



EVENT CALENDAR

What's Happening at The University of Vermont Medical Center

Friday, November 17 – Friday, December 1, 2017

Gift Shop November Special

Yankee Candle Stock-up Sale - Buy two large jars for \$42 (regular \$27.99 each)

Today - Monday, December 4

Employee Open Enrollment

UVM Medical Center Benefits Open Enrollment takes place today through December 4. Open Enrollment Benefit elections or changes will be made using Workday. Make sure to review your current benefits and click [here](#) to review the 2018 benefits.

Friday, November 17-Sunday, November 19

Early Black Friday Gift Shop Special

20% off calendars, Christmas cards and stationary

Monday, November 20

“An Upper-Extremity Hodgepodge for the Primary Care Provider”

Nathan Morrell, MD, Family Medicine Grand Rounds, 8-9 am, Davis Auditorium

Tuesday, November 21

“OneCare Vermont & Population Health Update 2018”

Norman Ward, MD, and Stephen Leffler, MD, Obstetrics, Gynecology & Reproductive Sciences Grand Rounds, 7:30-8:30 am, Davis Auditorium

Open Enrollment Benefits Fair

Stop by the Benefits Fair to discuss your benefits with vendors representing the five dimensions of wellbeing and to ask questions. 8 am-3:30 pm, McClure Lobby Conference Room.

Early Black Friday Gift Shop Tuesday Special

Two-punch Tuesday! Receive two punches on frequent-buyer cards for every \$10 spent.

Wednesday, November 22

Cancelled

Pediatrics Grand Rounds

Cancelled

Pathology and Laboratory Medicine Grand Rounds

Journal Club: Romosozumab or Alendronate for Fracture Prevention in Women with Osteoporosis

Kaitlyn Vennard, DO, Endocrine Grand Rounds, 12 noon-1 pm, 62 Tilley Drive, Cardiology Conference Room

Early Black Friday Gift Shop Special

20% off handbags and wallets

Happy Hour at the Garden Atrium

Warm Pretzels – Warm pretzels served with mustard, 3-4 pm

Thursday, November 23 – HAPPY THANKSGIVING

98-Miles Foundation's 16th Annual Turkey Trot 5K

Join us for the 16th Annual Turkey Trot 5k. Proceeds from the race go to the UVM Medical Center/98-Miles Foundation for Cystic Fibrosis. The event for runners and walkers was established in November 2002 to help with expenses for a young Barton woman, Melissa White, who was in need of a double lung transplant. The townspeople, as well visitors, saw an opportunity to help her. Today, fundraising continues to help other children and adults in Vermont who have Cystic Fibrosis and are in need of a transplant. The number of participants has grown from 239 the first year to a recent record-breaking number of 473! Come out and support this important cause and get a little exercise before your "big Thanksgiving dinner." 9 am-4 pm, Barton Village Memorial Building, 19 Village Square, Barton, VT. Click [here](#) to register and for more information.

Friday, November 24

Cancelled

Medicine Grand Rounds

Cancelled

Psychiatry Grand Rounds

Monday, November 27

Morbidity and Mortality Conference

Christopher Ma, MD, and Charles Schmitt, MD, Family Medicine Grand Rounds, 8-9 am, Davis Auditorium

NOTE: This will be a case presentation from the medical service with discussion. Open to medical staff, medical students and those involved with the case.

Healing Touch Clinic

Staff and volunteers are invited to the Healing Touch Clinic, with Nancy Hayes and Jeannie Slauson, 2:30-4:30 pm, Frymoyer Community Health Resource Center, Main Pavilion, Level 3. For questions, contact Sr. Karen Pozniak, pager# 3268.

Tuesday, November 28

“ASRM Update”

Tendai Chihware, MD, and Daniel Skora, MD, Obstetrics, Gynecology & Reproductive Sciences Grand Rounds, 7:30-8:30 am, Davis Auditorium

Wednesday, November 29 – Saturday, December 2

Gift Shop Special

Sock sale! We have tons of fabulous and fun socks! Buy one pair and receive 50% off second pair (discount applied to lower-cost item).

Wednesday, November 29

“Strategies to Improve Health Literacy for Diverse and Underserved Populations”

Andrea Green, MD, Pediatrics Grand Rounds, 8-9 am, Davis Auditorium

White Board: DM Cases

Amanda Fernandes, MD, and Kaitlyn Vennard, MD, Endocrine Grand Rounds, 12 noon-1 pm, 62 Tilley Drive, 2nd Floor Conference Room.

“Pulmonary Pathology for the Rest of Us”

Britni Bryant, MD, Pathology and Laboratory Medicine Grand Rounds, 1-2 pm, Davis Auditorium

Educational Offerings: Building and Leading Teams

Description: This class will provide you with tools and techniques to build and lead your team. We will explore the concepts of building trust, leading mindfully and developing others. This interactive class will give you an opportunity to learn from others and share expertise. 8:30 am-12:30 pm, Fanny Allen Dunbar Room; sign up in eLearn!

Happy Hour at the Garden Atrium

Pumpkin Spice Smoothie – Pumpkin puree, banana, maple syrup, vanilla extract, cinnamon, ginger, nutmeg and almond milk with whipped cream, 3-4 pm

Thursday, November 30

“TBD”

Anesthesiology Grand Rounds, 7-8 am, Medical Education Center, Sullivan Classroom #200

“Feedback: A Critical Skill”

Melissa Davidson, MD, Orthopedics & Rehabilitation Grand Rounds, 7-8 am, 101 Stafford

“Ophthalmology”

Christopher Brady, MD, Surgery Grand Rounds, 7:30-8:30 am, Davis Auditorium

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.

Educational Offerings: InsideOut Coaching - Today & December 7

Description: This ICF- and HRCI-accredited manager-as-coach training program is used by organizations worldwide to implement or improve workplace coaching. During these two half-days, we'll strengthen a manager's ability to support employee development by focusing on two key elements: learning and practicing a process for hosting effective coaching conversations and understanding the critical variables of high performance and how to influence them. 12:30-4:30 pm both days, Fanny Allen Dunbar Room; sign up in eLearn!

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, December 1

“Methods to Assess and Treat Psychopathology in the Acute Post-trauma Period”

Matthew Price, PhD, Psychiatry Grand Rounds, 10:30-11:45 am, Davis Auditorium

“Pericarditis: Current Diagnosis and Management”

Martin LeWinter, MD, Medicine Grand Rounds, 8-9 am, Davis Auditorium

UPCOMING EVENTS/PROGRAMS

Fanny Allen Campus Annual Tree Lighting Ceremony – December 6

Join us as we sing in the season for our annual Tree Lighting Ceremony on the Fanny Allen Campus Patio. Caroling will be led by members of the Green Mountain Chorus; hot chocolate, hot cider and cookies will be served in the lobby following the ceremony.

80's vs. 90's: Eat, Drink & Groove to Benefit the UVM Children's Hospital! – December 9

Join the Fiddlehead Brewing Company and Nectar's for an ALL AGES event on Saturday, December 9, at 8 pm for *Mastermind After Dark: A Benefit for the University of Vermont Children's Hospital*. Enjoy food by Taco Gordo and Lake Champlain Chocolates, live music from the 80's vs. 90's by The Grift with special guest Josh Panda, plus a raffle for gift certificates from local restaurants, venues and retailers. Tickets are \$25 – [purchase them now](#) before they sell out!

Well Being Living Well & Imaging the World Concert – December 21, 22 & 23

Please join us for a fundraiser benefiting Women in Congo and the UVM Children's Hospital at

UVM Medical Center. The concert features vocalist Barbara Kanam. For more information and to purchase tickets, click [here](#) and go to “Upcoming Regional Events.”

- December 21 – 4 pm, Hampton Inn, 42 Lower Mountain View D., Colchester
- December 22 & 23 – 8 pm, Edmunds MS Gymnasium, 275 Main St., Burlington

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.

Screening Project for New Research to Develop Vaccines

Healthy adults ages 18-50 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.

Wellness Offerings

Gun Locks and Gun Safety

It is hunting season and proper safety precautions go a long way to prevent accidents, decrease impulsive acts and protect our children. 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.

Dark Days of Winter: Calling all Managers – Do Your Employees Work in an Area Without Windows?

When the clocks turn back and the days get darker, many employees find themselves feeling down, low energy and depressed. Lack of daylight can have a significant impact on employee wellbeing and productivity. The Employee and Family Assistance Program is available to talk with your department about the impact less daylight and the change of season has on wellbeing and depression. Suicide prevention information will be included in this discussion. Creating a self-care plan may help. If your staff works in an area without windows, let's talk about 'light boxes'. EFAP has light boxes available for departments without windows. Contact Employee and Family Assistance Program at (802) 847-2827 or email EFAP@uvmhealth.org to schedule a 30-minute presentation at your next staff meeting.

New Wellness Benefit Partnership: UVM Medical Center and UVM Campus Recreation

The new UVM Medical Center Wellness Pass is an annual UVM Campus Recreation Group Fitness Pass (January -December 2018) offered to UVM Medical Center employees subsidized by the Employee Wellness Council. There is a limited quantity of 50 passes available at the subsidized rate. Click [here](#) for cost details. Sign-up for one of the 50 passes during open enrollment (November 1-30) by emailing your name, email address, and home mailing address to wellness@uvmhealth.org.

Try before you buy! UVM Campus Recreation is offering group fitness classes free of charge to UVM Medical Center employees November 10, 11, and 12.

For questions regarding eligibility, email wellness@uvmhealth.org. For questions regarding group fitness programming, e-mail Justina Reichelt at fitness@uvm.edu or call (802) 656-8058. For details, click [here](#).

Couch to 5k is Back!

Join Employee Wellness for this 8-week online program. You may choose from two levels—walking or a mix of running/walking to gradually build up your fitness and stamina. This program begins the week of October 9 or as soon as you want. Follow the weekly workout instructions sent via email and logging to keep you on track and motivated. The program will conclude with the RiRa Santa 5k in Burlington on Sunday, December 3. To receive the weekly workouts or the discount code to register on our team for the 2017 Santa 5k, email Wellness@uvmhealth.org

Take Your Health Assessment and Be Entered to Win Great Prizes

Employee Wellness will be hosting a raffle for all employees who complete the health assessment by 12/31/17. Take your health assessment today and be automatically entered to win by clicking the Employee Wellness tab on HR Central which will take you to the Employee Wellness portal. Prizes include a two-night stay and dinner for two at the Essex Resort and Spa, a season's ski pass to Smuggler's Notch and a FitBit® Alta© activity tracker. Taking the health assessment is

easy and takes just a few minutes. Simply answer a few questions and you will be provided the knowledge to begin your path to Wellbeing. Questions? Email wellness@uvmhealth.org

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 dining 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.

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 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.

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

Time Management (Live Webinar w/DeVry University) – December 5

Description: In today's harried, frantic work world, superior time management is absolutely critical for individuals and organizations. Greater productivity, improved results, and reduced stress – these are just some of the benefits that successful time management offers.

Objective:

- Overcome procrastination
- Set realistic goals
- Prioritize projects and goals
- Take steps to advance your education

12 noon-1:00 pm. **Webinar:** Click [here](#) to join or copy and paste this link:

<https://atge.webex.com/atge/onstage/g.php?MTID=e73551350040abfb304df25845b93d527>; sign up in eLearn.

Renewal Strategies in the Workplace – December 6

Description: Spend two hours in self-care by learning, reflecting on, and practicing a variety of stress management techniques. Please wear comfortable clothes that allow you to stretch and move.

Objective:

- Discuss the nature of stress management and the mind-body connection
- Understand the importance of perception and using effective coping skills
- Practice several renewal strategies and learn to integrate these into your daily habits

9-11 AM, Tech Park Cafeteria; sign up in eLearn.

Future-Proof Your Career

Gain the skills to adapt your business to a changing world, stay abreast of new trends, show initiative at your organization, or explore a completely different career path through the Continuing and Distance Education courses and programs at the University of Vermont. We've helped thousands of part-time students achieve their dream, from those preparing for an undergraduate or advanced degree, to those seeking a career change, to individuals simply seeking personal development.

Check out some of our exciting upcoming programs:

- 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](#).
- With UVM's 10-week, fully online **Strategy and Planning Professional Certificate**, you will learn to develop and strengthen the skills and knowledge you need to make intelligent and informed financial decisions for your organization to thrive in today's ever-changing digital economy. [Click here](#).

- In the digital age, traditional sales strategies are no longer applicable. Learn how to effectively nurture leads, construct sales strategies, build and maintain relationships, and meet organizational goals with UVM's 10-week, fully online **Digital and Social Selling Professional Certificate**. [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](#).
- 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](#).
- Develop techniques and explore practical solutions to the biggest challenges facing today's healthcare managers through five, day-long interactive seminars in UVM's **Healthcare Management and Leadership Professional Certificate**. [Click here](#).
- Now accepting applications for our 2018 growing season, UVM's **Farmer Training Program** is a six-month, hands-on program designed to teach food systems advocates and aspiring farmers the skills to start a new farm business, experience organic crop production from seed to market, and gain a network of people to provide support and guidance. [Click here](#).

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 UVMHC Events Newsletter.

UVMHealth.org/MedCenter

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