With summer camp deadlines looming in the month of March, it’s time to make a decision about where your child will be roasting marshmallows this summer. Summer camp can have an incredible impact on the growth of your child.

Whether you are new to the summer camp scene or you and your children are camp veterans, consider the following tips to help you make the most of the experience.

• Visit the camp before making a decision — Check its location and view the living, eating, and recreational facilities. Be sure to ask about safety procedures.

• Assess the quality and commitment of the staff — Find out the camp director’s background, as well as the criteria used for hiring staff. It is also important to know the ratio of staff to campers.

• Know the fees — What is the total cost of tuition? Is your deposit refundable? Are there extra charges for any activities? Are meals and transportation included? Is financial aid available?

• See a typical daily schedule — Note the camp hours, the variety of activities that are planned, and the age range of the campers.

• Get references — Ask parents of repeat campers about their children’s experience and why they recommend the camp.

Reference: Better Business Bureau

VANDERBILT CHILD AND FAMILY CENTER

Offers summer camp savvy

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Reference: Better Business Bureau

The Vanderbilt Child & Family Center will be hosting two summer camp fairs that will offer an opportunity for faculty and staff to ask questions and receive information from camp representatives.

February 16 from 11:30 a.m. – 2:30 p.m., Medical Center North round wing
February 21 from 11:30 a.m. – 2:30 p.m., One Hundred Oaks, 1st floor conference room

For a comprehensive database of day and overnight summer programs for children visit http://childandfamilycenter.vanderbilt.edu.
The Vanderbilt Child and Family Center offers a monthly series on a variety of topics relating to baby boomers, the elderly, and much more. All sessions are from noon – 12:45 p.m.

February 15, 2012
Long Term Care Ombudsman
A representative from the state of Tennessee will explain what a Long Term Care Ombudsman is and how they can advocate for solutions to problems for residents of long-term care facilities.

March 21, 2012
Opening Lines of Communication with Aging Parents
Cindy Hancock of Oasis In-Home Care will speak about how to first recognize when help is needed for a loved one, how to approach the subject, and ways these services can be paid for.

For a schedule of upcoming Boomers, Elders, and More presentations for 2012, visit http://childandfamilycenter.vanderbilt.edu/.

Work/Life Connections-EAP

The Counseling Corner

Q: Dear Counselor,
I think that I am afraid of change. Every year I make resolutions to exercise, change my eating habits, or make a new purchase without going into debt. I have the best of intentions, but can’t seem to make them “stick.” What’s going on with me?  Change-A-Phobe

A: Dear Change-A-Phobe,
You’re not alone. Change is hard for most of us. One important reason is that our habits are hard to break. When making resolutions this time, keep these tips in mind:

• Change is not an “Event”—it’s a “Process”:
Unfortunately, staying on track with our resolutions isn’t a one-time event. Change takes time. Keep the focus on making small, incremental changes. For example, if you want to increase your exercise time, plan ahead to exercise one night a week. Once that becomes routine, include another day on your schedule. Over time, your workouts will become a habit.

• Every change involves a trade-off:
For every change we make, there is a “cost,” either literally or mentally. For example, you may not wish to join that early-morning running group that starts at 6 a.m. You may decide that you’d rather sleep in a bit later and have that cup of coffee. Just recognize that there is always a trade-off, and there are always consequences for every choice.

• Know your triggers:
Instead of focusing on how you failed to make resolutions “stick” in the past, use this information to identify the “triggers,” and make different choices. For example, instead of focusing on how you failed to make resolutions “stick” in the past, use this information to identify the “triggers,” and make different choices. For example, instead of saving for that new kitchen appliance last year, you “couldn’t resist” those After-Christmas Sales and wound up having to pay your credit cards off instead. This time, be honest with yourself! Perhaps you need to remember NOT to read those tempting ads in the Sunday paper, or try opening a new checking account where you automatically deposit money each month until you reach your goal.

Work/Life Connections-EAP has a team of licensed professionals that can work with you to help you learn new skills that can help you make new habits stick. Feel free to contact us for a free, confidential appointment at 936-1327.

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

Lunchtime series focuses on aging loved ones

The Vanderbilt Child and Family Center offers a monthly series on a variety of topics relating to baby boomers, the elderly, and much more. All sessions are from noon – 12:45 p.m.

Six-week series on managing blood pressure

Health Plus, together with the Occupational Health Clinic and Work/Life Connections, provides this worksite blood pressure educational forum to all full-time, benefits-eligible Vanderbilt employees, spouses, and dependents. This program offers six one-hour classes every Wednesday from February 1, 2012 through March 7, 2012. The sessions cover ways to prevent or control hypertension through food choices, weight loss, physical activity, medication, and stress management. At each class, blood pressure checks are available.

These classes are provided at no cost to you. Please call Madeline Garr at 343-8777 or e-mail her at madeline.b.garr@vanderbilt.edu to register.

Occupational Health still has flu vaccine — get yours today!

Remember, the FLU ends with U!

Vaccine is still available at the Occupational Health Clinic, weekdays from 7:30 a.m. – 5:30 p.m., and at OHC Comes to You events on the OHC Website at http://occupationalhealth.vanderbilt.edu.

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Make the commitment to move more this year. The Start! physical activity program can help. Join other faculty and staff as we join together to move even more in 2012!

Walk or do another activity you enjoy. Track your activity in the Online Step Tracker. Meet the activity goals for the four quarterly challenges and win great prizes. Participate alone or with your co-workers. Receive a bi-weekly motivational e-mail to keep you on track. Register or learn more by visiting http://healthplus.vanderbilt.edu/ and clicking on the green Start! button.

Challenge 1 is now in process.
Passionate about wellness?
Become a Health Plus Wellness Commodore

Wellness Commodore Jeremiah Johnson, BS, MLS(ASCP)cm is a Medical Technologist II in the Department of Hematology. He promotes wellness in his department by posting flyers and talking informally to his colleagues on an individual basis about Health Plus. He often acts as a resource for others that have questions about Health Plus programs and services, too. “Most importantly however, I try to lead by example. I have Crohn’s disease which sets up unique challenges that I, as an individual, must deal with. As with any chronic disease, eating a healthy diet combined with appropriate exercise activity allows me to maintain a state of health that gives great quality of life. As such, I share healthy recipes, bring healthy dishes when the workgroup has a potluck, and when the right opportunity comes along, I have meaningful discussions about healthy ways of living,” explains Jeremiah.

Join over 130 other faculty and staff at Vanderbilt and act as a Wellness Commodore today! Visit http://healthplus.vanderbilt.edu/ to learn more.

I think I can

Positive self-talk may help you to deal with stress and keep yourself calm. You don’t have to talk out loud. You can self-talk in your head. The key is talking positively rather than negatively, which can increase stress. Practice positive self-talk every day — on your way to work, at your desk, before you go to bed, or whenever negative thoughts creep into your head.

• “This is impossible” becomes “I’ll do the best I can.”
• “Nothing is going right” becomes “I can handle things if I take one step at a time.”

Source: American Heart Association

Heart-healthy recipe tricks without sacrificing taste

What you eat can greatly affect your heart’s health. If your meals and snacks are regularly packed with saturated fats and sodium, your ticker might eventually take a time out. You don’t have to sacrifice flavor for your heart to feel good. Just tweak your recipes a bit.

How you prepare your recipes can also make a difference. Here are some healthful cooking techniques.

• **Bake meat or poultry** in covered cookware with a little liquid such as water, juice, cooking wine, or vinegar.
• **Poach chicken or fish** by submerging it in a simmering liquid.
• **Microwave and drain fat from meat or poultry** by placing the food between paper towels during cooking.
• **Grill, broil, or roast meat or poultry** by placing it on a rack so fat drippings fall from the meat or poultry. To keep the meat or poultry moist, baste with fat-free liquids such as cooking wine, tomato juice, or lemon juice.
• **Steam meat or vegetables** in a basket over simmering water.
• **Put ground meat and poultry** in a strainer lined with paper towels after browning, or rinse with warm water.

<table>
<thead>
<tr>
<th>Instead of:</th>
<th>Use:</th>
</tr>
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<tbody>
<tr>
<td>Salt</td>
<td>Herbs and spices</td>
</tr>
<tr>
<td>Whole milk (1 cup)</td>
<td>Fat-free milk (1 cup) plus 1 Tbsp. unsaturated oil (such as olive, safflower, or peanut oil)</td>
</tr>
<tr>
<td>Shortening (1 cup)</td>
<td>2 sticks polyunsaturated margarine (select margarines low in trans fat or trans-fat free)</td>
</tr>
<tr>
<td>Sour cream</td>
<td>Fat-free plain Greek yogurt</td>
</tr>
<tr>
<td>Egg (1)</td>
<td>1 egg white plus 2 tsp. unsaturated oil, or a cholesterol-free egg substitute</td>
</tr>
</tbody>
</table>

Heart and Wellness Connection
newsletter editor: Stacey K. Kendrick, MS, Coordinator of Health Promotion, Faculty and Staff Health and Wellness
Contact stacey.k.kendrick@vanderbilt.edu or 322-6689
**NUTRITION QUESTIONS?**

**Ask the Dietitian**

**Q:** How much protein is needed to build muscle?

**A:** According to sports dietitian, Nancy Clark, “Consuming extra protein does not build muscle.”

Exercises used to strength train such as weight lifting, push-ups, and other forms of resistance exercises are ultimately what builds lean muscle.

The best diet contains adequate, but not excess, protein which helps to build and repair muscle, grow hair, and fingernails, produce hormones, boost your immune system, and replace red blood cells. People who consume moderate portions of protein-rich foods get more than they need. Most adults need 5 ½ to 6 ½ ounces of protein a day. In general, 1 ounce of meat, poultry, or fish, ¼ cup cooked beans, 1 egg, 1 tablespoon of peanut butter, or ½ ounce of nuts or seeds can be considered as 1 ounce of protein.

Protein supplements are rarely needed in a nutritionally balanced diet, and even vegetarians are able to get adequate amounts of protein by eating a variety of plant proteins. The amount of recommended daily protein depends upon your age and health. Two to three servings of protein-rich foods will meet the needs of most adults. Below are the recommended serving sizes for protein:

- 2 – 3 oz. of cooked lean meat, poultry, or fish
- ½ cup of cooked dry beans
- 1 egg
- 2 Tbsp. peanut butter
- 1 oz. of cheese


Resources:

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**Eating-Well Recipe**

**Italian White Beans with Chicken**

- 1 Tbsp. olive or vegetable oil
- 1 Tbsp. chopped fresh or 1 tsp. dried basil leaves
- 1 clove garlic, finely chopped
- 2 cups cooked chicken or turkey (can use roasted chicken or grilled chicken in meat section of your grocery)
- ½ cup chopped, drained, oil-packed sun-dried tomatoes
- ¼ cup sliced ripe olives
- 2 cans (15 to 16 ounces each) great northern beans, rinsed and drained

Heat oil in 10-inch skillet over medium heat. Cook basil and garlic in oil 3 minutes, stirring frequently.

Stir in remaining ingredients. Cook, stirring frequently, until hot.

Preparation time: 10 minutes

Cook: 5 minutes

Serves 4. Per serving: 425 Calories (100 Calories from fat), Fat 11g (Saturated Fat 2g), Cholesterol 60 mg.

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**Leading by example**

(Continued from page 1)

Confess to our readers one of your guilty pleasures.

Anyone who knows me knows my guilty pleasure: Hostess twinkies! As a kid I had a three pack/day habit. As an adult I am showing some self-restraint, but I still love them!

**How do you balance the demanding work you do as a cardiologist with your role as a husband and father?**

Balancing work and home life is always a challenge. Working at Vanderbilt can be very time consuming! We try to have a family dinner as often as we can during the week. Taking time away from work and traveling with my family is another favorite pastime. It allows me to recharge so I can be effective when I return to work.

**Where did you go on your last vacation?**

Our last vacation was this past summer and we went to New York City and Maine. New York was active with Broadway shows, museums, out of the way restaurants, and a lot of walking in the city. Maine was more relaxed with hiking, sailing, and eating lobster.
NEW AND IMPROVED
Health Risk Assessment

On November 1, Health Plus launched a new and improved Health Risk Assessment to help you assess your personal lifestyle behaviors and how they are impacting major areas of your health. The report explains your current level of risk and outlines preventive steps to improve your health. Use the feedback in your report along with the resource links on each page and, if needed, get personal guidance from your health care provider in developing your individual wellness program.

Your comprehensive report includes:

- A one page overview on how you are doing in 9 major areas of health
- Detailed information on each of the 9 areas of health
- Priority health recommendations
- Links to additional resources
- A medical follow-up report to share with your primary care provider
- Next steps on how to get started making changes

You can access your Health Risk Assessment at [http://healthplus.vanderbilt.edu](http://healthplus.vanderbilt.edu). Complete it annually and learn to identify if your health profile has changed.

The Healthy Pulse
ON FACULTY AND STAFF AT VANDERBILT

Most Go for the Gold participants achieve the Gold Level!

<table>
<thead>
<tr>
<th>Year</th>
<th>Bronze (Health Risk Assessment only)</th>
<th>Silver (HRA + Wellness Actions Log)</th>
<th>Gold (HRA + WAL + Game Plan for Your Health)</th>
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<tr>
<td>2009</td>
<td>4,008</td>
<td>4,805</td>
<td>4,805</td>
</tr>
</tbody>
</table>

Ready to rev up your workout?
Not so fast. Don’t try to add too much too soon or you may sideline yourself.

When adding to your activity level, increase it no more than 10% per week. For instance, if you usually walk two miles daily and want to boost your fitness level, don’t try to double it in a week’s time. Gradually add more distance. Tack on another 0.2 miles. Slowly build up to more miles each week until you reach your new goal.

The same 10% rule goes for strength training.

Source: American Academy of Orthopaedic Surgeons
Reviewed by: Heather Skaar, PT
Director, Outpatient Rehab Services,
Vanderbilt Orthopaedic Institute

The award-winning Go for the Gold continues to be part of an individual commitment to wellness by the majority of Vanderbilt faculty and staff. Completing it each year will help you evaluate your current lifestyle, identify health risks, and decide where and how to make improvements. Use the personal recommendations you will get to set your own goals, based on what’s important to you.

A wellness credit of up to $240 per year is available to faculty and staff paying for Vanderbilt Health Plan benefits. However, participating in Go for the Gold is not just about the money! It is about taking a look at your own health risks, taking action to reduce those risks, and controlling out-of-pocket health care expenses.

Health Plus staff are available to help faculty and staff complete the Go for the Gold program and answer questions throughout the year. Help is available via e-mail at health.plus@vanderbilt.edu or by calling 343-8943.

Visit the Go for the Gold Website to read Frequently Asked Questions at [http://healthplus.vanderbilt.edu](http://healthplus.vanderbilt.edu).
Occupational Health TALK: BRACE YOURSELF FOR WINTER WALKING

Melanie Swift, MD, Medical Director for the Occupational Health Clinic, talks with Sumathi Misra, MD, MPH, Geriatric Consultant on the Unit for Acute Care for the Elderly at VUMC, and Assistant Professor in the Division of General Internal Medicine and Public Health.

Did you know that Occupational Health treats an average of 23 employees each month for injuries sustained in a fall? But during the winter months, that number often tops 40. Icy pavements, slippery sidewalks, and wet entryway floors are the culprit, resulting in sprained ankles, sore muscles, and even the occasional broken bone.

This year, don’t let winter weather bring you down (literally!) Here are some things you can do to keep your footing this winter:

• Wear non-slip footwear. Rubber soles with grooved tread are excellent as are new “slipover” devices which can be worn with your usual shoes (Yaktrax is one brand name).

• If you carried an umbrella, use umbrella sleeves when provided at entryways.

• Use absorbent mats inside entryways to help absorb water from wet shoes.

• Try exercise programs that improve balance, like Tai Chi, yoga, and core strengthening. Check out the offerings at Health Plus!

• Allow extra time in your commute, so you can walk more slowly.

• Wear gloves and keep your hands out of your pockets to help balance.

The elderly are at an increased risk of falls, warns Dr. Misra. According to Misra, falls are the leading cause of accidental death over the age of 65. More than 90% of hip fractures occur as a result of falls. Risk factors for falls in the elderly include medication use, cognitive impairment, and sensory deficits. “The good news, however, is that most falls are preventable,” Misra says. If there is an elderly person in your life, consider these additional tips to keep them safe:

• Be sure your home is well lit, and use night lights so that you can see things you might trip over.

• Remove throw rugs or fasten them to the floor with carpet tape.

• Don’t put electrical cords across pathways.

• Have grab bars put in your bathtub, shower, and toilet area.

• Have your eyes checked every year for vision changes.

• Let your doctor know if a medicine is making you feel dizzy.

• When you get up from bed during the night or in the morning, sit on the side of the bed for a minute or two before you stand up. This will give your blood pressure time to adjust, and you will feel less dizzy.

Putting your best foot forward

Finding the right athletic shoes for your activity and your feet can be easy. Here are seven shopping secrets to find the best shoes:

1. Try on shoes after a workout or run, or at the end of the day when your feet will be at their largest.

2. Wear the same type of socks you wear for that sport.

3. When wearing the shoes, you should be able to wiggle all of your toes.

4. The shoes should feel comfortable when you try them on. You don’t need a break-in period.

5. Walk or run a few steps in your shoes to be sure they are comfortable.

6. Your heel should not slip as you walk or run. It should be snug.

7. If you participate in a sport three or more times a week, you need sport-specific shoes.

Source: American Academy of Orthopaedic Surgeons
Reviewed by: Heather Skaar, PT Director, Outpatient Rehab Services, Vanderbilt Orthopaedic Institute
Babies and You is a prenatal education program sponsored by Health Plus that is offered to full-time faculty, staff, and their dependents. The program focuses on early prenatal care and the prevention of birth defects and low birth weight. Sign up for Babies and You within the first trimester of pregnancy, and your baby may be eligible to receive a $100 (taxable) savings bond when he or she is born. After the birth of your baby, you will qualify for one free home visit by a registered nurse. The service is available for Davidson and surrounding counties.

UPCOMING CLASSES FOR BABIES AND YOU:

February 17, noon to 1 p.m.
Basics of Infant Safety at Home and In the Car
Tara Huss, MD, Vanderbilt Pediatrics
Location: 415 Light Hall

March 17, noon to 1 p.m.
Facing the Challenges of Pregnancy
Michelle Collins, MSN, RNC, Certified Nurse Midwife, West End Women’s Health Center
Location: 415 Light Hall

For more information or to register online, visit http://healthplus.vanderbilt.edu/service/babies-and-you.