Friday, December 15 – Friday, December 29, 2017

**Gift Shop Promotions**
Be sure to stop by the Gift Shop for fun and unique stocking stuffers, candles, jewelry, Life is Good, ornaments, and so much more! Upcoming promotions:

- **December 15 - December 17** - 25% off Christmas items
- **December 18** - 20% off books, art/sticker books and art supplies
- **December 19** - 25% off all Willow Tree Angels and 30% off Yankee Candle
- **December 20** - 25% off scarves, hats, gloves, socks & slippers
- **December 21** - 20% off LOCAL – Lake Champlain Chocolates, Baked Beads, Silver Forest, Palmer Maple, VT Smoke & Cure
- **December 22 – December 24** - 20% off storewide (excludes flowers, candy/snacks, balloons, magazines & unboxed cards)

**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

**Monday, December 18**
“Endoscopic Bariatric Therapies”
Mario Velez, MD, Family Medicine Grand Rounds, 8-9 am, Davis Auditorium

**Town Hall Meeting**
The town hall meeting 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.*

- 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.

**Tuesday, December 19**
“Reproductive Considerations in Women with Bleeding Disorders”
Amanda Kallen, MD, Yale Medicine, New Haven, CT, Obstetrics, Gynecology & Reproductive Sciences Grand Rounds, 7:30-8:30 am, Davis Auditorium

**Wednesday, December 20 or Thursday, December 21**
Sr. Karen Pozniak is retiring on December 28 after 25 years of service. Come wish her well at either of these two parties:

- **December 20** – 11:30 am-1 pm, Fanny Allen Campus, Dunbar Room
- **December 21** – 2:30-4 pm, Medical Center Campus Main Street Café, Baird 3

**Wednesday, December 20**
“College Bowl”
Lewis First, MD, and Marshall (Buzz) Land, MD, Pediatrics Grand Rounds, 8-9 am, Davis Auditorium
Note: The “College Bowl” will not count for CME credit and will not be recorded.

**CANCELLED**
Pathology and Laboratory Medicine Grand Rounds

**Case Conference: Thyroid Cancer**
Amanda Fernandes, MD, Endocrine Grand Rounds, 12 noon-1 pm, 62 Tilley Drive, Cardiology Conference Room

**Happy Hour at the Garden Atrium**
Christmas Cookies – Your choice of small coffee or small milk, 3-4 pm

**Thursday, December 21 – Saturday, December 23**
Well Being Living Well & Imaging the World Concert
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

**Thursday, December 21**
“Something, Something, Phantom Limb Pain”
Joshua Stopak, MD, Anesthesiology Grand Rounds, 7-8 am, Medical Education Center, Sullivan Classroom #200
“Robotics for Joint Replacement”
Nathaniel Nelms, MD, Orthopedics & Rehabilitation Grand Rounds, 7-8 am, 101 Stafford

CANCELLED
Surgery Grand Rounds

Case Conference: Hyperthyroidism
Kaitlyn Vennard, DO, 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, December 22
CANCELLED
Medicine Grand Rounds

“Meaning-Centered Psychotherapy in Cancer Patients”
William Breitbart, MD, Memorial Sloan Kettering Cancer Center/Weill Cornell Medical College/New York-Presbyterian Hospital, Psychiatry Grand Rounds, 10:30-11:45 am, Davis Auditorium
Note: Palliative Care Credit will be received for Grand Rounds

Sunday, December 24 – Monday, December 25
Roman Catholic Christmas Masses

- December 24 – 9:15 am, Medical Center Campus Chapel, Patrick 130
- December 25 – 9:15 am, Medical Center Campus Chapel, Patrick 130
- December 25 – 11:30 am, Fanny Allen Campus Chapel, 1st Floor

Interfaith Services

- December 25 – 8:30 am, Medical Center Campus Chapel, Patrick 130
- December 25 – 10:30 am, Fanny Allen Campus Chapel, 1st Floor

Note: Services televised on Channel 8 on both Campuses
Monday, December 25 – Friday, December 29

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 Wednesday. This drive will continue during the last week of each month. To date, 625 lbs have been donated in addition to 130 lbs of fresh garden produce from the Pantry Garden at Fanny Allen Campus.

Monday, December 25 – Friday, December 29
CANCELLED
Grand Rounds; Indoor Farmer’s Market

Tuesday, December 26– Friday, December 29
Gift Shop Promotion
Stop by the Gift Shop for after-Christmas bargains!

Wednesday, December 27
Happy Hour at the Garden Atrium
Your Choice of Dessert – cookies, bars, cakes or pies, 3-4 pm

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**

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 4, 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

**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**  
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.

**Take Your Health Assessment and Be Entered to Win Great Prizes – Complete by 12/31/17**  
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 – Complete by 12/31/17**

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.

**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:
  o Library
  o Complimentary tutoring assistance
  o Academic support designed for online students
  o 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.