

VANDERBILT UNIVERSITY MEDICAL CENTER

HOUSE ORGAN

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October 2010

DEADLINES LOOM

Get Open Enrollment forms in by Oct. 15—see page 10

House Organ Photography Contest Deadline Oct. 22—see page 11

Go for the Gold deadline Oct. 31—see page 12

Stuff that really happened

BY WAYNE WOOD

As we live our lives increasingly in a flood of information, sometimes it's hard to know what to believe, or what to look at next. The need to hype things up to draw in viewers, readers or website traffic leads to many trivial events being treated as major news. In addition to facts, one of the great gifts that journalism should give citizens is perspective. I don't think there's enough of that.

I've been thinking about how this hype machine would treat some big news events from recent history. There are people still living from when these things happened, but the events have passed from popular memory. What would cable news do with these?

MONA LISA STOLEN!

This really happened. An Italian named Vincenzo Peruggia, who was apparently annoyed that a great Italian masterpiece such as the Mona Lisa was housed not in Italy but in France, walked into the Louvre in Paris on Aug. 21, 1911, and, finding the gallery where the painting was housed empty, took it off the wall, concealed it under his painter's smock, and walked out with it.

As you might imagine, this was a big scandal. The guard who was normally on duty in that area was home because his child had the measles. The replacement guard had wandered away for a smoke break. And one of the masterpieces of world art was left unguarded.

The painting was missing for more than two years, until the thief answered a want ad from an art collector seeking to purchase art. The collector tipped off the police, who arrested Peruggia in a Milan hotel room, where the Mona Lisa was concealed in a false bottom of his suitcase, underneath his socks, shirts and underwear.

It was returned to the Louvre,
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House Organ is the magazine for the staff, faculty, volunteers, and students of Vanderbilt University Medical Center. It is published monthly, with a combined December/January issue, by the Office of News and Public Affairs of VMC. News stories, ideas, and suggestions are welcome, and should be sent to *House Organ*, CCC-3312 Medical Center North, Nashville, Tenn., 37232-2390. E-mail: Wayne.Wood@Vanderbilt.Edu.

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Community Giving

Four stories of good things happening

BY JESSICA PASLEY

The monthlong Vanderbilt Community Giving Campaign will run until Nov. 4, and features four campaign partners—Community Health Charities, Community Shares of Tennessee, Nashville Alliance for Public Education and the United Way of Metropolitan Nashville.

All four groups are focused on improving the communities in which we live. Each recent year Vanderbilt has raised nearly \$1 million during the workplace giving effort, and this year's goal is again \$1 million. Organizers of the 2010 campaign are hoping to involve the nearly 20,000 Vanderbilt employees in an effort to have full participation.

Focusing on students

The Nashville Alliance for Public Education aids Metro Nashville Public Schools

Since 2002, the Alliance has worked to identify the needs of the schools located in Davidson County in an effort to provide the best possible learning environments, tools and teachers to help advance the academic achievements of its students.

Jay Steele, associate superintendant for high schools with Metro Schools, said a child's future is one of the best investments a person can make. To date, the Alliance has given more than \$22 million to help support various initiatives designed to enhance the educational experience of the students.

Programs like the Martin Professional Development Center, a state-of-the-art center dedicated to the training of staff, which has served as a model for staff development; Principals' Leadership Academy of Nashville (PLAN), a training program that works in concert with Vanderbilt to develop a new breed of school leaders and offers an exchange program with China; and the Center for Science Outreach, a program for high school students to fully engross them in the culture of science, math and engineering at Vanderbilt have already seen great success and have made a tremendous impact on the community.

One of the newest initiatives of the Metro Public Schools is the Urban Masters Program, said Steele.

"This program is focused on science, math and literacy teachers in urban middle schools," said Steele. "The program will focus on improving instruction and improving student outcomes. Teachers who agree to teach within the schools for five years will receive a master's degree at no charge from Vanderbilt."

Over the next few weeks, coordinators will work to spread the word about the federations, which represent hundreds of charitable and public service organizations with a focus of serving communities throughout the state.

Donations can be made through payroll deduction, credit card or cash/check. Online giving at www.vanderbilt.edu/communitygiving is encouraged.

Below are stories featuring the impact some of the agencies have had on the community-at-large, which includes Vanderbilt employees.

Steele said programs like this are win-win for the community. The money donated to the Alliance has a direct impact in the classrooms—new equipment, better curriculum, master's degree-trained teachers and funds to support the strategic direction of the schools.

"Donations to the Alliance directly affect what is happening in the classrooms," he said. "Investing in the schools is investing in our students and the workforce of the future."

Steele came to Nashville in 2009 to help reform Metro Nashville Public Schools. He has been instrumental in establishing the Academy concept in the 12 comprehensive high schools.

The Academies focus on high skill, high wage and targeted industries to allow students to concentrate on a specific career path. More than 7,000 students enrolled in the program. Students are being matched with businesses and colleges within the community to assist them once they graduate.

"This is allowing businesses into the high schools to train the future workforce as well as giving students internships, hands-on experience and knowledge of corporate ethics and values. We are also equipping them with the necessary tools to enroll in colleges and universities that are best suited for their interests and career goals."

Steele said that by donating to the Alliance, "you are investing in our kids and if we can raise their level of education, then we all benefit."

"This program is focused on science, math and literacy teachers in urban middle schools."

Clearing the air

The American Lung Association is supported by Community Health Charities

The most dreaded disease of the early 20th century was not heart disease or cancer—it was tuberculosis, also known then as consumption. The American Lung Association was founded in 1904 as the National Association for the Study and Prevention of Tuberculosis, and it was the center of the fight to tackle that dreaded disease.

Although tuberculosis has waned as a public health threat in most parts of the world, the fight for healthy lungs has continued.

The American Lung Association works to improve treatments and find cures for lung diseases and to help people stop smoking, but there is another area the organization has made a huge impact—air quality.

“The American Lung Association is the primary voice for the general public about lung-related health issues, and one of the most important for the general community is probably our air,” said William Lawson, M.D., assistant professor of Medicine in the Allergy/Pulmonary and Critical Care Medicine Division.



William Lawson, M.D., of Allergy, Pulmonary and Critical Care Medicine, is a supporter of the American Lung Association.

“Not many people probably think about it, but it is really our best advocate for air quality,” he said. “It has been vital in the push for protecting the air we breathe.”

The American Lung Association, a member of Community Health Charities, works in three ways—advocacy, research and education.

As a pulmonary physician, Lawson has a vested interest in the organization’s research arm. Lawson studies pulmonary fibrosis, which has no known cure and affects nearly 50,000 people nationwide. Most patients die within five years.

Lung disease is common, said Lawson. Chronic Obstructive Pulmonary Disease (COPD) is the fourth leading cause of death in the U.S. causing one in 20 deaths. Asthma affects millions of people. Combine COPD, asthma and lung cancer, and it becomes clear that lung disease is a significant health burden, said Lawson.

“It doesn’t take a person too many steps from their own family tree to know someone with a lung disease or disorder,” he said. “That is why the American Lung Association is so important. They are supporting research into the development of new treatment strategies for people with lung disease.”

Recently, the association has been responsible for developing asthma recognition initiatives for use in child care facilities. It also created the asthma response protocols for the school systems nationwide.

Lawson, who has asthma, said he can really appreciate the work the organization does.

“I am involved in the American Lung Association not just because of my research focus, but I also volunteer because it gives me a chance to use my professional expertise to support a very important organization that brings to the forefront the importance of lung diseases in our country.

“This group takes the approach of looking into the future of all things related to the lungs and empowers people right now to make a difference. By providing assistance to people in the moment, they are having an impact on our future.”

Some of the association’s kudos include tackling smoking as the nation’s greatest preventable health risk, and to make the connection between air pollution and lung disease.

The agency lists among its victories the passage of the Clean Air Act, banning smoking on airplanes, and passage of the bill which gave the U.S. Food and Drug Administration authority over the marketing, sale and manufacturing of tobacco products.

Community Health Charities are a group of agencies devoted to enhancing the operations, programs and services of its health-related charities. It is a federation of the country’s leading health organizations that have come together to raise funds in the workplace.

The agency lists among its victories the passage of the Clean Air Act, banning smoking on airplanes, and passage of the bill which gave the U.S. Food and Drug Administration authority over the marketing, sale and manufacturing of tobacco products.

Help in hard times

United Way of Metropolitan Nashville and Vanderbilt's Employee Assistance Program team up

Although most residents were not prepared for the devastation caused by the more than 13 inches of rain that fell over the course of two days last May, one organization stood at the ready—United Way of Metropolitan Nashville.

Through its annual funding process, the United Way supports 132 programs within 62 agencies that provide food, shelter, clothing, transportation, financial assistance, crisis counseling and medical needs. That roughly computes to more than 55,000 people impacted by United Way.

So when the calls began flooding into the Vanderbilt Work/Life Connections Employee Assistance Program (EAP) with requests for help and to help, staff knew exactly what to do. Call 2-1-1.

"We recognized that there were already programs in place to assist with the needs of our employees," said Jim Kendall, manager of Work/Life Connections-EAP program. "We did not want to recreate things, so we encouraged people who wanted to donate items to call existing services that were well-equipped to deal with this situation.

"United Way functions as the Town Square, where we frame problems and issues as a community."

"There was nothing better than to have an organization that already has the infrastructure in place to handle the requests as they were happening. The United Way's 2-1-1 crisis call line was a life-saving resource."

Kendall said his staff was better able to serve the needs of their Vanderbilt co-workers because of the advanced planning of the United Way.

The 2-1-1 help line was launched in 2004, coincidentally the year Hurricane Katrina devastated New Orleans and had local impact for Nashville in terms of evacuees. By the time this year's floods hit Nashville, the emergency response agencies already had a longstanding relationship.

The volume of calls to the help line reached well over 10,000 in the first 10 days and the calls continue today, according to United Way personnel.

Flood-related needs are not the only way United Way has impacted the lives of Vanderbilt employees, said its president and CEO, Eric Dewey.

"We have a longstanding relationship with Vanderbilt that is growing and getting stronger," said Dewey. "United Way has been a key part of Vanderbilt's Community Giving Campaign for decades. Additionally, it has supported a number of Vanderbilt-based community programs through the years. United Way and Vanderbilt have enjoyed a successful working history in creating a positive impact in the community."

Currently United Way supports three programs at Vanderbilt's Center for Health Services—CASTLES (Communities and Students Together for Learning-Enhanced Service) gives Vanderbilt students the skills and knowledge necessary to be effective citizens in the communities where they will live after



Jim Kendall

graduation; Student Health Coalition—Healthy Aging provides health screenings, fitness activities, in-home service projects, and health education to thousands of people throughout the Southeast; and the Sudanese Community and Women's Center, now the Nashville International Center for Empowerment, is a community-based organization dedicated to empowering refugees and immigrants, who have settled in Middle Tennessee.

"United Way functions as the Town Square, where we frame problems and issues as a community, and engage with each other to develop plans, coalesce resources and partner to ensure that two things always happen—complex problems are addressed in a meaningful, measurable and collaborative manner and, the most vulnerable in our community will be positively impacted. At the end of the day, this is United Way's core mission."

Vanderbilt's Kendall strongly agreed. He said the EAP understands the value and community resources that the United Way provides.

"United Way doesn't stop right after disaster strikes," said Kendall. "They are here year-round. The agencies our employees turned to provide services every day—flood or no flood. This is really where it takes a community to care for community, and the United Way is there."

Land spreadin' out so far and wide

Community Share Foundation gets Kids To The Country

On the first day of Kids To The Country, a four-day, overnight program situated at The Farm in Summertown, the 1,750 acres of wide open spaces leave most the children wide-eyed and unsure.

But by the last day this same group of 25 or so children, ranging in age from 6–12 years old, is begging to stay longer.

Kay Artibee, a volunteer with the program, said she has seen this cycle time and time again.

“When they first get here, everyone is so, so quiet,” said Artibee, a research nurse specialist in the Neurology Department at Vanderbilt University Medical Center. “By the end of Kids To The Country, they have really opened up and they are sad that it is over so quickly.

“I don’t remember many of the children feeling homesick,” she said. “They are quiet at first, but they are just so busy and having a lot of fun. They really thrive there.”

Artibee is one of the volunteers with the program, which was created in 1986 to help at-risk youth build positive self-image, develop a connection with the land and nature, and to diffuse anger, violence and fear. The multicultural exchange program is funded by the Community Shares Foundation, an organization that funds groups trying to get at the root cause of issues like hunger, health care, domestic violence and environmental issues.

“It’s amazing to see how reconnecting children with nature offers them an opportunity to get out of troubled situations,” said Artibee. “They are able to develop a connection with nature through hands-on experiences.

“We do a lot of community building and work on conflict resolution as well as riding horses, bikes, arts and crafts, nature study and swimming in the creek,” she said. “The children enjoy the vegan food prepared by the women who live on the Farm.”



Kay Artibee, R.N., of Neurology is a volunteer with Kids To The Country.

The Farm was started as a community in 1971. It has become internationally known for natural childbirth and midwifery to healthy diet and vegetarian cuisine, creative arts and alternative technologies to its partnerships and assistance to native cultures.

Kids To The Country, now in its 25th year, has served more than 2,800 children. There are five sessions held every summer plus several events held each year within the Nashville community.

The whole Kids To The Country team, including some children from Hong Kong, who participated alongside Nashville area children.



The founder and director of the program, Mary Ellen Bowen, said the program is an outdoor experience with life-changing impact.

"It's an all around education with a really good science curriculum," Bowen said. "We teach them about their own personal connection with nature as well as giving them an expanded view of the world.

"We are planting seeds, both literally and figuratively. These children are learning to build a sense of community through nonviolent conflict resolution skills. They are developing healthy relationships as well as benefiting from structured activities that form a lasting sense of accomplishments.

"They are not only learning to love and respect themselves, but the planet and life."

"We do a lot of community building and work on conflict resolution as well as riding horses, bikes, arts and crafts, nature study and swimming in the creek."

Artibee knows the program works. Year after year the children return—some as participants and others as counselors.

"Anytime any of us touches a life of a child, we really have the opportunity to make a difference in such a positive way that can absolutely open that child's eyes to possibilities they may not have considered.

"It's like throwing a pebble into a pond. Those ripples are so far reaching. You don't know how far they will go. Through Kids To The Country, we are impacting the outcome of more than just that child's life."

Cafeteria announces new discounts, value menu

BY LESLIE HILL

New value menu options are available at Vanderbilt University Medical Center eateries.

The lower-priced items and discounts are available at both the Courtyard Café in The Vanderbilt Clinic and Vandy Café in the Monroe Carell Jr. Children's Hospital at Vanderbilt.

First, the cafeterias have introduced an Everyday Value menu of items that cost \$1. Breakfast examples include a sausage biscuit, egg and cheese biscuit, hot cereal, yogurt parfait and small coffee. Lunch and dinner options include a cheeseburger, small fries, side salad, sweet shots (small desserts) and small fountain beverages.

Second, a 10 percent price reduction has been made on the salad bar, lowering the price to \$0.32 per ounce.

Third, VUMC employees will receive a 10 percent discount on purchases (excluding bottled beverages and Baja Fresh and Mein Bowl menu items). Employees are required to show their ID badge to receive the discount.

These efforts supplement discount programs already in place in the cafeterias, most notably the \$4.99 Daily Value meals offered at the Charleston Market, Deli, Pizza and Grill stations.

The price reductions are part of a two-front effort under way by the Department of Nutrition Services to offer more menu options at lower prices and provide a broader selection of healthy menu options.

"This continues our effort to bring healthy and affordable food to the patients, visitors and staff at Vanderbilt," said Walt McClure, administrative director of Nutrition Services. "We hope anyone who comes to the cafeteria can find something to enjoy that also fits their budget."

Sign up available for VUMC e-mails

Those interested in receiving regular communications from the Medical Center about news, updates, and announcements, such as the twice-weekly MyVUMC electronic newsletter, and who aren't already receiving it, may sign up by logging in with aVUnet ID and ePassword at <http://its.vanderbilt.edu/MedCtrList/Signup>.

Changes to Medical Center e-mail boxes have made it more of a challenge to send dedicated messages to Medical Center staff and faculty and make sure everyone who needs the information receives it, officials say.

"In the past, Medical Center employees were targeted for communications based on the server their email account was on," said Chris Marshall, service delivery and project manager in Information Technology Services.

Enhancements to Vanderbilt's enterprise e-mail infrastructure have changed the way mailing lists get created.

"Medical Center mailboxes are now distributed across all servers in the enterprise, and lists are now created using departmental information received from Human Resource Services," Marshall said.

About 5 percent of Vanderbilt employees are in multiple departments, including home departments other than Medical Center departments, but may still need to receive Medical Center communications. Those individuals will have to specifically request to be part of the list.



ANITA WHIPPET

THREE YEARS AT

Fred and Milton Ochieng' have graduated medical school now, and the work back home in Kenya continues to grow

LWALA

BY CAROLE BARTOO

Fred Ochieng' is probably used to the blinding pace of his life by now. His busy year—does he have any other kind?—hit a high point when he graduated from the Vanderbilt University School of Medicine with the Class of 2010 and crossed the stage at Langford Auditorium and into the arms of his older brother Milton. Just one month earlier, Ochieng' had matched for an Internal Medicine/Pediatrics residency at Vanderbilt for the next stage of his medical training.

But Fred Ochieng' has much more on his plate than many medical school graduates. The week of graduation, he worried about finding time to help Vanderbilt second-year students with an Emphasis Project. He placed a quick call to locate supplies to bring to Kenya after graduation, and his eyes widened when somebody asked how he would find time to spend with his family who had travelled so far to see him.

Being pulled in so many directions at once is just the cost of doing business for this young man. He says he and his brother view themselves as working to serve the needs of the residents of the Kenyan village of Lwala. It is a calling the Ochiengs chose 13 years ago when they decided they had to do something to help their friends and neighbors.

So, Fred Ochieng' is a Nashvillian, a Vanderbilt resident, a colleague to his co-workers at the Medical Center. Then there's his other life—the one centered around his home village of Lwala, Kenya.

The two are related, of course. Just two weeks before his graduation, Fred attended a cocktail party at the same Langford Auditorium where he graduated to celebrate three years of success for the Lwala Community Alliance, the non-profit organization that Fred and Milton Ochieng' began in 2007. The Alliance was formed when Fred and Milton determined they would carry out their late



Rose Adhiambo Gayo, R.N., with one of the youngest patients at the Lwala Clinic.

father's dream of opening the first health care clinic in Lwala.

At that cocktail party in May, the Ochiengs announced plans for a \$265,000 maternity ward and expansion that will triple the size of the clinic in Lwala.

The work does not stop.

This past summer Fred and Milton have been working in Lwala to set the wheels in motion for the clinic expansion.

Motivated by tragedy

There has simply been no time to stop since a day 13 years ago.

Fred was 15 when his friend, Ben, lost his mother. Ben's family lived just a couple of homesteads away from the Ochiengs. One night in 1997, Ben's mother, Patricia, was in labor. The baby was in breech position and stuck. Patricia's life was in danger. Frantic family

and friends loaded her into a borrowed wheelbarrow and raced her toward help.

"But it was six miles just to catch the transportation, and the nearest clinic was almost 20 miles away. She died along the way," Fred recalled.

Early in the morning, her body was wheeled back, and the Ochiengs awoke to the sound of wailing women.

"That's when it really sank in for us," said Fred. "We needed proper medical care in our village, and we thought maybe this was something we could try to do."

That started Fred and Milton down the path to schooling in the United States and toward a career in medicine. The Ochieng' brothers' energy captured many hearts in the U.S. and by 2007, they had raised \$27,000 to build their clinic. That story was told in a documentary film titled "Sons of Lwala," whose premiere was featured in the March 2008 *House Organ*.

Today, that clinic sees 1,200 patients a month and employs an all-Kenyan staff of 25: nine medical professionals and 16 auxiliary staff.

A new goal

Success has a way of bringing more needs to the surface. In December 2007, Fred and Milton were visiting Lwala, working a shift at their new clinic. It had been a busy morning and they were preparing to break for lunch when their old friend Ben's wife came in.

"She was very pregnant and in labor," recalled Fred.

Incredibly, history was repeating itself. Ben's baby was in breech position and his wife was in trouble. Milton, a fourth-year medical student, and Fred a second-year student, ushered the suffering woman into a tiny space designed to be a kitchen. It was the only room that could be used for delivering a baby. They had an obstetrics textbook for guidance.

"We opened it up and I started reading aloud," said Fred.

Between poring over the pages in a section about breech birth, and calling an Ob/Gyn friend in Tampa, Fla., the brothers managed to deliver the baby safely into the arms of their friend's wife. It was the ending that should have been 13 years before. Mixed with tears of joy were feelings of inadequacy.

"We must have looked like we knew what we were doing," Fred smiled.

But the birth of a beautiful and healthy baby girl renewed hope for the Ochiengs, and gave them a new goal.

In the next three years, Fred and Milton would finish medical school at Vanderbilt while participating in speaking engagements all over the country, relating the unmet needs in Lwala. The Lwala Community Alliance worked to raise the funds for an expansion and maternity ward. Once again, the brothers touched hearts and opened wallets.

"Women will have a place to labor and deliver in privacy. Right now when they come to the clinic to deliver, they put a curtain up in the kitchen space and deliver right there," Fred said.

From Kenya back to residency

For the Ochiengs, it's simple. The needs arise; they find a way to meet them.

"We picture ourselves as a multi-dimensional community service," Fred says.

The institution they started supports village children through secondary school, offers micro-financing to villagers, brings more clean water and electricity, has a sanitation project that will put 10 latrines at the nearby school.

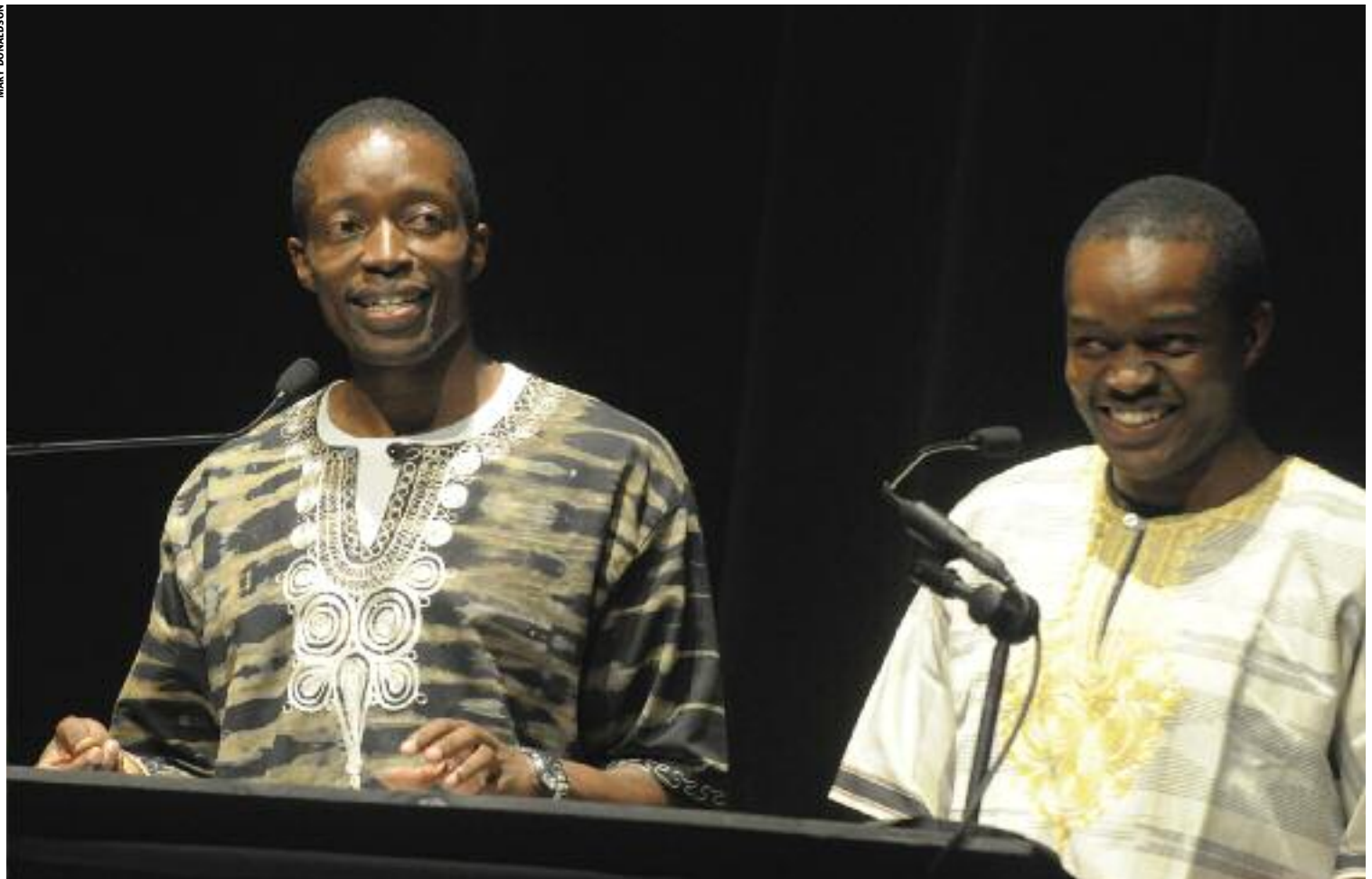
The Ochiengs never stop to look at what they have accomplished. They are far too busy. While the brothers were on their most recent visit to Lwala, they worked as the attending physicians. They tended to their 93-year-old grandmother who became critically ill with pneumonia, and struggled to save a 6-month-old baby dying from dehydration brought on by malaria. They managed to save both, and still found time to purchase an ambulance and outreach vehicle with a Ronald McDonald House Charity grant. The vehicle will travel to schools and churches with nurses and educators who can do everything from teach about prenatal care, to provide children with immunizations.

Despite the relentless pace Fred doesn't appear to have run out of steam. Upon his return from Lwala this summer, with exhaustion on top of jet lag, Fred took part in Vanderbilt's boot camp for incoming residents. He said working at the Lwala clinic is excellent preparation for his Med/Peds residency at Vanderbilt. The program is among the most rigorous offered at Vanderbilt, but he feels comfortable he can handle it.

Fred has accomplished much, but he is the sort of clinician who, instead of working for a living, lives to serve through his work. He feels the weight of the challenges ahead with all the uncertainty and inadequacy that come with every success, but expects no less. Something brand new is being created in Lwala.

"The challenges have been worth it. People have somewhere to go when they get sick. For the very first time, women are getting prenatal care and their children are getting vaccinations," he said.

While he was in Kenya, Ochieng says his old friend Ben's daughter came in for one of those well-child visits. She is now 2-and-a-half and doing great.



Fred and Milton Ochieng' speak at the fundraiser earlier this year for the Lwala Clinic they founded in Kenya.

BENEFITS OPEN ENROLLMENT SET FOR

OCT. 1-15

All faculty and staff must take action and complete the online enrollment form by Oct. 15. Those who do not enroll or waive during open enrollment will receive the following default benefits in 2011:

- Health Plan – Aetna Standard, employee-only tier (even if you currently waive Health Plan coverage)
- Dental Plan – waive (no coverage)
- Vision Plan – waive (no coverage)
- Accidental Death & Dismemberment – waive (no coverage)
- Flexible Spending Accounts – waive (no spending accounts)

Note: Your current Short-term Disability election will not change.

A special Enrollment for Adult Children will be available Sept. 16 – Oct. 15, an option made available through health care reform.

Health Plan

Faculty and staff 2011 monthly payroll deductions for the Health Plan will be based on salary, or more accurately, the Annual Base Benefits Rate (ABBR), an amount on which Human Resources bases the cost of other benefits, including life insurance. The ABBR is not necessarily the same as an employee's annual salary.

Faculty and staff are urged to find their ABBR, upon which 2011 Health Plan rates will be based, on the 'Job Profile' tab of C2HR at www.vanderbilt.edu/c2hr. ABBRs as of Sept. 16, will be used to determine 2011 Health Plan payroll deductions.

Administration determined that by moving to salary-based payroll deductions, the plan will be better positioned to maintain affordable coverage for the future. The majority of faculty and staff will not see any increase to their monthly payroll deductions for the third consecutive year. To find what your monthly payroll deduction amount will be, log on to <https://hr.vanderbilt.edu/secure/oe2010/2011options.htm>.

Other changes to the health plan include a switch to the BlueCross S network. Not all providers that were in the P network are in the S network, and faculty and staff should check whether their providers are in-network by looking at the provider directory on www.bcbst.com/members/vanderbilt. There is no change to the Aetna POS II network. All Vanderbilt providers are in both BlueCross S and Aetna POS II networks.

There will be no increase to office visit co-pays, deductibles and out-of-pocket maximums for those who seek care at Vanderbilt. Co-pays, deductibles and out-of-pocket maximums will increase for in-network and out-of-network providers and facilities.

Dental and Vision

The monthly premiums for both Dental Plans and the Vision Plan will increase in 2011, however, there are no changes to the coverage.

Accidental Death and Dismemberment

There are no changes to the Accidental Death & Dismemberment plan or rates.

Short-term Disability

New enrollments in short-term disability will require evidence of insurability. You will need to answer questions about your health and any existing conditions on The Hartford's online enrollment site. The Hartford must approve all new short-term disability applications, as coverage is not guaranteed this year. This does not apply to anyone who already has the short-term disability insurance.

Flexible Spending Accounts

Beginning Jan. 1, 2011, due to health care reform, if you want to purchase specific over-the-counter items and medicines using your Health FSA, you will need a prescription from your doctor. You should keep this in mind when planning your 2011 Health FSA contribution, as any funds not used will be forfeited.

Enrollment Assistance

A computer will be available for online enrollment in HR Express, 2525 West End Ave., on the second floor, from 7:30 a.m. to 5 p.m. each weekday during open enrollment. Enrollment labs will also be available at various locations during open enrollment. To find a list of enrollment labs, visit <http://hr.vanderbilt.edu/benefits/oe.htm>.

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 at 343-9999 or visit <http://its.vanderbilt.edu/epassword>.

House Organ Photo Contest wants pet photos, videos, more

Enter through Oct. 22 on House Organ Website

This is the 29th year that *House Organ* has called on Vanderbilt 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 2011 *House Organ* Calendar, to be included in the combined December/January issue.

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 electronically.

We are also asking for pictures of your pets. Selected pet pictures will be featured in the February 2011 issue in a "Pets of the Medical Center" feature.

And, in a new twist this year, we invite the Vanderbilt community to send us links to pet videos that you have posted online, so that we may share those links as part of the February 2011 "Pets" issue.

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 Vanderbilt 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.

Pet Videos: Post your pet video to a site that hosts video, such as YouTube (Do not send the video as an attachment. Post it to a host site.) Then send the URL to the contest entry address below, and some of the best videos will be linked to from the *House Organ* website as part of the 2011 Pets issue.

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

Who may enter: The contest is open to Vanderbilt staff and faculty, volunteers, and students of graduate programs, including nursing and medical students. People who work in News and Communications are not eligible for the calendar competition. 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? 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 Friday, Oct. 22. No entries received afterward will be considered.

How do I send a pet video? Post your favorite videos of your pet or pets to a video hosting site, such as YouTube, then send an e-mail with the URL link to the entry e-mail address.

How do I enter? Go to the *House Organ* Website at <http://www.mc.vanderbilt.edu/houseorgan/> and click on the button to enter, or send photos by e-mail to house.organ.photo@vanderbilt.edu, saved as .JPG images, and at least 300 dpi.

where, to this day, you can stare into the backs of heads of people taller than you packing into the gallery to see the Mona Lisa.

1,000 SQUARE MILES FLATTENED BY METEOR!

This really happened. Among the many things we all should be thankful for each day, one of them is that we didn't live near the Tunguska River in Siberia in on June 30, 1908, when a meteor exploded in midair and utterly flattened about 1,000 square miles (read that again, slowly) of forest.

The Tunguska Event, as it is called, happened within the lifetimes of some of our grandparents, yet isn't very well known.

If you want a measure of how far information technology and ease of travel have come, think of this: the first expedition to go to Siberia and check out what happened was a Russian group that showed up in 1921—13 years after the impact.

Today a flock of TV satellite trucks would ring the site. The Weather Channel's Jim Cantore would be there inexplicably in a slicker, and radio talk show hosts would somehow blame the meteor on the President, Congress, the Supreme Court, or possibly all three.

FLOOR OF CONGRESS RAKED WITH AUTOMATIC GUNFIRE!

This really happened. In 1954 a group of four Puerto Rican separatists—people who thought Puerto Rico should be independent, rather than part of the United States—entered the U.S. Capitol with automatic weapons, went to the spectators' gallery above the floor of Congress, and opened fire. Five members of Congress were shot, although none fatally. This came only a few years after another group working for the same cause came very close to killing President Harry Truman.

After stopping the gunfire, the attackers, who were led by a young woman, Lolita Lebron, then unfurled a

Puerto Rican flag as Lebron shouted "Puerto Rico libre!"

Now, take a deep breath, and think: in this time of heightened awareness of terrorism, what do you think that cable news and talk radio shouters would make of this?

The attack on the Capitol happened when Dwight Eisenhower was president, and after the group was tried and convicted, he commuted the death sentences of the attackers.

Lolita Lebron, the leader of the raid, died this past August, at her home in Puerto Rico. She was 90.

My first homily for today is that we have many more ways to find out about news now than ever before, but that doesn't necessarily mean that we know more about what's going on.

My second homily: watch the sky.

Follow Wayne on Twitter: @woodw

End of October now Go for the Gold deadline

■ Go for the Gold, the annual program designed to help faculty and staff learn their health risks and support risk reduction, has a deadline for completion of Oct. 31, a month earlier than last year.

The program has been revamped, said Lori Rolando, MPH, M.D., Medical Director for Health Plus.

"This year we have a new, earlier deadline of October 31 so we are encouraging everyone to get started by visiting the Health Plus website." That site is <http://healthplus.vanderbilt.edu>.

Step One: Complete your yearly Health Risk Assessment to learn your health risks.

Step Two: Complete the Wellness Actions Log that is new and more challenging. Staff and faculty who visit the Wellness Actions Log will be able to start choosing actions to improve or maintain good health.

Step Three: Watch the new Game Plan for Your Health video about maintaining a healthy weight, called "Eat. Move. Feel."

To check your current Go for the Gold status, log in to the Health & Wellness Information Portal at <http://myhealthandwellness.vanderbilt.edu>. All benefits-eligible faculty and staff can complete the Go for the Gold program. Faculty and staff who elect and pay for the Vanderbilt Health Plan benefits in 2011 are also eligible for a wellness credit of up to \$240.

Read the Frequently Asked Questions on the Health Plus website or call 343-8943 for assistance.

Flee the flu with vaccination

■ Flu shots from the Occupational Health Clinic (OHC) for seasonal flu will be available for staff and faculty throughout flu season. OHC will also be offering flu vaccine in its main clinic, 640 Medical Arts Building throughout flu season. OHC's vaccine sites will be scheduled in coming weeks in the Medical Center, on the main University campus, at One Hundred Oaks, and at off-campus departments and clinics.

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

"Fortunately, this year only one flu shot is needed. The H1N1 virus that required a separate vaccine last year is covered by the seasonal flu vaccine this year," said Melanie Swift, M.D., medical director of the Occupational Health Clinic.

The OHC Late Night Cart will also have flu vaccine to serve the night and weekend hospital staff. There will also be a Flu Kiosk at rotating locations throughout flu season.

The Occupational Health website has details, including locations, dates and times to get a flu shot.

Vanderbilt Medical Students should visit Student Health to obtain their flu vaccine this year.

For a complete calendar of locations for faculty and staff to get a flu vaccine, go to <http://occupationalhealth.vanderbilt.edu>.

