



August 9, 2013

To: NWP non-physician admin team and DAs

From: Dave McKay  
NWP Workplace Wellness

Subject: August Wellness Newsletter!

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## Summer Continues to Sizzle!

What a great summer we've had! Plenty of opportunities to get out and enjoy some hiking, cycling, running, swimming, gardening, camping, or whatever it is you might do to THRIVE. And speaking of Thriving, I will be out enjoying the great outdoors from August 12<sup>th</sup>- 23<sup>rd</sup>! I'll be back on Monday, August 26<sup>th</sup> refreshed and ready to go! In the meantime, keep working on your Rewards of Wellness plan [http://www.nwptools.com/docs/ROW\\_Program.pdf](http://www.nwptools.com/docs/ROW_Program.pdf), and get out and enjoy the sunshine!

## Finding Your Thrive: Stories About Wellness

We had a very special Brown Bag yesterday (August 8<sup>th</sup>) featuring three of our very own folks, who told their stories about wellness. Talk about inspiration! I think we all related to some aspect of their stories.

- Vickie Dinnel (PC Admin), the first person to share her story, brought a life-size photo of herself at 300 lbs. She talked about how the changes she has made over time have saved her life. She talked about how great she feels physically and spiritually. She also expressed how much she appreciates the wellness effort and supportive environment we have created . . . and how much she loves her job and Kaiser Permanente.
- Martina Fetter (PC Admin) talked about her wellness journey and what it has meant to herself and her family. She talked about not wanting to go on vacation or shopping because she did not feel good about herself. She is now the picture of health, runs all the time and loves Kaiser Permanente.
- Anne Nelson (GME) disclosed to the group that she suffered from bulimia. She talked about her struggles over her long journey and the support she has received along the way. She wrapped up her personal disclosure by inviting us all to workout with her, in any way we wanted, every Thursday on the 1st floor at KPB at 12 noon.

Vickie, Martina and Anne were brave and eloquent in sharing their personal stories about wellness, and it was very inspirational to hear about their challenges and successes.

The video of Thursdays Brown Bag will be available next week!

Don't forget! **Our next Brown Bag will be September 12<sup>th</sup>**, and we'll have our first Part 3 wellness drawing!

## Workstation Exercises

Ever need to take a short break from work and S-T-R-E-T-C-H? How about a quick exercise routine? Attached is a poster depicting [exercises you can do right within your work space](#). And, here's a suggestion for those that don't like doing stair climbs....do a modified version...where you walk around

the perimeter of a floor, and then either go down or up the stairs, and then do the next floor....it's actually a good workout!

## What's Happening

Following are a few events that are occurring within our area:

### ◆ **Southeast Portland Sunday Parkways**

**August 25, 2013 ~ 11am-4pm (9 miles)**

Spend a warm summer day walking and rolling around Southeast Sunday Parkways. Take in the great city views from the top of Mt. Tabor! Activities, food, vendors, music, and fun will be in Laurelhurst, Colonel Summers, Ivon, and Mt. Tabor Parks; plus Universal Cycles Marketplace. [View Map](#)

### ◆ **The Color Run™ 5k – Portland**

The Color Run™ 5k is on its way to Portland, Oregon! The event will take place on **September 7th, 2013** at Portland International Raceway!

The Color Run™, also known as the Happiest 5k on the Planet, is a unique paint race that celebrates healthiness, happiness, individuality, and giving back to the community.

- Find out more about The Color Run™ 5k event by [clicking here](#), or check out our [FAQ page](#) for answers to commonly asked questions.
- Join our VIP List to receive updates and notifications about The Color Run™ 5k event in your area. [Click here to sign up now!](#)

### ◆ **Sunriver Marathon For A Cause**

**August 31 - September 1**

**Sunriver, OR** [www.sunrivermarathon.com](http://www.sunrivermarathon.com)

The 3rd Annual Sunriver Marathon for a Cause will be held on August 31st-September 1st, benefitting the Oregon SW Washington Affiliate of Susan G. Komen for the Cure. There is a race for everyone including a 5K, 10K, Children's Marathon and Dash, two Half Marathons covering two different courses and a one loop Boston qualifier marathon. The Sunday Half Marathon and Marathon takes you through Sunriver, Crosswater and Caldera Springs.

**For more info on running events** in Oregon, click here:

<http://www.racecenter.com/>

<http://www.runningintheusa.com/race/List.aspx?State=OR>

<http://www.orrc.net/>

**For more info on bicycling events** in Oregon, click here:

<http://orbike.com/events/>

Be Well!

*Dave*

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