You have developed a training program for applying leadership lessons. Can these lessons be used by individuals for managing their personal health and well-being? Leaders are really servants to others, but occasionally they must serve themselves. I chose to serve personal needs by losing more than 15 pounds in the past few months. I needed to do this, plus I needed to be a role model as Executive Medical Director of the Vanderbilt Employee Health Plan. Leaders also get things done — so it got done!

How do you maintain balance for a healthy life with a busy schedule? Most people are really “juggling” today and should not feel guilty that balance eludes them as an aspiration. So I practice being a more proficient “juggler”. Sheila, my wife, creates great meals that feature vegetables, manufactures brief times away for us to relax, and indulges my weekend nap.

What is your favorite way of spending your free time? A relaxed walk or drive in a natural setting. I also love my work/vocation at Vanderbilt so that being here is fun as well!

How does Vanderbilt help you maintain a healthy lifestyle? Vanderbilt provides a wealth of options for employees, from select cafeteria meals to walking trails on campus. The Go for The Gold program is outstanding — and a decade of data trends support successful results for our wonderful employees. I personally also really appreciate the athletic facilities at the VOI that help me slow my rate of biological deterioration.
The Healthy Pulse
ON FACULTY AND STAFF AT VANDERBILT

Vanderbilt’s smoking percentage is lower than the nation and Tennessee

Need Help to Quit Tobacco? You can do it, we can help!
Health & Wellness offers tobacco cessation resources including self-help, medical needs assessment, and support. To learn more visit http://vanderbilt.edu/syzni.

Mark your calendar — May 21
Join in Vanderbilt’s National Employee Health and Fitness Day

- Enjoy all day free passes to Vanderbilt Recreation and Wellness Center (VRWC) and Vanderbilt Dayani Center (with Vanderbilt employee ID).
- Visit Health Plus Know Your Numbers throughout the week.
- Other activities to include: Breakfast on the Go, Vandy Cooks, healthy samples at Courtyard Café and Children’s Hospital Food Court, Zumba on the Lawn, Walking Wednesdays, Group Fitness Master Class, 3 Mile Fun Run.

For more information visit: www.vanderbilt.edu/recreationandwellnesscenter/.

UPCOMING CLASSES — BABIES AND YOU:

April 17, noon to 1:00 p.m.
Basics of Infant Safety at Home and In the Car
Tara Huss, MD, University Pediatrics
Location: 419 Light Hall

May 15, noon to 1:00 p.m.
Postpartum Care
Carol Huber, RN, BS, IBCLC
Lactation Consultant, NICU
Location: 419 Light Hall

For more information or to register online, visit healthplus.vanderbilt.edu.
Taking care of your allergies…

Karen Gordon, MS, BSN, Nurse Practitioner, Occupational Health Clinic

Are you tired of sneezing, watery eyes, night time coughing, blowing your nose, and going through tissues? Don’t let your seasonal allergies get you down or keep you inside all of the time.

Throughout the year there are a variety of environmental factors which could make us sick. Pollen is the microscopic powdery granules of flowering plants which causes the allergic response. Trees are at their peak mid-February to mid-April. Grass is at its highest April to June, and weeds are highest mid-August to late October. Cynthia Wasden APRN-BC with the Vanderbilt Asthma, Sinus, and Allergy Program recommends these basic avoidance measures to reduce allergy symptoms:

• Use a sinus rinse daily, especially during high pollen seasons. Remember to follow the instructions on the box.
• If you have central or room air conditioning, use it as much as possible and keep the filters clean. Changing the filters monthly is recommended.
• When riding in your car, keep the windows up and set the air conditioning for “recycle”.
• If you are outdoors for an extended amount of time, make sure to shower as soon as possible after returning inside.
• Wear a face mask if you must mow the lawn or work outside.

Try these measures so you can enjoy your spring! Another simple option is to try a non-sedating antihistamine such as loratadine, cetirizine, or fexofenadine daily. If you find yourself still suffering from allergy symptoms, please make an appointment with your PCP to discuss your specific treatment plan.

“Gesundheit!” which means “Good health to you”!

The Vanderbilt Faculty/Staff Express Care Clinic has a new “call ahead” option!
The walk-in convenience of the Faculty/Staff Express Care clinic just got even better. Now in addition to walking in to be seen, employees have the option to call 936-0955 before noon to reserve a same-day time slot. Any of these appointments that are not booked by noon will be added to the available times for patients who walk in to the clinic. So whether you call ahead or just walk in, we are here to help.

To learn more visit: vanderbi.lt/expresscare

The Occupational Health Compliance Honor Roll shows departments with outstanding compliance rates with medical center immunization and TB policies. It lists departments that have achieved high rates of overall immunization and screening compliance. Inclusion criteria varies by size, and is separated into three divisions.

The three divisions include:

• Bonsai Division for departments consisting of up to 20 employees
• Dogwood Division for departments of 21-50 employees
• Sequoia Division for departments of over 50 employees

Check to see if your area made the list! http://occupationalhealth.vanderbilt.edu.
Get your vitamin D from the sun.
Did you know that vitamin D, also known as the sunshine vitamin, can help with depression and insomnia? Just 15 – 20 minutes in the sun daily is all it takes to get your dose.

Be Mindful
Listen to the Birds
Feel the Breeze
Enjoy the Warmth of the Sun

Grow This!
Local Crops for Tennessee
- Beans
- Cantaloupe
- Cucumber
- Hot Pepper
- Tomato

30 minutes of gardening equals almost 2 miles of walking

use the start! activity tracker to log activity!

Garden For A Healthy Life
Gardening is something the whole family can enjoy!

Gardening Tips
Choose a garden spot that has full sun, if possible. Vegetables need a minimum of 6 hours of sunlight per day.

Soil preparation should be done when soil is dry enough to crumble in your hands. It should not be cultivated when it is too wet.

Plant taller vegetables on the north and east side of the garden to reduce shading of shorter-growing plants.

Contributed By:
Bill Randles
Vanderbilt Plant Operations - Grounds Maintenance
Grow With Us

Health & Wellness partnerships for a healthy Vanderbilt community!

Supporting one another and working together, we create a culture of wellness at Vanderbilt. Health & Wellness is here to support your well-being and productivity. Spring is in the air, we invite you to grow with us!

Work-Life Connections supports teamwork with performance coaching, departmental presentations, and critical incident debriefings.

Occupational Health Clinic supports employees with OHC Comes to You, department safety evaluations, and the Peer Vaccination Program.

Health Plus and the Vanderbilt Trauma Unit participated in an 8-week pilot using Spire, an online platform that facilitates active lifestyles and allows people to share accomplishments and compete in challenges. Over 100 people signed up to participate in the program. Users posted healthy accomplishments focusing on physical activity, nutrition, and emotional health and could “high five” co-workers’ posts and provide encouragement, creating a supportive culture. Posts and high fives increased over the 2 month period with an average of 9 posts per person and 98 high fives a person. Daily challenges resulted in over 1,000 push-ups, over 3,500 crunches, 77 minutes of wall sits, and over an hour of planking!

Health Plus is available to support your department through programs like Know Your Numbers, Wellness Commodores, and innovative initiatives like the Spire pilot. To learn more about how your department can partner with Health Plus visit the website healthplus.vanderbilt.edu.

A friend is one that knows you as you are, understands where you have been, accepts what you have become, and still, gently allows you to grow.

— William Shakespeare

A weed is but an unloved flower.

— Ella Wheeler Wilcox
Q: Dear Counselor,
I’ve been asked to work on a project with someone from a different department. I’m a little worried about working with someone I don’t know. What are some things I can do to make it a successful partnership?

Sincerely,
Work Buddy

A: Dear Work Buddy,
Collaboration across departments and disciplines is not new to successful organizations, but it has been getting increased attention over the past decade. Collaborations or partnerships have been found to add new energy to teams, enhance creativity, improve productivity, and increase overall enjoyment of workplace tasks.

Successful workplace partnerships are not unlike successful personal relationships. Both require trust and mutual respect. How do you foster trust and mutual respect? First, neither is immediately present in the relationship. Both are earned through clear and consistent communication of expectations, awareness and non-judgmental acceptance of areas of strength and limitation, and an agreement to focus on what is best for the organization and not only on what is best for a person or a department. You also earn trust and mutual respect by matching your actions to agreed-upon goals and respecting differences in perspective and opinions.

As with all personal relationships, conflict can arise during workplace collaborations. It is important to voice frustrations rather than behave them. In other words, don’t complain to everyone other than your collaborator, don’t withhold information as punishment for a disagreement, and don’t avoid obvious problems. Avoiding conflict only serves to create tension, resentment, and distrust in the relationship. As problems emerge, discuss them openly, seek clarification rather than assuming the worst, and understand that you can be assertive without being aggressive.

Work/Life Connections-EAP offers performance coaching to Vanderbilt employees who may have concerns about assertiveness, communication, and other skills necessary to support successful relationships and collaborations. You can make an appointment with one of our licensed counselors for a confidential and free assessment of your needs by calling 936-1327.

Chad Buck, PhD, EAP Counselor
Work/Life Connections – EAP

Kids spell love T-I-M-E.
— John Crudele
Take the Health Plus Start! challenge: Log 1 million steps by December 31, 2014!

Collectively the Vanderbilt Community logged 2,094,773,632 steps in 2013, exceeding the goal of 2 billion steps! That’s enough steps to circle the earth 31 times!

The Health Plus 2014 START! Physical Activity Challenge is all new! Log 1 million steps by December 31, 2014 to receive a “1 Million Step Club” prize.

Since we did such a great job exceeding our goal for 2013, we’re “stepping” even further this year! Help us meet our goal of 2.15 billion steps for 2014!

Commit to logging your physical activity regularly. If you reach the quarterly goal of 250,000 steps, you will be entered for prize drawings.

Did you know? The CDC recommends that adults get 150 minutes of physical activity per week. The START! Physical Activity tracker helps you track your activity and encourages you to live an active lifestyle.

You can enter steps or active minutes in the tracker. The tracker will convert active minutes into steps. For example:

- 30 minutes of yard work = 4,350 steps
- 30 minutes of grocery shopping = 2,010 steps
- 30 minutes of tennis (singles) = 6,960

To get “STARTed” visit http://vanderbilt.start and log in using your VUnetID and Password.

Eating-Well Recipe

Quick Chicken Tikka Masala

Stir together garam masala, salt, and turmeric in a small dish.

- 4 tsp. garam masala
- ½ tsp. salt
- ¼ tsp. turmeric
- ½ cup all purpose flour
- 1 pound chicken tenders
- 4 tsp. canola oil, divided
- 6 cloves garlic, minced
- 1 large sweet onion, diced
- 4 tsp. minced fresh ginger
- 1 (28-ounce) can plum tomatoes, undrained
- ⅓ cup whipping cream
- ½ cup chopped fresh cilantro for garnish

Place flour in a shallow dish. Sprinkle chicken with ½ teaspoon of the spice mixture and dredge in the flour. (Reserve the remaining spice mix and 1 tablespoon of the remaining flour.)

Heat 2 teaspoons oil in a large skillet over medium-high heat. Cook the chicken until browned, 1 to 2 minutes per side. Transfer to a plate.

Heat the remaining 2 teaspoons oil in the pan over medium-low heat. Add garlic, onion, ginger and cook, stirring often, until starting to brown, 5 to 7 minutes. Add the reserved spice mix and cook, stirring, until fragrant, 30 seconds to 1 minute. Sprinkle with the reserved 1 tablespoon flour and stir until coated. Add tomatoes and their juice. Bring to a simmer, stirring and breaking up the tomatoes with a wooden spoon. Cook, stirring often, until thickened and the onion is tender, 3 to 5 minutes.

Stir in cream. Add the chicken and any accumulated juices to the pan. Bring to a simmer and cook over medium-low heat until the chicken is cooked through, 3 to 4 minutes. Garnish with cilantro. Serves 4. Serving size: 1-1/2 cups. Per serving: Calories 310, total fat 14 g, saturated fat 3 g, monounsaturated fat 6 g, cholesterol 85 mg, carbohydrates 22 g, protein 27 g, dietary fiber 3 g, sodium 631 mg, potassium 676 mg.

START SPOTLIGHT MEMBER:
Daniel Kirby
Manager, HR Systems and Reporting

In 2013, Daniel Kirby logged 8,288,392 steps using the Start! physical activity tracker. We wanted to know what our top trackers are doing to stay healthy, and Daniel shared his story with us.

Since 2008, Daniel has been training for marathons and triathlons. He “fell in love with running and the benefits of it.” Daniel fits exercise into his busy schedule by training early in the morning before work. His dedication has not only helped him lose over 70 pounds, but also helps manage stress and achieve work-life balance.

Daniel finds the Start! tracker easy to use and enjoys tracking his progress. He recommends finding an activity you enjoy and sticking with it. Find the reason why you want to exercise, set goals, and make a plan for how to achieve them.

Want to share your success story? Contact us at health.plus@vanderbilt.edu.

Garam masala is a blend of ground spices, commonly used in Indo-Pakistani and some South Asian dishes. The combination of spices vary and often include cardamom, cinnamon, cloves, cumin, and peppercorns. (www.eatright.org)

Recipe presented by Vanderbilt Executive Chef Bill Claypool at Vandy Cooks Event sponsored by Health Plus and the Vanderbilt Recreation and Wellness Center.
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Spotlight on Success

Health Plus and the Vanderbilt Trauma Unit Participated in an 8-week pilot using Spire, an online platform that facilitates active lifestyles and allows people to share accomplishments and compete in challenges.

Trauma Unit team took a seat for this Spire Challenge — “How long can you wall sit?”

Angie Lankford
Care Partner, Trauma Unit

Angie, a care partner on the trauma unit at VUMC, shares her story of how Spire helped her pursue a healthy lifestyle.

When coworkers on her unit started participating in daily challenges on Spire, Angie was inspired to join in. “The more challenges I did, the more people inspired me to keep going.” Friendly competition, support from the Spire community, and rewards motivated her to make healthy changes. Angie took a healthy approach to eating. She stopped eating past 7:00 p.m., started eating three meals a day, and prepared healthy meals for her family on days off. When stressed, she remembers the benefits of being healthy — like being a better mom, a better employee, and a role model for her family.

If you have a success story that you would like to share with the Vanderbilt Community please email: health.plus@vanderbilt.edu.