Health & Wellness Wishes You a Happy & Healthy Summer

Whether traveling with family or friends for a destination vacation or sticking around for a leisurely “stay-cation,” we hope you spend the summer months enjoying your favorite summer activities and finding some time for a little rest and relaxation. You deserve it!

Follow us on Twitter @WellVanderbilt and share your healthy summer moments with us!

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Q: Dear Counselor,
I struggle to balance work demands and being there for my family. How can I find that perfect balance?
Busy Parent

A: Dear Busy Parent,
The truth is that many parents have doubts and wonder if they can ever capture that elusive “perfect” balance between taking care of their families and maintaining their performance at work. Setting a foundation for success with balancing work and home responsibilities involves 2 key factors:

Adjust Expectations. It is important to recognize that no one has it “all.” For example, say you decide to spend time at home with your family on Tuesday nights. It’s important to not try to squeeze in another choice, such as taking the spin class at the gym that is only offered on Tuesdays. Once we set ourselves up to accomplish “everything,” we often end up frustrated and guilty no matter what we choose. It might be helpful to look for alternative days or times for that class or a gym that offers child-care. You can then schedule family fun later that evening or on another day during the week.

Schedule, But Keep It Loose. Even though we often have to make sure to schedule “down time” as adults, once we have a chance to relax, it’s important to daydream and “play.” Take 15 extra minutes to enjoy your coffee on the deck or patio, or rummage through old family photographs. Including casual, non-goal-oriented activities when we relax and recharge can make us feel productive and do not have to be complicated or time-consuming.

If you would like to learn more strategies to balance your work and personal life, please contact Work/Life Connections – EAP at 615-936-1327 for a confidential appointment.

Charlene M. Dewey, MD, MEd, FACP
Chair, Faculty Senate
Assistant Dean for Faculty Development
Director, Educator Development Core and Educator Development Program
Co-Director, Center for Professional Health
Chair, Faculty Physician Wellness Committee
Professor of Medical Education and Administration
Professor of Medicine and Public Health

How do you show your team you care about them?
I affirm my team almost every day! They do so much and I value their efforts in both verbal and written formats. I let them know about the talents they provide and that they are vital members of the team. I also have a kudos board where I write notes and place them for everyone to see. On the personal side, we share stories and discuss the traits that make us valuable to the team and our families.

In what ways do you build community with your team?
We are big on celebrating birthdays by gathering for cake and food. During team activities, I try to get everyone involved by asking their opinions and assigning tasks that allow them to contribute. Everyone has a role and all roles are valued!

What helps you relax at the end of the day?
Often I drive home with my gospel music blaring! I also snuggle with my kids and husband. When I have the time, I enjoy taking a wellness hour to focus on me, which can include taking a bubble bath, reading a book or being creative.
Heads Up! Phones Down!

Mark Young, MSN, APN, FNP-BC, Nurse Practitioner, Assistant Manager for Programs, Occupational Health Clinic

Today we use our cell phones for communication, entertainment, keeping up on the latest social news and so much more. You can be on campus or in your neighborhood and see people walking and crossing busy streets while looking down at their phones. “Looking down at your cell phone distracts us from our environment and increases the potential for injury,” notes Lieutenant Leshaun Oliver of the Vanderbilt University Police Department.

According to the National Safety Council:
• 52% of injuries from cell phone-distracted walking happen at home.
• 54% of injuries occur in individuals who are 40 years of age or younger.

Dr. Cristina Estrada, Division Chief of Pediatric Emergency Medicine at Monroe Carell Jr. Children’s Hospital at Vanderbilt, shares that the percentage of pedestrians killed while using cell phones has risen, from less than 1% in 2004 to more than 3.5% in 2010, and that number continues to climb. “Pedestrian-vehicle injuries are the 5th leading cause of death of children ages 5 to 19, but no age group is immune,” says Estrada.

The National Safety Council recommends the following tips to prevent injury if you are one to look at your cell phone while walking:
• Heads up! Phones down!
• Make eye contact with drivers of oncoming vehicles to make sure they see you.
• Only cross at designated crosswalks, and don’t cross until cars stop.
• Listen to your surroundings! Don’t wear headphones while walking.
• Children younger than 10 should always cross the street with an adult.

Lieutenant Oliver adds these safety tips for pedestrians:
• Wear bright colors by day and reflective clothing by night.
• Walk sober!
• Look both ways before crossing, and when it is clear, walk, do not run.

Be safe! Enjoy your surroundings!

Care Gap Alerts
Vanderbilt Experts on Health
Well-Child Visits

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research on the topic and share my findings with the parent. Finally, I provide the family with trustworthy resources to learn more and strongly recommend the vaccine(s). There are very few instances in which a vaccine would be contraindicated (not given due to harm it would cause the patient) and these are described on the CDC’s Vaccine Information Sheet for each vaccine.

What are some common developmental milestones and why is it important to assess these at well-child visits?
One of the most important milestones to follow is speech. There is a stepwise progression of how expressive language develops that we follow during well-child visits. Identifying delays of these steps in infants or toddlers would be important to evaluate for diagnoses such as hearing loss or autism spectrum disorder. One of the earliest speech milestones involves infants “cooing,” and by 2 years old, toddlers should be able to speak in two-word sentences!
GET STARTED WITH

Go for the GOLD

The first 2 steps of Vanderbilt’s award-winning, 3-step Go for the Gold program are now available. Get started now to earn your $240 Wellness Credit (for eligible faculty and staff).

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We heard your feedback and changes have been made to improve the user experience!

For information on Go for the Gold and to log in to your Health Plus Health Guide to get started, visit vanderbilt.edu/gftg.

Have questions? Contact Health Plus at 615-343-8943, or email health.plus@vanderbilt.edu.

Thank you to all who participated in National Walking Day!

Over 200 faculty and staff joined together to walk on April 5 at this joint event for VU and VUMC. We would like to send a special thank you to our leaders who walked and spoke to attendees:

- Eric Kopstain, VU Vice Chancellor for Administration
- Mitch Edgeworth, VUMC Hospital and Clinics Chief Executive Officer
- Traci Nordberg, VUMC Chief Human Resource Officer

We would also like to give a big shout-out to Mr. C and Champ for providing encouragement to all our walkers!
Cooking up good times in the kitchen

Preparing meals at home is usually much healthier and more economical than going out or picking something up. But let’s face it, sometimes cooking can become mundane.

Here are a few ways to spice up your time in the kitchen:

• Put in a good movie and cook in bulk. Cook 5 to 10 pounds of meat and freeze in 1-pound portions. You only have 1 mess to clean up, and you’ll be so focused on the movie that cooking isn’t a chore. Don’t have a TV nearby? Crank up some music and sing along.

• Try new recipes. Have each family member go through a cookbook and pick out new recipes to try. Then, once a week, take turns making 1 of those recipes.

• Meal prep with friends. What a fun opportunity to catch up with your pals while being productive.

• Get your kids to help. They can easily grate cheese, wash produce, measure ingredients, stir, set the table and more. And, as a bonus, the kids may be much more apt to eat whatever you cook when they’re involved.

Source: Holly J. Houg, Cooking Class Instructor for Happiness in the Kitchen with Holly Houg

Avocado Chicken Salad

- ½ cup fat-free plain Greek yogurt
- 1 tsp. cumin
- 1 lime, juice and zest
- 3 Tbsp. cilantro, finely chopped
- 1 medium tomato, diced
- ½ ripe avocado, diced
- 2 green onions, white part only, diced
- 1 jalapeño, seeded and diced
- 2 cups cooked chicken breast, diced
- ¼ tsp. each salt and pepper, or to taste

In a medium bowl, blend yogurt, cumin, lime and cilantro. Fold in tomato, avocado, onion, jalapeño and chicken breast. Stir to combine. Season with salt and pepper. Serving suggestions: Enjoy atop salad greens, stuffed into a whole-grain pita or on warm corn tortillas.

Makes 6 servings. Per serving: 278 calories, 35 g protein, 10 g total fat (2 g saturated fat, 6 g monounsaturated fat, 2 g polyunsaturated fat), 11 g carbohydrate (3 g sugar, 4 g fiber), 393 mg sodium

Farmers’ Market Returns

The Vanderbilt Farmers’ Market returns to campus this summer and will be held every Thursday through October 26. The market will return back to the plaza near Eskind Library with a new time of 2:00 p.m. to 5:30 p.m. Stop by and shop for:

• Local fruits and vegetables
• Dairy products such as goat cheese, milk and yogurt
• Grass-fed beef and free-range chicken
• Flowers
• And much more!

For more information, visit vanderbi.lt/farmersmkt.

TASTE Challenge

Enjoy the taste of eating right through a 10-week experience of eating delicious food, saving money and minimizing your time in the kitchen. Last year, more than 1,200 people took part in the online challenge and gained practical information to move their nutrition status to the next level. This year’s content will provide more practical tips and delicious recipes. You don’t want to miss out! Visit vanderbi.lt/taste for more information.
Many people plan trips during the summer to get outside and enjoy a number of physical activities such as hiking and bike riding. Regular physical activity is one of the most important things you can do for your health. It can help:

- Control your weight.
- Reduce your risk for Type 2 diabetes and metabolic syndrome.
- Strengthen your bones and muscles.
- Reduce your risk of cardiovascular disease.
- Reduce your risk of some cancers.
- Improve your mental health and mood.

**Beat the Heat and the Sun**

With outdoor activities during summer months come potential heat-related illnesses. A heat-related illness happens when the body’s temperature control system is overloaded. Even young and healthy people can get sick from the heat if they participate in strenuous physical activities in hot weather. Here is some advice to beat the heat:

- Wear clothing that will protect exposed skin.
- Wear a hat with a wide brim to shade the face, head, ears and neck.
- Drink plenty of fluids.
- Wear sunglasses that block both UVA and UVB rays.
- Use sunscreen SPF 15 or higher.

**Staying Protected**

Ensuring that you are protected not only from the sun but also in case of an emergency during those physical activities can bring peace of mind and allow you to enjoy your travels that much more. Purchasing just one unit of Metlife’s Accidental Death & Dismemberment (AD&D) coverage comes with the added benefit of travel assistance, a special travel service administered by AXA Assistance USA, Inc., that you can use if you’re injured or become ill while traveling. To find out more about AD&D coverage, visit [https://hr.vanderbilt.edu/benefits/ad-d.php](https://hr.vanderbilt.edu/benefits/ad-d.php).

*Content provided by Centers for Disease Control and Prevention*
upcoming events

**June**

**JUN 14**

**Know Your Numbers & Go for the Gold**
11:00 a.m. to 1:00 p.m.
Sarratt Student Center, Room 216-220

**JUN 15**

**Babies & You* Postpartum Care**
Noon to 1:00 p.m.
Light Hall, Room 411
Presented by Carol Huber, RN, BS, IBCLC, Lactation Consultant, NICU

**JUN 16**

**Vandy Cooks Mediterranean Cuisine**
Noon to 1:00 p.m.
VRWC Demo Kitchen
Presented by Marissa Wertheimer, MS, RD, LDN, Health Plus

**JUN 21**

**Boomers, Elders & More**
**Strategies to Promote Nutritional Intake for Persons with Dementia: Tips for Family Caregivers**
Noon to 1:00 p.m.
Light Hall, Room 415CD

**July**

**JUL 12**

**Know Your Numbers & Go for the Gold**
11:00 a.m. to 1:00 p.m.
Commons Center, Room 235-237

**JUL 19**

**Boomers, Elders & More**
**Do You Know about a VA Benefit to Pay for Caregiving?**
Noon to 1:00 p.m.
Light Hall, Room 419CD

**JUL 20**

**Babies & You* Preparing for Labor and Birth**
Noon to 1:00 p.m.
Light Hall, Room 411
Presented by Bethany Sanders, MSN, Certified Nurse Midwife, West End Women’s Health Center

**JUL 28**

**Vandy Cooks Celebrating National Beef Month**
Noon to 1:00 p.m.
VRWC Demo Kitchen
Presented by Karman Meyer, RD, LDN, TN Beef Industry Council

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If you have questions regarding the Boomers, Elders & More events, contact Stacey Bonner, Family Services Coordinator, at 936.1990, or at stacey.l.bonner@vanderbilt.edu.

*Babies & You is a prenatal health program offered by Health Plus for 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.

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**The Occupational Health Clinic Ergonomics Program is here to help you work in comfort and safety!** Ergonomics is the science of fitting workplace conditions and job demands to the ability of the worker.

The use of ergonomic practices in the workplace can:
- Increase your comfort.
- Lessen the chance of an injury.
- Make your job easier.

To find out more about the Ergonomics Program, complete an online ergonomic assessment or schedule an in-person ergonomic evaluation, visit healthandwellness.vanderbilt.edu/news/section/services/ergonomics.
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Care Gap Alerts with Dr. Elizabeth Williams

Going There with Charlene Dewey, MD, MEd, FACP

The Counselor’s Corner

Heads Up! Phones Down!

Get Started with Go for the Gold

Have a topic you want to see covered? Email us at health.wellness@vanderbilt.edu.

“A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing and the lawn mower is broken.” ~ James Dent

Regular and restful sleep is an important component of physical and mental health and well-being. Data from “Go for the Gold” shows a positive association between sleep and the ability to cope with stress. Getting the recommended amount of sleep (7–9 hours) can help us better cope with stress, whereas sleep deprivation can negatively impact our coping ability as well as our mood, energy and effectiveness.