Monday, August 28 – Friday, September 8, 2017

**Monday, August 28-Monday, September 4**
Fanny Allen Campus Food Drive-To Benefit Colchester Community Food Shelf
Help support your neighbors in need by bringing in a non-perishable item. High-demand food items include pasta sauce, peanut butter, jelly, canned tuna and canned hearty soups. Drop off food items in the Dunbar Café Monday-Friday, 6:30 am-2:30 pm. Donation pick-up is the following Tuesday. This drive will continue during the last week of each month.

**Monday, August 28**
Patient Presentation
Emergency Department/Acute Care Surgery-Trauma Grand Rounds, 2-3 pm, Austin Auditorium

Happy Hour at the Garden Atrium
Banana Split Parfait – vanilla yogurt, strawberries, banana, pineapple and granola, 3-4 pm

Cardiovascular Research Institute of Vermont (CVRI) Welcome Soiree
Join us as we kick off the new academic year at our 1st annual Welcome Soiree, an evening reception with food, drinks and conversation. 5:30-7:30 pm, The Garden Atrium, UVM Medical Center (Level 3 East Pavilion near parking garage elevators). For more information, contact Becky at 656-8955 or CVRI-VT@med.uvm.edu.

**Thursday, August 31**
“Evidence-based Approach to Enhanced Recovery after Cesarean Delivery”
Ashraf Habib, MBCh, MSc, MHSc, FRCA, Duke University Medical Center, Anesthesiology Grand Rounds, 7-8 am, Medical Education Center, Sullivan Classroom #200

Indoor Farmers’ Market
Come support your local farmers and get some fresh local product! 2:30-5 pm, Davis Concourse. CROP CASH is now available. CROP CASH is free market money that is given to customers when they spend their 3SquaresVT benefits at participating markets. For information on 3SquaresVT, call 2-1-1 or click here. For information on CROP CASH, click here.
Friday, September 1
No Psychiatry Grand Rounds

Monday, September 4 – LABOR DAY
No Family Medicine Grand Rounds

Tuesday, September 5
“Menopausal Hormone Therapy: A 2017 Update for Clinicians”
Andrew Kaunitz, MD, University of Florida College of Medicine, Jacksonville, FL, Gynecology & Reproductive Sciences Grand Rounds, 7:30-8:30 am, Davis Auditorium

Community Medical School Series Kick-off
Join Sally Herschorn, MD, UVM Associate Professor of Radiology and Medical Director and Division Chief of Breast Imaging, as she discusses breast density and what it means for women today. 6-7:30 pm, Carpenter Auditorium in the Given Building at the Larner College of Medicine at UVM. For information about upcoming presentations, click here.

Wednesday, September 6
“Dystrophinopathies in the Age of Genomic Neuromuscular Medicine”
Michael Hehir, MD, Pediatrics Grand Round, 8-9 am, Davis Auditorium

“Potential Biomarkers to Delineate Tumors of Pancreatic Origin”
Michelle Yang, MD, PhD, Pathology and Laboratory Medicine Grand Rounds, 1-2 pm, Davis Auditorium

Happy Hour at the Garden Atrium
Blackberry Buckle – served with vanilla ice cream, 3-4 pm

Thursday, September 7
“TBD”
Anesthesiology Grand Rounds, 7-8 am, Medical Education Center, Sullivan Classroom #200

“The Evolving Landscape of Surgery for Children with Epilepsy”
Howard Weiner, MD, Texas Children’s Hospital/Baylor College of Medicine, Surgery Grand Rounds, 7:30-8:30 am, Davis Auditorium

Indoor Farmers’ Market
Come support your local farmers and get some fresh local product! 2:30-5 pm, Davis Concourse. CROP CASH is now available. CROP CASH is free market money that is given to customers when they spend their 3SquaresVT benefits at participating markets. For information on 3SquaresVT, call 2-1-1 or click here. For information on CROP CASH, click here.

Friday, September 8
“How Can Neuroscience Make a Difference for Psychiatry”
Upcoming Events / Programs

2017 Language and Communication Expo – September 29
The second annual Language and Communication Access Expo takes place on September 29, 2017, from 9:30 am to 2 pm, in the McClure Lobby Conference Room.

- Learn how to help patients and their families who may need interpreter services
- Find out what it feels like to talk to a provider who doesn’t speak your language
- Learn about video remote interpreting, and try it out!

All are welcome and are encouraged to attend.

Community Medical School – Future Sessions
Since 1998, this program, jointly organized by the Larner College of Medicine at UVM and the UVM Medical Center, has been providing members of the UVM and local community with accessible and important education on a wide variety of timely, fascinating and engaging health care topics. Please join us for the presentation followed by a Q&A session.

- October 3: “Lyme Disease: Big, Bad *Borrelia burgdorferi* and the Tiny Tick” (Special Panel Presentation), featuring Ralph Budd, MD, Bradley Tompkins, M.P.H., and Molly Markowitz
- November 7: “Politics, Money & Science: Current Debates in Public Health & Health Policy,” led by Jan Carney, MD, M.P.H.

All sessions are held from 6-7:30 pm, Carpenter Auditorium in the Given Building at the Larner College of Medicine at UVM. For information about the presentations, click here.

UVM Midwifery Practice Presents: “Hands-on Labor Support Skills” – October 3
This four-hour training focuses on physical and emotional support for women in labor. Nurses, midwives, physicians, students, doulas and community members who work with childbearing women are encouraged to attend. We will move, connect and breathe with attention toward comfort in labor and repositioning techniques for posterior and asynclitic babies. Additional topics include cesarean reduction, techniques to encourage labor progress when a woman chooses an epidural and skilful use of language when communicating with laboring women. Location: UVM Medical Center McClure Lobby Conference Room.
To register, click here. For details and questions, contact Susan at (802) 899-0399 or susan@evolutionprenatalandfamily.com.

One-on-One Financial Counseling – Take Control of Your Financial World!
UVM Medical Center is offering a class for employees to meet with a NEFCU advisor to help with budgeting and financial counseling. NEFUC Branch, McClure 2 connector. To view the monthly schedule and to enroll in eLearn, click here.
Vermont Lung Center - Weight Loss Research Study for Asthmatics
If you overweight, have access to the internet and have asthma you may be eligible to participate in a Vermont Lung Center study research program that involves an online weight loss program and six clinic visits. This is a six month weight loss educational program to change diet and exercise habits and is provided at no cost to volunteers who qualify. Please call 802-847-2193 for more information.

Screening Project for New Research to Develop Vaccines
Healthy adults ages 18-40 needed to participate in a screening project to determine your eligibility for participation in future new research to develop vaccines against mosquito-borne viruses. For more information and to schedule a screening, contact us: (802)656-0013; UVMVTC@UVM.EDU or visit UVMVTC.ORG.

Volunteers for Vaccine Against a Respiratory Virus
Volunteers ages 18-35 needed to test a vaccine against a respiratory virus, eight day/seven night inpatient stay, two outpatient screening visits, four outpatient follow-up visits. Up to $1,650 compensation. For more information and to schedule a screening, call (802) 656-0013 and leave your name, phone number and a good time to receive a call back or click here or email UVMVTC@uvm.edu.

Wellness Offerings
Focus On You Lecture Series – August 24-September 28 - SERIES IS FULL
Questions? Email Sarah Yandow, Wellness Health Coach, at Sarah.Yandow@uvmhealth.org

Burlington 2017 Great Strides, Cystic Fibrosis Foundation Walk – September 17
The UVM Medical Center will be participating in the Burlington 2017 Great Strides, Cystic Fibrosis Foundation Walk, on Sunday, September 17, at Oakledge Park in Burlington. Check-in for the walk is at 9 am and the walk begins at 10:30 am. To create or join a team, please click here. Contact Employee Wellness for t-shirts, 802-847-2827 or email wellness@uvmhealth.org.

Vermont Walk to End Alzheimer’s – September 17
The UVM Medical Center will be participating for the third year in the Vermont Walk to End Alzheimer’s on Sunday, September 17. Registration for the walk is at 9 am and the walk begins at 11:15 am, at Shelburne Museum. Join friends and family for this community walk and receive the opportunity to visit the Shelburne Museum this day at no cost. To create or join a team, please click here; to join the UVM Medical Center Team, click here; if you are interested in volunteering, click here.

Contact Employee Wellness for t-shirts, 802-847-2827 or email wellness@uvmhealth.org.

Walk to Defeat ALS – September 23
The UVM Medical Center will be participating in the Vermont Walk to Defeat ALS on Saturday, September 23, at the Davis Center at University of Vermont in Burlington. Check-in for the walk is at 9 am and the walk begins at 10:30 am. The Walk to Defeat ALS is an opportunity to bring hope to people living with ALS, to raise money for a cure, and to come together for something you care about. To create or join a team, please click here. Contact Employee Wellness for t-shirts, 802-847-2827 or email wellness@uvmhealth.org.
The Color Run—the Happiest 5K on the Planet – September 23
Champlain Valley Exposition Center - Essex Junction, VT
All participants who use the code "UVMHN" will receive $10 off their registration. For each registration using this code, the UVM Children’s Hospital will also receive a $5 donation.

Not interested in running but still want to be a part of the event? There are volunteer openings! For every volunteer that registers, the UVM Children’s Hospital will receive an additional $40 donation.

For questions, contact Jackie Woodwell at Jackie.wooodwell@UVMHealth.org.

Vermont Heart Walk – September 23
The UVM Medical Center will be participating in the Vermont Heart Walk on Saturday, September 23, at Oakledge Park in Burlington. Check-in for the walk is at 8:45 am and the walk begins at 9:30 am. To join or create a team on the UVM Medical Center page, click here. Contact Employee Wellness for t-shirts, 802-847-2827, or email wellness@uvmhealth.org.

Mindfulness Tools for Health and Well-being: Three-week Series – October
Relieve stress and encourage well-being through mindfulness meditation practice. Roz Grossman will teach the group what mindfulness means; how mindfulness can help relieve stress and anxiety; ways to be more mindful in your life and work as a daily practice for self-care.

- October 11, 18, 25 - 4-5 pm, Frymoyer Community Health Resource Center (11 and 18) & Main Campus, McClure 601A (25)

Register through eLearn. Questions? Email efap@uvmhealth.org.

2017 Employee Wellness Incentives Are Now Available
Be sure to log in to the Employee Wellness website on HR Central and claim your incentives between now and 12/31/17. All employees of the University of Vermont Medical Center are eligible for up to $185 for completing the following incentives:

- Online Health Assessment - $25
- Preventive Care Visit - $35
- Advanced Directive - $50
- Dimension of Wellbeing Activity - $50
- Participate in a Biometric Screening - $25 Instant Gift Card

For helpful videos on how to register or claim your incentives, please visit our info page or email wellness@uvmhealth.org.

Calling Wellbeing Ambassadors!
Employee Wellness is looking for Wellbeing ambassadors who are interested, engaged and motivated in creating wellness opportunities and promoting healthy choices throughout the work week. The ambassadors will serve as key communicators for Employee Wellness in wellness programming and will
help spread the word of wellness initiatives and campaigns throughout the year. Participation in this program will require between 10 minutes to one hour a month, depending on your department’s choice of engagement. All ambassadors are encouraged to work with their leaders to seek their support in promoting a culture of health and well-being in the workplace. If you are interested in becoming a Wellbeing ambassador or would like to recommend someone from your team or department, please email wellness@uvmhealth.org today.

University of Vermont Weight Loss Research Study
If you are overweight, 18 years old or older, can walk for exercise, have internet access and a smartphone, you may qualify for the UVM iReach behavioral weight management research study that examines whether financial incentives will enhance weight loss. The study is an 18-month educational program designed to help you change diet and exercise habits. The program is provided at no cost to volunteers who qualify. For more information, click here or call (802) 656-1960.

Join the Employee Wellness Facebook Group
Get connected to Employee Wellness and join the Facebook Group today! By joining you will learn about events taking place across the organization, tips and resources to focus on your wellbeing at work and at home and more. This is also a great resource to get connected with your coworkers, ask questions, post photos and start conversation. Is there a group that walks every day? When is the next fitness campaign? What is for lunch today? Find this out and more by joining today.

Workplace Presentation
The Employee and Assistance Program (EFAP) is available to present at departmental staff meetings on a variety of topics to include: Communication and Conflict Resolution, Stress Management, Mindfulness, Substance Abuse, Depression, Anxiety, Balancing Work and Home, Grief and Loss and various human problems. The goals of these presentations are to increase awareness about how stress informs and shapes these factors and affects the workforce and ourselves individually. Our approach is solution-oriented. The focus is to build a healthy workforce through activating self-care and wellness principles and practices. If you are interested in having EFAP present one of these talks at your staff meeting, please call (802) 847-2827 or email EFAP@UVMHealth.org to schedule a time.

Employee Tobacco Cessation Program
Most tobacco users quit several times before they are successful. Here at The University of Vermont Medical Center, we believe that every try counts! The employee tobacco cessation program offers a supportive approach to help you and your household family members become tobacco-free for life. If you are ready to try again, contact (802) 847-2827, or email wellness@uvmhealth.org to register. You will receive coaching and a one-month supply of free patches, gum or lozenges.

Community Tobacco Cessation Program
Free five-week quit groups available. Receive FREE 10-week supply of gum, patches or lozenges when you participate. Classes are held at various locations around Chittenden County. Call for upcoming dates and times, (802) 847-7333 or QuitTobaccoClass@UVMHealth.org

Educational Offerings
5th Annual Vermont Center of Behavior and Health Conference: “Tobacco Regulatory Science” –
October 5-6
This year’s conference theme is “Tobacco Regulatory Science,” with particular focus on vulnerable populations. Regulating the nicotine content of cigarettes and other products is an important responsibility of the FDA that has tremendous potential to reduce smoking prevalence and improve the U.S. public health. Scholars from leading U.S. universities and medical centers will share their research and knowledge through the two-day program. Keynote speaker, Mitch Zeller, J.D., Director, FDA Center for Tobacco Products.

Can’t attend the conference? Watch it LIVE at https://livestream.com/VCBH/Conference 2017. For conference program, registration, and hotel links, click here. For general information, contact Marissa Wells at mwells@uvm.edu.

“Factors Affecting Mother’s Milk Feedings in Preterm Infants” – November 9
Join the New England Association of Neonatal Nurses 2017 Fall Lunch & Learn, supported by Chamberlain University. Presenter: Mary Lussier, BSN, RN, IBCLC, Connecticut Children’s Medical Center, Hartford, CT. 12 noon-1:30 pm, Davis Auditorium. For information, click here.

Opportunity Knocks: Check Out These Exciting Fall Course Offerings Through UVM CDE
Considering a career change or looking to keep on top of the latest trends in the business world? Challenge yourself with the Professional Certificate Programs at the University of Vermont.

This fall, learn the latest in online marketing strategies with one of UVM’s specialized certificates in digital marketing, our online Search Marketing Certificate and Digital Marketing: Social Media Marketing Certificate, or boost your career with these other short, intensive programs:

- Considering one of our new and award-winning Digital Marketing Certificate Programs? To choose the best program for you, test your skills with our FREE Digital Diagnostic tool. This 15-minute multiple choice questionnaire will provide you with a clearer understanding of your digital marketing strengths and weaknesses. Click here.
- Through 5, day-long, interactive seminars professional will develop techniques and explore practical solutions to the biggest challenges facing today’s healthcare managers. Click here.
- Explore public health and policy issues while gaining a strong foundation in population health sciences in UVM’s top-ranked, online Master of Public Health. Click here.
- Do you dream of becoming a doctor or other healthcare professional but lack the required courses to apply to medical school? UVM’s Post-Baccalaureate Premedical Program is designed to provide you with the prerequisite coursework and access to research and direct patient care experiences you need to achieve your career goals. Click here.
- Join Professor Emeritus William Averyt every Saturday morning through October 14 (no tour September 9) for a 90-minute Historic Walking Tour of UVM, exploring the people, buildings, and stories that make New England’s 5th-oldest university so unique. Click here.
- Register today for the 27th Annual Legal Issues in Higher Education Conference, held from October 9-11, one of the nation's premier conferences on the diverse legal issues impacting all aspects of higher education. Click here.
• Gain the skills to and knowledge you need to become a social media marketing specialist, and learn to leverage social media marketing to compete in online social spaces like YouTube, LinkedIn, Facebook, and Twitter with UVM’s new, 10-week, **Digital Marketing: Social Media Marketing Certificate Online.** [Click here.](#)

• Success in the digital economy starts here. UVM’s **Search Marketing Certificate** can teach you the essential skills, strategies, and knowledge to improve organic search rankings, develop effective paid search ads, create engaging display ads, and make informed, data-driven decisions to improve your organization’s search marketing and brand-building efforts. [Click here.](#)

• Learn the essential skills to launch a career in the competitive craft beer industry with UVM’s **Business of Craft Beer Certificate program.** [Click here.](#)

• Build effective strategies to connect with consumers using the latest research and trends in UVM’s top-ranked **Digital Marketing Fundamentals Professional Certificate program.** [Click here.](#)

• An increasingly global and diverse workplace requires leaders who can meet today’s business and management challenges. Learn the necessary skills to succeed with UVM’s **Leadership and Management Professional Certificate.** Comprised of a series of eight, day-long, locally-held seminars, you can choose seminars a la carte or attend all eight to complete your certificate. [Click here.](#)

• Project management is one of the most important and sought-after skills in today’s fast-paced business environment. Get the tools and techniques to improve approaches and outcomes to project management with UVM’s **Project Management Professional Certificate,** a series of five, local, day-long seminars. [Click here.](#)

We’re now accepting applications for UVM’s **Farmer Training Program,** starting May 7, 2018. Experience organic crop production, gain an understanding of small-scale farm management, and learn the skills to start your own farm business in this hands-on, six-month program. [Click here.](#)

**Clinical and Translational Research Courses**
Join our classes to learn and improve your research skills. Small group settings provide individual attention and opportunity to share your research ideas and projects. Classes include “Designing Clinical & Translational Research” and “Cell to Society – Cardiovascular Disease.” Contact [Sylvie.Frisbie@uvm.edu](mailto:Sylvie.Frisbie@uvm.edu) or call (802) 656-4560 for information.

**Champlain College Offers Online Degree and Certificate Programs to UVM Health Network Employees**
Are you considering going back to school to complete a degree or a professional certificate? UVM Health Network has teamed up with Champlain College to offer online degree and certificate programs at a significant tuition discount to support your continuing education goals. Champlain College’s truEd Program provides an opportunity to earn an associate, bachelor or master’s degree, undergraduate or graduate certificate.

As an employee of the UVM Health Network, you will have access to over 50 online programs at a 50% discount off standard tuition for our online undergraduate and graduate programs. This benefit has now
been extended to part-time employees, spouses and adult dependent children (ages 23-26). For further information, click here.

**Walden University Partners with The University of Vermont Health Network**

Walden University is pleased to partner with UVM Health Network to help working adults continue their education so they can make even greater contributions in their health care organizations. As part of that commitment, there is a $3,000 grant for BSN Completion Program students who enroll as a new Walden student starting August 29, 2016. Walden is also offering substantial incentives for the new competency-based [Tempo Learning platform](#) for the MHA and MBA/Project Management. To review and to request information, click here, or contact Julie Westcot at [Julie.westcot@walendu.edu](mailto:Julie.westcot@walendu.edu) to start your journey.

**Upcoming Conferences and Workshops – CME**

Transforming Primary Care and Behavioral Health Conference–September 14-15

The Essex, Essex Jct.

Primary Care Sports Medicine Conference – September 27-29

DoubleTree Hotel, South Burlington

VITL Summit 2017 – October 4-5

Sheraton Conference Center, Burlington

Women’s Health & Cancer Conference – October 6

Sheraton Conference Center, Burlington

15th Annual Northern New England Critical Care Conference – October 12-14

Stoweflake Conference Center, Stowe

UVM Medical Group (First) Health Symposium “Physician Integration: Lessons Learned” – October 15-17

Hilton Hotel, Burlington

For information, call Continuing Medical Education Office at (802) 656-2292 or click here

*Please contact Pam Mosher at [Pamela.Mosher@uvmhealth.org](mailto:Pamela.Mosher@uvmhealth.org) with any questions regarding the UVMMC Events Newsletter.*