GARDENING: A cornucopia of health and wellness

Gardening offers a blend of positive health benefits that can combine stress reduction, time with family, and physical activity. While you may be digging and planting hoping for juicy ripe tomatoes or colorful sunflowers, you may also be able to cultivate some calmness and sense of accomplishment at the same time. There is no greater joy than seeing the plant shoots begin to poke through the ground and eventually the fruits of your labor unfold. A garden can be as big or small as you want. It’s amazing how much you can grow in a few square feet.

“Being in the sunshine is a great way to get vitamin D, but don’t forget to wear sunscreen to avoid the sun’s harmful rays,” adds Dr. Swift, MD, and OHC Director. Unprotected skin can be damaged by the sun’s ultraviolet (UV) rays in as little as 15 minutes. Even if it is cool and cloudy, you still need sunscreen. The hours between 10:00 a.m. and 4:00 p.m. are when the UV rays are the strongest. Plan to work in your garden prior to or after these times. Use sunscreen with broad spectrum (UVA and UVB) protection and sun protective factor 15 or higher.

If you have sufficient space, gardening is an activity that can involve friends and neighbors. “It is a great activity that can involve parents and children,” states Rhonda Laird, Manager Vanderbilt Child and Family Center. “Vegetable gardens let children taste the wonders of fresh food. Children are more likely to sample vegetables that they planted,” says Laird. Another way to share this hobby is to attend a farmers’ market with your kids and have them identify the various produce through a vegetable scavenger hunt.

Being in the outdoors with nature, offers a feast for the senses. “Focus on the smells of the blossoms, the sound of birds chirping, the rustling of the breeze, and the way the sun warms your skin. The ability to be fully aware of the moment and focus on the experience is a proven technique for reducing stress,” notes Ellen Trice, LCSW of Work/Life Connections - EAP.

(Continued on page 2)
Work/Life Connections-EAP

The Counseling Corner

Q: Dear Counselor,
My wife and I have decided to get a divorce. We have three children and have been avoiding talking to the kids because we don’t know what to say. There is a lot of tension in the home and the kid’s behaviors have changed. What can we do?

Stressed and worried

A: Dear Stressed and worried,
I am sorry for what you and your family are going through. Children are very astute at picking up tension and changes in the household. Many children act out their fears and stress behaviorally.

Here are some guidelines in talking to kids about divorce:

1. It is best for the parents to talk through what will be said before meeting with the children, if cooperation is possible.
2. Start by telling the children that when you married, you loved each other very much and expected to live life together forever.
3. Honestly tell the children, appropriate for their age, what has changed. For instance, “Mom and I have not been getting along and we are making each other unhappy.”
4. Share what steps you have taken to try to fix the situation. For example, “We have talked to our minister and have been seeing a counselor. Unfortunately our efforts to fix the situation have failed and we have decided to divorce.”
5. Be honest with your feelings which will give the children permission to feel their feelings.
6. Tell the children they are not responsible for the divorce.
7. Children need to be assured that both parents will always love them.
8. Ask the children what their understanding of divorce is. Children can have a lot of misinformation and this is a way to explore and correct misconceptions.
9. Share what divorce will mean for the family. Who lives where, when children will see each parent, etc. Encourage the children to discuss their schedules, friendships, and wishes.
10. Make a date to have a second conversation in the next few days to review what has been discussed.

If it would be helpful to discuss your specific situation with a counselor, don’t hesitate to contact Work/Life Connections-EAP at 936-1327. We have counselors that can support and help you through this difficult time.

Ellen Clark, LCSW, CEAP
Clinical Counselor Work/Life Connections-EAP

GARDENING: A cornucopia of health and wellness

(Continued from page 1)

Connections-EAP. “This activity can provide fun and satisfaction as you brighten up your room with a bouquet of flowers from your yard and serve up some tasty vegetables that come from your labor of love.”

Last but not least, the benefits of gardening include being physically active while seeing the results of your work. “Just 30 minutes of gardening is equal to almost 2 miles of walking,” says Brad Awalt, Health Plus assistant manager and exercise specialist. And don’t forget to log your gardening activity into your Start! Physical Activity online or mobile tracker found on the Health Plus homepage to get prizes for meeting quarterly challenge goals.

Where can you find another activity that is as rewarding as gardening? Not only can you eat the “fruits of your labor,” you can fit in physical activity and help reduce stress while enjoying being with others.

Taking the sting out of bug bites

For a bee, wasp, or hornet sting:

• Alert someone immediately in case you have an allergic reaction.
• Wash the area with soap and water.
• Remove the stinger by wiping gauze over the area or scraping the area with a fingernail. Never squeeze the stinger or use tweezers.
• Cover the area with ice to reduce swelling.
• Don’t scratch the sting. This may increase swelling, itching, and risk of infection. For itchiness, take an antihistamine or apply calamine lotion or a mixture of baking soda and water.

Source: Centers for Disease Control and Prevention
Know Your Numbers

Keep your weight and blood pressure in check with monthly Know Your Numbers events. Stop by at a location in June or July:

- Throughout June and July
  Health Plus, Kensington Garage
  All hours of operation, 5:00 a.m. – 9:00 p.m. Monday through Friday, 8:00 a.m. – 2:00 p.m. Saturday, Closed July 4

- Occupational Health Clinic, Suite 640
  9:00 a.m. – noon and 1:00 p.m. – 4:00 p.m., Monday through Friday Closed July 4

- 6/7/2013 and 6/21/2013
  11:00 a.m. – 1:00 p.m., One Hundred Oaks, Room 26119

- 6/19/2013
  6:00 p.m. – 10:00 p.m., Roaming Cart: Medical Center North (Floors 3, 5, 6, 7)

- 6/20/2013 and 6/27/2013
  3:00 p.m. – 6:00 p.m., Vanderbilt Farmers’ Market, Medical Center Plaza

- 6/21/2013
  9:00 a.m. – 10:00 a.m., Vanderbilt Medical Group, Oncology Clinic, 324 Cool Springs Blvd.

- 7/12/2013
  6:00 p.m. – 10:00 p.m., Roaming Cart: Vanderbilt University Hospital (Floors 2, 7N, 7S, 5N, 5S)

Please remember to bring your Vanderbilt ID card to all Health Plus events.

Salute to Vanderbilt employees on active duty

At all times, and especially during the Fourth of July, Vanderbilt employees deployed to active duty are appreciated. Stationed at Fort Hood in San Antonio, Texas, Col. Mark Young, Nurse Practitioner and assistant manager of the Occupational Health Clinic is currently on active duty for the second time in two years with the U.S. Army. Most recently the Army issued Employer Support for the Guard and Reserve Patriotic Employee Awards to Melanie Swift, MD, Director, and Pat Kinman, Nurse Practitioner and assistant manager of the Occupational Health Clinic for their support of Col. Young. We salute Mark and all other past and present service employees for their duty to our country.

OHC excels in patient satisfaction

At the Occupational Health Clinic (OHC), having satisfied customers is important. OHC’s focus on excellent service has resulted in patient satisfaction scores that are among the best in the nation. Professional Research Consultants, the firm conducting patient satisfaction surveys for Vanderbilt, has recognized four OHC providers for excellence: Melanie Swift, MD, and Elaine Dauwalder, NP, received the 5 Star Award for exceeding the 90th percentile, and Lori Rolando, MD, and Candance Alexander, NP, received the Top Performer Award for hitting the 100th percentile.

Involvement in Green Dot work and more recognized

Margie Gale, MSN, RN Employee Assistance Program Nurse Wellness Specialist has been awarded the Rebecca Clark Culpepper Education and Mentorship Award. This award is given jointly by the Vanderbilt School of Nursing and Vanderbilt Medical Center Nursing. Margie helped develop an evidence-based curriculum for violence prevention, incorporating the Green Dot prevention theories of Dorothy Edwards, PhD and provided 20 workshops to over 400 participants.
SPOTLIGHT ON
Vanderbilt Home Care Services

Early on April 3, 2013, while most of us were arriving at work, the Vanderbilt Home Care Services (VHCS) staff were already celebrating National Walking Day. Since most leave their department early and head off to care for patients far and near, this group decided to fit their walk in early to support the importance of staying active. The team of walkers included office staff, home health nurses, and therapists.

“As you can see from the picture, it was a little cool that morning, but it did not dampen spirits or smiles from those participating,” said Julia Triplett, VHCS Director of Staff Development and Wellness Commodore. After taking a few minutes to care for their own health, energized staff took their smiles to homes where they care for patients.

Thank you to this important team of mobile health care providers at VUMC!

If you would like to volunteer as a Wellness Commodore in your department and support your co-workers in healthy activities, contact Marilyn Holmes at Health Plus at marilyn.c.holmes@vanderbilt.edu or 615 343-2638.

Nashville on the cheap

With one month left of the summer break, how many times have you heard your kids say: “I’m Bored”? Vanderbilt Child and Family Center has put together a list of 10 Free to Cheap Activities in the Nashville area to keep your children busy until school starts.

1. **Browse Nashville Parks and Recreation Website** to get information on ice skating at Centennial Sportsplex, the 108 Parks and 19 greenways, the nature centers and natural areas, and outdoor recreation they have to offer.

2. **Bring the family to Zoovie Nights** at the Nashville Zoo to participate in games, inflatables, and music. When the sun goes down the evening’s feature film will play on a large inflatable screen.

3. **Gather the youngsters and enjoy story time** at the Nashville Public Library. They can also enjoy the weekly puppet show performances.

4. **Visit the Frist Center for the Visual Arts** to help your child discover their artistic skills.

5. **Take a trip to a farmers’ market.**

6. **Tour the Tennessee Sports Hall of Fame**, a Museum to view the preservation of Tennessee’s sports heritage.

7. **Enjoy a kid’s clinic at Home Depot or Lowe’s.** They have fun, hands-on workshops held one Saturday a month.

8. **Schedule a time to walk through Lane Motor Museum** where they feature 150 unique cars and motorcycles. Lane Motor Museum has an indoor play area with toys, coloring, and plenty of space to let little imaginations grow!

9. **Participate in the backpack adventure at Cheekwood.** Pick up a backpack when you visit, and inside you will find interactive and fun activities to use as you explore Cheekwood’s nature neighborhood!

10. **Spend a nice day at Centennial Park and feed the ducks.**

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Health and Wellness Connection
Newsletter Editor: Marilyn Holmes, MS, RD, LDN, Manager Health Plus, Faculty/Staff Health & Wellness
Contact marilyn.c.holmes@vanderbilt.edu or 343-2638.

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Health and Wellness Director: Mary Yarbrough, MD, MPH
Department Managers:
Lori Rolando, MD, MPH, and Marilyn Holmes, MS, RD, LDN, Health Plus;
Jim Kendall, LCSW, ACSW, CEAP, Work/Life Connections-EAP;
Melanie Swift, MD, FACOEM, The Occupational Health Clinic;
Diane Neighbors, EdD, Child and Family Center;
Paula McGown, MSN, MAcc, CPA, Health & Wellness Administration.
**NUTRITION QUESTIONS?**

**Ask the Dietitian**

**Q:** Can you tell me where I can find healthy foods when at work?

**A:** Great question. Since more and more faculty/staff are requesting healthier foods, Health Plus has created a Healthy Bites webpage.

**At the Healthy Bites webpage you will find:**

**Healthy Eating**
Tips and information on how to put a meal together are located in this section, as well as information on portion control and where to find healthy food options.

**Healthy Catering**
Whether you are buying for yourself, your office, or a conference and looking for healthy meals, you will find this section quick and easy to use! Pre-approved vendors include places that are popular with Vanderbilt faculty and staff; Jason’s Deli, Au Bon Pain, Panera, Zoe’s Kitchen, and many more! When ordering for Vanderbilt functions, all restaurants are approved for use with the Vanderbilt credit card.

**Healthy Vending**
Move over candy bars, sugary sodas, and greasy potato chips. Here you will find suggestions for healthier vending selections. Did you know there are two refrigerated healthier option vending machines — one in Medical Center North’s 2nd floor snack bar and one in the Emergency Department at Monroe Carell Jr. Children’s Hospital at Vanderbilt? These machines contain items such as air popped chips, veggie crisps, protein bars, veggie sticks with dip, and more. Healthy vending choices are also available at Health Plus.

**Finding the Healthy Bites webpage**
1. Go to the Health Plus website: http://healthandwellness.vanderbilt.edu/healthplus/
2. Enter “Healthy Bites” into the SEARCH bar
3. Click on the Healthy Bites with the star beside it

Check out this new webpage today and support Vanderbilt’s culture of wellness by making the “healthy choice the preferred choice.”

Source: http://healthandwellness.vanderbilt.edu/news/2013/03/eat-right-with-healthy-bites/

Written by: Mairead Callahan and Ligia Lopes, Dietetic Interns, 2012 – 2013
The Dietetic Internship Program at Vanderbilt
Reviewed by: Dianne Killebrew, MEd, RD, LDN, Education Coordinator, The Dietetic Internship Program at Vanderbilt

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**Leading by example**

*Dan Beauchamp*  
(Continued from page 1)

**What amazes you most about how our patients handle their illnesses?**
I am constantly amazed at how resilient most people are and how well they partner with their physicians to resolve their health problems. Of course, there are some challenging exceptions.

**What is your favorite way to de-stress?**
Walking, tennis, and reading.

**What is your favorite healthy meal?**
My favorite is grilled swordfish with grilled fresh asparagus, onions, and red bell peppers.

**Is there a summertime food that you enjoy the most when in season?**
Heirloom tomatoes.

**What are some ways you stay physically active?**
Some are walking, hiking, tennis, and resistance training. I actually have a treadmill desk in my office and use it regularly to walk while working on the computer, as in right now answering this email.

**Eating-Well Recipe**

*Easy Healthy Chicken Salad!*

A light refreshing recipe, perfect for a sunny summer day!

- 1 12-ounce can chicken in water
- 1 cup chopped celery
- 1 cup sliced grapes
- ¼ cup chopped pecans
- 1 cup plain nonfat Greek yogurt
- celery sticks or lettuce

Mix the drained chicken with the Greek yogurt.

Add in the grapes, celery, and pecans.

Enjoy on celery sticks or in a lettuce wrap!

**6 servings.** Per serving (¼ cup) 130 Calories, Total fat 4.6 g, Saturated fat 0.4 g, Carbohydrates 5.3 g, Protein 17.5 g, Fiber 1 g, Sodium 299 mg

Recipe created by Mairead Callahan, Dietetic Intern, 2012 – 13  
The Dietetic Internship Program at Vanderbilt
Vanderbilt doctor urges caution with Fourth of July fireworks

The Fourth of July is a day of picnics, parades, and celebrations, and nothing quite says Independence Day like fireworks. “Fireworks are explosives and need to be treated as such,” said Corey Slovis, MD, professor and chair of the Department of Emergency Medicine.

Many assume sparklers are a safer alternative for Fourth of July fun, but Slovis says even they burn at approximately 2,000 degrees Fahrenheit, which is hot enough to cause third-degree burns. Leave firework displays to the professionals.

If you are handling them, here are some safety tips:
• Read and follow all warnings and label instructions
• Never allow children to play with or light fireworks
• Wear eye protection and never have any part of the body over the fireworks
• Use fireworks outdoors only
• Be sure other people are out of range before lighting fireworks
• Have water handy (a garden hose and a bucket)
• Light fireworks on a smooth, flat surface away from the house
• Keep away from dry leaves and other flammable materials
• Light only one firework at a time
• Never throw or point fireworks at other people or animals
• Never shoot fireworks in metal or glass containers
• Never re-light a dud firework; douse and soak them with water and throw them away
• Dispose of all fireworks by soaking them in water and then putting them in the trash can

Boomers, Elders, and More Lunchtime Series

June 19, 2013
Location: Light Hall, Room 433
Noon to 1:00 p.m.

Senior Housing Checklist
A social worker from the FiftyForward Care Team will discuss what to look for when visiting senior housing options. She will provide some questions you can ask to help you find out as much as you can about the senior residences you visit, and to make an informed choice.

July 17, 2013
Location: TBD
Noon to 1:00 p.m.

What to Expect in the Middle Stages of Dementia
In the middle stage of dementia, those who were care partners now become hands-on caregivers. Come hear Tiffany Cloud-Mann of the Alzheimer’s Association discuss the symptoms of the middle stage, communication techniques, behavior changes, relationship changes, and personal care. She will provide you with helpful strategies to provide safe, effective, and comfortable care.

Vanderbilt Farmers’ Market celebrates fifth year

Vanderbilt Farmers’ Market will kick-off its fifth season in June! Increase your fruit and veggie consumption this summer by visiting the weekly farmers’ market from June 6 – October 24. The market will again be conveniently located at the Medical Center Plaza every Thursday from 3:00 p.m. – 6:00 p.m. The market will provide a variety of local fruit, vegetables, goat cheese, all natural dairy products, grass-fed meat, specialized food artisans, healthy baked goods, and beautiful flowers. Cash accepted at all vendors; credit cards and debit cards accepted at some vendors.

We can’t wait to see you each week to support eating fresh, local goods! View fresh and local to your area: http://www.picktnproducts.org/ and http://www.localtable.net/. The Vanderbilt Farmers’ Market is a collaboration between Health Plus, Monroe Carell Jr. Children’s Hospital at Vanderbilt, and the Nashville Farmers’ Market.
Did you know that food poisoning is a greater risk for the home kitchen than restaurant kitchens? Food poisoning causes nausea, vomiting, diarrhea, abdominal cramps, and fever. Usually these symptoms resolve within a day or two, but for vulnerable family members such as the very young and very old, dehydration from food poisoning is a serious health risk.

The good news is that food poisoning can usually be prevented by safe handling of food. Protect your family from food poisoning by following these tips from www.foodsafety.gov:

**Clean**
- Wash hands the right way— for 20 seconds with soap and running water
- Wash surfaces and utensils after each use
- Wash fruits and veggies—but not meat, poultry, or eggs

**Separate**
- Use separate cutting boards and plates for produce and for meat, poultry, seafood, and eggs
- Keep meat, poultry, seafood, and eggs separate from all other foods in the fridge

**Cook**
- Use a food thermometer
- Keep food hot after cooking (at 140°F or above)
- Microwave food thoroughly (to 165°F)

**Chill**
- Refrigerate perishable foods within two hours
- Never thaw or marinate foods on the counter
- Know when to throw food out — check www.foodsafety.gov for storage times

Summer is a wonderful time to gather with loved ones to share food, activities, and laughter. Just be mindful of kitchen safety as you prepare. Remember, ants aren’t the worst thing that can happen to your picnic!
Health Plus Group Fitness News to Know...

- **Health Plus is excited to add Krav Fit to its group fitness line up.** This class is a boot camp on steroids, which teaches basic fitness routines from boxing, kickboxing, and grappling. It is a “go at your own pace” cardio class using versions of the Aregis Taekwondo Center’s Krav Maga training. Krav Fit is enjoyed by both men and women and it is appropriate for the conditioning of the beginner to the seasoned trainer. Participants will grasp an awareness of a mental and physical power that carries over into everyday life. Krav Fit skills are easy to learn and remember. For those participating, the results can be optimal fitness. Krav Fit class is Wednesday from 12:30 p.m. to 1:30 p.m. at Health Plus in Studio 1.

For details, call Group Fitness Coordinator Lori Cowan at 343-8943, or contact her at lori.l.cowan@vanderbilt.edu.

The Life Phase Series

The Health Plus Life Phase Series is a monthly lunch and learn that provides faculty and staff with a variety of interesting topics that help support life outside of work. The class is offered the third Thursday of each month from noon to 1:00 p.m. Feel free to bring your lunch.

**June 20, 2013**
**Financing Your First Home, Part 1**
Buying your first home can be stressful, but exciting as well. Hart Weatherford, of Farmington Financial Group, will explain the loan jargon, pre-qualifying for loans, and how to improve your credit score. This is an invaluable presentation for first-time home buyers looking to ease their concerns! Presentation location will be in Light Hall, Room 419 B-D.

**July 18, 2013**
**Buying Your First Home, Part 2**
Sam Coleman, a Nashville area realtor with Fridrich & Clark Realty, will help answer your questions about buying a home. He will discuss the home-buying process, including contracts, inspections, and appraisals; help you determine your home needs, and how to successfully close on your home. Presentation location will be in Light Hall. Room number to be announced.