Monday, May 21, - Friday, June 1, 2018

**Monday, May 21**

**Morbidity and Mortality Conference**
Mary Harrison, DO, 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.

**Tuesday, May 22**

“Society for Reproductive Investigation (SRI) Review”
George Osol, PhD, Obstetrics, Gynecology & Reproductive Sciences Grand Rounds, 7:30-8:30 am, Davis Auditorium

**Nutrition Services Plant Sale**
Join us for the annual Plant Sale (vegetables, flowers and herbs), 9 am-3 pm, Medical Center Campus, McClure Entrance. Debit, credit, cash and payroll deduction all accepted. If unable to make the sale, stop by Red Wagon Plants in Hinesburg and show your ID Badge for 10% off.

“Stop the Bleed” Training - Open to All Employees

**Location:** McClure Lobby Conference Room

**Time:** 2-3 pm and 3-4 pm

**Wednesday, May 23, and Thursday, May 24 (and June 8)**

**Town Hall Meetings**
We will be hosting town hall meetings open to all employees. Leadership will provide timely updates related to the Health Network, Faculty Practice and UVM Medical Center. This is an opportunity for all faculty and staff to engage in open dialogue.

All meetings will include UVM Medical Center President Eileen Whalen; others will also include UVM Health Network President and CEO John Brumsted, MD, and UVM Health Network Medical Group President and CEO Claude Deschamps, MD.

- **May 23** – 11:30 am-12:30 pm, Davis Auditorium – ASL-Interpreted for Deaf employees
- **May 24** – 12 noon-1 pm, Davis Auditorium
- **Future Town Hall:** **June 8** – 12 noon-1 pm, IDX Drive, Red Clover South
We will be live streaming the town hall meetings in Davis Auditorium for those of you who are unable to attend. To view the town hall by live streaming from a UVM Medical Center computer, click [here](videostream.uvmmedcenter.org) or visit videostream.uvmmedcenter.org.

Come with your thoughts and questions!

**Wednesday, May 23**

“HPV Vaccine Delivery and Communication – We Can Do Better!”
Paul Darden, MD, University of Oklahoma Health Sciences Center, Pediatrics Grand Rounds, 8-9 am, Davis Auditorium

“Childhood Fibrohistiocytic Tumors: A Review and Update”
Laura Greene, MD, Pathology and Laboratory Medicine Grand Rounds, 1-2 pm, Davis Auditorium

“Teprotumumab for Thyroid-associated Ophthalmopathy”
Kaitlyn Vennard, DO, Endocrine Conference, 12 noon-1 pm, 62 Tilley Drive, Cardiology Conference Room

**Fanny Allen Founder’s Day**

Join us to celebrate and commemorate the 124th anniversary of the arrival of the first five Sisters from Montreal and their mission of compassionate care for the poor and sick. 11 am-1 pm, Fanny Allen Campus – Front Patio.

**Program**: Welcome, Prayer Reflection, Song, Lunch

Cash donations to benefit the Colchester Food Shelf gratefully accepted and non-perishable food donations will be accepted through May 31st. Look for collection boxes in Fanny Allen and the Medical Office Building.

**Happy Hour at the Garden Atrium**

Beet Whoopie Pie – Beet whoopie pie filled with butter cream frosting, 3-4 pm

**Thursday, May 24, - Saturday, May 26**

**Gift Shop Special**

Stop by the Gift Shop and receive a 25% discount on jewelry and accessories.

**Thursday, May 24**

“Annual Update: Residency Program”
Emily Stebbins, MD, Anesthesiology Grand Rounds, 7-8 am, Medical Education Center, Sullivan Classroom #200.

**Note**: Anesthesiology Only

“Total Elbow Arthroplasty for Fracture”
John Delaney, MD, Orthopedics & Rehabilitation Grand Rounds, 7-8 am, 101 Stafford

“It’s Been a Wonderful Career - Knowing When and How to Retire”
James Hebert, MD, Surgery Grand Rounds, 7:30-8:30 am, Davis Auditorium
“Evaluation of PCOS”
Jennifer Dundee, MD, Endocrine Conference, 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. For additional information, contact Gordon Meyer, (802) 847-4848. 12 noon-1 pm, McClure 1311

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, May 25
Resident Research Day
Graduating 3rd-year Medicine Residents showcase their scholarly projects. Three selected oral presentations from 8-9 am followed by a poster session from 9-10 am. Medicine Grand Rounds, Davis Auditorium

“The Delicate Art of Uncovering Psychotic Process”
Shawn Christopher Shea, MD, Training Institute for Suicide Assessment & Clinical Interviewing, Inc. (TISA), Newbury, NH, Psychiatry Grand Rounds, 10:30-11:45 am, Davis Auditorium

“Work-Life Balance/Integration”
Mark Mullins, MD, Radiology Grand Rounds, 12 noon-1 pm, Radiology Education Center, McClure 1312

Saturday, May 26
Essex Memorial Day Parade
You and your family are invited to join The University of Vermont Children's Hospital. Email Sue Victory at susan.victory@uvm.edu for more details and with t-shirt size(s) for a UVM Children's Hospital t-shirt for all participants. Approximate times: gather at 9 am; start at 9:30 am; parade lasts about one hour.

Monday, May 28 - MEMORIAL DAY - Friday, June 1
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.

Tuesday, May 29
OB/GYN Department Business Meeting
Obstetrics, Gynecology & Reproductive Sciences Grand Rounds, 7:30-8:30 am, Davis Auditorium
Note: Attendance limited to Department of OB/GYN attendings, fellows, residents, certified nurse midwives, physician assistants and nurse practitioners.

**Wednesday, May 30**

“Cases from the Wards”
Debra Simon, MD, and Ellen Diego, MD, Pediatrics Grand Rounds, 8-9 am, Davis Auditorium

**Active Learning Seminar**
Laurie Leclair, MD, Endocrine Conference, 12 noon-1 pm, 62 Tilley Drive, Cardiology Conference Room

“CAP Annual Meeting Update”
Clayton LaValley, MD, and Prajesh Adhikari, MD, Pathology and Laboratory Medicine Grand Rounds, 1-2 pm, Davis Auditorium

**Meet & Greet with Chamberlain University**
If interested in learning more and advancing your career, attend this Meet & Greet hosted by Chamberlain University. Smith 271. To enroll in eLearn and for more information, click [here](#) for 9-10:30 am session and click [here](#) for the 2-4 pm session.

**Lunch & Learn with Chamberlain University**
If you are interested in advancing your career, attend this Lunch & Learn hosted by Chamberlain University. 12 noon-12:45 pm, Fanny Allen Campus Dunbar Room. To enroll in eLearn and for more information, click [here](#).

**Course Offering: Crucial Conversations – Two-day Course – Today & June 6**
This companion course builds on the skills learned in Crucial Conversations and introduces a powerful set of new skills to resolve your most challenging accountability issues. McClure Lobby Conference Room, 8:30-4:30 pm. To enroll in eLearn and for more information, click [here](#).

**Happy Hour at the Garden Atrium**
White Chocolate Walnut Raspberry Revel Bar – served with vanilla ice cream, 3-4 pm

**Thursday, May 31**

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

“Supra vs Infrapatellar Nailing of Tibia Fractures”
Robert Jacobs, MD, Orthopedics & Rehabilitation Grand Rounds, 7-8 am, 101 Stafford

“Enjoy the Journey: Physician Wellbeing, Resilience and Intentional Culture”
Taylor Riall, MD, PhD, University of Arizona College of Medicine, Surgery Grand Rounds, 7:30-8:30 am, Davis Auditorium
Presentation of Research Project
Amanda Fernandes, MD, Endocrine Conference, 12 noon-1 pm, Pain Management Conference Room

Cancelled
Clinical Ethics Case Conference

Course Offering: Time Management
Time is the most precious resource at our disposal, but it is also one of the most fickle. Used wisely, it can be a powerful ally; misused, it can be your greatest enemy. Tech Park cafeteria, 2:30-4:30 pm. To enroll in eLearn and for more information, click here.

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, June 1
Morbidity and Mortality Rounds
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 in the case. Continental breakfast will be provided prior to M&M by the Faculty Engagement Committee.

Red Cross Blood Drive
The American Red Cross is holding a blood drive, 10 am-3 pm, McClure Lobby Conference Room. To schedule an appointment, call American Red Cross at (1-800) 733-2767.

UPCOMING EVENTS/PROGRAMS

2018 UVM Medical Alumni Association Awards Ceremony - June 8
H. James Wallace, III, M.D. ’88 , Associate Professor, University of Vermont Larner College of Medicine, and Chief, Division of Radiation Oncology, Department of Radiology, UVM Medical Center, to receive the UVM Larner College of Medicine's prestigious A. Bradley Soule Medical Alumni Award during UVM Medical Alumni Weekend.

Join us for the Awards Ceremony on Friday, June 8, at 5:15 pm, and join Dr. Wallace as he receives his award in front of fellow alumni, friends and faculty. To attend, RSVP to medalumni.relations@uvm.edu.

For details on the UVM Medical Alumni Association awards program or the full reunion weekend schedule, click here.

“Stop the Bleed” Summer 2018 Training - Open to All Employees
Date: Thursday, June 14
Location: Davis Auditorium
Time: 2-3 pm and 3-4 pm
Date: Wednesday, July 11  
Location: McClure Lobby Conference Room  
Time: 11 am-12 noon and 12 noon-1 pm

Date: Tuesday, August 28  
Location: McClure Lobby Conference Room  
Time: 11 am-12 noon and 12 noon-1 pm

Date: Wednesday, September 19  
Location: McClure Lobby Conference Room  
Time: 2-3 pm and 3-4 pm

2nd Annual Andrew Godaire Memorial Golf Tournament – July 20
This annual event raises funds to support the Andrew Godaire Memorial Fund, which awards grants to Medical Assistants at UVM Medical Center. For more information, contact Lori Ann Roy at (802) 847-2195.

Faculty Development Workshop: “Interprofessional Faculty Development in Simulation” – August 9 and 10
This two-day workshop is designed to promote faculty development and interprofessional collaboration in simulation within health care curricula. Larner College of Medicine at UVM, UVM College of Nursing and Health Sciences and UVM Medical Center faculty are welcome. Limited to 12 participants. 7:30 am-4:00 pm, UVM Clinical Simulation Laboratory, 237 Rowell Building 106. To register, contact trish.hartigan@med.uvm.edu or call (802) 656-0748.

HealthSource Classes
UVM Medical Center’s Spring HEALTHSOURCE CLASSES are now open for registration! Learn the latest in the management and treatment of osteoporosis and macular degeneration, older adult housing options, caring for your skin, safe driving, managing stress and more! These classes are free and open to the public. Free parking on site available. To register or for more information, call us at (802) 847-7222 or click here.

Summer Opportunities with Nutrition Services
Join The University of Vermont Medical Center’s group of over 750 volunteers and have some fun this year with one of the following Nutrition Services summer programs. From picking ripe tomatoes or harvesting herbs for tea to beekeeping or distributing farm-fresh food to our patients, there are several opportunities to join in this fun and rewarding community. For more information about the volunteer opportunities, contact Lisa Hoare at lisa.hoare@uvmhealth.org or call (802) 847-3833.

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.

**Wellness Offerings**

**Chair Yoga – May 1-June 5**

Yoga is great for managing stress, improving strength and flexibility and boosting wellbeing. Chair yoga is accessible to anyone, regarding of age – all abilities welcome. No need to get down on the floor or wear special clothing.

- When: Tuesdays, 5-6 pm
- Where: Blue Cross/Blue Shield of Vermont Information and Wellness Center, So. Burlington Blue Mall, 150 Dorset Street

For more information, call (800) 255-4550.

**Join Employee Wellness for the 2018 Physical Activity Campaign “Move into Summer: The Great Outdoors” – June 4-July 6, 2018**

Sign up to experience fun, safe and easy ways to be physically active outdoors during the 2018 physical activity campaign, “Move into Summer: The Great Outdoors.” All registered participants will receive:

- Free access to workshop offerings from local outdoor retailers and organizations that will include Outdoor Gear Exchange, Local Motion, Vermont State Parks and The Green Mountain Club.
- Free access (**with employee badge**) to local fitness and exercise facilities on our Menu of Movement for you and a household family member.
- Receive weekly emails with information, as well as the featured events occurring that week.
- Be entered to win one of several grand prizes, which will include gift certificates to Outdoor Gear Exchange, Skirack, Earl’s Cyclery and Fitness and a FitBit®.

Employee Wellness is dedicated to helping every employee take steps towards improving their overall wellbeing. For more information, email wellness@uvmhealth.org.

Participants can register two ways: (1) **through the Intranet between May 28 and June 8 and be entered to win a $25 gift card**; and (2) in person at one of the following tabling events for a chance to win a Petzl headlamp:

- Tuesday, May 29 – 11:30 am-1 pm, Main Street Café, UVM Medical Center; Pavilion Café, 1 South Prospect Street; Technology Park Lobby
- Wednesday, May 30 – 11:30 am-1 pm, 40 IDX Drive Lobby
- Wednesday, May 30 – 11 am-1 pm, Holly Court
- Thursday, May 31 – 11:30 am-1 pm, Pavilion Café, 1 South Prospect Street; Dunbar Cafeteria, Fanny Allen Campus
- Wednesday, June 6 – 11:30 am-1 pm, Main Street Café, UVM Medical Center Campus
Mindfulness Tools for Health and Wellbeing Three-week Series - 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

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.

To register in eLearn, click here. Questions? Email wellness@uvmhealth.org.

2018 Employee Wellness Incentives – Complete by 8/31/18

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 8/31/18 and will be paid at one-time payout on 9/28/18. 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**
**Plan Your Summer (and Your Future Success) with UVM!**
Join us on campus OR online: Now open for registration, Summer University is available to students of all ages, offering hundreds of opportunities for you to earn credits, explore an area of interest, take a course for the sheer enjoyment of learning something new, or take advantage of a career-building opportunity. With a variety of start dates and meeting patterns, UVM’s courses are designed to accommodate working professionals and summer schedules. Best of all, summer courses are priced at 30% off the standard tuition rate. It’s never been a better time to go back to school.

UVM Continuing and Distance Education is also accepting applications for a number of incredible programs geared toward your personal and professional growth. From our immersive, 3-day John Dewey Kitchen Institute created to revitalize your teaching practice to our fully online, top-ranked Master of
Public Health, our programs are designed to help you reach your fullest potential and achieve your academic and career goals at any stage of your life.

Check out these upcoming programs:

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

Interested in exploring a specific area of study? Registration is open for Summer University! Comprised of more than 500 courses (200+ available online!), Summer University provides an incredible opportunity for students of all ages to earn credits or take a course just for fun.

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.

Continuing Medical and Interprofessional Education Offerings
Family Medicine Review Course
May 29 - June 1, 2018
Double Tree Hotel (formerly the Sheraton)
Burlington, VT

Eastern International Imaging Symposium
September 28-30, 2018
Trader Duke’s Hotel *(formerly DoubleTree)*
South Burlington, VT

**Women’s Health & Cancer Conference**
October 5, 2018
DoubleTree Hotel *(formerly the Sheraton)*
Burlington, VT

**16th Annual Northern New England Critical Care Conference**
October 11-13, 2018
Stoweflake Resort and Conference Center
Stowe, VT

**Advanced Dermatology for Primary Care**
October 18-21, 2018
Hilton Hotel
Burlington, VT

**Neurology for the Non-Neurologist**
October 28, 2018
TBD

**NNE Neurological Society Annual Meeting**
October 28-29, 2018
TBD

For information, call Continuing Medical and Interprofessional Education at (802) 656-2292 or click [here](#).

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