

V A N D E R B I L T U N I V E R S I T Y M E D I C A L C E N T E R

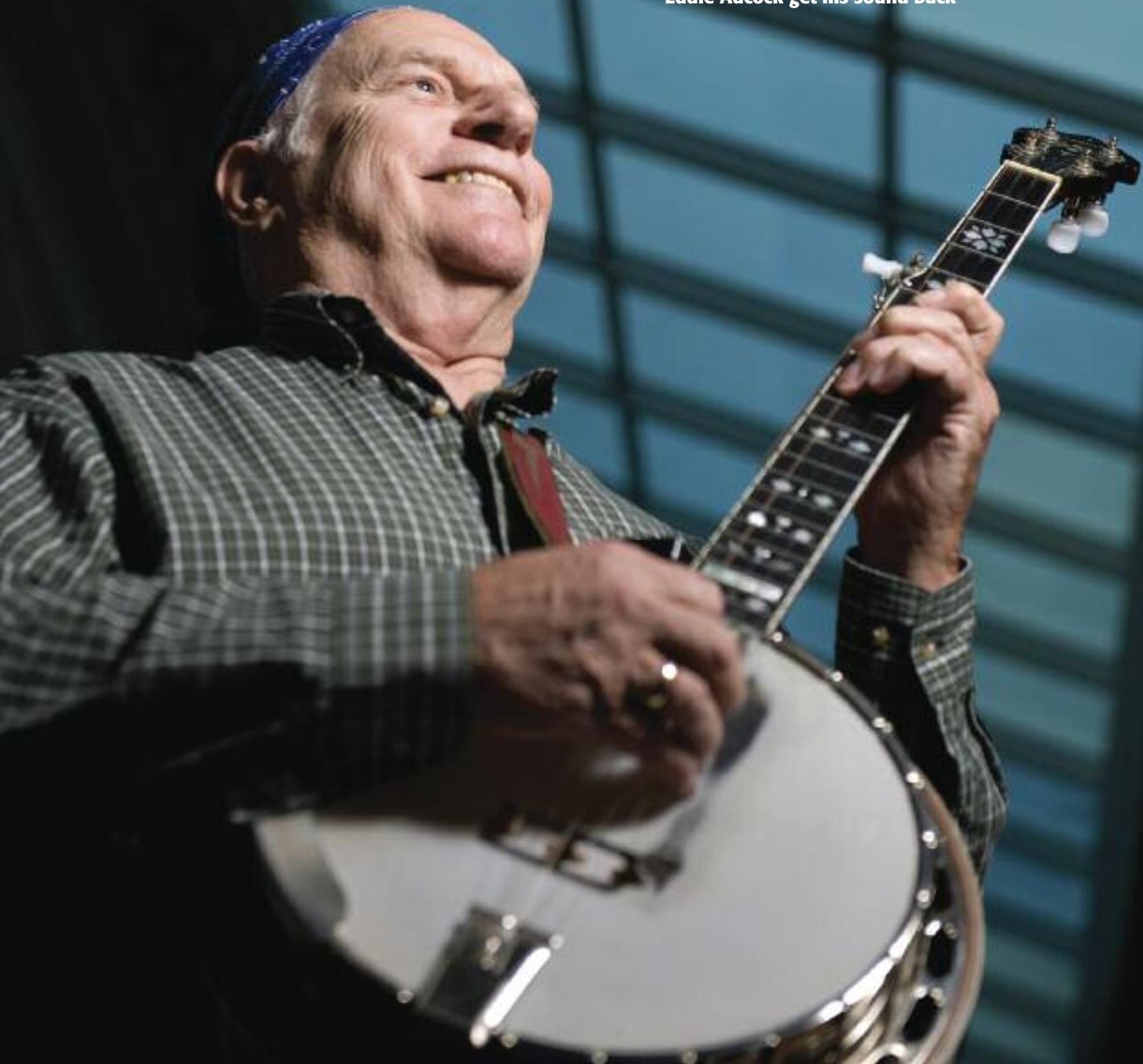
HOUSE ORGAN

www.mc.vanderbilt.edu/houseorgan

November 2008

Pickin' and stitchin'

How a Vanderbilt surgical team helped bluegrass legend Eddie Adcock get his sound back



COVER PHOTOGRAPH BY JOE HOWELL

Morning person, night person, sleepy person

BY WAYNE WOOD

There is no more powerful force in the universe than the one that keeps me in bed on a dark, chilly fall morning. I include in this statement any new forces yet to be identified by that new high-energy particle accelerator in Switzerland.

The bed-force is at its strongest when the dark and chill are accompanied by the sound of falling rain.

Because I hate getting up in the dark. Allow me to elaborate. (Wait a minute while I get my thesaurus here.) I *loathe* getting up in the dark. I *despise* getting up in the dark.

Seriously, we need to do something about this crisis of the dwindling daylight. There is less light now than even a couple of weeks ago. I don't want to panic anybody, but it seems as though the sun is going away.

I know, I know. The end of Daylight Saving Time has realigned the day so that sunrise is earlier—but I'm telling you, I think the whole thing is a scam. It seems to me as though for every minute of daylight we gain at the beginning of the day, we lose a minute in the afternoon.

Moving an hour of our diminishing daylight around isn't the solution, unless what you want to do is create instant mini-jet lag for the entire population.

No, what we need is a bold solution that involves putting a giant mirror into orbit. From its perch high above Nashville, this mirror can catch the rays of the sun while it is still far below the horizon and reflect that glorious sunlight right outside my house so that I might possibly have a prayer of getting up in the morning.

For a couple of months in high summer, I can at least sort of see what a morning person feels like. When I wake up then, sunlight is peeking around the blinds, birds are

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Playing the Banjo during Surgery?

A hand tremor took away bluegrass legend Eddie Adcock's ability to play his banjo. Thanks to Vanderbilt's surgeons, Eddie and his banjo are back.

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Putting the "green" in the Green Hills Clinic

The staff and faculty of VUMC's Green Hills Clinic take recycling seriously. Hundreds of pounds worth of seriously.



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VoluntEARS pave way for Rascal Flatts

An inside look at the Lyric Street Records volunteer team that helps the patients and families at Monroe Carell Jr. Children's Hospital at Vanderbilt make the most of the visit of the superstar trio.



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Employee Celebration Album

The four weeks of Employee Celebration events to celebrate Vanderbilt staff were so jam-packed, most of us couldn't get to them all. Here's a photo sampler of the month that was.



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Hold the Stuffing and get a prize

Weigh-ins scheduled Nov. 17-22

Hold the Stuffing is an annual event at Health Plus to encourage staff and faculty to maintain their weight from Thanksgiving through the first week of January. The typical American gains weight over the holidays, but last year, as in years past, Hold the Stuffing participants lost weight.

Participants weigh in the week before Thanksgiving, and then again the first week in January. To participate in this year's event, simply weigh in with Health Plus at any of the Hold the Stuffing stations the week of November 17-22. Those who maintain their weight, hold any gain to less than 2 pounds, or lose weight over the holidays win a prize from Health Plus.

People who are trying to gain weight can participate, too; Health Plus can work your individual goals into this program.

Here are the weigh-in sites and times. Contact Health Plus at 343-8943 for more information.



All Week (Nov. 17-22)

5 a.m.-9 p.m., Monday-Friday, and 8 a.m.-2 p.m., Saturday, Health Plus Fitness Center, Kensington Garage, 8th Floor

Monday, Nov. 17

10 a.m. - 2 p.m. Light Hall, North Lobby

10:30 a.m. - 1:30 p.m. Peabody Library, Room 108

Tuesday, Nov. 18

6 a.m. - 10 a.m. Corridor between The Vanderbilt Clinic and Light Hall

10:30 a.m. - 1:30 p.m. Baker Building, Room 934

Wednesday, Nov. 19

10 a.m. - 2 p.m. Law School Ray Room (151)

Thursday, Nov. 20

10:30 a.m. - 1:30 p.m. Center for Better Health, Suite 100

Friday, Nov. 21

7 a.m. - 3 p.m. The Vanderbilt Clinic Rooms 2702 and 2703

4 p.m. - 7 p.m. Children's Hospital, Room 2104

Go for the Gold 2008 continues through November

The 2008 edition of Go for the Gold runs through Nov. 30. 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 2009. More than 15,000 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/goforthegold>.

Help completing Go for the Gold steps will be available in three locations as the deadline nears:

- Friday, Nov. 14, The Vanderbilt Clinic, rooms 2702-03, 7 a.m.-4 p.m.
- Throughout November, Health Plus, Kensington Garage, Monday-Friday, 5 a.m.-9 p.m. and Saturday 8 a.m.-2 p.m.
- Throughout November, The Occupational Health Clinic, Medical Arts Building, sixth floor, 9 a.m.-4 p.m.

Flu vaccines still available

Vanderbilt's Occupational Health Clinic continues to urge all staff and faculty to get a flu vaccine.

Influenza is a serious disease, said Valerie Thayer, R.N., who heads up Vanderbilt's flu vaccine program. "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."

Flu vaccines are available in the office of Occupational Health Clinic, 640 Medical Arts Building, weekdays from 8 a.m. to 5 p.m.

Thayer said that it takes about two weeks for your body to develop immunity from the vaccine.

For more information visit the OHC Web site, www.occhealth.vanderbilt.edu.

PICKIN' AND STITCHIN'

Deep brain stimulation surgery aids legendary banjo player

BY CRAIG BOERNER

It was a Nashville moment if there ever was one—a patient awake and playing banjo while undergoing brain surgery at Vanderbilt Medical Center.

Legendary banjo player Eddie Adcock had been shaving left-handed, writing like a doctor, and hitting some sour notes for 15 years.

He has what is known as an essential tremor, which he calls an 'intent' tremor, meaning if he intends to do something with his right hand it starts to shake at the most inopportune times.

"My wife, Martha, noticed a difference in my handwriting around 1990 and I had noticed a difference in my playing in about 1993," Adcock said.

"If you consciously intend to use your hand, that's the only time it tremors. So, if I go to write my name, it will tremor."

A member of the International Bluegrass Music Association Hall of Fame, Adcock made his name for more than five decades playing professionally with bands including The Country Gentlemen and Bill Monroe's Blue Grass Boys.

Eddie and Martha Adcock also perform together and have been referred to for many years as the "Sonny and Cher of Bluegrass."

Vanderbilt neurosurgeon Joseph Neimat, M.D., and neurologist Peter Hedera, M.D., performed Deep Brain Stimulation (DBS) surgery on the 70-year-old

Adcock recently to block the tremor and restore his playing.

The three-part surgery requires implantation of electrodes into the brain as well as insertion of a palm-sized battery-powered generator within the chest wall, plus lead wires to connect the two.

Adcock had to be awake and playing banjo during the brain-implantation stage of the surgery to assist his surgeons in their precise placement of electrodes in the brain.

"I advise my patients that surgery should be considered as an option only when the tremor is sufficiently severe that it is not allowing them to live their lives the way they would wish," Neimat said.

"In Eddie's case, not playing banjo at his previous level of skill represented a significant life disruption."

With essential tremors affecting an estimated 10 million persons in the United States alone, Adcock's story may have an impact far beyond the bluegrass world.

"The fact that Mr. Adcock, a famous musician, has accepted a role of a famous patient by agreeing to publicize his successful surgery is very important for a lot of patients suffering from essential tremor (ET)," Hedera said.

"Many ET patients in the community may have given up any hope for improvement of their tremor. This example will hopefully educate them and their doctors about this effective and routine procedure."

For Adcock, the surgery not only means returning to form but also returning to his career on the road. The speed



THE HOWELL

COURTESY: MARTHA ADCOCK



(above) Adcock playing banjo in the holding area before surgery. (opposite page) Adcock doing an interview with CNN from the Vanderbilt TV studio.

and precision of his right hand helped pay the bills for most of his life.

"I noticed the difference in the hospital, laying on the operating table," Adcock said.

"... Within two or three minutes I was able to play. So they basically stick it in there and turn it on and it works. I am still learning to work with this thing a little bit, learning to trust it, but basically I knew immediately that it was the magic dingus button I had needed. It is definitely a miracle. I can't believe it.

"I will hopefully be peaking by the time we do our homeless benefit at the Station Inn in December."

To see a video of Eddie Adcock playing banjo while undergoing brain surgery go to <http://www.mc.vanderbilt.edu/houseorgan/pickinandstitchin.htm>.

JOE HOWELL



I am still learning to work with this thing a little bit, learning to trust it, but basically I knew immediately that it was the MAGIC DINGUS button I had needed.

“Putting the GREEN”

*Recycling becomes way of
life at a VUMC satellite*

in Green Hills Clinic

BY LESLIE HAST

Call the staff at Vanderbilt's Green Hills Clinic trashy, and they'll take it as a compliment. That's because many staff members have become intensely dedicated to recycling and very interested in the waste they throw away every day.

"Recycling is not just about protecting the environment, it's about preserving the earth for future generations as well. Our children and grandchildren are the ones who will suffer the most if we do not take action today," said Kristen Henry, L.P.N.

The recycling efforts at Green Hills Clinic are led by Henry, Anne Brogdon, L.P.N., Jane Case, F.N.P., and Debbie Snedegar, F.N.P.

Case, the self-described hippie in the group, said she has always recycled at home, but the idea for recycling at the clinic was planted when she noticed how many soda cans were being thrown away. The clinic started with bins in the break room, and efforts turned serious last spring. Now they have recycling stations in Case and Snedegar's offices and the break room.

They recycle clinical waste, like plastic syringe packaging, flyers from drug reps, empty medicine boxes, and paper without patient information. Lunch breaks also produce a lot of recyclable waste, like plastic silverware and bottles, soup and soda cans and cardboard boxes from microwave meals.

According to Henry, the clinic recycled 134 pounds of waste in the month between Aug. 26 and Sept. 26. "And that's just one small clinic," she noted.

The clinic has made special efforts to control their styrofoam waste, a substance that takes many years to decompose. They return styrofoam boxes to the pharmacy to be reused, and they switched to cardboard coffee cups, which caused a lot of dissent in the office.

"There are still a lot of people who don't want to participate," Case said, but the clinic is making every effort to encourage recycling.



Kristen Henry recycles cardboard from the Green Hills Clinic at nearby Hillsboro High School.



JOE HOWELL

Left to right: Kristen Henry, L.P.N., Deborah Snedeger, A.P.R.N., Jane Case, F.N.P., and Anna Brogdon, L.P.N., pose with one week's worth of recycling from the Green Hills Clinic.

The leaders make announcements at staff and board meetings, pass out information and make e-mail reminders. They have also placed signs above trash cans reminding people to think before they toss out items that could be recycled.

As a result, the recycling bug is slowly spreading throughout the clinic.

"A lot of people will come over to my area to see if they can recycle," Brogdon said. "More people are aware and are starting to think if something can be recycled."

The group jokes that they can be a bit maniacal about getting everyone to recycle.

"We'll follow behind someone with a soda can and say, 'Are you going to recycle that?'" Brogdon said. "We also go through the trash a lot, especially if there's styrofoam in there. Debbie and I went around picking up cups after the Auburn game. We looked OCD!"

Henry said patients are not very involved in recycling efforts because they do not produce that much waste. But she admits, "If they throw a plastic cup away, I'll take it out of the trash when they're gone."

About once a week, the leaders load up the recyclables and take them to the Hillsboro Recycling Center, located behind Hillsboro High School, about three blocks from the clinic. Snedegar said they are lucky to have the recycling center so close by.

Henry and Brogdon also take items to recycling center in Goodlettsville, which is close to home for them.

"We actually run into each other on Saturday mornings at the recycling center," Brogdon said.

All the leaders also recycle at home and say they have gotten several other employees to follow their lead.

"It's so easy to do once you get started. Once you do one thing, it's easy to build and build," Brogdon added. "It is eye-opening to look around and see what a difference you're making."

"If one small clinic could do this much, imagine what a whole hospital could do," Henry said. "We want to encourage people to follow our lead. Just start small with cans or plastic bottles, and it can make a big impact."



JOE HOWELL

Left to right: Anna Brogdon, L.P.N., and Jane Case, F.N.P., get physical fitness benefits from recycling too.

Behind the scenes at the Rascal Flatts/Disney Party



BY CAROLE BARTOO
PHOTOGRAPHS BY JOE HOWELL

VOLUNTEER



CHARS

“We literally lock up the office doors and shut off our phones. Most people in large corporations would not be able to do that,” said Randy Goodman, president and founder of Lyric Street Records, part of the Walt Disney Company’s Music Group and the label for country music trio Rascal Flatts.

Goodman is talking about the one day each fall when Lyric Street Records pitches in to bring a party to the patients and families at the Monroe Carell Jr. Children’s Hospital at Vanderbilt.

“We have the full blessing of Disney to close down the office for this event,” he said.

For the fourth year in a row, Lyric Street joined forces with the members of Rascal Flatts (Gary LeVox, Jay DeMarcus and Joe Don Rooney) to put on a music performance for just a few dozen patients and families in the intimate setting of the Monroe Carell Jr. Children’s Hospital at Vanderbilt.

The party took place Oct. 8 with the performance and an opportunity for the families to interact with the band members and choice characters you’d have to wait in a long line to be pictured with at Disney World.

“It is fun for us because it is the one big charitable thing we do together as an organization,” said Heather Conley, director of Marketing for Lyric Street. “It’s also when we get to see our Disney roots the way other people see them. There is nothing like that moment, when the elevator



(previous page) VoluntEARS Heather Conley and Teresa Vison—they’re the ones in the T-shirts—pose with some characters who need no introduction. Volunteer Heather Conley, far right, helps to finish preparations for the Rascal Flatts concert to benefit Children’s Hospital.

door opens up and the nurses just light up when Mickey and Minnie step out.”

And right behind Mickey and Minnie are people whose regular day jobs carry titles like “president” or “vice-president” or “director” for one of the major music labels in the country. But on this day, their job was to set up and tear down, work the room creating souvenirs with Polaroid cameras, whatever was needed.

This corps of VoluntEARS, as they call themselves, are part of a worldwide Disney initiative in which they don T-shirts with the corporate signature mouse ears on the back and do something for their communities, on Disney’s time.

In the case of the Nashville Lyric Street crew, the Disney home office sends help and support from California to assist with the set-up at the hospital. On the day of the event, the VoluntEARS carefully count and supply a virtual train of carts with gifts for every child in the hospital, including the many children who are too sick to come down to the First Tennessee Theater on the second floor for the party.

“When we go over there, we all put the T-shirts on and suddenly, I’m no longer the president of Lyric Street. We’re just a bunch of people who are there to be concerned and hopefully touch the families there,” said Goodman, who also serves on the Children’s Hospital Board of Directors.

Personal touches

“My daughter has had kidney surgeries at the Children’s Hospital. The first one was when she was just 2 months old,” said Greg McCarn, vice president of marketing, sales and media for Lyric Street. “Most of us have children and many of us

have had a personal experience at the Children’s Hospital.”

McCarn is grateful to report his daughter is now 10 and doing well. “As a parent I have seen both the older facility and the new one and I know how amazing this place is. Children’s Hospital is in our own backyard, our own community.”

McCarn was one of the originators of the idea for the event, along with the members of Rascal Flatts. The party for the patients is in addition to an annual full-scale concert, which this year raised \$3 million for Children’s Hospital.

The Lyric Street staff comes over from Music Row and really work this event. The VoluntEARS gather up some serious party goods for the event: loads of coloring books, stuffed animals, “Cars” toys and, of course, the Disney characters. But while the hit of the party, invariably, is the performance and star power, what the families take away is a gift of a magical memory, and a Polaroid photograph. The Polaroid is no small thing.

Teresa Vinson briefs a group of voluntEARS on what to expect at the Rascal Flatts concert.



Volunteer Heather Conley with Gary LeVox of Rascal Flatts following a benefit concert.



Volunteer Teresa Vinson interacts with Jay Demarcus of Rascal Flatts.

"We managed to get what must be the last 200 Polaroid film strips in existence," laughed Conley. (Since Polaroid has ceased production, future photos will be digital prints.) For an intense couple of hours, the VoluntEARS snapped pictures to help children and families preserve the memory.

"It's a lot of work, but it is worth it,"

said Goodman. "Especially when parents tell us that this means a lot to them and to their child."

Goodman and his staff often talk about one patient they recall, Deanna Glossup. Deanna and her family became very close with the Lyric Street volunteers and the Rascal Flatts members in the two years she attended the party. Deanna lost her battle with cancer at age of 14 in 2007, but her parents, Dean and Bobbie Jean, remain grateful for the magic their daughter experienced; magic that helped Deanna forget about her suffering and become just a child again for a few moments.

Bobbie Jean was in the audience for this year's performance and party. She said the band and Lyric Street staff are now friends and she wouldn't miss it for the world.

The Glossups were featured in a video to commemorate Lyric Street's 10th anniversary. Their images were in a Children's Hospital video accompanied by an

Albert Einstein quote that Goodman says sums it all up for the company: "Not everything that can be counted counts, and not everything that counts can be counted."

Goodman, the father of a 14-year-old son and 11-year-old daughter, said: "We enjoy the day in a very existential way: doing something that is uncountable."

Go backstage at the Oct. 8 Rascal Flatts/Disney party at the Monroe Carell Jr. Children's Hospital at Vanderbilt. (go to: www.mc.vanderbilt.edu/houseorgan/voluntears.htm for the audio slide show).

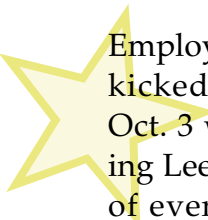
To learn more about Disney's VoluntEARS program, go to: <http://corporate.disney.go.com/outreach/voluntears.html>.



There is **NOTHING LIKE** that moment, when the elevator door opens up and the nurses just light up when **MICKEY** and **MINNIE** step out.



THAT WAS THE MONTH THAT WAS



Employee Celebration Month—which kicked off on Sept. 8 and ended on Oct. 3 with the Finale concert featuring Lee Roy Parnell—featured dozens of events from food tastings to lectures to the employee recognition ceremony. Here’s a look back a few scenes from the month.



Multiple Grammy-winning artists Take 6 perform in Langford Auditorium.



JOE HOWELL

C. Massa Sesay and CJ Keen, both care partners on the 8th floor, enjoy Night Owl Howl.



DANA JOHNSON

Mark Johnson, center, shares lunch at the Employee Celebration Month Kick-Off with his co-workers Cari Safford and Emily Sutinis, all of Rehabilitation Services.



Soul Incision’s Deb Kemp and Cari the Employee Celebration Month f



LifeFlight Open House



NEIL BRACE



SUSAN ORRY

Alex Perrone, Executive chef, showing off desserts at Taste of Vandy.



DANA JOHNSON

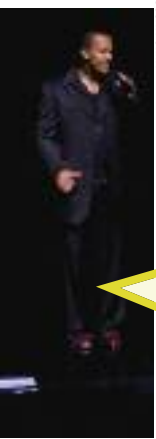
Jennifer Brantley of Ob/Gyn performs during the Employee Celebration Month Kick-Off.

Jennifer Embry and Seretha Nobbins at Taste of Vandy.





From left, Robert Manning, R.N., manager Lynn Christman, Karen Gore, R.N., and Samaneh Ahmad, R.N., pose for a picture together at the photo booth during the Employee Celebration Month Kick-Off.



SUSAN NAYERS



DANA JOHNSON



DANA JOHNSON

Steffenie Barnett-Smith performs during the Employee Celebration Month Kick-Off Vandy Idol contest.



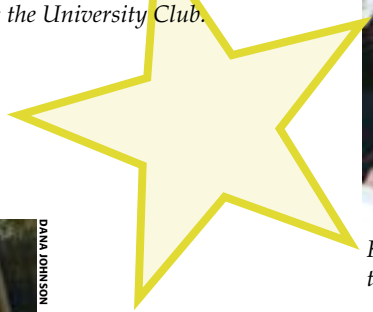
DANA JOHNSON



JOE HOWELL

Pharmacy technician Shatona Griffin lets Andrew Bissell draw a caricature of her during Night Owl Howl. Griffin works at Children's Hospital.

Debi Pinson of Hospital Administration models during the Employee Celebration Month fashion show, held at the University Club.



DANA JOHNSON

Karen Gore, R.N., laughs as she tries on hats at the photo booth.

Col Byrd perform during finale party.



NEIL BRANKE

Demetrius Holt of the VMG shows off her T-shirt during the event on Library Lawn.



DANA JOHNSON

Melvin Fitzgerald of Biochemistry models during the Employee Celebration Month fashion show. He was also honored for 50 years of service.



DANA JOHNSON

Special guest performer Lee Roy Parnell, left, signs an autograph for fellow performer Scott Simms, winner of Oh Say Can You Sing.



DANA JOHNSON

Lee Roy Parnell performs with Soul Incision during the Employee Celebration Month finale party.



Models, (left to right), Dru Bratton-Newsom, Anne Rayner, Debi Pinson and Deb Kemp show off some modeling poses at fashion show, held at the University Club.



SUSAN NAYERS



DANA JOHNSON

Give thanks for Health and Wellness with a month of activities

Last chance for fall walkers

Join Health Plus Nov. 5 and 12 for 30-minute walks marking the end of the fall walking club season. Walkers 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.

Health and Wellness offers tool-kit for smokers, managers

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, or can call Health Plus at 343-8943 to receive a free smoker's tool-kit.

Keeping children safe focus of Life Phase Series

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 "Learn radKIDS with VPD," and is presented by Nola Brown, a lieutenant with the Vanderbilt Police assigned to the Medical Center. radKIDS is a national program designed to teach child safety. The program will be held Thursday, Nov. 20, from noon to 1 p.m. in 411 Light Hall.

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 relaxation practice to protecting your child from online predators. Visit www.vanderbilt.edu/HRS/wellness/hwpodcast.htm to listen from your computer or your MP3 Player.

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?

Or: how can you best avoid sniffles, sneezes and chills this winter?

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, Nov. 11, 4 to 5 p.m. in the Peabody Campus' Jesup Psychology Building, room 203.



NEIL BRANK

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

Caring from Far Away

“Long Distance Caregiving: Caring from Far Away” is the title of a lunch and learn program presented by the Child and Family Center, Tuesday, Nov. 11, in Light Hall room 431 from noon to 12:55 p.m. Topics discussed will include how to locate resources in other locations, caregiver support, and planning for emergencies. The presenter will be licensed clinical social worker Donna Rosenstiel, program manager at the Vanderbilt-Reynolds Geriatrics Center. For more information, go to www.childandfamilycenter.vanderbilt.edu.

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 November is Latin Salsa. You may bring a partner who is not a Health Plus member to Fitness through Dance; however, no partner is required.

Help for holiday depression— or pre-holiday depression

Pending holidays got you feeling depressed? Work/Life Connections-EAP offers assessment, information, referral and brief counseling services for faculty and staff by calling 936-1327 for an appointment. Conveniently located in the Medical Arts Building (010), the service is confidential, professional and offered as an employee benefit.

Occupational Health Clinic comes to Children’s Hospital

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 8009, 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.

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. To learn more about Health Plus Babies and You prenatal education program, call Lisa Connor, R.N., at 343-9623.

All classes are from noon to 1 p.m. This month’s class, is “Basics of Infant Safety at Home and in the Car,” and is presented by Taura Huss, M.D., of Vanderbilt Pediatrics. The class will be Thursday, Nov. 20, in 415 Light Hall.

NEIL BRAKE



singing, and, even though it is early morning, the world feels like a place where I want to be.

But when the floor is chilly, the room is dark and the clock insists, in the face of all evidence, that it's time to get up, the only part of the world I want to be in is my bed.

Sharon, of course, is the opposite. She wakes up early, with a sharp mind and a cheerful attitude. This produces a great deal of jealousy on my part. What would it be like to actually be fully awake before 7 a.m.? What would it be like, for that matter, to be fully awake before 11 a.m.?

Maybe you're thinking that since I'm not a morning person, then it must mean that I'm a night person. That was certainly once true. For a couple of summers in college, I sometimes worked the night shift at a campus computing center, meaning I got off work at midnight. I loved it. The commute home was easy, since the streets were deserted. The all night deejay on the local rock station played nonstop music with no commercials, and it was a cool feeling moving through the city at a time when the

rest of the world seemed to be asleep. I thought that those work hours would be just about perfect.

The problem is, as I've gotten older, I'm no longer much of a night person, either. If I start out after dinner watching some TV show in which some intrepid detectives are looking for a killer, it's a disturbingly common phenomenon for me to doze off and never learn who the killer is. Was it the estranged parent, the jilted girlfriend, the mysterious stranger who happened to be walking his dog at the murder scene? Beats me, and since I'm not exactly proud of nodding off during the show, drooling on my shirt, and almost falling into the floor, I'm too proud to ask Sharon about the killer's identity. So unless I happen to see a rerun, I'll never know.

This never used to happen when I was watching *The Mod Squad* while avoiding finishing my algebra homework.

So, through all these months of fall and winter, as the days are short and light is scarce, I'm in hibernating bear mode: groggy in the morning and drowsy at night.

I guess I could move to somewhere with more conducive light, the way people used to move to Arizona for sinus problems, but I'm not sure where that would be.

It may have been during some early morning half asleep/half awake times when I recalled—maybe from a college astronomy course—that everywhere on earth gets the same amount of daylight a year—the light is just spread around differently.

So if I move to one of the poles, the distribution is six months light, six months dark. Great. I'd NEVER get up for half the year. At the equator, all days are pretty much the same length all year around. What? No long summer days? Just an unchanging 12 hours of daylight year-in, year-out? That would be a loss.

There appears to be no good solution on earth, unless you count that big mirror orbiting above my house.

I'm sleepy.

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