

# December Newsletter

*“December...please make my wishes come true.”*

Wellness is not just about physical health – it is also about feeling well in all aspects of your life. One way to feel well is simply to wish. One of the [Four Things Everybody Needs in Life by Lou Holtz](#) is to have something to hope for, because what you hope for motivates your life. With the holidays being this month, there is no better time to wish, dream and hope for something. Just as hoping for a fancy car may motivate you to plan out your budget in order to buy one, hoping for a healthy life will make you more motivated to live one.

Our hope this December is that you have a safe, healthy, restful and joyful time celebrating the season with your loved ones.

Here is what’s happening in the Wellness World this month:



## #WellnessWednesday

NWP Health & Wellness launched a new website with a wellness forum and Twitter Feed last month! To get people to utilize these tools more frequently in a wellness-friendly way, we have created a new activity: **#WellnessWednesday**.

It’s very simple! All we ask is that every Wednesday, you do something healthy, take a picture of yourself doing it, and then either tweet us the photo to [@NWPWellness](#) using **#WellnessWednesday**, **OR** post your activity on the [forum on our website](#) using the same hashtag. The activities can be anything health and wellness-related.



66 TWEETS      97 FOLLOWING      23 FOLLOWERS

[Follow NW Perm Wellness](#)



\*You will need to make a Twitter account and follow @NWPWellness in order to do this.

We are excited to see the photos and activities you decide to share!

### ROW Scorecard 2013

We are pleased to report the results/tracking sheet of the ROW program for this year. [Click here to view!](#) Thank you to all who participated!

## Last Drawing for ROW Part 3!

The next period of review for ROW Part 3 activities is for November/December. Please submit your documentation for activities (community fitness events or volunteering) that you have completed during these months to Dave McKay by **Dec. 11<sup>th</sup>** to be entered into the drawing. The drawing will occur at the Brown Bag on the 12<sup>th</sup>. [Here’s the link to the ROW program.](#)

# What's Happening?

## MDs & Clinicians Wanted!

We are looking for MDs and Clinicians who want to get involved in an MD Wellness Program. Please send Dave McKay a note if you are interested!

## Wellness Wednesday Potluck!

We are planning a potluck in January to go along with our #WellnessWednesdays. Stay tuned for details!

## Fitness!

For **running events** in the Northwest, click here: <http://www.racecenter.com/>

For **bicycling events** in Oregon, click here: <http://orbike.com/events/>

[Click here for a list of discounts](#) that we have at local gyms.

For information on Thrive Group activities, contact [Emmie Yeiter](#).

## Inclement Weather Baby, it's cold outside!

Here is the [official information regarding weather closures](#) at KP locations should the weather get too bad.

**Suggestions?** Send Dave McKay an email at [david.j.mckay@kp.org](mailto:david.j.mckay@kp.org), and it may be included in the next newsletter! Have a great rest of December, and we'll see you in the New Year!

# Brown Bags

Our **last Brown Bag of the year** is on Thursday, December 12<sup>th</sup>. Bob Wilson from Health Education Services will speak about weight management during the holidays. Hope to see you there! It will be in the 3<sup>rd</sup> floor cafeteria from 12-1 p.m.

If you attend 3 Brown Bags, you get a \$100 reward within our Rewards of Wellness program. If you have missed a Brown Bag, and it is available by video, let Dave McKay know that you have watched it, and he will send you some questions to answer over email. You can then get credit for it within our ROW Program.

Here is the [video](#) of the November Brown Bag. Laura Wozniak presented on the 6<sup>th</sup>, speaking about stress management during the holidays – information that continues to be relevant this month!

## Holiday Safety

The holidays are a special time for most, but that doesn't mean that safety should not still be a top priority. With lights/candles, icy weather, hanging high decorations, holiday stress and alcohol at holiday parties, accidents are bound to occur. Here are [some tips from the National Safety Council](#). Stay festive yet safe this season!



## ROW 2014

A draft of the 2014 Rewards of Wellness program was introduced in November, and is now being finalized. The final version will be available later this month. Thanks for your great suggestions and feedback!

The January Brown Bag will be presented by Richard Odell and Dave McKay about the **2014 Rewards of Wellness Program**. If you have any questions regarding next year's program, that would be a great opportunity to learn more! Mark your calendars for the 9<sup>th</sup>!

## Healthy Living Program

Food for thought: Have you ever considered berries vs. bypass? Cabbage vs. CABG? Arthritis vs. Asparagus? Well, the new NWP Healthy Living Program does exactly that!

Led by Dr. Craig McDougall, MD and Kim Carlson, RN, the HLP is designed to help patients prevent, treat, and reverse chronic medical conditions through food and lifestyle medicine. The goal is to help guide members on their path towards health and to delay death & disability. Participants have already lost over 600 pounds, and reduced KP's out of pocket medication costs by \$3,000 a month!

If you have any questions or would like to find out more information, please contact Kim Carlson at [NWP-HealthyLiving@kp.org](mailto:NWP-HealthyLiving@kp.org).



Looking for a yoga studio near KP? Check out EastWest College Yoga at 525 NE Oregon St #550. First 3 classes are FREE!

Please visit [www.EastWestYogaPDX.com](http://www.EastWestYogaPDX.com) for more information.