Vanderbilt Farmers’ Market Returns June 4

The Vanderbilt Farmers’ Market kicks off the season on June 4. Due to ongoing construction on the plaza, the market will be relocated to the corner of Blakemore and 21st. The market will take place every Thursday from 3:00 p.m. – 6:00 p.m. from June 4 to October 29.


Camilla Benbow
Patricia and Rodes Hart Dean of Education and Human Development

Leading by example
Vanderbilt Leaders Making Wellness a Priority

What is one thing people might be surprised to know about you?
I have raised seven children and I have 12 grandchildren, with another due to arrive in June. Life is full.

How do you fit activity into your work day?
Knowing myself too well, I schedule it so that I have no choice to back out. I get up early and work out aerobically in the morning before the day gets away from me. As well, I have two sessions with a trainer each week and take Pure Barre classes on the weekend.

How do you unwind after a busy day?
My favorite way to unwind is to have a nice dinner with my husband, walk my grandpuppy, and then read the newspapers or latest book. I also love it when I get a grandchild fix! OK, not all that happens every day!

(Continued on page 8)
Q: Dear Counselor,
I love my job, but lately I have noticed feeling agitated at work. Sometimes I cringe when I hear how I talk to my co-workers. We have been through a lot of changes, and I want to be a good team member. How can I put a “filter” on my mouth?

Livewire

A: Dear Livewire,
It’s great to have a rewarding job, and to be part of a team that’s moving forward. Workplace stress can happen to us all. Here are some tips for “filtering” your responses:

1) **Learn To Act Rather Than React.** Stress comes when we feel situations are out of our control. Decide what you can change and what you cannot. Typically, you can control your own actions and responses.

2) **Chill.** In other words, take a deep breath before you speak. A few minutes of deep breathing will restore your balance. Imagine the outline of a square with each side worth 4 seconds. At the top of the square, inhale through your nose for 4 seconds, come down the right side and hold that breath for 4 seconds, along the bottom of the square, breath out of your mouth for 4 seconds, coming up the left side, be still and think the word “relax” for 4 seconds. Keep making the square until you feel the calm and focus reappearing.

3) **Eat and Sleep For Your Health.** Poor eating habits add stress to your system, and poor sleep will not give you the rejuvenating effects you need to be effective at your workplace.

4) **Perspective Is A Wonderful Thing.** Check it out when you feel the urge to snap. You might benefit from getting the other side of the story.

5) **Be Your Own Best Friend.** Our internal thoughts can fuel negativity and judgment. Let go of “stinking thinking” and use encouraging thoughts to lessen your stress and motivate your team.

Vanderbilt employees and their spouses or same-sex domestic partners are eligible for services through Work/Life Connections-EAP (WLC-EAP). Our counselors are licensed professionals who can conduct a needs assessment and make recommendations for supportive resources at Vanderbilt or in the Nashville community. To make a confidential appointment, just call 936.1327.
Think Before You Ink

Catherine Qian, MSN, NP-C, and CRNI
Nurse Practitioner and Occupational Health Clinic Manager

Tattoos are certainly popular these days; however, they are associated with some potential risks:

- **Bloodborne diseases** — Contaminated equipment such as needles can cause various bloodborne diseases such as tetanus, hepatitis B, and hepatitis C.
- **Allergic reaction** — Tattoo dyes or the ink pigments can cause allergic reactions.
- **Skin infection** — A local skin infection is possible after tattooing.
- **Other skin problems** — Scarring and granulomas have also been reported after tattooing.

If you plan to have a tattoo or want permanent body art, be sure to choose the tattoo artist carefully. In selecting a tattoo artist, you may want to check a professional website such as [www.safe-tattoos.com](http://www.safe-tattoos.com) and check with your local health department about the reputation of any tattoo artist you are considering.

To minimize the risk of infections or complications, Dr. Darrel Ellis, Professor of Dermatology in the Vanderbilt Dermatology Clinic at One Hundred Oaks, recommends choosing a licensed tattoo artist who demonstrates the following practices while tattooing:

- Perform good hand hygiene
- Wear gloves
- Apply sterile technique
- Use disposable needles
- No reusable ink

Despite careful planning, sometimes people regret a tattoo decision later. If you may want to remove a tattoo in the future, consider that lasers work best on black ink. Multi-colored and iridescent tattoos are harder to remove, although newer lasers may make it easier to work on multiple colors in the future. Dr. Ellis pointed out that other factors that make tattoos harder to remove include large tattoos, older tattoos (>3 years), and lower leg location.

For your safest body art experience, be sure to think before you ink!

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School Is Out, Now What?

If you’re a parent, it’s only a matter of time before your darlings drop the “I’m bored” bomb… unless you find creative, active ways to keep your kiddos entertained.

Here are some suggestions:

- Take a family bike ride
- Go for a hike
- Swim laps at the pool
- Run around the track at a nearby school
- Compete in relay races (*think* frog jumps, crab walks, wheelbarrows, etc.)
- Play freeze tag
- Hold a dance party
- Create a backyard obstacle course
- Play a game of HORSE basketball
- Put together a game of backyard soccer or kickball

Be sure your kids get at least 60 minutes of physical activity daily.
Step 1: Compass Health Assessment

Get started on your path to wellness with the Compass Health Assessment.

The Compass Health Assessment is a tool to identify personal health risks and ways to improve health. Staying on top of your wellness is key to maintaining a healthy lifestyle. Begin with this health assessment and you’re on your way.

1) Complete your Compass: Take 15 minutes to complete the Compass Health Assessment. You will get feedback and recommendations to maintain or improve your healthy lifestyle. Log in to the Health Plus Health Guide using your VUNetID and Password: http://vanderbi.lt/healthmap.

2) Review your report and share results with your primary care provider. Your report will highlight your top strengths and top risks to help you take steps to continue on the right path. See page 5 for How To Read and Download Your Compass Report.

3) Discover new paths with your HealthMap. Set and reach health goals at your own pace with this personalized guide. Pick a “direction” and begin your “journey” to health!
How To Read Your Go for the Gold Compass Health Assessment Results

Click here to download a PDF copy of your report
Retake your assessment as often as you like

How your health compares to the average of everyone who has taken the compass health assessment this year.

Your Health Score
Your habits add up to your overall score. Improving your everyday habits can help you improve or maintain your health score.

Your Top Strengths
Keep up with these healthy habits

Your Top Risks
Consider the steps you can take to reduce your risk. Health Plus offers programs to help you improve your health risks.

How your health compares
Are you doing better than the thousands of people who make up this year’s averages? Improving your everyday habits helps keep you healthy and feeling good. A good’s treatment plan helps you achieve a higher score.

Your Health Score
71

How to read your go for the gold compass health assessment results.

Your Top Risks
Pain
When pain interferes with your day, think about steps you could take to feel better. Are you moving your body? Eat healthy foods and get to bed on time? Do you need time for relaxation? Have you talked to your doctor about steps you can take? Explore more ways your choices can help your pain today.

Safety

Nutrition
You’re fitting in the right number of servings of vegetables, fruits, and fiber. Try to avoid too much of the

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**Easy Classic Italian Pizza**

- Flatbread from local farmers’ market or prepared, store-bought pizza dough
- 1 tablespoon olive oil
- 12 ounces cherry tomatoes, halved
- 1 garlic clove, minced
- ¼ teaspoon crushed red pepper
- 6 ounces fresh mozzarella, diced
- ½ cup fresh basil, chopped — add after pizza is cooked.

Preheat oven to 425° F. Grease cookie sheet with olive oil and lightly spread the remaining olive oil over the flatbread or pizza dough. Place cherry tomatoes, garlic, red pepper, and mozzarella on flatbread and bake until bread is slightly crisp and brown and the cheese is melted (about 5 – 10 minutes). If using store-bought pizza dough, follow instructions on the package. Add chopped basil. Serve.

**Serves 6. Nutrition per serving (1/6 of pizza):**
- 307 calories, 14 g total fat, 5 g saturated fat
- 0 g trans fat, 561 mg sodium, 33 g carbohydrate
- 3 g fiber, 5 g sugar, 12 g protein.

*Nutrition facts vary based on pizza dough selection.*
upcoming events

Events: June

Know Your Numbers & OHC Comes To You
1:30 p.m. to 4:00 p.m.
Monroe Carell Jr. Children’s Hospital, Room 2104

Know Your Numbers & OHC Comes To You
6:00 p.m. to 10:00 p.m.
Monroe Carell Jr. Children’s Hospital, Floors 7 (A-B-C) and 8 (A-B-C)

Vandy Cooks
Laura Marbury, MS, RD, LD, from the Southeast United Dairy Industry Association, Inc.
Noon to 1:00 p.m.
Vanderbilt Recreation and Wellness Center, Demo Kitchen

Vandy Walks
Presented by Health Plus and the Vanderbilt Recreation and Wellness Center
“Annuals & Perennials in Bloom”
Laura Barker, Horticultural Specialist
Noon to 1:00 p.m.
Walk begins at Rand Terrace

Know Your Numbers & CORE Nutrition
11:00 a.m. to 1:00 p.m.
One Hundred Oaks, Room 26119

Know Your Numbers & OHC Comes To You
6:00 p.m. to 10:00 p.m.
Medical Center North, Floors 3, 5, 6, and 7

*Babies & You
Preparing for Labor and Birth
Bethany Sanders, MSN, Certified Nurse Midwife
Noon to 1:00 p.m.
To be announced

OHC Mobile Cart Comes to Williamson County
An Occupational Health nurse will be available to provide immunizations and TB skin tests for Vanderbilt faculty and staff.
9:00 a.m. to 10:00 a.m.
2105 Edward Curd Lane, 3rd Floor Conference Room
10:30 a.m. to 11:30 a.m.
919 Murfreesboro Rd.

Vandy Cooks
Valerie Bass, Executive Director, Tennessee Beef Industry Council
Noon to 1:00 p.m.
Vanderbilt Recreation and Wellness Center, Demo Kitchen

Know Your Numbers & OHC Comes To You
6:00 p.m. to 10:00 p.m.
VUH Floors 2, 7N, 7S, 5N, and 5S

Vandy Walks
Presented by Health Plus and the Vanderbilt Recreation and Wellness Center
“Vanderbilt Architecture”
Paul H. Marshall, Architect
Noon to 1:00 p.m.
Start Location: To be announced

For a full list of upcoming events visit the Health & Wellness website.

*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 3 monthly classes, and go to all prenatal provider appointments. For more information, class location, or to register online, visit healthplus.vanderbilt.edu.
In this Issue:
Leading By Example with Dean Benbow
How To Read Your Go for the Gold Compass
Health Assessment Report
Think Before You Ink
Farmers’ Market – NEW Location
Recipe: Easy Classic Italian Pizza
Have a topic you want to see covered? Email us at health.wellness@vanderbilt.edu.

Leading by example
Camilla Benbow
(continued from page 1)

How does Vanderbilt help you maintain a healthy lifestyle?
I so appreciate having access to a first class medical facility just across the street from where I work. It makes it easy for me to take care of my health. And, flulapalooza, it is great!

The Healthy Pulse
ON FACULTY AND STAFF AT VANDERBILT

Safe Travels With Occupational Health Clinic

Vanderbilt’s educational, research, and healthcare missions span the globe, quite literally! The Occupational Health Clinic provides travel medicine services for Vanderbilt faculty and staff planning international business travel. OHC provides a pre-travel consultation which includes destination-specific vaccinations and prescriptions, a medical travel kit, and personalized health and safety advice. Healthcare workers providing care in remote locations also receive emergency medications to be used in the event of a needlestick or other blood exposure. All travel vaccines are provided at no charge for such consultation.