Monday, October 23 – Sunday, November 5, 2017

Monday, October 23 – Monday, October 30
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.

Monday, October 23
“Advancing the Practice of Patient and Family-Centered Care: Improving Quality and Safety Through Patient and Family Stories”
Amy Cohen and Charlotte Safran, Family Medicine Grand Rounds, 8-9 am, Davis Auditorium

“Basic Pediatric X-ray Interpretation”
Rebecca Bell, MD, HealthNet Grand Rounds, 6-7:30 pm, Sullivan Classroom 200

Know Your Finances: Take One Step at a Time: Estate Planning
Establishing a plan is one of the most important steps you can take to protect yourself and your loved ones. Proper estate planning not only puts you in charge of your finances, it can also spare your loved ones the expense, delay and frustration associated with managing your affairs when you pass away or become disabled. The workshop will cover wills, trusts, probate and incapacity planning. Glenn A. Jarrett, Esq., CFP®, CELA, Jarrett & Luitjens, PLC, 6-7 pm, Davis Auditorium. To register or for information, call (802) 847-7222 or click here.

Tuesday, October 24
“Challenging Vulvar Conditions”
Lynne Margesson, MD, Geisel School of Medicine at Dartmouth, Obstetrics, Gynecology & Reproductive Sciences Grand Rounds, 7:30-8:30 am, Davis Auditorium

Know Your Finances: Take One Step at a Time: Retirement Done Right – Panel Discussion
When it comes time for your retirement, having a solid plan is key. “Retirement Done Right” will feature a panel of three recently retired UVM Medical Center employees and a planning expert from Fidelity Investments. The event will be facilitated by our HR Benefits team, and you will have
the opportunity to ask questions and learn from the experiences of your colleagues. Join us and walk away with a better understanding of life after retirement and the resources available to help you prepare for a healthy and secure future. 2:30-3:30 pm, Davis Auditorium; reception to follow in the Davis Concourse. (No registration required.)

**Wednesday, October 25**

“Bronchiolitis – Update on Management”  
Valerie Riss, MD, Pediatrics Grand Rounds, 8-9 am, Davis Auditorium

“Protein S-Glutathionylation in Non-small Cell Lung Cancer”  
Adrianus (Jos) van der Velden, PhD, Pathology and Laboratory Medicine Grand Rounds, 1-2 pm, Davis Auditorium

“Diabetes and Obesity: Is there an Ideal Diet?”  
Amanda Fernandes, MD, Endocrine Grand Rounds, 12 noon-1 pm, 62 Tilley Drive, Cardiology Conference Room

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

**Happy Hour at the Garden Atrium**
Peach Green Tea Smoothie – Green tea, peaches, bananas, plain Greek yogurt, hone and vanilla extract, 3-4 pm

**Thursday, October 26**

“Continuous Peripheral Nerve Block for Ambulatory Surgery”
Jean-Louis Horn, MD, Stanford Medical Center, Anesthesiology Grand Rounds, 7-8 am, Medical Education Center, Sullivan Classroom #200

“Incidentalomas: When to Treat and When to Refer”
Jennifer Lisle, MD, Orthopedics & Rehabilitation Grand Rounds, 7-8 am, 101 Stafford

**Cancelled**
Surgery Grand Rounds

“Evaluation and Management of Pheochromocytoma”
Juan Pablo Perdomo Rodriguez, MD, Endocrine Grand Rounds, 12 noon-1 pm, 62 Tilley Drive, 2nd floor 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 n-1 pm, McClure 1311

**CVRI-VT Journal Club**
Join us as we review "Detyrosinated Microtubules Buckle and Bear Load in Contracting Cardiomyocytes" by Benjamin L. Prosser, PhD, Pennsylvania Muscle Institute, Perelman School of Medicine, University of Pennsylvania, and American Heart Association 2017 "Outstanding Early Career Investigator", 12 n-1pm, HSRF 400. Click [here](#) to download the article or email [CVRI-VT@med.uvm.edu](mailto:CVRI-VT@med.uvm.edu) to request the PDF.

**Influenza Vaccination Clinic**
10 am-6 pm, [UVM Medical Center Campus](#), 2nd floor Connector. 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](#).

**Know Your Finances: Take One Step at a Time: Retiring Your Way**
While many people are familiar with financial planning to prepare for retirement, few people have thought through the emotional and psychological transition involved from moving from full-time work to unstructured time. This workshop will cover key topic areas including:

- What is retirement transition and why does it matter?
- Identifying the key lifestyle components of retirement
- Outlining the continuum of retirement
- What you need to know about wills, advanced directives and other key documentation
- What happens when people transition; what can you expect?
- How to make a plan

Presented by Liz Vogel, President & CEO of Dots, Inc., 6-7 pm, Davis Auditorium.

**This is a Healthsource Event - Registration is required for this event by calling 802-847-7222**

**Friday, October 27**
“Helping Patients Who Are Dying or Helping Patients to Die?”
Farr Curlin, MD, Duke Divinity School and Duke University, School of Medicine, Medicine Grand Rounds, 8-9 am, Davis Auditorium

“Sensors and Smart Devices: Developing Uses for New Technologies in Psychiatry”
Ipsit Vahia, MD, McLean Hospital/Harvard Medical School, Psychiatry Grand Rounds, 10:30-11:45 am, Davis Auditorium
Influenza Vaccination Clinics
9 am-1 pm, **Fanny Allen Campus**, Dunbar Conference Room
2 pm-3 pm, **One Care Vermont**, Water Tower Hill, 356 Mountain View Dr., Colchester, 3rd floor, Inland Conference Room

For more information, click [here](#).

**Monday, October 30 – Friday, November 10**
**United Way Employee Campaign - Calling all Champions!**
The United Way Employee Campaign officially kicks off today. We are looking for employees to join our team of Champions to help us increase our employee participation in supporting our communities. **If you are interested in participating in the Champion training on October 20, email [carol.hamlin@uvmhealth.org](mailto:carol.hamlin@uvmhealth.org)** – and stay tuned for more details soon!

**Monday, October 30**
“**Opioids and Chronic Pain: Cultural Myopia and The Big Picture**”
Tracy Jackson, MD, Nashville, TN, Family Medicine Grand Rounds, 8-9 am, Davis Auditorium. For more information, click [here](#).

**CVRI-VT Seminar – “Inotropy via Cytoskeletal Regulation”**
Benjamin Prosser, PhD, Pennsylvania Muscle Institute, Perelman School of Medicine University of Pennsylvania, 12 noon, HSRF 400. For information, click [here](#).

**Influenza Vaccination Clinics**
11 am-1 pm, **1 South Prospect Street**, Pavilion Café Entrance. For more information, click [here](#).

**Know Your Finances: Take One Step at a Time: Retiring Your Way**
While many people are familiar with financial planning to prepare for retirement, few people have thought through the emotional and psychological transition involved from moving from full-time work to unstructured time. This workshop will cover key topic areas including:

- What is retirement transition and why does it matter?
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- What you need to know about wills, advanced directives and other key documentation
- What happens when people transition; what can you expect?
- How to make a plan

Presented by Liz Vogel, President & CEO of Dots, Inc., 6-7 pm, Davis Auditorium.

**This is a Healthsource Event - Registration is required for this event by calling 802-847-7222**

**Tuesday, October 31**
**Ob/Gyn Department Business Meeting**
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.

CVRI-VT Seminar – “Establishing Independence: Lessons Learned in Starting a New Lab”
Benjamin Prosser, PhD, Pennsylvania Muscle Institute, Perelman School of Medicine University of Pennsylvania, 9 am, HSRF 200. For information, click here.

Influenza Vaccination Clinics
10:30 am-1:30 pm, 40 IDX Drive, 1st floor, Athens Conference Room
2:30-3:30 pm, 462 Shelburne Rd, 1st floor, Finance Meeting Room 1
For more information, click here.

Gift Shop Special
A trick or a treat? Stop by for a mystery sale surprise! Costumes not required but always appreciated!

Wednesday, November 1
“Can’t Anybody Help Me? Language Access and Patient Safety”
Lynette Reep, CI and CT, Nursing Grand Rounds, Austin Auditorium, (1) 5-6 am, (2) 11:30-12 noon, (3) 12:30-1 pm

“Keeping Kids Active: Preventing and Managing Sports Injuries in the Skeletally Immature”
Jennifer Lisle, MD, Pediatrics Grand Rounds, 8-9 am, Davis Auditorium

TBD
Pathology and Laboratory Medicine Grand Rounds, 1-2 pm, Davis Auditorium

“Sepsis: What You Need to Know to Save a Life”
Ciaran and Orlaith Staunton’s 12-year-old son, Rory, died from sepsis, a life-threatening condition brought on by an overwhelming immune response to infection, on April 1, 2012. Sepsis contributes to one in every 2-3 deaths in US hospitals. This year alone, at least 258,000 people will die from sepsis. In the five years since losing their son, the Staunton’s have established the Rory Staunton Foundation for Sepsis Prevention and have been patient advocates for sepsis prevention and education. Their message is simple: all of us - including the community and the hospital staff- should be familiar with the signs and symptoms of sepsis in patients on our units, in the Emergency Department and our community. Ciaran will speak from 1-2 pm, Davis Auditorium. All are welcome to attend.

For those who are not on-site, we will be livestreaming the event. You can access the presentation from your computers:

- https://videostream.uvmmedcenter.org/portal/views/main.jsf  select “Live Stream” using Internet Explorer
Influenza Vaccination Clinics
11 am-1:30 pm, Medical Center Campus, Harvest Café area

For more information, click here

Happy Hour at the Garden Atrium
Cookie Ice Cream Sandwich – White chocolate chip macadamia nut or oatmeal raisin with vanilla ice cream, 3-4 pm

Thursday, November 2
TBD
Anesthesiology Grand Rounds, 7-8 am, Medical Education Center, Sullivan Classroom #200

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

TBD
Surgery Grand Rounds, 7:30-8:30 am, Davis Auditorium

TBD
Endocrine Grand Rounds, 12 noon-1 pm, 62 Tilley Drive, 2nd floor 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 n-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, November 3
“Post-OLT Complications Including Cross-sectional Imaging Findings and Interventional Radiology Therapies”
Juan Camacho, MD, Medical University of South Carolina, Radiology Visiting Professor Lecture, 7:30-8:30 am, Radiology Education Center, McClure 1312
“Bioethics Behind Bars: Addressing the Mental Health Care Crisis in Jails & Prisons”
Dominic Sisti, PhD, Perelman School of Medicine at the University of Pennsylvania, Psychiatry Grand Rounds, 10:30-11:45 am, Davis Auditorium

“Imaging Response Assessment to Locoregional Therapies”
Juan Camacho, MD, Medical University of South Carolina, Radiology Grand Rounds, 12 noon-1 pm, Radiology Education Center, McClure 1312

“The Weight of Obesity on Asthma”
Anne Dixon, MD, Medicine Grand Rounds, 8-9 am, Davis Auditorium

**Sunday, November 5**

**Bowlathon to Support the Baird 5 Children’s Christmas Fund**
We hope you’ll join us for a fun-filled day to raise money for the Baird 5 Children’s Christmas fund. This year the Bowlathon will begin at 1 pm at Champlain Lanes on Shelburne Road. All the funds raised are used to help families who have a child here long term have a “special” Christmas. The families are also helped with things like gasoline cards and grocery gift certificates. You can participate by forming or joining a 4-person team, sponsoring a team or bowler, and/or purchasing raffle tickets for a Phish VIP Concert Package. Registration and details can be found [here](#). Phish VIP Concert Package raffle tickets can be purchased in person at the Frymoyer Community Health Resource Center, Medical Center Campus, Level 3. Bowling! Raffles! Prizes! Food! Fun!

**Annual Children’s Memorial Service**
We will be hosting our 15th annual Children’s Memorial Service. The service is intended for families in which a young person has died. You are most welcome to attend. If you know of any families in which a child, adolescent or young adult died in the past few years, please feel free to check with us to see if they are on our mailing list and, if not, let them know about the service. 3 pm, Ira Allen Chapel. A reception will follow the service at Waterman Manor.

**UPCOMING EVENTS/PROGRAMS**

**The Warming Shelter – November 1**
The Warming Shelter will be opening its doors this year on November 1st 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.

**HealthSource Classes**
UVM Medical Center’s fall HealthSource classes are now open for registration! Classes on diabetic foot health, vascular disease, alternatives for colon cancer screening, cooking for heart conditions, planning for the future in regard to your health and finances, and much more! Free and open to the public. To register or for more information, call (802) 847-7222 or click [here](#).

**Teal Pumpkin Project**
The Teal Pumpkin Project encourages people to raise awareness of food allergies and promotes inclusion of all trick-or-treaters throughout the Halloween season. The steps to participate are: place a **teal pumpkin** – the color of food allergy awareness – in front of your home to indicate you have non-food treats available. For more details, click [here](#).

**Day of Remembrance – November 6**
The Spiritual Care Department at University of Vermont Medical Center invites you to a time of remembrance and reflection to honor the lives of your friends, co-workers, and family members who have died. All are welcome to attend. We will gather to remember, reflect, and refresh our spirit. 12:05-12:20 pm, Medical Center Campus Chapel, Patrick 130.

For more information and to submit names of loved ones and colleagues you would like to have remembered during the prayer service, call the Spiritual Care Department at (802) 847-5026. **Names need to be submitted by noon on Tuesday, October 31. E-mail to jack.crabb@uvmhealth.org.**

**Community Medical School – November 7**
Since 1998, this program, jointly organized by the Larner College of Medicine at UVM and the UVM Medical Center, has been providing members of the UVM and local community with accessible and important education on a wide variety of timely, fascinating and engaging health care topics. Please join us for the presentation followed by a Q&A session.

- November 7: “Politics, Money & Science: Current Debates in Public Health & Health Policy,” led by Jan Carney, MD, M.P.H.

This session will be held from 6-7:30 pm, Carpenter Auditorium in the Given Building at the Larner College of Medicine at UVM. For information about the presentations, click [here](#).

**98-Miles Foundation’s 16th Annual Turkey Trot 5K – November 23**
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.

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 18-40 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
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.

October is Know Your Finances – “Take One Step at a Time”
This employee wellness campaign will focus on your financial wellbeing. Participation is easy. All you have to do is register to receive weekly emails about the calendar of events and to be eligible for great prizes. Financial Fitness month events will be happening in a variety of locations and will cover budgeting, debt and credit management, buying a home, college and retirement planning.
and more. There are day and evening programs - all free! After you register, you will receive a weekly email with ideas to improve your knowledge about financial resources that help you build your family’s financial security. Participants will receive weekly email that will focus on a new topic with links to resources and calendar of events. New for 2018: Feature on Healthy Eating - inexpensive and healthy recipes and information to help you keep your nutrition on track with your budget. Financial wellbeing unites us while giving each of us a greater level of control in every stage of our lives. Look for the Financial Fitness button on the Intranet home page to register.

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

Take Charge of Your Health and Earn Your $100 Incentive
File your Advanced Directive ($50 incentive) and complete a wellbeing activity of your choice ($50 incentive) and report your activities on the Employee Wellness portal. Complete both of these activities by 10/31/17 and be entered to win one of two $25 gift cards or a $50 grand prize gift card. Questions? Email wellness@uvmhealth.org

Suicide & Depression Awareness and Prevention months - October
When the clocks turn back and the days get darker, many employees find themselves feeling down, low energy and dreading winter. 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 work in an area without windows, let’s talk about ‘light boxes’. 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.

Bolton Valley Corporate Ski Program for 2017-18 Season
The Bolton Valley Corporate Season Pass offer is available to UVM Medical Center employees and their immediate family members. Adult All-Access passes are priced at $299 and Youth
passes at $159. Click here to purchase your passes. This will bring you to a landing page with all the applicable pricing. Use the following promo code when purchasing to be eligible for discount pricing: 51UVMMC. Deadline for ordering is October 31. Questions? Email Wellness@uvmhealth.org.

**Smuggler’s Notch Partnership Program for 2017-18 Season**
UVM Medical Center employees and immediate family members can now purchase any of Smuggler’s Notch Ski Resorts’ discounted Passes or Badges for the 2017-18 season through their Corporate Partnership Program. When ordering online, click here and use the promotional code: UVM Medical. Deadline for ordering is October 31. 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**

“Factors Affecting Mother’s Milk Feedings in Preterm Infants” – November 9

Join the New England Association of Neonatal Nurses 2017 Fall Lunch & Learn, supported by Chamberlain University. Presenter: Mary Lussier, BSN, RN, IBCLC, Connecticut Children’s Medical Center, Hartford, CT. 12 noon-1:30 pm, Davis Auditorium. For information, click here.

**Basic Fundamentals of Clinical Hypnosis & Intermediate Clinical Hypnosis Workshops – November 10-12**

Hypnovations announces ASCH-approved workshops (20 hours each) co-sponsored by the Northern Mountain Society of Clinical Hypnosis. Faculty: Linda Thomson, APRN, Maureen Turner, RNBC, LCMHC, Judy Thomas, DDS, and Casey Goldman, LCMHC, Jackson Gore Inn, Okemo Mountain, Ludlow, VT. For more information, click here or call (802) 338-8040.

**Keeping up with Employment Demands at UVM Continuing and Distance Education**

Issues like population growth, aging, sustainability, and climate change affect all of us, and job markets shift to reflect changing needs, both locally and globally. At the University of Vermont, we’re continually empowering non-traditional students to meet the challenges of the future through Continuing and Distance Education. With more than 40 programs and over 400 courses to choose from, UVM Continuing and Distance Education has helped thousands of part-time students, whether they’re preparing for an undergraduate or advanced degree, looking for a career change, or seeking individual development in our ever-changing world.

- 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.
- 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.]

RSVP today to hear Michael Moss, Pulitzer Prize-winning journalist and award-winning author of Salt Sugar Fat: How the Food Giants Hooked Us, deliver the keynote address for UVM’s 2017 George D. Aiken Lecture Series on November 1 at 5:30 at UVM Ira Allen Chapel. Read more about Moss and the Aiken Lecture Series in our blog, UVM Outreach. [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. As part of that commitment, there is a $3,000 grant for BSN Completion Program students who enroll as a new Walden student starting August 29, 2016. Walden is also 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](mailto:Pamela.Mosher@uvmhealth.org) with any questions regarding the UVMMC Events Newsletter.*