Friday, December 29, 2017 – Friday, January 12, 2018

**Today-January 12**
Gift Shop Specials: Winter clearance deals. Stop by & check them out!

**Monday, January 1 – HAPPY NEW YEAR!!**

**Tuesday, January 2**
“Giving Feedback on the Fly”
Garth Garrison, MD, Obstetrics, Gynecology & Reproductive Sciences Grand Rounds, 7:30-8:30 am, Davis Auditorium

**Wednesday, January 3**
“Epilepsy in Children – Time for a Re-evaluation?”
Rodney Scott, MD, Pediatrics Grand Rounds, 8-9 am, Davis Auditorium

“Placental Findings in Stillbirth Collaborative Research Network Study and New Classification of Placental Lesions”
Halit Pinar, MD, The Warren Alpert School of Medicine of Brown University, Pathology and Laboratory Medicine Grand Rounds, 1-2 pm, Davis Auditorium

**TBD**
Endocrine Grand Rounds, 12 noon-1 pm, 62 Tilley Drive, Cardiology Conference Room

**Happy Hour at the Garden Atrium**
Warm Pretzels – Served with mustard, 3-4 pm

**Thursday, January 4**
**TBD**
Anesthesiology Grand Rounds, 7-8 am, Medical Education Center, Sullivan Classroom #200

“The Joint Biomechanics Timeline: When and How to Stop the Progression from Injury to PTOA?”
Niccolo Fiorentino, PhD, Orthopedics & Rehabilitation Grand Rounds, 7-8 am, 101 Stafford
“I, Anesthesia Robot: Artificial Intelligence and Anesthesiology in the 21st Century”
Jeremy Porter, MD, Surgery Grand Rounds, 7:30-8:30 am, Davis Auditorium

Clinical Ethics Case Conference
CANCELLED

Indoor Farmers’ Market
Come support your local farmers and get some fresh local product! Fruit smoothies will also be available for purchase from Nutrition Services. 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.

Course Offering: Creating a Vision Board
Join us for this interactive, hands-on workshop to create a vision board to hang in your office or home to remind you of your goals. To enroll in eLearn and for more information, click here. 1:30-4:30 pm, 1 So. Prospect St. Arnold 4411

Friday, January 5
“Targeting the Mitochondrial Regulator MCJ for Treatment of Fatty Liver Disease”
Mercedes Rincon, PhD, Medicine Grand Rounds, 8-9 am, Davis Auditorium

“A Novel Diagnostic Consideration for Neuropsychiatric Disorders: Mast Cell Activation Syndrome”
Lawrence Afrin, MD, Armonk Integrative Medicine (AIM), Armonk, NY, Psychiatry Grand Rounds, 10:30-11:45 am, Davis Auditorium

Red Cross Blood Drive
Red Cross Blood Drive, 10 am-3 pm, Medical Center Campus McClure Lobby Conference Room

January 5, 12, 26 & February 2
Course Offering: Appreciative Living
Join us for this four-week learning circle experience to develop tools for stronger and more meaningful relationships. To enroll in eLearn and for more information, click here. 8:30-10 am, Fanny Allen Campus Board Room

Monday, January 8
“A Sex-Positive Approach to Health Care and Truvada as HIV Pre-Exposure Prophylaxis (PrEP)”
Michael Ohkura, MS-4, Family Medicine Grand Rounds, 8-9 am, Davis Auditorium

“Imaging in the 21st Century Emergency Department”
Chris Moore, MD, Yale University School of Medicine, Emergency medicine Grand Rounds, 12 noon-1 pm, Davis Auditorium
Tuesday, January 9
“Adverse Childhood Experiences, Four ACEs is a Losing Hand”
George Till, MD, Obstetrics, Gynecology & Reproductive Sciences Grand Rounds, 7:30-8:30 am, Davis Auditorium

Course Offering: Introduction to Appreciative Inquiry
Explore how to solve problems and change organizations through strengths-based dialogue and reflection. To enroll in eLearn and for more information, click here. 9-11 am, 1 So. Prospect St. Arnold 4411

Course Offering: Communication in the Workplace
Learn why strong communication matters; discuss how to improve written and verbal communications; explore how to be a better listener. To enroll in eLearn and for more information, click here. 12 noon-1 pm
Webinar: To join, click here.

Course Offering: Meeting Management
This course focuses on the key elements in planning and facilitating effective meetings. To enroll in eLearn and for more information, click here. 1:30-3:30 pm, Fanny Allen Campus Dunbar Room

Course Offering: What Nurses Need to Know: Returning to School with Chamberlain University
Determine why you want or need to return to school; find your support systems; explore how to overcome the fear of returning to school. To enroll in eLearn and for more information, click here.
Webinar: To join, click here. Meeting number (access code): 593 700 928 Time 12:15-12:45 pm
Webinar: To join, click here. Meeting number (access code): 592 869 362 Time: 5-5:30 pm

Wednesday, January 10
“Human Trafficking: Context, Recognition and Referral”
Rachel DiSanto, MD, and Edith Klimoski, Director, Give Way to Freedom, Pediatrics Grand Rounds, 8-9 am, Davis Auditorium

Pathology and Laboratory Medicine Grand Rounds
CANCELLED

“Effect of the Exam Room Computer on the Patient-Provider Interaction and the Communication Skills We Can Use to Help with This”
Maria Sandoval, MD, Nursing Grand Rounds – DAY SHIFT: 11:30 am-12 noon and 12:30-1 pm, Austin Auditorium; NIGHT SHIFT: 1-1:30 am and 2-2:30 am, Austin Auditorium

TBD
Endocrine Grand Rounds, 12 noon-1 pm, 62 Tilley Drive, Cardiology Conference Room

Course Offerings: Presentation Excellence
This interactive class will explore the why, what and how of presentations. To enroll in eLearn and for more information, click here. 8:30 am-4:30 pm. Medical Center Campus Smith 271
Course Offerings: Renewal Strategies in the Workplace
Spend two hours in self-care by learning, reflecting on, and practicing a variety of stress-management techniques. To enroll in eLearn and for more information, click here. 2-4 pm, Medical Center Campus McClure Lobby Conference Room

Happy Hour at the Garden Atrium
Hot Chocolate Float – Hot chocolate with a scoop of vanilla ice cream, 3-4 pm

Thursday, January 11
TBD
Anesthesiology Grand Rounds, 7-8 am, Medical Education Center, Sullivan Classroom #200

“A History of Chiropractic and Its Role in Conservative Spine Care and Sports Medicine”
James Slauterbeck, MD, and Miles Colaprete, DC, CCSP, Orthopedics & Rehabilitation Grand Rounds, 7-8 am, 101 Stafford

“Postoperative Delirium: What’s All The Confusion About?”
Bradley Jones, MD, Surgery Grand Rounds, 7:30-8:30 am, Davis Auditorium

TBD
Endocrine Grand Rounds, 12 noon-1 pm, 62 Tilley Drive, Pain Management Conference Room

Clinical Ethics Case Conference
Group discussions/reviews of recent ethics consults occurring within the UVM Health Network. 12 noon-1 pm, McClure 1311. For additional information, contact Gordon Meyer, (802) 847-4848.

Indoor Farmers’ Market
Come support your local farmers and get some fresh local product! Fruit smoothies will also be available for purchase from Nutrition Services. 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, January 12
“The Intestinal Microbiome: Impact on Infectious Diseases and Cancer Treatment”
Eric Pamer, MD, Memorial Sloan Kettering Cancer Center, Medicine Grand Rounds, 8-9 am, Davis Auditorium

“Tardive Dyskinesia: Incidence, Diagnosis and Treatment in 2018”
James Boyd, MD, Psychiatry Grand Rounds, 10:30-11:45 am, Davis Auditorium
UPCOMING EVENTS/PROGRAMS

The Warming Shelter
The Warming Shelter is now open at 179 S. Winooski Avenue. The Community Health Centers of Burlington will be operating the shelter again this year and have set-up a MealTrain page for scheduling meal donations. Guests of the warming shelter really appreciate having a warm meal when they come to shelter, and for some it is their first warm meal of the day.

Click here for MealTrain details on the types of meals preferred and how many people they will be serving. The link also provides information on parking when making meal deliveries and other pertinent information.

If you decide to plan a meal as part of a departmental effort and would like some great “Prepared by UVM Medical Center Employees” stickers for your meals, contact Thifeen WaheedDeen at twd@uvmhealth.org; she will send via inter-office mail.

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.

Healthy Volunteers for Vaccine Study
Healthy Adults aged 18 – 50 needed for Dengue Fever Vaccine research. During the 7-month long study, participants attend vaccinations and brief follow-up visits at The University of Vermont Medical Center. Volunteers receive up to $1,900 in financial compensation if all visits are completed. For more information and to schedule a screening contact us: (802) 656-0013; UVMVTC@UVM.edu or visit UVMVTC.org

Wellness Offerings
Make a Commitment to Winter Safety
Join Employee Wellness and Environmental Safety to make a commitment to winter safety. For a limited time only (January 1 – March 20, 2018), Employee Wellness will be selling YakTrax™ at tabling events listed below. YakTrax™ are anti-slip devices and will be available at a discounted rate of $10 cash ($20 value) – limit one per employee while supplies last. Form of payment accepted - cash or check (checks are to be made out to “UVM Medical Center” – put “LeRoyer” in memo section of check). Free reflective wrist bands, flashlights or ice scrapers for your car will also be available at the tabling events (one per employee). All donations received will benefit the LeRoyer Employee Emergency Assistance Program fund. Questions? Email Wellness@UVMHealth.org
Mindfulness Tools for Health and Wellbeing Three-week Series - February, March, May & October

Offerings
Relieve stress and encourage wellbeing through mindfulness meditation practice. Introduction to mindfulness meditation through guided practices and discussion. Sponsored in partnership with the Employee and Family Assistance Program and Employee Wellness. You will learn:

- What mindfulness means
- Mindfulness meditation may be easier to practice than you think
- 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

**Thursdays** - February 1, 8, 15, 2018, 12 noon-1 pm, 1 So. Prospect St. Arnold 6410
**Wednesdays** - March 14, 21, 28 2018, 12 noon-1 pm, Frymoyer Community Health Resource Center, Medical Center Campus, Level 3
**Wednesdays** - May 2, 9, 16 2018 12 noon-1 pm, HIM Training Room, Holly Court Suite #20
**Wednesdays** - October 3, 10, 17 2018 12 noon-1 pm, 1 So. Prospect St. Arnold 6410

Roz Grossman, MA, offers mindfulness meditation and has taught workshops to cancer patients at the UVM Medical Center since 2010. She has received training in the Mindfulness-Based Stress Reduction (MBSR) Program started by Jon Kabat-Zinn. She has a background in nursing and health education. Roz has had a personal meditation practice for over 20 years.

Signup through eLearn. Questions? Email [wellness@uvmhealth.org](mailto:wellness@uvmhealth.org)

**Volunteers Wanted for Research Study - “Stress Management and Resiliency Training (SMART) for People with Chronic Conditions:  A Mind-Body Program for Improved Health and Resiliency”**

This training and research is being conducted under the direction of Jane Nathan, Ph.D, a BHI-trained SMART practitioner and is funded through the UVM Medical Center Fund at no cost (a $550 value).

SMART groups are confidential with research focusing on improving resilience and wellbeing for people living with chronic conditions. Employees and their family members, community and patients are all invited to participate.
Program schedule: January 16 through March 6, 2018
Weekly Meetings: Tuesdays, 5:30-7:30 pm
Location: 1 So. Prospect St., Burlington

For more information or to set up an intake to participate, call (802) 847-1089 or email: stressmanagement@uvmhealth.org

Gun Locks and Gun Safety
The Employee and Family Assistance Program (EFAP) has a limited supply of gun safety locks which are free to employees who live in a home with a firearm. If you or someone you know needs a gun lock, please contact EFAP by email EFAP@UVMHealth.org or call (802) 847-2827. Free gun locks can also be accessed at your local police station.

Vermont Travel Club Card
The “Vermont Travel Club” card saves UVM Medical Center and all affiliate staff and their family members up to $40 on single-day lift tickets and more saving on multi-day tickets at Sugarbush, Jay Peak, Mount Snow, Bolton Valley, Killington, Pico, Burke Mountain, Smuggler’s Notch, Sunday River and ski areas in Utah. New this year, we have added Attitash and Wildcat. Plus you save 10% on dinning and up to 20% on lodging when you travel to your ski destination of choice. You will save $10 off the retail price of $54 per individual membership and $10 off the family pack of up to five cards for $179. To sign up and to receive your discount, register here using discount code uvmmedcenter2018.

The Vermont Travel Club is the first membership-based travel club that saves you up to 40% on your next ski or snowboard vacation. As a member of the Vermont Travel Club, you will have exclusive access to discounts that are not available to the general public. The Vermont Travel Club card allows you to receive significant savings and discounts for lift tickets, lodging, and restaurants at participating merchants. The list of businesses that accept the card has been growing so please check our website to see the current list. Your Vermont Travel Club card also allows you to book all-inclusive lodging and lift ticket packages. Every Monday during the ski season, we will post “last minute deals on lift tickets and lodging”, only available to club members.

2018 Employee Wellness Incentives – Complete by 10/31/18
In 2018, Employee Wellness will help you find your starting point on your journey to health and wellbeing. Wellness activities engage employees in the five dimensions of wellbeing that promote better work-life balance, better health, increased happiness and more energy at work and at home! All UVM Medical Center employees are eligible for up to $200 for completing the following incentives:

- Participate in a biometric screening - $25 instant gift card
- Online health assessment - $30
- Know Your Score - $30
- Preventive Health Visit - $35
- Dimension of Wellbeing Activity - $50
- Building Resilience through targeted stress reduction activities - $30
All incentives must be completed by 10/31/18 and will be paid at one-time payout on 11/23/18. Visit the Employee Wellness intranet page on HR Central to find out more about how to claim your incentives or click here to visit our website and report your incentives starting on 1/9/18.

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 departments choice of engagement. All ambassadors are encouraged to work with their leaders to seek their support in promoting a culture of health and wellbeing 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.

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
Careers for the 21st Century through UVM Continuing and Distance Education
Every career can benefit from additional education.

Whether you’re an entrepreneur just finding your footing, a professional at the top of your game, or considering returning to school to explore second career options, today’s dynamic and increasingly globalized economic landscape requires employees to stay curious and connected to the challenges that are rife in the 21st century workplace.

At UVM Continuing and Distance Education, we offer over 40 programs and more that 400 courses to help students of every age future-proof their careers, and create meaningful change within their organizations and within the world, from our top-ranked Digital Marketing and Public Health Programs to our Breakthrough Leaders and Farmer Training Certificate Programs.

Check out these exciting, upcoming programs available this spring through CDE:

- Master of Public Health
- Post-Baccalaureate Premedical Program
- Business of Craft Beer Certificate Program
- Digital Marketing Fundamentals Professional Certificate Program
- Leadership and Management Professional Certificate
- Project Management Professional Certificate
- Healthcare Management and Leadership Professional Certificate
- Farmer Training Program
- Breakthrough Leaders for Sustainable Food Systems Certificate Program

Visionaries wanted: UVM is now enrolling for its 3-week Breakthrough Leaders for Sustainable Food Systems Certificate Program. Gain an understanding of the issues we face on account of our broken food system, engage with local organizations involved in the sustainability movement, and create forward-thinking solutions that you can apply to your own community. 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 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. Walden is 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 to start your journey.

Utica College Partners with The University of Vermont Health Network
UVM Health Network employees can now earn an advanced degree entirely online and receive 10% in tuition savings! Click here to view online program offers.

Learn About Chamberlain University, Our New Educational Partner
The University of Vermont Health Network’s partnership with Chamberlain provides you many benefits for the above online degree programs, including:

- A group-specific tuition rate, a 20% tuition savings
- Waived application fee
- Complimentary transcript request and evaluation service upon completing an application for admission

Online On Your Time at Chamberlain:

- 100% online coursework
- No mandatory login or chat times
- You’ll have 24 hour access to support services such as:
  - Library
  - Complimentary tutoring assistance
  - Academic support designed for online students
  - Technical Support

Chamberlain’s online nursing degree programs include (Program availability varies by state):

- RN to BSN Degree Completion Option
- RN-BSN to MSN Option
- Master of Science in Nursing (MSN) Degree Program
- Graduate Certificate Programs
- Doctor of Nursing Practice (DNP) Program
Chamberlain also offers a Master of Public Health (MPH) degree program for nurses and non-nurses. Click here to learn more about the online degree programs and options offered at Chamberlain or call (866) 271-5120.

Upcoming Conferences and Workshops – CME
For information, call Continuing Medical Education Office at (802) 656-2292 or click here.

Please contact Pam Mosher at Pamela.Mosher@uvmhealth.org with any questions regarding the UVMMC Events Newsletter.