

VANDERBILT UNIVERSITY MEDICAL CENTER

HOUSE ORGAN

www.mc.vanderbilt.edu/houseorgan

September 2008



Companions

Rhonda Clark and her service dog Art are an inseparable team

Two incidents in Nairobi

BY WAYNE WOOD

A few weeks ago Sharon and I were in Kenya with some friends for an animal-viewing safari. We were in Africa to help conduct vision clinics, and a Kenyan safari was to be the fun part of the trip after the work part was over.

Before we went to Kenya, it had occurred to us that, since Barack Obama's father was from Kenya, it might be helpful to have a few campaign buttons and T-shirts to give to people.

So at the end of our stay in Kenya, we gave our safari driver, Paul, an Obama T-shirt. He had spoken with pride of this descendent of his country who was doing pretty well in America, and Paul seemed to appreciate the shirt.

But there were two other incidents that showed...well, I'm not sure what they showed.

Incident number one:

When the phone rang in our room at the guest house in Nairobi, I looked at Sharon.

"Do you know anybody in Nairobi?" I asked, pretty sure that the answer was no.

When I picked up the receiver, it was a woman's voice: "Is Sharon there, please?"

"It's for you," I said, handing her the phone. This was getting weird.

Sharon listened for a minute, laughed a little, and said, "Yes, we do." A pause. "Sure. We'll bring it right down."

"That was the woman at the front desk who checked us in," she said. "She wants an Obama button, too."

A few minutes earlier, in the course of bustling around in our room we had managed to knock a water glass off the bedside table and it had shattered on the tile floor.

When I went to tip the man who came to the room to sweep up the glass, he spotted one of our strategic Obama buttons as I was turning my

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Service Awards 2008

Staff and faculty are honored for years of service, including Mildred Stahlman, M.D., who has been here 55 years.



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Young Scholars

High school students come to VMC to learn from scientists about the world of science and medicine. And to dissect sheep hearts.



10

Employee Celebration Month

See the calendar of events and plan to attend. It's that month when the University say thanks to its "heart and soul."



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Companions

Rhonda Clark, who has cerebral palsy, works at Children's Hospital with the help of her service dog, Art.

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Changes to Health Plan Highlight Open Enrollment *WageWorks is out, PayFlex in*

This year's online open enrollment for Vanderbilt's benefits-eligible faculty and staff begins at 8 a.m. Oct. 1 and ends at 11:59 p.m. on Oct. 15.

Notable health plan changes are in the 'Aetna Choice' option with increased fund amounts and lower deductibles. Beginning Jan. 1, 2009, this option will be called 'Aetna HealthFund'. Any Health Reimbursement Arrangement balances remaining at the end of 2008 will roll to the newly named Aetna HealthFund.

"We changed the name to call attention to significant changes to this Aetna health plan option," said Jane Bruce, HR director, benefits. "Not only is Vanderbilt increasing the HealthFund dollar amount, the deductible is being lowered by more than half of the 2008 amounts. And one of the positives about the HealthFund is that remaining balances roll over to the next plan year."

Changes to the BlueCross Advantage P option include a \$5 increase to the At-Vanderbilt doctor's office visit copay (the copay will be \$20) and a deductible will be required in the At-Vanderbilt network (\$100 for employee-only coverage and \$200 for the other coverage tiers).

This year's campaign "Do the math" emphasizes the considerable difference in the annual payroll deduction amount of the three health plan options and encourages faculty and staff to spend time reviewing their health care needs.

BlueCross Advantage P is the only health plan option that will see an increase in monthly premiums in 2009. The cost of vision is increasing slightly. There is no increase scheduled for the two dental insurance plans, however, there will be a change in the copay schedule for CIGNA Dental Care (DHMO) plan.

WageWorks gone, other changes

Another change for 2009 is the spending account administrator changing from WageWorks to PayFlex. "We went out to bid on the administration of the PSA and FRA benefits and have entered into a multi-year contract with PayFlex," said Bruce.

PayFlex will administer both Personal Spending Accounts and the Flexible Reimbursement Account beginning Jan. 1, 2009. "We will provide additional details about the transition to PayFlex in the Open Enrollment materials, but faculty and staff should know that their WageWorks debit cards will no longer

work after Dec. 31, 2008," said Bruce. PayFlex will manage transferring any 2008 balances, which includes the IRS grace period on personal spending accounts. The grace period allows participants to incur PSA expenses on 2008 funds through March 15, 2009. PayFlex will also take over responsibility of the FRA effective Jan. 1, 2009, taking claims through Feb. 28 on 2008 expenses.

The rates for Accidental Death and Dismemberment – 14 cents per \$10,000 for employee-only coverage and 23 cents per \$10,000 for family coverage — are not changing.

Short-term Disability enrollment is handled through The Hartford's Web-based enrollment. Vanderbilt's HR Web site will have the link for Short-term Disability enrollment beginning at 8 a.m., Oct. 1. Enrollment for this benefit ends along with other open enrollment at 11:59 p.m. on Oct. 15.

Online enrollment help

Enrollment labs will be set up during Open Enrollment for those who don't have a computer available for online enrollment. The enrollment lab schedule will be posted on the HR Web site in September.

A computer will be available for online enrollment in HR Express, 2525 West End Avenue on the second floor, from 7:30 a.m. to 5:15 p.m. each weekday during Open Enrollment.

The personalized enrollment form included in Open Enrollment packets in recent years is being eliminated this year, as 92 percent of faculty and staff enrolled online last year. Blank forms are available for those wishing to use a paper form. Those forms can be printed from the HR Web site (hr.vanderbilt.edu/forms) or picked up from HR Express. HR Express will be

Benefits Fair to be held Sept. 25

The annual Benefits Fair, coordinated by the Human Resource Services' Office of Benefits Administration, is Thursday, Sept. 25. The event will be held at the Student Life Center, from 7 a.m. to 6 p.m.

Held before Open Enrollment this year, the Benefits Fair gives faculty and staff a chance to review changes to benefits planned for 2009 and meet with benefits office and administrator representatives.

Breakout sessions will cover many topics including an introduction to PayFlex, the new spending accounts administrator.

For up-to-date information on the Benefits Fair and Open Enrollment, including a list of breakout sessions and presenters, visit the Benefits Web site at

<http://hr.vanderbilt.edu/benefits>.

the only place on campus to drop off a paper form and paper forms are due by 5 p.m. on Oct. 15. Paper forms should not be mailed.

Faculty and staff will need to have their VUNetID and e-password to use the Web-based enrollment. Those needing to get a VUNetID and e-password, should contact ITS or visit <https://jprod.its.vanderbilt.edu/apps1/its-epassword/main.html>.

For more information on Open Enrollment, visit the Benefits Web site at <http://hr.vanderbilt.edu/benefits>.

Information for this story was provided by Ginny McLean-Swartzell, Health Plan Communicator

Beginning Jan. 1, 2009, the monthly rates will be:

	Employee	Employee + Spouse/Partner	Employee + Child(ren)	Family
Vanderbilt Group Health Care Plan				
Aetna Standard (same as 2008)	\$41.00	\$127.00	\$102.00	\$176.00
Aetna HealthFund (same as 2008)	\$47.00	\$147.00	\$119.00	\$204.00
BlueCross Advantage P	\$64.00	\$210.00	\$161.00	\$295.00
CIGNA Dental				
CIGNA Dental Care (DHMO)	\$10.58	\$18.00	\$21.92	\$27.22
CIGNA Dental PPO	\$27.37	\$54.37	\$65.63	\$92.57
VSP Vision				
	\$7.48	\$12.32	\$12.60	\$20.24

Years of service honored at annual ceremony

The combined Medical Center and University Service Awards on Sept. 24 at 3 p.m. in Langford Auditorium will be part of the September Employee Celebration Month at Vanderbilt. Those being honored at the Service Awards this year are staff and faculty with five, 10, 15, 20, 25, 30, 35, 40, 45 and 50 years of service.

Here's a list of 10 years of service and more Medical Center employees who will be honored this year, arranged by years of service, with the faculty list following the staff list:

MEDICAL CENTER STAFF

10 years

Sandra Aaron
Stephanie Abbott
Roger Adamson
Aida Akhumova
Danielle Akins
Shelley Alexander
Jacqueline Alintah
Lynda Allbert
Louistean Allen
John Allison
Panchito Alvarez
Rebecca Averitt
Bradley Bachman
Karen Barker
Barbara Batson
Stacey Becker
Cheryl Elaine Beeler
Margaret Bell
Janine Belote
Rachel Berard
Sharon Birmingham
Cyndi Black
Tanya Bledsoe
Anthony Bledsoe
Shelly Bohan
Don Bolin
Amy Borchardt
Shirley Borel
Robert Borland
Carolyn Bostick
Floretha Braden
James Brake
Jacqueline Bransford
Deborah Bridgeforth
Janice Brooks
Tina Brown
Patricia Brownell
Alycia Buford-Penn

Sheree' Burdette
Sarah Burnett
William Burney
Christopher Burton
Rachael Cain
Karen Callahan
Judy Cannon
Joseph Cannon
Lynn Capps
Cathy Carney
Joy Carr
Evary Carroll
Mindy Carroll
Becky Carter
Maureen Casey
LeighAnn Chadwell
Sandra Cherry
Elizabeth Chrisman
Rose Clark
David Cochran
Tina Cole
Christopher Collum
Joleta Conner
Daniel Contini
Angelia Cornes-Barley
Betty Cortner
Cindy Craig
Donna Crocker
Heather Cucullu
Gregory Curless
Wade Darnell
Teri Darr
Wilbert Davidson
Catherine Davis
Chelsea Deinert
Cynthia Denton
Leslie Denton
Christy DeSchon
James Dillehay
Sheri Dixon
Anne Dixon
Cathie Donegan
Julie Donovan

Robert Dortch
Jesse Dozier
Debra Drake
Kenneth Duke
Kenneth Duncan
Cynthia Duncan
Kara Dyer
William Dykes
Frances Dzameshie
Shirley Earhart
Melissa Eason
Veleria East
Ronda Eckert
Georgia Edwards
Phyllis Ekdall
Stormiee Eldred
Kathryn Elkins
Camille Ellis
Victoria Endsley
Tammy Ennis
Sarah Eudailey
Tara Evans
Maria Ewing
Neda Ferdowski
Emma Finan
Patricia Flemming
Donna Forsythe
Donna Fort
Kara Fowler
Donna Francis
Angelia Freudenthal
Melissa Fulkerson
Danielle Gaines
Lenisha Garrett
Jamie Garton
Michael George
Graham Gerdeman
Janet Gibson
Roynal Gilbert
Niloufar Gillani
Tracy Ann Glascoe
Martha Gordon
Linda Gower

Jessica Grasso
Nicky Gregory
Emma Grimes
Schronda Grimes
Kathleen Haddix
Jalal Arif Hamaamen
Angela Hamilton
Sheila Hancock
Monica Harding
David Hardy
Angela Harris
Cheryl Hayes
Dorothy Head
Jennifer Hein
Marianne Henery
Rachel Higgins
Audra Hill
Aaron Hirsch
Dawn Lindsey Ho
Pamela Horowitz
Peggy Hostettler
Amy Huddleston
James Hudgins
Linda Hudson
Jennifer Hudson-Sawyers
Bobbi Humphreys
Gregory Hunt
George Hunter
Catherine Huskins
Patricia Hutchinson-Crowder
Barbara Hygaard
Kelly Iamaio
Prisca Irion
Danny Isom
Camille Ivey
Cincerac LaChone Jackson
Marilyn Jackson
Ricky Jacobs
Nada Jaffal
Emory James
Jill Janssen
Tom Jeffries
Joseph Johnson
Tonya Johnson
Linda Johnson
Jhiquita Johnson
Melissa Johnson
Tracy Johnson
Adrienne Jolly
Kathy Jones
Judy Jones
James Kasnick
Enqu Kent

Kathryn Killebrew
Karen King
Delana Kirby
Penny Kizzee
Jakov Kramar
Suparna Kumar
Russellynn Lamb
Sandra Langley
Margaret Lautz
Ping Law
Tamika Lea
Aundrea LeClaire
Mary Ann Ledsinger
Donna Lefew
David Lehman
Treaa Leming-Lee
Terri Lewis
Haijing Li
Zhouwen Liu
Lugene Love
Marlene Luffman
Paula Lyles
Cherun Lyons
Thomas Mack
Vickie Mangrum
Carolyn Marlin
Linda Martin
Gloria Martin
Celeste Martin
Jeannette Mathews
Gerald McAllister
Lewis McCarver
Deborah McCollum
Sonja McCord
Susan McCormick
Stacy McCoy
Sonya McDowell
Geneva McGraph
Marilyn McKenzie
Chris Mehr
Richard Miniati
Gretchen Monninger
Susan Moon
Linda Moore
Laura Moore
Karen Moore
Paula Moore
Lori Morgan
Diane Morris
Judith Morton
Barbara Murdic
Robin Mutz
Tami Neal
Ray Anthony Neill
Mary Ngoc Nguyen
Jack Noe



Mary Alyce Benford, 50 years

Annette Norman
Alana Northcott
Janice Nyman
Cheryl Oathout
Dennis Oldak
Jonna Olson
Irene Omosigbo
David Overstreet
Lisa Overton
Lynn Owens
Corey Pachmayr
Geneva Parr
Linda Partridge
Mende Pattee
Jason Pattee
Barbara Payne
Kimberly Payne
Judith Pendergrass
Cheryl Pennington
Cindy Lynn Phipps
Debra Pinson
David Plieth
Sandra Plourde
Lorrie Pope
Mark Powell
Sonya Powell-Short
Janet Powers
Kristen Price
Nathaniel Pride
Rebecca Pride Bell
Khristina Prince
Lawrence Prisco
Jonathan Proffitt
Sandra Purcell
Kelly Quarles
Ednardo Quirante
James Ramsey
Stephanie Randa

Jennie Rawls
Pamela Reid
Linda Roberts
Kimberly Robertson
Lindsey Robertson
Brian Roe
Asa Rose
Laurie Ruphard
Heather Russell
Janette Segraves
Ladye Frank Sanders
Lynne Sanderson
Ruann Schleicher
Paul Schmitz
Lawrence Schneider
Pamela Lynn Schubert
Kelly Scott
Shirley Seago
Sara Seaman
Marsha Sevy-Pekowski
Angela Sharp
Sharon Shavers
Dotri Shaw-Hargrove
Karen Shelton
Sharon Simpson
Sarah Sivils
Mary Etta Skeen
Jennifer Slayton
Charlotte Smiley
Martina Smith
Vicki Smith
Paula Soard
Wilma Jean Springs
David Staggs
Svetlana Stepanovic
Jennifer Stephens
Carol Stewart

Luka Stjepanovic
Cvijeta Stjepanovic
Kaye Stobaugh
Mary Ellen Stokes
Kevin Stoller
Jeremiah Strange
Cayce Strength
Elaine Sullo
Tennie Summitt
Deborah Sutherland
Chaohui Tang
Kathy Taylor
Arthur Tennesen
Katrina Thomas
Brad Thompson
Sabrina Thompson
Sheila Thompson
Edwin Thompson
Joselito Tiamson
Linda Timmons
Christie Todd
Phyllis Tordoff
Linda Torres-Webb
Janice Tracy
Teresa Turnbo
Harriet Underwood
Bennie Utley
Diane Vance
Natasha Vanderbilt
Keri Vanmaanen
Mary Varghese
Joe Vaughn
Denise Verity
Wendy VerMeulen
Barbara Vinson
Bich-Thuan Vo
Marjorie Wallace
Tonya Waller
Byron Waller
Zuofei Wang
Rachel Watts
Christine Weatherspoon
David Webb
Leonard Webb
Tanja Webb
Lacondra Webster
Gretchen Wells
William West
Mary Westmoreland
Patrice Whisnant
Nancy White
Carol Whitley
Michelle Wiggins
Patricia Willbanks
Nannie Williams
Linda Williamson
Wander Wright
Patricia Writesman
Leigh Wynans
Janice Yerge

15 years

Sharon Adams
Wanda Alexander
Josette Amsilli
Matthew Anderson
Dawn Arnold
Marina Arteaga
Peggy Atchley
Katherine Bell
Gregory Bellamy
Carol Benton
Shirley Berry Yates
Wilhelmina Black
Robert Bradford
Alice Brasel
Martin Briskey
Denise Bryant
Alvin Burroughs
Elton Buttrey
Jo Ann Byl
Elaine Caine
Norma Campbell
Hope Campbell
Deborah Cannon
Howard Carter
Gale Conner
Romona Coode
Melody Cooper
Melinda Cornelius
Brenda Cornstubble
Joe Crowder
Dania Deniese Crump
Vickie Cummins
Janet Cunningham
Gloria Dallas
Valerie Davis
Terri DeMumbrum
Joyce Dietz
Louvenia Dixon
Julie Donovan
Sylvia Dye
Deonna Eaton
Kristen Ellis
Lisa Evans
Jeanine Eyrich
Sharon Forbes
Arlesia Frelix
Vince Frye
Patricia Fults
Sheila Gaffney
Shelia Gardner
Melissa Garris
Marcia Gray
Laura Gray
Jill Gray
Lillian Griggs
Elisha Guadalupe
Cathy Halsey
Ophelia Harvey
Danny Hathaway
Lora Hedges
Ellen Henderson
John Hendricks
Sherry Herald

Valerie Herndon
Gail Herrmann
Deborah Hinderliter
Kerry Hook
Judith Hoosier
Kimberly Howard
Nancy Humphrey
Merlyn Jarmon
Loice Jeyakumar
Nina Johnson
Lisa Jones
Sheledia Joslin
Mildred Keller
Diane Kent
Billie King
Kathy King
Wyndee Kirby
Karen Klein
Sandra Lawrence
Judy Ledgerwood
Elmo Lewis
Shannon Ligon
Yvette Lowery
Sharon Lunsford
Catherine Madison
Charles Manning
Donna Marcell
Diana Martin
Keith Massey
Yvonne McAdoo
Barbara McCullough
Tammy Mitchell
Nina Mitsky
James Moore
Jeffery Moore
Deborah Murrey
Cheryl Northern
Judy Nyanda
Chandra Paul
Karen Peebles
Danny Perry
Carol Poteete
Tonya Potter Hall
Phyllis Prime
Aramandla Radhika
Nouredin Rafipour
Sarah Ramsey
JoGale Ray
Samyukta Reddy
Robert Scott Renner
Carolyn Ridley
Linda Robinson
Theresa Rodgers
Bethany Rosen
Tonia Rozell
Shannan Sears
Cherrie Shaw
Vicki Sheppard
Teresa Simpson
Sharon Sims
Jarvis Singleton
Tonya Snyder
Pamela Spencer

Kerry Stanley
 Angela Steele
 Renee Stein
 Barbara Stickler
 Alla Sverdlova
 Reba Swann
 Ruby Tallie
 Mildred Todd
 Frank Toone
 Walter Townsend
 Sonja Townsend
 Donna Trotter
 Grace Upleger
 Lana Vandivier
 Wendy Vincent
 Teresa Ward
 Lynn Webb
 Michael Whitehead
 Deborah Whiteside
 Ruth Whittinghill
 Laura Williams
 Annette Williams
 Mary Williams
 Teresa Wilson
 Suzanna Wing
 Dennis Wordlaw
 Wei Zhang
 Jennifer Zimmerman

20 years

Anita Adams
 Eric Allen
 Diane Anders
 Rebecca Anderson
 Ruby Baker
 Mary Bardill
 Deborah Barksdale
 Melvin Bass
 Stephanie Bass
 Sandra Baun
 Warren Beck
 Hope Bell
 Elizabeth Berry
 Deborah Bibeau
 Donna Bock
 William Boeglin
 Thaddeus Bonczar

Dee Boner
 Patricia Bonner
 Deborah Brandle
 Katherine Brasher
 Louan Brown
 Deborah Brown
 Pamela Bruce
 Jeffrey Byrd
 Angela Carter
 Julie Cole
 Issac Collier
 Monica Collins
 Diane Combs
 Pamela Cornwell
 Von Critcher
 Margaret Cronic
 Brian Day
 Deborah Deskins
 Mary Dickens
 Roslen Donelson
 Linda Dotson
 Thomas Dowd
 Belinda Dozier
 Patricia Enright
 Darlene Farmer
 Dena Fisher
 Rebekah Fitzgerald
 Linda Jade Forlidas
 Julie Foss
 Mary Gaines
 Joyce Gant
 Patricia Gidcomb
 Linda Gooch
 Brenda Grant
 Euderia Gregory
 Mary Gudelis
 Kimberly Hackett
 Deborah Hall
 Eva Haney
 Juanita Hanna
 Grimaudus Harp
 Catherine Harris
 Tommie Harris
 Cynthia Hatcher
 Deborah Hefner
 Ronald Hill
 Kathy Holland

Deborah Holland
 Harry Hunt
 Carol Jackson
 Philenese Jackson
 Cassandra Jamison
 Marilyn Johnson
 Jana Johnson
 Deborah Kemp
 Diane King
 Dorothy Lampley
 Anne Lara
 Dianne Lee
 Sheree Lee
 Cynthia London
 Martha Lowrance
 Regina Marlowe
 Ann Mayfield
 Susan McDonald
 Anne-Louise
 McDonald
 Susan McKenzie
 Thomas Meador
 Deborah Meloy
 Terry Minnen
 Linda Mitchell
 Frances Mitchell
 Tracy Moore-Jarrett
 Marie Morrow
 Scott Muir
 Gillian Murrey
 Donna Nelson
 Deborah Nelson-Rouse
 Christy Nichols
 Richard Osteen
 Roger Parrish
 Donald Patterson
 Tracy Perry
 Bobby Peters
 Elizabeth Phelan
 Pearl Pointer
 Brenda Post
 Kathleen Price
 Deann Pruett
 Debby Ragsdale
 Elizabeth Rayner
 Martha Reeves
 Timothy Reid
 Nancy Reynolds
 Ramona Robinson
 Cheryl Russell
 Deborah Russell
 Robert Safford
 Carolyn Schirg
 Pamela Scott
 William Seelye
 Stephanie Sephel
 Monica Shelby
 Rosalie Shulenberg
 Cynthia Sircy
 Terry Smith
 Stephanie Speights
 George Sprague
 Susie Stephens

Brenda Sterritt
 Tanya Stubblefield
 Lisa Tankesly
 Debra Tate
 Joselyn Taylor
 Linda Tibbs
 Sandra Tishler
 Carolyn Tucker-
 Trammell
 Patricia Turner
 Deborah Tytlandsvik
 Riet Van Der Meer
 Pamela Vanderford
 Climmie Walker
 Brent Weedman
 Juanita West
 Jill White-Abell
 Cheryl Wiggins
 Betty Jill Williams
 Jacqueline Williams
 Lynda Wright
 Yvonne Young

25 years

Bob Adams
 Tom Aldridge
 Donna Allen
 Kathy Alwahab
 Mohona Ausderau
 Linda Bellamy
 Anita Boone
 Kayla Bostic
 Jaime Branch
 Dianne Brewer
 Teresa Brown
 Cheryl Burney-Jones
 Derenda Corder
 Marlee Crankshaw
 Julie Cruz
 Jim Daugherty
 Amy Davis
 Jackie Dawson
 Kathy Deal
 Ellen Donnert
 Dianne Eberhard
 Cheryl Edens
 Peggy Haase
 Tami Hackett
 Cynthia Hager
 Fred Hargrove
 Debbie Harrell
 Carla Harris
 Brenda Helton
 Donna Hereford
 Pam Hodges
 Lisa Howell
 Brenda Hughes
 Helen Killebrew
 Gary King
 Teresia Knight
 Jane Kopf
 Janet Lucas
 Carolyn Maness

Cheryl Marcum
 Cheryl Mason
 Willie Mathis
 Peg McNabb
 Renie Meyer
 Teresa Murray
 Kim Neville
 Janice Oakes
 Helen Ogburn
 Catherine Oleis
 Lisa Oltean
 Wanda Pope
 Debbie Ponders
 Donna Ray
 Shari Storehalder
 Karen Thompson
 Patricia Thompson
 Deborah Todd
 Teri Tubb
 Dorothy Tucker
 Maxine Turney
 Barbara Watson
 Mildred White
 Joyce Wiseman
 Cathy Wunder
 Tonya Yarbrough
 Cindy Young
 Brenda Yutzy

30 years

Tricia Aaron
 Jim Altick
 Frank Ashe
 Willa Bean
 Jasper Benton
 Bennetta Bowers
 Ann Bowers
 Susan Britt
 Bonnie Busby
 Tom Case
 Venus Cooper
 Johniene Doran
 Kathy Ewing
 Mitzie Fudge
 Deborah Glidden
 Frankie Gosa-Scales
 Donnie Greene
 Linda Haley
 Diane Hickerson
 Derenda Hodge
 Cindy Howell-Steele
 Mary Hudson
 Lisa Huff
 Monna Jedd
 Saul Juliaio
 Phron Kendrick
 Linda Lawless
 Doris Jean McClure
 Dennis Miller
 Janice Mitchell
 Ima Mosley
 Bobbi Nealy
 Connie Orr



Melvin Fitzgerald, 50 years

H. Joyce Owsley
 Marie Phillips
 Janice Ridley
 Diane Schene
 Bridget Swindell
 Kelen Taylor
 Peggy Teasley
 Diane Thomas
 Deborah Trewyn
 Eileen Vrabcak
 Virginia Watkins
 Debbie Weyerbacher
 Alyce Wherry
 Kathie Wilkerson
 Jeff Wilson
 Walter Woods

35 years

Gail Baxter
 Suzanne Brandon
 Judy Cooper
 Sandra Dillard
 Poochie Edmonds
 Pat Gorrell
 Karol Hensley
 Gail Ingle
 Carl James
 Debbie Johnson
 Jan Lotterer
 Roger Nichols
 Patrick Phillips
 Jenny Robison
 Susan Slater
 Alice Spears
 Forrest Tallent
 Mary Teloh
 Rita Warren
 Alice West

40 years

Miss Betty Ellis
 Rita Fie
 Mary Lacy
 Pat Lowe
 Quincy Moore
 Sarah Owens
 Tina Stack
 Anne Taylor
 Ronald Williams
 Ginger Winfrey

45 years

Jesse Boles
 Bonnie Dickens
 Brenda Evans
 Peggy Wiley

50 years

Mary Alyce Benford
 Melvin Fitzgerald

**MEDICAL CENTER
 FACULTY**

10 years

Oran Aaronson
 Sheree Allen
 Jeffrey Balser
 Tisha Barzyk
 G. William Bates
 Neil Bhowmick
 Jennifer Blackford
 Aaron Brill
 Lori Cabbage
 Richard Caprioli
 Jane Case
 Anuradha

Chakravarthy
 Pierre Chaurand
 Jian-Xiong Chen
 Andre Churchwell
 Michael Cookson
 Susan Cooper
 Judy Jones Corfman
 Arthur Dalley
 Karen D'Apollito
 Jose Diaz
 Gary Duncan
 Amy Edwards
 Tom Elasy
 Kim Ely
 Eugene Wesley Ely
 John Fang
 Susan Ficken
 Pamela Fishel
 Heather Flynn
 Emily Garland
 Ling Geng
 Mary Gilmer
 Lydia Grubb
 David Hachey
 Paul Douglas Hain
 Sunil Krishna Halder
 Dennis Hallahan
 Robert Holcomb
 Rob Hood
 Kimberly Isenberg
 Madan Jagasia
 Jennifer Kim
 Yasin Kokoye
 Cunxi Li
 Loren Lipworth
 Amy Major
 Louise Mawn
 Lisa McCawley
 Susan McGrew
 Sumathi Misra
 Eric Neilson
 Harry Page
 John Penn
 Gregory Plemmons
 Jamie Pope
 Sm Jamshehu Rahman
 Mace Rothenberg
 Christianne Roumie

Claus Schneider
 Carl Stanberry
 William Swiggart
 Yiwei Tang
 Gregg Tarquinio
 Laurie Tompkins
 Carlos Vanoye
 Dila Vuksanaj
 David Weinstein
 Joern-Hendrik
 Weitkamp
 Xiaochuan Xu
 Fiona Yull
 Zhonghua Zhang
 Yuwei Zhu
 Lisa Zimmerman

15 years

Mark Bliton
 Paul Boone
 Alan Boyd
 Andrea Bracikowski
 James Bracikowski
 Roberta Bradley
 Mary Camarata
 Alan Christman
 Charles Coffey
 Robert Couch
 Sergio Fazio
 George Garriss
 Victoria Harris
 Helen Hatfield
 Richard High
 Jane Howard
 Talat Ikizler
 Jim Jirjis
 Ian Jones
 Lisa Hood Lancaster
 MacRae Linton
 Yan Liu
 Melanie Lutenbacher
 Wendy Mangialardi
 David Maron
 William Martin
 Debra McCroskey
 Sandra Moutsios
 Barbara Murphy
 Eugene Oltz
 Andrew Padgug
 Ramachander Pai
 Rekha Pattanayek
 Shimian Qu
 Vaughn Sinclair
 Subramaniam Sriram
 Douglas Vaughan
 Christo Venkov
 Brian Wadzinski
 Laura Winslow
 Lan Wu

Melanie Lutenbacher
 Wendy Mangialardi
 David Maron
 William Martin
 Debra McCroskey
 Sandra Moutsios
 Barbara Murphy
 Eugene Oltz
 Andrew Padgug
 Ramachander Pai
 Rekha Pattanayek
 Shimian Qu
 Vaughn Sinclair
 Subramaniam Sriram
 Douglas Vaughan
 Christo Venkov
 Brian Wadzinski
 Laura Winslow
 Lan Wu

20 years

Rasul Abdolrasulnia
 Bassel Abou-Khalil
 Mohammad Ansari



Mildred Stahlman, M.D., 55 years

Carlos Arteaga
 Karla Christian
 Ellen Clayton
 Jeffrey Creasy
 Chunhua Dai
 Stephen Davis
 Robert Hall
 Marta Hernanz-
 Schulma
 Richard Lane
 Christopher Lind
 Cindy Lybarger
 Jami Miller
 Katherine Murray
 Anne Neff
 Richard O'Brien
 Alvin Powers
 William Riddle
 William Ries
 Deborah Robin
 Gregory Rybczyk
 Gerald Schulman
 Donna Seger
 Gregory Sephel
 John Sergent
 Virginia Shepherd
 George Stricklin
 Ann Vander Woude
 Bobby White

25 years

Barbara Engelhardt
 James Felch
 Michael Freeman
 David Haas
 Patrick Lavin
 James Loyd
 Murray Mazer

Virginia Moore
 Ralph Ohde
 Neil Osheroff
 Kevin Osteen
 Ghodrath Siami
 Dan Spengler
 Simpson Tanner
 Carolyn Watts

30 years

Jeffrey Clanton
 Kenneth Hande
 Gerald Hickson
 Lloyd King
 Howard Kirshner
 James McIntyre
 David Robertson
 Jayant Shenai
 Wanda Webb

35 years

Graham Carpenter
 Alan Cherrington
 Larry Lancaster
 David Ong
 Ronald Price
 Richard Schneider

40 years

William Schaffner

45 years

John Oates
 James Snell

55 years

Mildred Stahlman

Customer service and volunteer spirit earn Ernesta Glover Tennessee Colonel status

BY LESLIE HAST

Ernesta Glover, a three-year environmental services employee at Vanderbilt Medical Center, has joined the ranks of famous individuals like country musician Waylon Jennings, NASCAR driver Sterling Marlin, and Tennessee Titans CEO Bud Adams Jr. They all share the distinction of Aide-de-Camp in the Honorable Order of Tennessee Colonels, which recognizes citizens who show extraordinary levels of public service and volunteer spirit.

Glover received her commission April 23, but kindness and fellowship are life-long commitments for her.

"I'm the type that sees a need, and if I can do it, I'll do it," she said. "I'm just that type of person. I care about people."

Glover was nominated for the award by Robert Davidson, who experienced her volunteer spirit first-hand when his wife, Patricia, was a patient at VMC last July. When Patricia's surgery went much longer than expected, Davidson became anxious, but Glover befriended him and shared her own experience spending time in a waiting room.

"I lost a son in 2000, but I tell people it's not the end of the world. I tell them not to give up. They've got to stay positive," Glover said.

"A friendly smile means a whole lot when you're in that situation," Davidson said.

Glover continued to check the Davidsons during Patricia's recovery and was able to help the family again when Davidson's wife needed a raised toilet seat.

"She found one in 10 minutes. It wasn't a big thing, but it made all the difference in the world," Davidson said.

Davidson was named a Tennessee Colonel himself in 1995 for his leadership with the Palmyra, Tenn., volunteer fire



Ernesta Glover shows off her Tennessee Colonel award.

department, and he thought Glover should be similarly recognized for all the help she provided outside her job description.

"Her customer service and volunteer spirit were above and beyond the normal expectations," he said.

The award ceremony was completely unexpected for Glover, and she said she was "so surprised, shocked and happy." She received a framed certificate signed by Gov. Phil Bredesen and a letter outlining what it means to be named a Ten-

nessee Colonel. In attendance for the presentation were her co-workers, staff and management of Environmental Services and Associate Hospital Director George DeLong Jr.

"I'm so proud of what he (Davidson) did for me," Glover said. "I appreciate it, and I love him for loving me."

"People like her, they're not the big wheels, but anybody within the organization can make a difference in the lives of people, and that's what Ernesta Glover did," Davidson said.

"People like her, they're not the big wheels, but **anybody** within the organization **can make a difference** in the lives of people, and that's what Ernesta Glover did."

Young Scholars Program exposes high schoolers to the world of medicine

BY AUDREY NELSON

The reaction was mixed inside Room 410 of Vanderbilt Medical Center's Light Hall. Some of the 15 high school juniors and seniors participating in Vanderbilt's Young Medical Scholars Program (YSMP) smiled. Others squealed and gasped.

Lying neatly on dissecting trays were eight sheep's hearts and lungs that resembled bloody sausages and smelled like a sixth-grade science lab. While some chose not to participate, others dug in with the aid of a scalpel and a physician. Armed with two layers of gloves, the students began to dissect and identify parts of the heart including the left and right ventricles and the pulmonary valves and arteries. Students were able to ask questions like, "What's the difference between the atrium and the ventricle?" "In which artery is plaque most likely to build up and cause a heart attack?" and simply, "What's this?"

Despite that this anatomy class was scheduled on the last day, the students were full of curiosity and interest that will carry with them long after the program ends.

"The YSMP is a great program for high school students," said Rachael Sarrett, a student at Merrol Hyde Magnet School. "It's a way to get your feet wet in the medical world, get a taste of all the different aspects of it, and find out exactly what you want to do."

The Young Scholars Medical Program is a three-week journey through VMC that gives the high school students the opportunity to meet and learn from some of the nation's best researchers, physicians and professors. This summer program exposes students to the various layers that make up the hospital. They explore careers that they may not have been aware of, by touring areas like LifeFlight, the Emergency Department, and the Neonatal Intensive Care Unit (NICU). They also learn about many topics, from Global Health to Autism to Stem Cells.

Sheila Shanmugan, a Battleground Academy student, enjoyed the water aerobics class at the Dayani Center as well as the Organ Recital. "I like that [examining the organs] was very hands-on. That's what I like to do, not just hear about it." Here,

students met with resident Mandy O'Leary M.D., and Elizabeth Rinker, a medical student, to touch and examine human organs. O'Leary explained her career as a pathologist and what it takes to get from being a high school student to a becoming a certified pathologist. She captivated the students by showing them a normal human kidney and then shocking them with a kidney tumor, the size of a newborn. Not only a doctor, but also a raconteur, she told the students how she and a team of doctors once removed a 50-pound tumor from a patient who then survived. That, she said, is what makes her job rewarding.

Another favorite activity of the students was shadowing a surgery. "The most memorable experience was definitely when we got to scrub in on an open heart surgery. It was unbelievable because I was right there, a foot away," explains Wilson Laine, a senior at Ensworth High School.

One experience that further sculpted the students' future plans was meeting with the Admissions Board for Vanderbilt University School of Medicine. They learned what to expect, the process of becoming a doctor, and what the expectations were. Nurses and doctors who have gone through the education process also gave advice and insight to the group. "I was a little scared when we talked to the admissions panel, but I still want to pursue a medical career," Laine said.

"The most memorable experience was definitely when we got to scrub in on an open heart surgery. It was unbelievable because I was right there, a foot away."

Each experience has helped the students discover their interests and potentially find a field that interests them. For Shanmugan, it's been a process of elimination. "Before YSMP, I knew I wanted to be a surgeon, but I didn't know what kind and now, I know I don't want to do something in trauma or burn." Sarrett, on the other hand, claimed that touring the Burn and Trauma Unit was one of her favorite activities. She says the program reinforced her decision to become a doctor.

The participants said that YSMP clarifies students' doubts about the medical field, exposes them to Vanderbilt, and gives them a hands-on experience to learn more than a regular high school setting could not offer.

"It gives you an experience to meet kids from other high schools in the area and gives you those connections that you'll need," Sarrett said. This year's group consisted of four Harpeth Hall students, three Hume-Fogg Academic students, five students from Battleground Academy and one student each from Ensworth High School, Merrol Hyde Magnet, as well as an exchange student from Lycée Marie Curie School in Sceaux Cedex, France.

"One of my friends, who did this program last year, always talked about how amazing it was," Shanmugan said. "Now I really know what she was talking about."



AUDREY NELSON

Rosie Bichell of Harpeth Hall, left, and Zoe Ghigo from Sceaux Cedex, France, are helped by Anna Cunningham, M.D.

Employee Celebration Month represents zenith of coolness

Vanderbilt's Employee Celebration 2008 kicks off Monday, Sept. 8.

The monthlong event honors Vanderbilt staff and faculty for their service, and begins with a day of festivities on Library Lawn.

The Sept. 8 kick-off runs from 7 a.m. to 7 p.m., and will feature free hot-air balloon rides, chair massages and food, as well as door prize drawings and entertainment by musical acts.

Throughout the month, a variety of free special events will take place. As in past years, T-shirts will be given away at several of the events, but this year employees must present their ID badges, which will be scanned. If collecting a shirt for a co-worker, their badge must be scanned as well. Events where shirts will be available include the Kick-off Celebration, Friday Night Lights and Night Owl Howl.

"The planning committee has done an excellent job of creating a wide range of events that we believe will appeal in some way to everyone at Vanderbilt," said Susie Lyons, manager, employee programs. "From Life Coaching to Football 101 and learning about money management, we have wonderful brown bag sessions planned."

"This is a special month of recognition of how important our employees are to Vanderbilt year round," said Harry R. Jacobson, M.D., vice chancellor for Health Affairs.

Among the highlights are the food-centric Taste @ Vandy on Sept. 10; the annual Tailgate celebration before the Vanderbilt-Rice football game on Sept. 13; the Service Recognition Ceremony on Sept. 24; and the Wrap Party on Oct. 3, featuring a concert by Lee Roy Parnell.

The following is a list of events for Employee Celebration Month 2007, however some times, events and locations are subject to change. Check online for updates and changes at www.vanderbilt.edu/employeecelebration.



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

SEPTEMBER

Employee Celebration 2008

7

KICK-OFF CELEBRATION

7 A.M. – 7 P.M.
LIBRARY LAWN

★ Caring for Elderly Parents

LAURENCE SOLBERG, MD
11:30 A.M. – 12:30 P.M.
LOCATION TBA

★ Retirement: Much is Earned

NOON – 1 P.M.
189 SARRATT

TASTE @

3 P.M. – 5 P.M.
LIBRARY LAWN
FIRST COME, FIRST SERVED

8

Know your numbers

HEALTH PLUS
11 A.M. – 1 P.M.
SARRATT 189

★ Hearing the Parables Through First Century Ears

PROF. A.J. LEVINE
NOON – 1 P.M.
DIVINITY G25

★ Branches: New Decorating Tips from Vegas

NOON – 1 P.M.
MEETING ROOM 1,
STUDENT LIFE

Walk it Out

HEALTH PLUS
NOON – 1 P.M.

NIGHT OWL HOWL

11 P.M. – 1 A.M.
LIGHT HALL

14

Campus walking tour • 11:30 A.M. – 12:30 P.M., KIRKLAND HALL

★ Election 2008

BRUCE OPPENHEIMER,
JOHN GEER, ROY NEEL
NOON – 1:00 P.M.
JBCC AUDITORIUM

Know your numbers

HEALTH PLUS, 4 – 7 P.M.,
TVC 2702-2703

★ Acupuncture: How Does it Work?

NELSON FOSTER, MD
11:30 A.M. – 12:30 P.M.
LOCATION TBA

Night at the Dyer

7:30 P.M.
DYER OBSERVATORY

RECOGNITION CEREMONY

3 P.M. – 5 P.M.
LANGFORD A

★ Ms. Ch...

11:30 A.M. – 1 P.M.
LOCATION TBA

21

We Care for Kids Day

4 P.M. – 6 P.M.
CHILDREN'S HOSPITAL

Family Movie

3 P.M. – 5 P.M.
CHILDREN'S HOSPITAL
THEATER

28

Faculty/Staff Golf Tournament

MCCABE PARK
TIME TBA

Know your numbers

HEALTH PLUS
6:30 A.M. – 9:30 A.M.
LANGFORD LOBBY

★ The New You: Fall 2008 by Tiba

NUHAD KHOURY
NOON – 1 P.M.
JBCC ROOM 118

29

23

★ So you be Indiana

A day in the life of a real archaeologist
PROF. BARBARA TSAKIRGIS
11:30 A.M. – 1 P.M.
189 SARRATT

30

Times, events and locations are subject to change. Check the

www.vanderbilt.edu/

on
3

Campus walking tour • NOON,
KIRKLAND HALL
Know your numbers
HEALTH PLUS
4 P.M. – 6 P.M.
VINE HILL CLINIC
Vanderbilt vs. South Carolina
7:30 P.M.
4

FRIDAY NIGHT LIGHTS
7 P.M. – 9 P.M.
MCTYEIRE PARKING LOT
5

Garage Sale
7 A.M. – NOON
25TH AVE. STAFF GARAGE
6



ent: How enough?
M.
VANDY
A.
YN
FIRST
10

★ **Revisiting the Musical Li'l Abner**
PROF. J. LOVENSHEIMER
11:30 A.M. – 12:30 P.M.
ROOM 363 SARRATT
Campus walking tour • 1 P.M., KIRKLAND
Know your numbers
HEALTH PLUS, 11 A.M. – 1 P.M., COMMONS CENTER 2ND FL.
11

★ **Rape Aggression Defense System for Women and Resisting Aggression with Defense for Men**
LT. HEATH
NOON – 1 P.M.
LOCATION TBA
12

EMPLOYEE TAILGATE
6 P.M.
INTRAMURAL FIELDS
VANDERBILT vs. RICE
13



nt!
S
M.
OWL
M.
17

Lifelight Open House
6 A.M. – 8 A.M., VUH
5 P.M. – 7 P.M., VUH
★ **Gang Presence in Nashville**
SGT. GARY KEMPER
NOON – 1 P.M.
LOCATION TBA
18

Free day at the Frist
Friends Shop discount day
VU Bookstore discount day
19

Free day at the Frist
ROAD TRIP
VANDERBILT vs. OLE MISS
CALL 6-2466 FOR MORE INFO
Family Movie
3 P.M. – 5 P.M.
CHILDREN'S HOSPITAL THEATER
20



ITION NY
A.
AUDITORIUM
heap
2:30 P.M.
TBA
24

★ **Sustainability at Vanderbilt: What You Can Do**
ANDREA GEORGE, PhD
NOON – 1 P.M.
189 SARRATT
25

VUH Gift Shop discount day
★ **Value Travel for Families and Singles**
CARY ALLYN,
VANDERBILT TRAVEL
11:30 A.M. – 12:30 P.M.
189 SARRATT
TAKE SIX CONCERT
7 P.M. • LANGFORD AUDITORIUM
26

Heart Walk
8 – 11 A.M.
25TH AND BLAKEMORE
27



want to Jones?
ne life of
eologist
RA
2:30 P.M.
1

Fashion Show
4 P.M. – 5 P.M.
UNIVERSITY CLUB
2

WRAP PARTY
SPECIAL GUEST:
LEE ROY PARNELL
4 P.M. – 6 P.M.
OLIN TERRACE
3

Vanderbilt vs. Auburn
4



Rhonda Clark puts in full days at Children's Hospital, thanks to her service dog, Art

Companions

BY LESLIE HAST

"It's more than physical help; it's emotional help too. Art has enriched my life so much."



At the annual Blessing of Hands ceremony, the Rev. Raye Nell Dyer normally blesses human hands, but last May, she couldn't deny that a pair of black and furry paws deserved a blessing as well.

Those paws belonged to Art, the service dog of Rhonda Clark, a patient family greeter at Monroe Carell Jr. Children's Hospital.

Clark was surprised when Dyer offered to bless Art's paws. "I said, 'Are you serious?' and she said, 'He's an extension of you.'" she says.

"He is a part of her. It was clear that was the right thing to do. He's such a helper for her," Dyer says.

The Blessing of Hands ceremony is held every year during Nurse's Week but is meant to recognize the valuable work of all employees. Dyer says, "Hands are so critical to what goes on here," but Art's paws are certainly helpful as well.

Clark has Cerebral Palsy which brings many physical limitations. She uses a power wheelchair to get around and says it can take as many as four hours to get dressed. Art serves as an extra set of arms and legs for Clark, doing everything from turning on light switches to picking up dropped pens.

Art—called "Handsome Man" by Clark—is a 2-year-old black Labrador Retriever and Golden Retriever mix, who definitely lives up to his nickname. He knows 40 commands and is always adding more to his repertoire.

"I'm getting older, and my body mechanisms are changing like everyone else's. I can't bend like I used to. He's really saving my back," Clark says.

She previously relied on gadgets like grabbers and help from other people to do simple tasks but says Art is the best piece of adaptive equipment she has ever had.

The Rev. Raye Nell Dyer, left, blessing Art's paws.





NEIL BRAKE

Art helps Clark out every day at her Children's Hospital job.

"I can't imagine life without Art. I don't know what I did without him," she says.

Before Art, Clark lived independently but relied heavily on the help of other people. Since receiving Art in February, however, she has been amazed at how much time he saves.

"Get" is the command she uses most frequently. Clark tells of one time when she dropped her checkbook behind her desk. She would have had to wait hours for another person to come by to retrieve it, but Art was right there to pick it up.

"Even using a grabber could take 10 minutes," she says, "but Art is always there to pick things up for me. He will even hear things drop in his sleep and jump up when I need him to get them."

Art knows simple and loving commands, like "visit," where he puts his head in Clark's lap, but also works on more complex commands like, "get the leash," where he picks up his own leash in his teeth and passes it to Rhonda.

They continue to work on pressing the buttons that summon the elevator. Clark says, "Art, up, push," which is his signal to reach up and push the button. He lunges toward the white squares, his toenails clicking on the metal surrounding them as his paws press both the up and down buttons. Inside the elevator, Clark must ask someone to press the button for the sixth floor. Although his vocabulary of commands is incredible, number recognition is just a bit out of Art's grasp.

Clark's next goal is to teach Art to open the doors to the individual wings at Children's Hospital. Because the doors are locked, timing is key. After she swipes her ID to gain entry, Art must be responsive to her command and open the door before it locks again.

Although Art is extremely helpful, there is one area where Clark wishes he could be of service. "If only they could teach Art to drive," she laughs.

The most frequent questions that Clark encounters are about Art's bathroom breaks.

"When I take my breaks, I go first and then he goes. I take him across the street to a patch of grass, and I use a scooper to pick it up," Clark explains.

She also closely monitors his food and water intake, so he doesn't have to go too often, and tries to maintain a schedule.

Although most people find Art irresistible, some are less than receptive to having a dog in public places. As Clark was working with Art on pressing the elevator buttons, a woman complained that she was allowing his wet nose to touch something that people also had to touch.

"I think she was just afraid of dogs," Clark explains, although the exasperation is evident in her voice. "People don't have to be afraid of service dogs because they are highly trained."

In order for their partnership to work, Clark must always be in complete control of Art. She even commands when he can eat and drink. Clark used to let a friend take care of Art when she first brought him home, but then she noticed that he wouldn't mind her commands when he returned. She now knows that to be fully in charge of Art requires control from her alone.

To maintain control, it is also important that Art not be petted or otherwise distracted. He wears a blue vest to signify that he is working, and the patches on it warn passersby not to touch. The "Handsome Man" still gets many stares, but Clark welcomes them.

"Art is an icebreaker. They're not staring at me; they're asking questions about him," she says. "I'm very much a people person, but even more people come up to me and want to talk now that I have Art. People who have no idea who I am stop me. But it also gives me a chance to explain about Canine Companions for Independence."

Canine Companions for Independence is the non-profit organization that bred and trained Art to be a service dog. Dogs are provided for free, and Canine Companions for Independence is supported by the donations of individuals and corporations, as well as an extensive network of breeders, puppy raisers and trainers. It costs about \$45,000 to train a dog from weaning to graduation.

Canine Companions for Independence trains four types of dogs: Service dogs, like Art, who assist adults with physical disabilities; Skilled Companion dogs, who are trained to work with someone with a disability, usually a child, through the guidance of a facilitator, usually their caregiver; Facility dogs, who partner with a facilitator to motivate people with special needs; and



NEIL BRAKE

Although Art is extremely helpful, there is one area where Clark wishes he could be of service. “If only they could teach Art to drive,” she laughs.

Hearing dogs, who are trained to alert their hearing-impaired partners to important sounds, like a doorbell or smoke alarm.

“Canine Companions for Independence is an organization that is very special,” says Lori Lindsay, program manager for the southeast region of the organization. “Our motto is ‘exceptional dogs for exceptional people,’ which is very true. Our program has exceptional dogs, and we certainly work with and place those dogs with the most exceptional people you will ever have the privilege of meeting.”

Canine Companions for Independence dogs are Labrador Retrievers, Golden Retrievers or a cross of the two breeds. At eight weeks old, the dogs are passed from the breeders to volunteer puppy raisers, who take care of them until they are old enough for training. Puppy raisers provide a proper diet, obedience training and socialization opportunities. Between 14 and 16 months of age, the puppies are returned to Canine Companions for Independence for skills training with professional instructors. They undergo health and temperament screening and learn more advanced commands and how to work around a wheelchair. When dogs are deemed ready, they go on to team training, where they are matched with a recipient and taught to work together. After graduation, follow-up training and evaluation is provided.

To be approved for a Canine Companions for Independence dog, Clark went through an extensive application and interview process, and then a long four-year wait. In February 2008, she finally traveled to Orlando for team training, which included lectures, practice with an imitation “carpet dog,” nightly quizzes, and lessons on grooming and veterinary care. There were also excursions into public places to test their skills.

“It was intense, but many friendships were made,” Clark says.

She worked with three other dogs before Art was determined the best match. According to Lindsay, Art’s patience paired well with Clark’s activity level.

“Art is content to lie down and hang out while Rhonda works, so he doesn’t require a lot of management from her. He has a very mellow personality, which balances Rhonda’s busy lifestyle,” Lindsay says. “She takes great pride in him.”

“He’s very calm and docile and likes to be loved on,” Clark adds.

Clark says post-graduate support has been immense with constant e-mails back and forth.

“It’s a true family. To be part of the circle of love is awesome.

Clark is a recipient of services from one of the hundreds of agencies featured in the upcoming Community Giving Campaign, one way Vanderbilt is able to highlight the various community health charities in the Nashville area. This workplace campaign raises funds for four federations –Nashville Alliance for Public Education, United Way of Metropolitan Nashville, Community Health Charities and Community Shares. Vanderbilt’s campaign will run from Sept. 26 through Nov. 6.



Art helps Clark navigate her way in the world.

I feel like now I actually have a family that cares,” Clark says.

Canine Companions for Independence has asked Rhonda to write a success story for their website, but she says “every day is a success story.”

“It’s more than physical help; it’s emotional help too,” Clark says. “Art has enriched my life so much.”

On the sixth floor of Children’s Hospital, where the nurses have made Art their official mascot, he can usually be found curled up under Clark’s desk. She says he sleeps for most of the day but is always ready to jump up and perform a command.

But Clark says it’s important to remember that dogs aren’t robots. At home with his blue vest off, Art gets to be a regular dog.

“He jumps like a kangaroo,” Clark laughs. “Everybody needs a break.”

She sometimes leaves Art at home to prevent separation anxiety, but it is evident that the two are intensely devoted to each other.

“He is the first thing in my life that’s ever loved me unconditionally, and he’s the closest thing to a baby I’ll ever have,” she says. “My life before Art was pretty boring, just work, church and therapy. I was just going through the motions. Now I can look forward to the everyday. If he’s changed my life this much in five months, I can only imagine what five years will be like.”

Find out more about Canine Companions for Independence at www.cci.org.

Looking for Mr. (W)right

BY SABRINA HOPKINS-KRONK
Medicine

Editor's note: This year saw so many strong entries into the Nonfiction category of the House Organ writing contest that we are publishing several Honorable Mentions from that category outside of the traditional July Summer Reading Issue. This story by Sabrina Hopkins-Kronk is one of those Honorable Mentions.



This past weekend my grandmother's roommate at the nursing home passed on to the positive side of heaven and earth. It was sad to visit last night and notice how empty and still it was on her side of the room. The experience left my grandmother shaken and confused. When I arrived my grandmother was looking for her mother. I stayed with her a little longer than usual and even crawled into her bed and laid down with her. I hugged and loved on her and spoke softly in her ear to try and give her (and myself) some comfort.

It was a difficult decision my mother faced when placing Grandmother into this facility for her medical and day to day care. The first night she was admitted, I stayed with her and cried silently throughout the night listening to the sounds and seeing how the light fell into her room. She was safe here, but it was hard to leave her there without one of us present. The facility is clean and bright, the nursing staff is extremely professional, the aides respectful, positive and some are very loving to their patients. However, to borrow from Dorothy, "There's no place like home." On a personal level, it's difficult because from the moment you walk through the front door you are facing your own mortality.

My mom visits my grandmother every day. My sister comes from out of town and stays for weeks and spends entire days with her. My daughter and I visit her every Saturday and Sunday. We try to go for Bingo when she feels like playing or afternoon church services on Sunday.

In this weekly ritual, we have inadvertently gotten to know some of the other residents. There is the stripper at the end of one hall—she strips in the doorway of

her room every night at 7 p.m. It is said she targets the thirtysomething male charge nurse who works the weekend shift. I try to plan our visits around this nursing home special revue.

There is a klepto, who steals shoes, stuffed animals, candy bars, Mardi gras beads and newspapers—and only she knows what else. I guess it gives her a little bit of power in the world she lives in. There are also those who count cards at Bingo and will vehemently complain if they feel someone has an unfair advantage.

In all fairness, my grandmother is a butt pincher. It's her way of showing affection to those she cares about. We tried to warn the staff and luckily most of them laugh and do not take offense.

And then there are those who are sadly lost in their own world.

The week my grandmother arrived, a sweet gentleman was stationed across the hall from her room. He introduced himself as Arthur Wright and proudly congratulated us "You have finally found Mr. (W)Right." He shook our hands and told us that he would check on Grandmother for us. We were tickled to say the least. The next week when we visited I couldn't wait to greet him "Hi, Mr. Wright—I finally found you!" And he looked at me with an unsure almost angry gaze like he had never seen me before. When it dawned on me that he didn't remember our conversation I realized that not only was he not Mr. Right, but that he wouldn't be checking on Grandmother either.

One day he was confused and asked me to help him find the restroom, I pointed him in the direction of his room and he said "No, that's the ladies restroom, I can't go in there." An aide

overheard us and gently guided him into his room. The next visit I spotted a huge sign on his bathroom door—with a drawing of a toilet and the words “BATHROOM HERE” displayed in large letters. Another day, he got mom to verify the name on the door was his wife’s name because he said the woman in the bed was too old to be his wife and showed mom the photo of young Mrs. Wright in her 20s. Other days, he was back in the hall welcoming us and reminding us that if we needed anything, we had found Mr. Right, he could help us on our way.

His forgetfulness prepared us for the days when Grandmother would endure the same confusion. It may have really worried me if it didn’t provide some comfort to me that at least she wasn’t the only one—in a sense they were all on the same journey together.

Shortly after, I had a conversation with my mom and some friends about a list of characteristics that I would prefer if I were to start dating again. That’s easy I told them “Kindness has to be at the top of the list—outgoing, fun, smart, financially stable, spiritual, everything else is just icing on the proverbial cake.”

“So,” one of my friends replied, “you are looking for Mr. Right?”

“No, not quite,” I said, “because I’ve actually met Mr. (W)right and he’s down at the nursing home and some days he can’t find the bathroom. Mr. Right is just a figment of the female imagination.”

On a weeknight visit to see Grandmother, I noticed Mr. Wright was not out in the hall, but strangely his wife, Sallie, whom I had never seen out of her hospital bed was up walking around their room. Mr. Wright looked like he had fallen back on the bed, he was just lying there taking a nap. It was as if their energy sources had swapped bodies.

We visited Grandmother and as I came out of her room I noticed he was still in the same position. As I approached the nursing station to tell them my concerns a team of EMT’s passed me in the hall and turned down the hall towards Grandmother’s room. I grabbed my daughter’s hand and rushed back to Grandmother. I knew that she was OK, but I had to go back to visually check on him. They had stopped at his room and were checking his vitals. We gave Grandmother one last kiss, worriedly glanced into his room and left.

I called my mom from the car crying. I knew something was wrong with dear, sweet Mr. Wright. As I expressed my

worry about him I was surprised at the tears on my face, I never dreamed that I would get so attached to him or any of these other residents of the nursing home. But I was. I couldn’t stop thinking about the first night I met him. How great would it be to walk up to a guy and hear him say “Congratulations, you have met Mr. Right...” if only it could be so easy.

My mom called me the next day with the news that Mr. Wright had died. He probably already had passed to that positive side of heaven and earth when I saw him lying back on his bed. I sure hope it was peaceful. I sent up a silent prayer and just quickly thanked God for allowing me the chance to meet Mr. (W)right, if only briefly. The stripper, the klepto, the butt pincher, the bingo police and the lost who live in that space all hold extremely special places in my heart.

Every weekend when I visit Grandmother, I can’t help but picture him standing across the hall stationed just outside her door. And thanks to this sweet man who could never remember our names I have a hope I can’t describe. Because he verbalized that, maybe, just maybe, it could be possible—I will never stop looking for the outstretched hand of Mr. Right.

Flu shots available beginning Sept. 29

The Occupational Health Clinic will kick off its flu vaccine campaign the week of Sept. 29 on the plaza in front of the Eskind Library. For two weeks, Sept. 29 through Oct. 10, 7 a.m. to 6 p.m., Monday through Friday, shots will be available to staff, faculty and medical students under the tent on the plaza, said Valerie Thayer, R.N., who heads up Vanderbilt’s flu vaccine program.

Everyone coming to get a shot should have his or her ID badge.

“Influenza is a serious disease,” Thayer said. “Each year in the United States on average 5 to 20 percent of the population gets the flu, more than 200,000 people are hospitalized from flu complications and about 36,000 people die from the flu.

“The Occupational Health Clinic does not want the faculty and staff at Vanderbilt to become flu statistics.”

The flu vaccine will be available in the office of Occupational Health clinic beginning Oct. 13, and at several other sites on campus:

- The tent on the terrace of the Buttrick Building on Oct. 22–23 from 9 a.m. to 4 p.m.
- The tent at the Commons West patio on the Peabody campus on Oct. 23 and 24 from 9 a.m. to 4 p.m.
- The lobby of the Monroe Carell Jr. Children’s Hospital, Oct. 15–17 from 6:30 a.m. to 5:30 p.m.

There will also be several other opportunities for people whose workplace is away from campus, as well as a traveling flu vaccine cart for night and weekend staff, Thayer said.

Thayer said that it takes about two weeks for your body to develop immunity from the vaccine. The vaccine cannot give you the flu.

For more information, consult the flu calendar on the OHC Web site: <http://www.vanderbilt.edu/>



Health and Wellness a big part of Employee Celebration Month

Walk like you mean it

Join Health Plus for eight weeks of 30-minute walks each Wednesday. Meet at the Medical Center North shuttle drop-off at noon, rain or shine (if it rains the group walks in the tunnels). Two groups will be led by Health Plus each week, one for fast-paced walkers and one for slower walkers. No pre-registration is required.

Contact Lori Cowan at lori.l.cowan@vanderbilt.edu or 343-6576 with questions.

Leaders walk, too

And for the second consecutive year, senior university leaders will lead organized walks on the Vanderbilt campus, each of the simultaneous walks concluding at Health Plus. The walks will begin at noon on Wednesday, Sept. 17. For locations, visit www.healthplus.vanderbilt.edu.

Start! moving toward one billion steps

The Start! initiative, the partnership between Vanderbilt and the American Heart Association, continues to walk briskly along, improving employee health all the way. Health Plus and Vanderbilt Heart are providing this physical activity program for faculty and staff and encouraging everyone to participate in reaching the goal of 1,000 participants and an updated goal of 1 billion combined steps by Oct. 31.

You can register by going to Health Plus Web site (healthplus.vanderbilt.edu) and clicking on the green Start! button.

Even those who prefer a physical activity other than walking can participate. Since Start! is about being more physically active, the site allows staff and faculty to track other activities. Any activity can be converted to steps through the online tracker.

Each registered participant also receives a step pedometer, a paper tracking log for your activities, and resources to help you succeed.

Every participant who logs more than 150,000 steps by Oct. 31 will receive a T-shirt.

Life Phase Series offers

"Economical Ways to Arrive at Work"

The Life Phase series showcases speakers who have ideas to help staff and faculty balance work and home responsibilities. This month's Life Phase series is titled "Economical Ways to Arrive at Work" and is presented by Vanderbilt's Office of Traffic and Parking. The program will be held Thursday, Sept. 18, from noon to 1 p.m. in 411 Light Hall.

Babies and You

Health Plus offers this work site prenatal health promotion program to all Vanderbilt employees, spouses and dependents.

The program encourages early and consistent prenatal care and provides monthly educational opportunities on issues relating to perinatal health.

Enrollment is voluntary and free but must be completed during the first trimester of pregnancy. Call 343-8943 to enroll and learn how mothers-to-be can earn a \$100 savings bond (taxable) for their new baby. Fathers-to-be and grandparents-to-be are welcome. Door prizes are given at each program.

All classes are from noon to 1 p.m. This month's class is "Postpartum Care," presented by Carol Huber, R.N., of the Women's Education and Lactation Center. The class will be Thursday, Sept. 18, in 415 Light Hall.

Go for the Gold 2008 continues

The 2008 edition of Go for the Gold is in full swing. As last year, full-time active, benefits eligible staff and faculty can complete the Gold Level of the Go For The Gold Incentives Program and receive \$20/month in wellness credit in 2008. More than 13,000 faculty and staff participated in the program last year, and are being rewarded by Vanderbilt for engaging in healthy lifestyle practices.

Here are the steps:

Step 1

Do your yearly Health Risk Assessment to learn what your health risks are and what you can do to become as healthy as possible.

Step 2

Do your yearly Wellness Action Log to focus on healthy actions that will help you maintain or improve your health.

Step 3

View the 2008 Game Plan For Your Health, which is titled "Five Keys to Financial Health."

Steps one and two are also available for spouses and domestic partners of staff and faculty, which adds a wellness credit of \$5 for each step.

All the steps can be completed at http://www.vanderbilt.edu/HRS/wellness/hp_gftg.htm.

Assistance with the 2008 Go for the Gold will be available at the Benefits Fair. Health Plus staff will be available to assist from 7 a.m.-6 p.m., Sept. 25, at the Student Life Center. Blood pressures and weight checks will also be available.





Help is also available during all hours of operation at Health Plus (Monday-Friday 5 a.m.-9 p.m. and Saturday 8 a.m.-2 p.m.) and at the Occupational Health Clinic (9 a.m.-4 p.m.), Medical Arts Building, 6th floor. Call Health Plus at 343-8943 for assistance by phone or with questions.

The deadline for completion is Nov. 30.

Group Fitness News

Fitness through Dance— This class is held Mondays at 6:15 p.m. and the featured dance changes monthly or bimonthly. The dance for September and October is Latin Salsa.

Occupational Health Clinic hits the road

The Occupational Health Clinic now visits Monroe Carell Jr. Children's Hospital each month to help make getting shots and skin tests even more convenient for hospital staff. Staff and faculty may drop by during any of these sessions to get all the immunizations and testing needed. To help managers track compliance, the performance evaluation system will automatically know whether OHC has

your information up to date or not, so act now to beat the rush.

OHC staff are in the Monroe Carell Jr. Children's Hospital, room 7011, from 1:15 to 4:30 p.m. on the first Thursday of each month.

Services provided are immunizations, TB skin tests, screening/review of records and lab collections for required screening.

Self Care classes offered

Most of the time when you get sick or injured, you'll recover without special medical care. But how do you know when medical care is necessary?

In the "Self Care Techniques" class, offered through the Occupational Health Clinic, you will learn:

- What your symptoms mean
- Helpful self-care tips for your symptoms
- When you need to seek medical help
- Valuable prevention tips to stay healthy
- How to make the most of your health care appointments.

Class attendees will receive a copy of

Mayo Clinic EmbodyHealth Guide to Self-Care. The next Self Care Techniques class will take place Tuesday, Sept. 9, noon to 1 p.m., in 419 Light Hall.

Pre-registration is not required. For more information, contact the Occupational Health Clinic at occhealth.vanderbilt.edu or 936-0955.

Work/Life Connections-EAP offers tool-kit for smokers

Since the entire Medical Center is now smoke free, those who want to give support to staff and colleagues making the transition to a smoke-free life can find help with a downloadable tool-kit at www.healthandwellness.vanderbilt.edu.

Health and Wellness offers Podcasts

Health and Wellness now offers weekly podcasts. Listen to brief interviews, tips and tidbits on a variety of health and wellness topics ranging from deep-breathing exercises to surviving divorce to preparing for overseas travel. Visit www.vanderbilt.edu/HRS/wellness/hwpcast.htm to listen from your computer or your MP3 Player.

pocket inside out fishing for his money. "I like that badge," he said, breaking into a smile.

"Here, it's yours," I said, handing him the "badge" along with his tip.

He broke into an even broader smile and quickly attached the badge to the front of his uniform shirt. And apparently had gone directly downstairs and showed off the button to his co-worker at the desk, which led to her phone call to our room.

I walked down to the desk and gave the woman the button.

The next morning when we were checking out, our two new Best Kenyan Friends were there, with Obama buttons prominently displayed.

Don't bother to thank me—just doing my part for international relations.

(Since this is not a political column, let me hasten to add that if I had been somewhere in Arizona and had given a hotel employee a John McCain button, I'm sure it would have been received with the same thanks and gratitude).

Incident number two:

It would have helped a lot if the happy people from the guest house had called over to police headquarters to fill them in on us, because it turned out that the Kenya police did not project what I would call a friendly vibe.

Our group was in a safari vehicle on our way out of the city when we came to a police checkpoint, in which bored young men with automatic weapons languidly check vehicles as they pass through.

The officer in our lane, one of several stopping traffic at that checkpoint, strode over to the driver's window and unsmilingly ordered Paul out of the vehicle. He had a mean-looking baton, and the tenseness of the situation wasn't helped when Paul and the cop proceeded to have a heated discussion in Swahili by the roadside.

This went on for a while and involved our driver paying a bribe and our giving the cop a ride to another checkpoint down the road, but here's the part of the incident I want to tell

you about: At some point in all this, the cop walked away from Paul and tapped on our van window. He leaned in and questioned each of us about why we were in Kenya and where we were from. When he had apparently satisfied himself that we were really American tourists and not some sinister element come to cause a crime wave in his country, he motioned that we could close the van door.

And then, in an apparent effort to bond with the people he had just detained and questioned for no reason, he flashed what he probably used for a smile, and said one word: "Obama."

From these incidents, I conclude that the upstanding people at the guest house and the no-good cop shaking down travelers by the side of the road both take pride that a man with roots in their country is running for president in the U.S.

There is, of course, one critical difference: we didn't give the cop a button.

House Organ photo contest goes DIGITAL

Calendar entries and pet photos due by Monday, Oct. 13.

This is the 27th year that *House Organ* has called on VUMC staff, students, volunteers and faculty to submit photographs to the *House Organ* Photography Contest, the winners of which will be featured, one per month, in the 2009 *House Organ* Calendar, to be included in the combined December/January issue.

For the first time this year, only digital images will be accepted for the contest. These may be shot with a digital camera or scanned from prints, but all entries must be submitted by e-mail.

We are also asking for pictures of your pets—dogs, cats, goats, sea anemones, or whatever other carbon-based organism with which you share your life. The pet pictures will be featured in the February 2009 issue in a "Pets of the Medical Center" feature.

Details:

Calendar Photography Contest: Open to all subject matter. Twelve winners will be selected on the basis of interest, technical proficiency and suitability, and printed in the *House Organ* Calendar.

Pet Photography Division: Photographs of pets of Medical Center staff, faculty and students are welcomed. Photographic skill matters less than pictures that show the personality of the pets. It's OK for people to be in the pictures, too. *At the discretion of the judges, pet pictures may be considered for the calendar.*

Those who want to include some information about their pets, such as age, or the fact that she was picked up as a stray, or that he howls when a fire truck goes by, are encouraged to do so. At the very least, tell us the pet's name and the names of others in the pictures.

General rules (please read and follow carefully to avoid the disqualification of your entry):

Who may enter: The contest is open to Medical Center staff and faculty, volunteers, nursing students and medical students. People who work in News and Public Affairs and the Medical Art Group are not eligible. The photo must have been taken by the person entering it.

What type of photography is suitable?

Anything—studio portraits, still lifes, landscapes, art photographs, aerial photography, pictures of children, pictures of adults and pictures of pets have all won in the past.

What formats are acceptable? All entries must be submitted *house.organ.photo@vanderbilt.edu*. The images must be saved as .JPG images, and must be at least 300 dpi. (That means no cell phone photos or other low-resolution images; they just won't work for print).

What information should be included with each entry? Your name, department or school, an address and a phone number should be written on or attached to each entry. Again, with the pet photographs, include the name of the pet and the names of any people in the photograph with the pet.

When is the deadline? Midnight on Monday, Oct. 13. No entries received afterward will be considered.

How do I enter? Send e-mail entries to *house.organ.photo@vanderbilt.edu*, saved as .JPG images, and at least 300 dpi.