great about myself. It’s like a weight has been lifted off of my shoulders.

**Melissa Bates**  
*Facility Supervisor, Campus Recreation*

My past inspires me to live a healthy life now. I was overweight at an early age and got even bigger as I became an adult (maxing out at 253 pounds). It was not good for my self-esteem or my physical health. Finally, being tired of the physical pain I was in and realizing that I was considered “obese,” I decided to do something about it. After I lost 40 pounds through a healthy diet, I began exercising and found I loved it. Total, I lost 100 pounds. I cannot stress how much better I feel physically and emotionally now that I’ve done this for myself.

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Go for the Gold
At a Glance

There are 3 Steps to the Go for the Gold program:

1. **Health Risk Assessment**: learn more about your health risks and ways to reduce your risks.
2. **Wellness Actions Log**: document actions that maintain or improve health behavior.
3. **Game Plan for Your Health**: watch the video, “Manage Your Energy, Maximize Your Life” featuring Vanderbilt faculty and staff, and take the quiz.

Earn $240 by completing all 3 steps by (midnight) October 31, 2014.

- **Bronze ($120)**: Health Risk Assessment.
- **Silver ($180)**: Health Risk Assessment + Wellness Actions Log
- **Gold ($240)**: Health Risk Assessment + Wellness Actions Log + Game Plan for Your Health

Choose one of these options to apply the Wellness Credit towards:

- **Health Plan Account**: Vanderbilt deposits the Wellness Credit you earn into a Health Plan Account managed by Aetna. The Health Plan Account helps you pay your deductible and coinsurance and can be applied to any family member that is on your health plan.
- **Membership at the Vanderbilt Recreation and Wellness Center**: The amount of Wellness Credit earned; bronze ($10/month), silver ($15/month), or gold level ($20/month) is applied toward a membership with the new Vanderbilt Recreation and Wellness Center.
Q: Dear Counselor,
I love the work I do as a patient care representative. I enjoy the ability to help people when they are most vulnerable and make them feel special. In the past months, I find myself feeling a bit short with the patients. My workload has increased and I leave emotionally exhausted some days. How can I get the passion back in my work?

Drained

A: Dear Drained,
As you continually give of yourself to patients, it is understandable that you might feel overwhelmed, or begin to experience “compassion fatigue.” Irritability and impatience can be early warning signs. As time goes by, you may even experience depression or anxiety. The best way to combat compassion fatigue is to practice daily self-care and energy management. It is helpful to have routines that help you re-charge. On your way home each day, focus on one interaction in which you made a difference and positively touched someone’s life. Organize your time and eliminate energy-depleting habits by making to-do lists and developing healthy sleep and eating patterns. When work becomes overwhelming, activities such as exercise, quiet time, and engaging in relaxing pastimes are proven ways to improve mood and energy.

If you would like to develop further skills to combat compassion fatigue, you may want to start with an assessment. Work/Life Connections-EAP is a free benefit to Vanderbilt employees, their spouses, or same-sex domestic partners. For a confidential assessment, call 936.1327.

Janet McCutchen, LPC, CEAP, Work/Life Connections-EAP Counselor

“Letting it go”

The theme from the popular family movie “Frozen” describes one of the key ways to increase your energy is to “Let it go.”

Emotions such as anger, depression, fear, resentment, defensiveness, and anxiety can drain our energy.

Here are six tips that can help you learn to “let go”:

1. **Focus on the future.** Change brings about opportunity and loss. Imagine what can be rather than dwelling on what was. Making comparisons to the “good old days” does not account for changing situations or dynamic growth.

2. **Identify your pain or loss.** Allow yourself time to grieve; and learn to move on.

3. **Change your perspective.** In a disagreement, try to figure out how the other person could be right from their point of view.

4. **Let go of blame.** Assigning fault doesn’t change a situation.

5. **If you are unhappy, don’t try to change others.** Take responsibility and decide how you can change the only person you have control over… you.

6. **Address your baggage.** Deal with issues that get you down and keep you from being your best.

Want to learn more about managing your emotional energy? Watch the 2014 Game Plan for Your Health video — “Manage Your Energy, Maximize Your Life.”
Wellness Coach Tip

Are you too tired at the end of the day for your workout?

Start small and build momentum.

The good news is you don’t have to do it all at once; you can break activity up into smaller chunks of time during the day. Find out what works best for you and develop a routine to stay on track. Aim for 150 minutes of activity each week. Start small and build momentum by doing physical activity at a moderate or vigorous effort for at least 10 minutes at a time.

Need help getting started? Contact Health Plus at 615.343.8943. Health Plus offers Wellness Coaching to Vanderbilt faculty and staff.

Get Active — Start Small

• Take the stairs
• Skip the shuttle
• Take a walk

Eating-Well Recipe

Veggie and Bean Enchiladas

In a medium pot, sauté onions, peppers, garlic, and other chopped vegetables of choice (carrots, zucchini, etc.) in 2 tablespoons olive or canola oil until lightly browned. Add 1 cup enchilada sauce. Stir in soy crumbles (or cubed firm tofu) and black or pinto beans (slightly mashed) and heat for about 10 minutes. Add 1 cup grated reduced-fat sharp cheddar or Mexican blend cheese (or soy cheese) and stir. Spoon 3 to 4 tablespoons mixture onto tortillas, roll, and place in a casserole dish to which about ¼ cup of enchilada sauce has been distributed. Once all tortillas are placed in casserole dish, pour any remaining sauce over top, particularly around edges. Top with another ⅛ cup of grated cheese, if desired. Cover with foil and bake at 350° F for 20 to 30 minutes, or until bubbly. Remove foil and serve.

Serves 4 – 5 (2 tortillas each). 650 calories, 21 g fat (6 g saturated fat), 25 mg cholesterol, 30 g protein, 12 g fiber, 1,000 mg sodium

Recipe contributed by Jamie Pope, MS, RD, LDN, Instructor of Nutrition, Vanderbilt School of Nursing

Get the right fuel to maintain energy.
Eat a balanced plate — this recipe includes veggies, whole grain, protein, and low-fat dairy!
In this Issue:
VU Faculty and Staff — “What Inspires You To Live a Healthy Life?”
LaManda Watson — Spotlight on Success
Tame The Silent Killer
Letting It Go
Recipe — Veggie and Bean Enchiladas
Have a topic you want to see covered? Email us at health.wellness@vanderbilt.edu.

Flulapalooza
Mark your calendars — Flulapalooza is returning October 1

“Just got a flu shot by myself without crying today.”
#flulapalooza #imabigkidnow

“Only @VanderbiltU could make flu shots fun.”
#flulapalooza #gimmethatsticker

“I have never seen a tent full of such happy people giving and getting flu shots.”
#flulapalooza

Vanderbilt Orthodontics offering $500 discount on braces for children and adults.
If you or your child needs a consultation, visit Vanderbilt Orthodontics, which has some of the highest patient satisfaction scores in Nashville. Learn more about the practice and how to get the discount at http://vanderbiltorthodontics.com/ or by calling 615.343.0633.

Leading by Example
John Lutz
(continued from page 1)

How does Vanderbilt help you maintain a healthy lifestyle?
Most noticeable for me is the insistence on balance, whether between work and personal life, or between business productivity and healthcare and fitness. It comes through in so many ways, whether it be the attitudes of colleagues and managers (and their own impressive sets of hobbies and activities), the HR-based incentives to stay healthy, or the constant reminder of the benefits of fitness provided by the athletic culture on campus.

Health and Wellness Director: Mary Yarbrough, MD, MPH
Department Managers:
Lori Rolando, MD, MPH, and Brad Awalt, MS, ACSM, Health Plus;
Jim Kendall, LCSW, ACSW, CEAP, Work/Life Connections-EAP;
Melanie Swift, MD, FACOEM, The Occupational Health Clinic;
Paula McGown, MSN, MAcc, CPA, Health & Wellness Administration.

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