Kindness counts

“Constant kindness can accomplish much. As the sun makes ice melt, kindness causes misunderstanding, mistrust, and hostility to evaporate.”

— Albert Schweitzer

Kindness is the cornerstone of a respectful, cooperative, and productive work environment. Kindness can be a powerful tool that generates positive energy. You can make a difference by expressing appreciation to a colleague, taking the time to help when asked, or noticing a job well done.

But you can also be kind to yourself by taking part in Count On Your Heart events around campus in observance of American Heart Month. You will have an opportunity to learn more about heart disease and how you can reduce your risk. Get your blood pressure checked at Know Your Numbers events, have a conversation with a cardiologist at the Love Your Heart Expo, and join us for Wear Red Day on February 7 to hear Dr. Mark Glazer, Vanderbilt Heart and Vascular Institute Cardiologist, speak about the new guidelines on heart disease prevention. See inside for more details.

(Continued on page 2)
Ways to show children they are loved

• Tell them “I love you.”
• Listen to your child when she or he talks to you and look her/him in the eye.
• Give your child hugs regularly.
• Spend undivided time with your child.
• Tell your child “No” when it is the appropriate response. Limits are good for children and children crave that kind of structure.

When asked “How do you know your mommy or daddy loves you?” here is what some pre-kindergartners at the Vanderbilt Child and Family Center had to say:

They let me go on a cruise.
– Kevin

They are funny and they kiss me. I love them.
– Alex

They always tell me that at night.
– Zachary

She showed me how to draw hearts.
– Ingrid

They hug me. They tell me when it’s time to wake up.
– Elliott

We play games with them and we watch TV. We go to the lake and take walks. We love each other.
– Ellie

They talk to me and he hugs me.
– Madeline

They put me in bed. They hug me and I hug them.
– Keegan

Leading by example Linda Norman
(Continued from page 1)

Tell us how you like to relax and recharge.
I find it soothing to be around water. I start every day in my sunroom with a cup of coffee and the newspaper while looking out at the lake near my home. I also like to end my day here, spending time with my husband talking about our day.

10 acts of kindness

1. Make a new friend today
2. Write a letter to someone who made a difference in your life
3. Encourage someone
4. Give someone a hug
5. Smile at others
6. Ask if you can help
7. Prepare and share a healthy meal
8. Share your umbrella
9. Buy coffee for the person waiting behind you at the coffee shop
10. Be kind to yourself

A 2006 study by Keiko Otake showed that happy people became more kind and grateful through counting kindness. How many acts of kindness can you count this week?

Share your highlights with us by emailing health.wellness@vanderbilt.edu.

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A kiss is still a kiss

Melanie Swift, MD, FACOEM, Director Occupational Health

Valentine’s Day is coming soon, and a lot of kisses get exchanged on February 14. According to the song, “If you want to know if he loves you so, it’s in his kiss.” But did you know a kiss can also affect your health? Here’s what to know before you pucker up!

Though it's certainly no replacement for brushing and flossing your teeth, kissing can break down oral plaque and prevent cavities by stimulating the creation of saliva, which helps wash bacteria away from the tooth's surface. Julie Rezk, DMD, Vanderbilt Assistant Professor of Dentistry says “Kissing can boost your immunity, burn calories, and help keep facial muscles strong. So, why not add a few more kisses to each day to help keep you relaxed and keep those cavities away?”

Practiced regularly, kissing may even add a few years to your life. A German study found that men who kiss their wives every morning had fewer car accidents on the way to work and lived five years longer than hubbies who didn’t.

Nobody to kiss? No problem. Express your affection in nonromantic ways to friends, parents, and other loved ones. That’s actually good for your health, too. Just writing an affectionate letter to a loved one has been shown to lower stress hormones.

Finally, remember that kisses don’t just spread the love, they spread diseases, too. One smooch can carry over 200 different germs, and while most are not harmful, some are. In addition to mononucleosis, known as the “kissing disease,” kisses transmit colds, flu, strep throat, and cold sores. So get a flu shot for some extra protection, and if your sweetie is sick, settle for a hug!
According to the CDC, Heart Disease is the leading cause of death for men and women. Wellness Commodore Carol shares her story of how she took action to reduce her risk.

Carol has been successful in losing weight — to date, she has lost 60 pounds! In May 2012, when her Uncle died from heart failure, something snapped for Carol. She realized “Now is the time!” and she committed to making healthy lifestyle choices.

She monitors what she eats and enjoys running. The key approaches that worked for her were finding her motivation; realizing it’s not about dieting, it’s about a healthy lifestyle and finding exercises that she loved.

Health Plus offers a variety of programs, including personal coaching, to help you improve or maintain your health. For more information contact Health Plus at 615.343.8943.

If you are interested in becoming a Wellness Commodore, contact Laura Osterman at laura.osterman@vanderbilt.edu or call 615.322.6689.

Eating-Well Recipe

Crunchy Baked Chicken with Sweet Potato Fries

**Crunchy Baked Chicken:**
- 1 package boneless chicken tenderloins
- 1 cup Italian bread crumbs
- Olive oil cooking spray
- 1 cup skim milk

**Sweet Potato Fries:**
- 4 sweet potatoes, with the skin left on
- 1/4 cup olive oil
- Sea salt and pepper

For more Heart Healthy recipes, visit: www.vanderbilthealth.com/heart/33946.

What makes a heart healthy recipe?

- **Boost flavor without unhealthy fat and salt** — Look for recipes that use herbs and spices for flavor instead of salt, butter, lard, or unhealthy fat.
- **Choose a healthy cooking method** — Broil, bake, roast, steam, or grill foods instead of frying foods in oil, lard, or butter.
- **Choose the right fats** — in moderation! Choose lean protein foods and low-fat dairy products.
During National Heart Month in February and National Nutrition Month in March, Health Plus encourages you to lower your risk for heart disease by controlling what you can.

- Keep your weight and blood pressure in check with **Know Your Numbers**.
- **Wear Red Day** is Friday, February 7. Join Health Plus and Vanderbilt Heart and Vascular Institute Cardiologist Mark Glazer, MD, for an informative heart health discussion on the new guidelines for heart disease prevention and what they mean to you. Wear red to this event and get a heart-healthy lunch and gift. (*Noon to 1:00 p.m., Light Hall, Room 208.*)
- Visit the **Love Your Heart Expo** February 19, from 10:30 a.m. to 1:00 p.m. in Light Hall, North Lobby. Health Plus will offer Know Your Numbers and Vanderbilt Heart and Vascular Institute will offer cholesterol and glucose screening (*while supplies last*) and an opportunity for one-on-one counseling from a Vanderbilt Cardiologist and Registered Dietitian.
- **March Make a Small Change Challenge.** Choose one small change to make each week and you can receive a Health Plus PDF cookbook.
- Visit [http://healthplus.vanderbilt.edu](http://healthplus.vanderbilt.edu) for details.

### Know Your Numbers

Measurements for blood pressure, height, weight, and body mass index will be offered throughout February.

- **February 3** 11:00 a.m. – 1:00 p.m. 
  One Hundred Oaks, 26119
- **February 6** 11:00 a.m. – 1:00 p.m.  
  Green Hills Office, 31148
- **February 12** 11:00 a.m. – 1:00 p.m.  
  Law School, Ray Room 151
- **February 14** 11:00 a.m. – 1:00 p.m.  
  Peabody Commons, Fireside Lounge
- **February 19** 10:30 a.m. – 1:00 p.m.  
  Love Your Heart Expo, Light Hall North Lobby
- **February 21** 11:00 a.m. – 1:00 p.m.  
  Crystal Terrace, Suite 200
- **February 27** 7:00 a.m. – 10:00 a.m.  
  MCJCHV, Room 2104
- **Throughout February**  
  7:30 a.m. – 5:30 p.m., 
  Monday through Friday 
  Health Plus offices, Room 127 
  Vanderbilt Recreation and Wellness Center 
  2700 Children’s Way
- **Throughout February**  
  9:00 a.m. – noon; 1:00 p.m. – 4:00 p.m.  
  Monday through Friday 
  The Occupational Health Clinic 
  640 Medical Arts Building

Bring your Vanderbilt ID to all events.
Q: Dear Counselor,
I’m concerned for my 15-year-old daughter. I’ve noticed that she is not eating much, if at all, at meal times. She is very focused on her weight and her appearance, and she has lost a lot of weight since this summer. I’ve also noticed candy bar wrappers under her bed, and I found a bottle of diet pills in the guest room trash can. My husband says it’s just a phase, but I’m afraid it is more than that. I told her my concerns and that we were taking her to counseling, but she denied that there’s a problem. What should I do?

Worried

A: Dear Worried,
It is important that you are communicating your concerns with your daughter and reaching out to find help. It sounds like she is engaging in disordered eating behaviors. The longer she stays in this pattern of behavior, the more difficult it will be to remedy. You are right to seek counseling for her.

Eating disorders are not just a phase or about wanting to be thin. They tend to be more about control and needing some way to manage overwhelming emotions. Eating disorders can also stem from psychological triggers. Triggers may emerge following a traumatic experience or loss; from emotional, verbal, or physical attacks or abuse; or after major family life transitions. Preoccupation with weight also may stem from anxiety about weight gain or from various media that emphasize the “perfect body size.”

Although she may not recognize it, she is very fortunate that you care so much and want to make sure she gets help. Disordered eating is hard to fight without professional support, and it has serious consequences. When the body is denied essential nutrients it needs to function normally, it is forced to slow down all of its processes to conserve energy. Long-term disordered eating can result in permanent physical damage.

Your daughter needs a comprehensive assessment with a medical professional. Vanderbilt employees, spouses, and same-sex domestic partners who have concerns about their own eating behavior or behaviors of loved ones can contact Work/Life Connections – EAP at 936.1327 for support, guidance, and referrals to local programs and specialists that provide eating disorder treatment.

For more information, resources, and support, you can visit http://vanderbi.lt/o3qf6

Chad Buck, PhD, EAP Counselor
Work/Life Connections – EAP
Does your exercise program make the grade?

For your exercise program to promote overall physical health, make sure it includes three components:

- **Aerobic exercise** helps your cardiovascular system and weight management efforts. Examples include walking, jogging, bicycling, swimming, jumping rope, and dancing. Shoot for at least 30 minutes, three to five days per week.

- **Muscular conditioning** may improve strength and posture, reduce the risk of lower-back injury, and help with weight management. Use free weights, machines, or even your own body weight. Aim to do strength training 2–3 days per week.

- **Flexibility** exercise (stretching) helps to maintain your range of motion and reduce the risk of joint injury and muscle soreness. Hold each stretch for 15 to 30 seconds.

Reviewed By: Brad Awalt, MS, ACSM, Health Plus Manager

Occupational Health makes compliance easy!

Performance evaluations are around the corner — are you ready? Occupational Health can help.

Individuals can log into their Health and Wellness Information Portal to see what they need, then visit one of our convenient Compliance Hotspots near you for quick and convenient shots and TB skin tests. You don’t have to come to us — let us come to you! Get your entire group to participate and your department could make the Compliance Honor Roll! For complete Compliance Hotspot details, visit [http://occupationalhealth.vanderbilt.edu](http://occupationalhealth.vanderbilt.edu).

Exposed? We’ve got you covered!!!!

If you have been involved in a blood/body fluid or respiratory exposure and are unsure of what your next step should be… call the Exposure Advisor at 5-STIK (875.7845).

This information line is offered by Occupational Health, to help guide anyone who has been exposed, or is treating someone that has been exposed, to blood/body fluids, tuberculosis, meningitis, or pertussis. This tool is available 24 hours a day/7 days a week.

An on-call clinician is also available 24/7 at 936.0955.

How to let things go

When you experience deep hurt that you just can’t seem to shake, you may need to forgive yourself and/or someone else to move past the negative feelings. Here is an exercise to try:

- **Write a letter to yourself** or another person you need to forgive. Get your thoughts and feelings down on paper.

- **After reading the letter**, shred or tear it up. This “release” may help you to let go of your thoughts and feelings, and to forgive yourself or the other person.

- **Speak forgiveness**. Tell yourself or another person that you truly have forgiven yourself or the one who wronged you. This may help to seal the forgiveness.
upcoming events

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 FOR BABIES AND YOU:

February 20, noon to 1:00 p.m.
Breastfeeding: A Positive Choice
Carol Huber, RN, BS, IBCLC
Lactation Consultant
419 Light Hall

March 20, noon to 1:00 p.m.
Facing the Challenges of Pregnancy
Michelle (Shelli) Collins, PhD, Certified Nurse Midwife
8380A Medical Center East
For more information or to register online, visit healthplus.vanderbilt.edu.

Group Fitness News to Know...

We are excited to welcome everyone to over 80 classes at the Vanderbilt Recreation and Wellness Center (VRWC). Some positive changes are the larger group fitness rooms, more rooms for classes, more classes offered at one time, and new equipment. Remember, you need to be a VRWC member to attend the group fitness classes.

Check out the full schedule including more classes on Saturday and Sunday! vanderbilt.edu/studentrec/classes/.

Come try any class that fits into your schedule and feel free to provide feedback.

Contact Lori Cowan, Group Fitness Coordinator, at lori.l.cowan@vanderbilt.edu or 343.6576.

The Life Phase Series

The Vanderbilt Recreation and Wellness Center 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.

February 20
Vanderbilt Recreation and Wellness Center Youth Programs
Todd Suttles, Assistant Director
12:00 p.m., Vanderbilt Recreation and Wellness Center, Room 6A and B, East.

March 20
Gardening 101
Bill Randles and Laura Barker, Vanderbilt Plant Operations, Grounds Maintenance
12:00 p.m., Vanderbilt Recreation and Wellness Center, Room 6A and B, East.