

VANDERBILT UNIVERSITY MEDICAL CENTER

HOUSE ORGAN

www.mc.vanderbilt.edu/houseorgan

February 2009

Sniffing out trouble
Inside Vanderbilt's K-9 Unit



**Pets of the
Medical Center
2009**

**Mark Mandel and Pepper,
foreground; Gary Duncan
and Rex, background.**

COVER PHOTOGRAPH BY JOE HOWELL

Show your scar, tell your story

BY WAYNE WOOD

A dermatologist once told me that a person's skin is a diary of his or her life.

If you smoke, he said, your skin will show it.

If you work outside, as a farmer or construction worker, or work inside with your hands as a carpenter, your skin will show it.

And if you live very long, you will have scars, and every scar is a story.

Two scars; two stories

I've got a crescent-moon shaped scar on my left knee. I got it when I was 10 or 11 years old, playing one afternoon at Scott Bowers' house, which was on Maple Drive across the street from my house.

I was running down the side of his house and somehow fell into a pile of clinkers (sometimes called cinders), jagged byproducts of coal burning. Scott's house, like most in the neighborhood, was heated with a coal furnace, and I guess that when his mom or dad cleaned out the ashes and clinkers, they had dumped them along the side yard.

However they got there, they were there in a pile, and I hit the pile with such force that a clinker ripped through my pants leg and essentially punched a nickel-sized hole in my knee, just to the right of the kneecap.

An emergency trip to the doctor's followed, as did stitches. And as did the scar, which will always be a part of the skin in which I live.

So will another scar, on my side, caused by, of all things, an exploding Pepsi bottle. I picked up a glass bottle of Pepsi in a grocery store when I was, I guess, 14 or 15, and it just blew up. Apparently a weak spot in the glass gave way under the pressure of the carbonation, and jagged fragments flew out every which way, including one that lodged in my side. No stitches this time, but a scar and a story anyway.

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Pets of the Medical Center 2009

A sampling of the hundreds of pictures that poured into our inbox of the furred, finned, and feathered friends of our faculty and staff. Be sure to vote for your favorite dog and cat at <http://www.mc.vanderbilt.edu/houseorgan/>.



Minnie Pearl, Mildred Cassandra Hall, 7th Floor Round Wing

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Dedicated Dogs (and Humans)

The Vanderbilt University Police Department helps protect the campus from harm. Photographer Joe Howell followed the VUPD K-9 unit on training exercises to show the dedication, bright eyes, and pink tongues of these dedicated dogs.



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Pulmonary Performs Community Outreach

A group of Pulmonary staffers get together monthly to work together on a community project. Leslie Hast has a look at this dedicated group of employees.



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Pets

of the

Medical Center 2009



Brody, Justin Wittkopf, Otolaryngology, and Maria Wittkopf, Otolaryngology & Head and Neck Surgery

✓ **Vote online for the Medical Center Dog and Cat of the Year**

Again this year hundreds of employees sent in pictures of their beloved pets to be considered for inclusion in *House Organ's* annual Pets of the Medical Center issue.

We asked the staff, faculty, students and volunteers of the Medical Center to log onto the *House Organ* Web site to send in pictures of their dogs, cats and other pets. Our intrepid staff then, at great danger to the Medical Center's bandwidth limitation and the regional electrical grid, sifted through the tsunami of pixels and chose some of the best. The following pages contain a sampling of the drooling, yowling, shedding carbon-based life forms with whom we share our lives, and, evidence indicates, yards, kitchens, living rooms, couches and beds.

And for the first time, we're asking *House Organ* readers to vote on their favorite dogs and cats from the list of nominees posted on the *House Organ* Web site, <http://www.mc.vanderbilt.edu/houseorgan>.

The panel of judges has selected a generous slate of nominees—20 dogs and 14 cats—to be voted upon, with the winner to be declared online, based on the number of votes, at 10 a.m. on Tuesday, Feb. 24.

In the interest of the survival of the editor and the panel of judges, it should be acknowledged that the selection of the pets to be included in the issue, and the further selection of the finalists of each of the major name-brand pet species, was quite difficult and we understand there may be some disagreement that takes two major forms:

Form number one: "My dog or cat is so cute." Form number two: "That dog or cat you boneheads selected as a finalist is not nearly as cute as mine."

We understand. We have pets, too. They are all spectacularly cute. Please don't hurt us.

If you missed the deadline this year, look for the call for entries in the September 2009 issue of *House Organ*.



Max, Nicole Christianson, Molecular Physiology

VOTE FOR ME



Chance, Marcia Tapia, Vanderbilt Heart Institute at Franklin



Allie, Leslie Heimback, Psychiatry



Frost, Piper and Fletcher, Marijean Rue, Pediatric Infectious Diseases, and Brian Pollock, Outpatient Psychiatry

VOTE FOR ME



Zoe, Jessica Odvody, Pathology



Isabelle, Vicky Oliver, Plastic Surgery



Dyna and Edgar Allen, Cynthia Moe, VMG Administration



Mimi and Buster, Jana Johnson, Immunopathology Lab



VOTE FOR ME



Chico, Shannon Alley, Pediatric Emergency



My grandson Connor and his friends Quincy and Milo, Susan Britt, Master of Science in Clinical Investigation Program

VOTE FOR ME



Chesney Pearl, Mende A. Pattee, Grants and Contracts Management

VOTE FOR ME



Cricket, Shelley Torres, Trauma Unit and VUSN

VOTE FOR ME



Cooper, Laura Williams, Pediatric Surgery

VOTE FOR ME



Buddy, Lori Michalowski, Center for Structural Biology

VOTE FOR ME



Champ, Betsy W. Beazley, Pediatric Emergency

VOTE FOR ME



Garth, Kimberly Jones, Vanderbilt Central Registration



Blue, Danica Partin, Allergy, Pulmonary & Critical Care



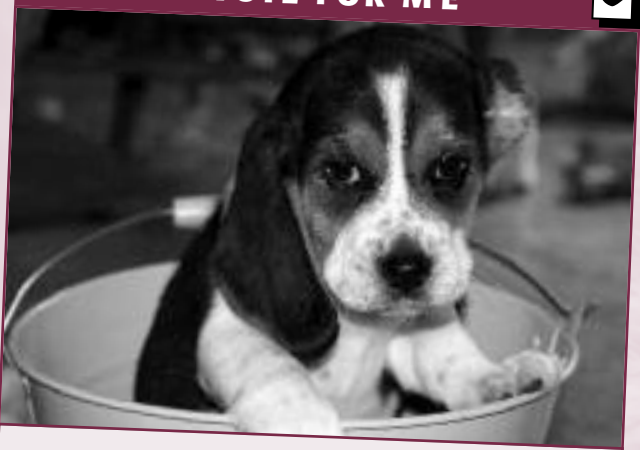
Jack, Barbara Gibson, Institutional Review Board

VOTE FOR ME



Ethan, John Smith, Respiratory Care

VOTE FOR ME



Jethro Van Gogh, Laura Williams, Pediatric Surgery

VOTE FOR ME



Milo, Angie Sparks, VCH OR



Jeremy and my son Quinn Zahn, Peggy Logan, DNA Sequencing Facility



VOTE FOR ME



Hope, Judy Arena, Clinical Nutrition Services



Joy, Robert E. Richie, Surgery

VOTE FOR ME



Zoie, Leslie Heimback, Psychiatry



Jango, Jeff Mason, Infectious Diseases



Tallie, left, and Grace, Joyce Rucker, VMG Coding and Charge Entry



Ellie, Julie Hamm, Anesthesia

VOTE FOR ME



Isabella, Tom Albertin, Plant Services



Jesse Moon, Tiffany Fortunis, Adult Acute Care Speech Pathology





Lily, Chris Madish, Informatics



Baylee, Leslie Reneau, Orthopaedics



SpringKodi, left, and Inu Kodi, Julie Developmental Biology



Maya, Rachel Westman, Recovery Day Surgery



Teddy-B and Chia, Timothy Theriaque, Clinical Supply



Wiley, Jen Smith, Biochemistry



Maggie, Shannon Stratton, Preventive Medicine



Sweetie, Kelly Scott, LifeFlight



Sasha, Joyce Matthews, Human Resources



Maggie and Jessie, Kerry Stanley, Hearing and Speech



Zeus and Rosie, Shelley Resource Center



Mavity-Hudson, Cell &



VOTE FOR ME

Wyndy, Judy Arena, Clinical Nutrition Services



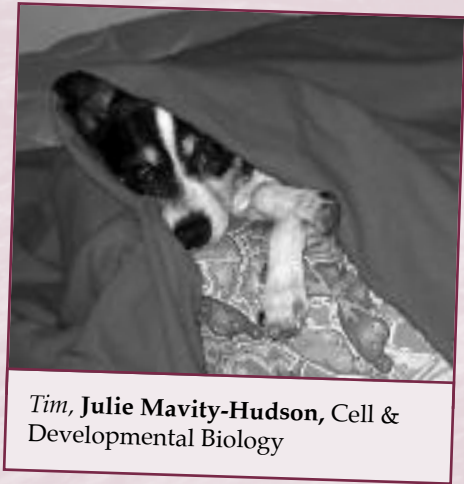
VOTE FOR ME

Baxter, Shannon Stratton, Preventive Medicine



VOTE FOR ME

Mufassa aka Willie, Tracy Tinsley, Operating Room

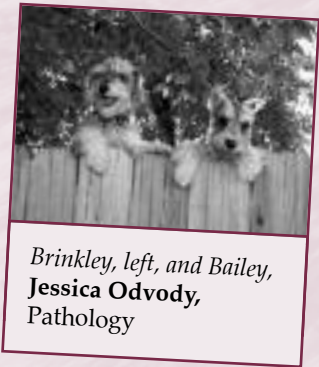


Tim, Julie Mavity-Hudson, Cell & Developmental Biology



VOTE FOR ME

Oliver, Alyce Wherry, Biomedical Informatics



Brinkley, left, and Bailey, Jessica Odvody, Pathology



VOTE FOR ME

Chloe, Danica Partin, Allergy, Pulmonary & Critical Care



VOTE FOR ME

6 North



Sadler, Clinical Staffing



VOTE FOR ME



Pansy, Shawn Howard, 10 North Trauma, and Tracy Phillips, 8 North Inpatient Medicine



Rocky, Suryakala Sarilla, Pathology



Sugar and Katie, Kimberly Jones, Central Registration



Mr. Bo Rascals and his stuffed buddy is "Boris" the eskimo dog, Lisa Wascher, Vanderbilt Psychiatric Hospital



Maya, left, and Sadie, Donald Brady, Graduate Medical Education

VOTE FOR ME



Skylr, Deb Shields, Pharmacy



Lucy the hedgehog, Lisa Longley, Pediatric Hematology



VOTE FOR ME



Alex, Scarlett Anderson, NICU



Raleigh, Nelda Fowlkes, Division of Trauma and Surgical Critical Care



Peabody and Pye, David DiPersio, Pharmacy



Riley, left, and Lola, Cindy K. Honaker-Waite, Preoperative Evaluation Clinic

VOTE FOR ME



Spot, Karin League, Holding/PACU/Radiology Recovery

VOTE FOR ME



Moli, Scarlett Anderson, NICU

VOTE FOR ME



Porgy, Jing Belfiglio, Grants and Contracts Management

VOTE FOR ME



Sunny, Laura O. Borders, Surgical Oncology



Molly, Tammy Smith, HIS Projects



SNIFFING OUT TROUBLE

K-9 units work to keep Vanderbilt safe

PHOTOGRAPHS BY JOE HOWELL

Rex, Gauge, Kojack and Pepper make up the canine members of the Vanderbilt University Police Department.

These dedicated canines are paired with their handlers, Lt. Gary Duncan, Master Patrol Officer Jason Bates, Master Patrol Officer Horace Lanier, and Police Officer Mark Mandel in helping keep the Medical Center and University safe.

The K-9 units engage in regular training exercises, as well as performing bomb sweeps at venues before large public gatherings. At night, the dogs go home and live with their handlers.

VUPD has had a dedicated K-9 Unit since June 2007, and Duncan, who was

formerly with the K-9 Unit of the Metropolitan Nashville Police Department, came to Vanderbilt in January 2008 to head the unit.

"The bond has to be very strong," Duncan says. "You've got to believe totally in the dog's scenting ability. The human is the brains of the team, and the dog is the nose."

To see more of the K-9 unit, see the online slide show at www.mc.vanderbilt.edu/houseorgan

(below) Lt. Gary Duncan takes his canine Rex from his Vanderbilt Police Department cruiser.





Master Patrol Officer Horace Lanier with the Vanderbilt Police Department does a routine sweep at Memorial Gymnasium prior to a men's basketball game. His K-9 is Kojack, a German shepherd. Bomb dogs are brought in to perform their duties during special events or in response to a threat at Vanderbilt.



(above) Vanderbilt Police Officer Mark Mandel praises his K-9 Pepper after she located a "bomb" during a training exercise at Walter Stokes Middle School. (at right) Master Patrol Officer Jason Bates leads his K-9 Gauge through Medical Center North. The K-9 units serve both the University and the Medical Center during times of need. (at left) K-9 Gauge is rewarded with a ball by Bates after locating an "explosive device" during a training exercise at a warehouse on 6th Avenue.



Pulmonary Clinic staff comes together for community service

BY LESLIE HAST

The office party is a cliché we all know: co-workers stand awkwardly around a conference room, making idle small talk and munching on tired, store-bought refreshments under a few droopy streamers and balloons.

But the Pulmonary Clinic has found a way to break through this cliché. They combine office celebrations with volunteer efforts, and participation has skyrocketed.

It all started with the Work of Life Committee, the Pulmonary Clinic's organizing body that usually planned office parties and recognized birthdays. About a year ago, they decided to shift focus to helping in the community, and the committee has never been more popular.

"It is more investing to give to others in need than to do for ourselves," said Janet Morris, administrative assistant. "Now, we get more people wanting to participate and hear more feedback about it afterward."

Morris estimates that 60 percent of the

staff participates regularly in Work of Life activities.

The first service activity the committee organized was a trip to the Nashville Rescue Mission, a homeless shelter for men, women and children, and those visits soon became a signature event. They return monthly to serve meals at the shelter and try to get at least five people to commit to each visit.

Wendi Mason, interstitial lung disease coordinator, enjoys the opportunity to help others while socializing with co-workers outside the work setting.

"It's not the same mundane work tasks, and people are completely different outside work. It's very rewarding and helps bring us together. It unifies us," she said. "Back from the Mission, people talk about how it makes them feel. You get a wonderful feeling and realize that you are incredibly blessed to have a home, food on the table and a job."

On their most recent visit, Mason estimates they served lunch to 200-300 peo-

ple. The crew included four Pulmonary Clinic staff members and two teenage relatives. Staff is always encouraged to include their family members in all Work of Life activities.

Morris said it's "always a good time" to bring children and grandchildren along, and the staff instills in the next generation the same desire to give back. In fact, volunteering has become routine for Mason's 9-year-old son.

While they were driving home after volunteering at the Mission, they noticed another mother and son broken down on the side of the road and decided to stop and help the family. The other mother looked at Mason's son and said, "Aren't you proud of yourself for helping out like this?" He shrugged it off replying, "Oh, we've already done our good deed for today."

In addition to their work at the Mission, the Pulmonary Clinic has also held food and clothing drives and raised money for America's Second Harvest, a



The Pulmonary Team meets at the Nashville Union Rescue Mission for volunteer work on a Sunday morning.



"It's very rewarding and helps bring us together. It unifies us."

Members of the Pulmonary staff sort coats collected in a clothing drive.

national network of food banks. They have participated in "Kool Treats for the Troops," a freezer pop drive organized by the Red Cross, and they have partnered with Mason's Cub Scout Pack to collect money for Children's Hospital's Change Bandits.

The Pulmonary Clinic also helps out the population they know best—their own patients—by organizing and participating in walks to raise money for various lung diseases.

"We try to do a lot among our specialties but also to do outside them. We like to help our patients but help others as well," said Shannon Tucker, administrative assistant, who was team captain for a cystic fibrosis walk held last May.

Tucker says that although she spends many hours a day with co-workers, she is still excited to volunteer with them after hours.

"It's more of a teamwork effort. We put feelings to the side to do work for others, and it's an opportunity to get to

know people outside work," she said.

Crystal Lowe, administrative assistant, is helping organize an idiopathic pulmonary fibrosis walk this month.

"It bonds us when we do things outside the clinic. Everyone is selfless. We don't emphasize the 'I,'" she said.

Morris, along with Kimberly Farmer, case manager, also organized a pulmonary hypertension walk, raising \$8,500.

Farmer said it is especially fun when doctors get involved in their volunteer activities.

"It was priceless to see Dr. Ivan Robbins in the dunk tank. He raised \$100 at \$1 a ball," she said.

But it's not all work and no play for the Pulmonary Clinic.

"We still do fun family-oriented things like parties, camping and going to the wave pool," Mason said. "But we're really getting out there and trying to do our part for the community. There's plenty of need out there."

Summer Camp Fair offers options for parents

Vanderbilt's Child and Family Center will present its Summer Camp Fair Thursday, Feb. 12, from 10:30 a.m. to 1:30 p.m. at the Children's Hospital Theater.

The fair is an opportunity for parents to speak to representatives from both Vanderbilt-sponsored and Middle Tennessee-area camps devoted to a wide range of topics, including sports, cooking, art and dance. Both day and sleepover camps will be represented, and parents will be able to not only ask questions but also register children for a camp at the fair.

For more information, call 936-1990 or go to www.childandfamilycenter.vanderbilt.edu.

Count on Your Health under way

The annual Count on Your Health, devoted to encouraging a healthy lifestyle, occurs throughout the next few weeks. The event is sponsored by Health Plus, Vanderbilt Heart, Nutrition Services and the Occupational Health Clinic. The timing of the event coincides with National Heart Month in February and National Nutrition Month in March.

There will be several chances through February for staff and faculty to stop by a mobile station for a "Know Your Numbers" weight, blood pressure and body fat percentage measurements.

Feb. 11, 10 a.m. – 1 p.m., 2141 Blakemore Ave.

Feb. 12, 10 a.m. – 1 p.m., The Commons, Peabody Campus

Feb. 18, 7 – 10 a.m., Breezeway/Connecting Corridor between TVC and Light Hall

Feb. 26, 4 – 6 p.m., TVC 2702 – 2703

Your turn

So what about you? What about the scars and marks on your body—and the stories that go with them?

Go to the *House Organ* Web site and click on the Body Stories button, and write about your skin and the stories that go with it: the bike rides gone bad, the Caesarean scar from when your

daughter or son entered the world, any story at all. You can even send along a picture, if you like.

Later this year we plan to publish a health and fitness issue built around the theme “Stories of the Body,” and your story may be one of those included.

Don’t think that your story isn’t

dramatic or interesting enough—hey, did you read the ones I wrote above?—just tell it.

We all have something to learn from the wisdom of our bodies, and the stories represented on our skin.

To see a video version of this column, go to <http://www.mc.vanderbilt.edu/houseorgan>.

Call for Entries: *House Organ* Writing Contest

25th Annual *House Organ* Writing Contest Deadline May 11

■ For the 25th year, the July *House Organ* will be the Summer Reading Issue, filled with the winners of the *House Organ* Writing Contest—poems, short stories and nonfiction pieces contributed by staff, faculty and students of Vanderbilt Medical Center.

Every year demonstrates that the Medical Center has a lot of people with literary talent walking around disguised as regular people, and the *House Organ* Writing Contest is a chance to show everybody what you can do.

The rules are pretty simple.

There are three categories: poetry, fiction and nonfiction.

There are no length restrictions in the poetry category.

The fiction category is limited to 4,000 words.

The nonfiction category, which encompasses journalistic writing, memoirs, feature stories, historical pieces, profiles of interesting people, or anything else that’s true, also has a 4,000-word limit.

Please indicate the category of your

entry; sometimes it’s a little hard for the judges to figure out what is fiction and what is nonfiction.

All staff and faculty of VMC, except those who work in News and Public Affairs, are eligible. Medical, nursing and graduate students are also eligible.

Submissions are limited to three per category. Each entry must be submitted online as an attachment in Microsoft Word (or other compatible format), and have the author’s name, place of employment or school, and a phone number at the top of the first page. Entries may be sent to wayne.wood@vanderbilt.edu. Please put “writing contest entry” in the subject line.

Entries may be edited for space, clarity or style before publication.

Deadline for entry is Monday, May 11. Please push the send button before midnight on that day.

The winners will be published in *House Organ*. If we have room, we’ll also publish some honorable mentions. Last year there were so many good nonfiction entries that they were published in several other issues.

Address any questions to the editor, Wayne Wood, at 322-4747, or at the e-mail address above.

Checklist for entries:

Author information: Name, department or school, address and phone number on first page.

Entry information: Category—fiction, nonfiction or poetry. Check to be sure your work is within the length requirement.

Entries must be sent as an attachment in Microsoft Word (or other compatible format).

Deadline is May 11.

House Organ now on Facebook

House Organ now has a Facebook page. Facebook members can find the page by searching “VUMC House Organ” within the Facebook site, or, if you really like typing, by going to:

<http://www.facebook.com/pages/Nashville-TN/VUMC-House-Organ/57707803435>

House Organ online is your passport to employee information

Go to www.mc.vanderbilt.edu/houseorgan to find links to:

- The Faculty/Staff Discount Program (Perqs)
- The latest in Health and Wellness information, including what’s going on at Health Plus
- The VMC Event Calendar, which has daily information about events across the Medical Center
- The main news page for the Medical Center, to keep up with happenings at VMC
- The VUMC *House Organ* Facebook page
- The Vanderbilt Employees’ Credit Union

In addition, the *House Organ* site also has extras you don’t get in the printed magazine, such as:

- A way to vote in our online poll of the Medical Center’s Dog and Cat of the Year
- A slide show of the Vanderbilt Police canine officers at work
- The Watching the Wheels podcast—this month with video
- One-click e-mail to the editor

