Friday, December 1 – Friday, December 15, 2017

**Today - 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).

**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.

**Saturday, December 2**
**Barnes & Noble Book Fair**
Barnes & Noble is hosting a book fair and book drive for The University of Vermont Children’s Hospital. Local author John Churchman will be signing copies of his newest book, “A Farm for Maisie” from 1-3 pm, 102 Dorset St., So. Burlington.

Can’t attend our book fair at Barnes & Noble? Visit BN.com/bookfairs to support us online from 12/2 – 12/6/17 by entering Bookfair ID12273702 at checkout. A percentage of your Barnes & Noble purchase will benefit The University of Vermont Children’s Hospital.

**Monday, December 4**
**Burnout: Why It Matters to Patients and Health Care Organizations**
Lotte Dyrbye, MD, MHPE, Mayo Clinic, Rochester, MN, Family Medicine Grand Rounds, 8-9 am, Davis Auditorium. Free and open to the public. For more information, click [here](#).

**December 5, 6, 7, 8 and 12**
Employee Wellness has partnered with The Edge to offer a nutrition workshop titled Mindful Eating During the Holiday Season to all employees at various UVM Medical Center locations. We encourage employees to come and join this interactive discussion around staying motivated and mindful regarding wellness goals through the holiday season. Learn tips and tricks to overcome holiday treats, parties, buffets, and more. We
will share ideas around mindful behaviors, incorporating exercise, and new recipe modifications for some of your favorite holiday traditions and meals.

- December 5, 12 noon-1 pm IDX, Caledonia Conference Room
- December 6, 5:30-6:30 pm, Medical Center Campus, Davis Auditorium
- December 7, 12 noon-1 pm, Holly Court, Suite #20, Training Room
- December 8, 12 noon-1 pm, 1 South Prospect, Rehab 4325
- December 12, 12 noon-1 pm, Technology Park, Cafeteria

There is limited space for these workshops. Interested employees can sign up on eLearn. Questions? Email wellness@uvmhealth.org.

**Tuesday, December 5**
“Developing a Rural Training Track for Ob/GYN”
Ellen Hartenbach, MD, University of Wisconsin School of Medicine & Public Health, Obstetrics, Gynecology & Reproductive Sciences Grand Rounds, 7:30-8:30 am, Davis Auditorium

**Wednesday, December 6**
“The Butterfly Effect: Co-creating the Extraordinary With Patients and Families”
Charlotte Safran, Patient & Family Care Coordinator, and Lisa Bolduc-Bissell, Diabetes Nurse Educator, Pediatrics Grand Rounds, 8-9 am, Davis Auditorium

“Why Redox Biology?“
Albert van der Vliet, PhD, Pathology and Laboratory Medicine Grand Rounds, 1-2 pm, Davis Auditorium

“Sleep Deprivation and Fatigue Mitigation: Implications for Occupational Performance, the Military and Graduate Medical Education”
Jacob Collen, MD, FACP, FCCP, Walter Reed National Military Center/Uniformed Services University, Nursing Grand Rounds, Presentation #1 11:30 am-12 noon; Presentation #2 12:30-1 pm; Presentation #3 1-1:30 am; Presentation #4 2-2:30 am, Austin Auditorium

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

**Town Hall Meeting**
The town hall meeting being held today is open to all employees. We will be answering your questions and discussing how our strategic direction shapes all that we do as we work towards achieving our vision: *Working together, we improve people’s lives.*

All meetings will include UVM Medical Center President Eileen Whalen; many will also include UVM Health Network President and CEO John Brumsted, MD, and UVM Health Network Medical Group President and CEO Claude Deschamps, MD. 12n-1 pm, Davis Auditorium. ALS-interpreted for Deaf employees.

While it is not required, we encourage you to sign up for the town hall through eLearn. We will be live streaming today's town hall for those of you who are unable to attend. To view the town hall by live
streaming from a UVM Medical Center computer, visit videostream.uvmmedcenter.org. We hope you will come with your thoughts and questions!

**Happy Hour at the Garden Atrium**
Brownie Sundae – Gluten-free brownie with peppermint ice cream, chocolate sauce and whipped cream, 3-4 pm

**Fanny Allen Campus Annual Tree Lighting Ceremony**
Join us as we sing in the season for our annual Tree Lighting Ceremony. 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. 4 pm, Fanny Allen Campus Patio

**UVM 2017 Holiday Bazaar & Food Drive**
Please join us for the UVM Holiday Bazaar & Food Drive featuring locally handcrafted gifts, jewelry, art, wood products, foods, crafts as well as a bake sale, raffle and food drive. Remember to bring a non-perishable food donation for the Chittenden Emergency Shelf and receive a free ticket to the Raffle. 9 am-3 pm, Davis Center, Grand Maple Ballroom

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

**TBD**
Orthopedics & Rehabilitation Grand Rounds, 7-8 am, 101 Stafford

**“Battlefield Injuries and Their Management”**
Timothy Counihan, MD, FACS, FASCRS, Geisel School of Medicine at Dartmouth/Mary Hitchcock memorial Hospital, 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**
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! 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.

**Canis, Felis, and Hominis, OH MY!!! An Overview of Common Veterinary Neoplasms with Comparative Pathology**
The Vermont Veterinary Medical Association’s One Health Committee is putting on a comparative oncology meeting which will provide insight into comparative pathology between human and veterinary neoplasms. Allison Ciolino, MD, and Joanna Schmit, DVM, MS, Burlington Emergency and Veterinary Specialists. Open to veterinarians, physicians and allied health professionals. To registered, click here. Join us for pizza and soft drinks; suggested donation of $20. 6:15-8:30 pm, UVM Health Science Research Facility, Room 200.

**Friday, December 8**
“Psoriatic Arthritis”
Bonita Libman, MD, Medicine Grand Rounds, 8-9 am, Davis Auditorium

“Evaluation and Management of Neuropsychiatric Symptoms of Major Neurocognitive Disorders”
Brent Forester, MD, MSc, McLean Hospital/Harvard Medical School, Psychiatry Grand Rounds, 10:30-11:45 am, Davis Auditorium

**Saturday, December 9**
80’s vs. 90’s: Eat, Drink & Groove to Benefit the UVM Children’s Hospital!
Join the Fiddlehead Brewing Company and Nectar’s for an ALL AGES event 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 – click here to purchase tickets before they sell out!

**Monday, December 11**
“Insulin Therapy in Type II Diabetes”
Marianna Worzak, MD, UVM Health Network Champlain Valley Physicians Hospital, Family Medicine Grand Rounds, 8-9 am, Davis Auditorium

**Tuesday, December 12**
“Ethics of Global Health”
Timothy Johnson, MD, University of Michigan, Ann Arbor, MI, Obstetrics, Gynecology & Reproductive Sciences Grand Rounds, 7:30-8:30 am, Davis Auditorium

**Heart from the Heart Employee Drop-in Session**
Drop in for a quick visit or a full break. Bring yourself; the rest will be provided. 11 am-2 pm, Frymoyer Community Health Resource Center. For more information, email resourcenter@uvmhealth.org or call (802) 847-8821. Free and open to all employees; this creative time counts as a Wellness activity.
Wednesday, December 13
“Cases from the Wards”
Kaitlin Ostrander, MD, and Natalie Wilson, MD, Pediatrics Grand Rounds, 8-9 am, Davis Auditorium

TBD
Endocrine Grand Rounds, 12 noon-1 pm, 62 Tilley Drive, 2nd Floor Conference Room.

“Pathogenic Mechanisms of Subpleural/Peripheral Fibrosis in Idiopathic Pulmonary Fibrosis”
Satish Madala, PhD, Cincinnati Children’s Hospital Medical Center, Pathology and Laboratory Medicine
Grand Rounds, 1-2 pm, Davis Auditorium

Happy Hour at the Garden Atrium
Mini-éclair – Chocolate iced Bavarian crème-filled éclair, 3-4 pm

Thursday, December 14
TBD
Anesthesiology Grand Rounds, 7-8 am, Medical Education Center, Sullivan Classroom #200

QA Peer Review
Orthopedics & Rehabilitation Grand Rounds, 7-8 am, 410 Stafford

“Zen and the Art of a New England Surgeon”
Bruce Leavitt, MD, FACS, 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.

Indoor Farmers’ Market
Come support your local farmers and get some fresh local product! 11 am-3 pm, McClure Lobby Conference Room. 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 15
Department of Medicine Meeting
Medicine Grand Rounds, 8-9 am, Davis Auditorium

“Vermont on the Cutting Edge: Paradigm Shifts and Best Practice Delivery in Residential Treatment of Adjudicated Youth”
Aron Steward, PhD, Psychiatry Grand Rounds, 10:30-11:45 am, Davis Auditorium

UPCOMING EVENTS/PROGRAMS
Town Hall Meeting – December 18
The town hall meeting being held on December 18 is open to all employees. We will be answering your questions and discussing how our strategic direction shapes all that we do as we work towards achieving our vision: Working together, we improve people’s lives.

The meeting will include UVM Medical Center President Eileen Whalen; many will also include UVM Health Network President and CEO John Brumsted, MD, and UVM Health Network Medical Group President and CEO Claude Deschamps, MD.

- 8-9 am, 40 IDX Drive, Red Clover South

While it is not required, we encourage you to sign up for the town hall through eLearn. We hope you will come with your thoughts and questions.

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**

**Mindful Eating During the Holiday Season Workshop Offering**
Employee Wellness has partnered with The Edge to offer a nutrition workshop titled *Mindful Eating during the Holiday Season* to all employees at various UVM Medical Center locations starting the week of December 4th. We encourage employees to come and join this interactive discussion around staying motivated and mindful regarding wellness goals through the holiday season. Learn tips and tricks to overcome holiday treats, parties, buffets, and more. We will share ideas around mindful behaviors, incorporating exercise, and new recipe modifications for some of your favorite holiday traditions and meals.

- December 5, 12-1pm  IDX, Caledonia Conference Room
- December 6, 5:30-6:30pm, Main Campus, Davis Auditorium
- December 7, 12-1pm, Holly Court Suite #20, Training Room
- December 8, 12-1, One South Prospect, Rehab 4325
- December 12, 12-1pm, Technology Park, Cafeteria

There is limited space for these workshops. Interested employees can sign up on eLearn. Questions? Email wellness@uvmhealth.org

**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.

**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.
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.

**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 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.

**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 Biomtric 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 UVMMC Events Newsletter.*