

# NWP Health & Wellness Newsletter



John King

## February is Relationship Wellness Month!

February is the perfect time of the year for Relationship Wellness Month. Why? Because Valentine's Day is on February 14th! While Valentine's Day can be a little overdone with hearts and chocolate and high expectations, it is still very important to get to the meaning of the day and examine and improve the personal relationships in your life. Instead of just focusing attention on relationships for a single day – let's spend the month working on our many personal relationships.

Here are a few tips that can help you improve any of your relationships:

1. Listen in order to understand the other person's perspective.
2. Communicate what you think and feel in ways other people can hear. Avoid language that makes other people responsible for your feelings or attacks the other party.
3. Comment on the positive. Be generous with compliments.
4. Show appreciation. Social graces are not just for strangers.
5. Learn the fine art of compromise.
6. Don't sweat the small stuff.
7. Make time to share activities and interests.
8. Get good at forgiveness.
9. Share the work as well as the fun.
10. Keep expectations realistic.

## What's new in February?

**Starting in February we will begin streaming the Wellness Brown Bags LIVE!**

Visit the [website](#) on Feb 19<sup>th</sup> at noon and click on the link to the live broadcast.

### Motivational Monday!

**When:** Every Monday, Noon - 1!

**Where:** KPB, 3rd Floor Cafeteria

**Why:** Because motivation is contagious!

Join the NWP Health & Wellness group as we kick off our week with a little positivity and motivation!

This is a chance to share your wellness triumphs and challenges and to meet new people!

Bring your sneakers if you would like to join us for a 15 minute walk at the end of every session!

**We hope to see you there!**

February is also **American Heart Month**



[Click here to see tips for better heart health!](#)

## How Did You Volunteer on MLK Day?

"Several members of our department, including three kids, volunteered at The Oregon Food Bank for the morning shift on MLK Day of Service. [...] At the end of the morning shift we had collectively packaged 6,807 pounds of oats; 123 meals per volunteer."

- **Kathie Fitzgerald**, Education Consultant

"My son and I went to Outside In where we cleaned the kitchen and washed doors. It was a lot of fun to spend the morning working with my son, helping others."

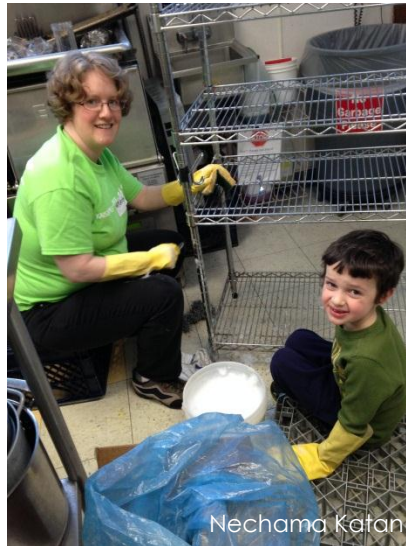
- **Nechama Katan**, Information Analyst

"I spent my MLK Day of Service Volunteering at the Wallace Medical Concern's Wellness Health Fair. [...] WMC is a fantastic organization, and is always seeking volunteers throughout the year, not just on MLK day."

- **Janet Price**, Ethics Program Coordinator

"I spent MLK Day as a volunteer at Wallace Medical Concern in Gresham. [...] Most of the volunteers were nurses who helped with the screenings. As administrative staff, I helped direct patients to the exam areas and distributed printed material. It was fun to meet other KP employees from around the Region."

- **Diane E. Taylor**, NWP Guidelines Coordinator



Nechama Katan

## Thriving Schools at Rosemont Ridge's Career Day!

**Julie Beko**, a volunteer with Kaiser Permanente's Thriving School's initiative, was at Rosemont to lead students through mock job interviews. Before sitting down at one of the interview tables, each student filled out a realistic employment application.

"The kids come up here and I'm reviewing their resume," she said. During each interview, Beko asked questions like, "Why do you think I should hire you?" and "How would a friend or professor who knows you well describe you?" The applications and the interviews were designed to give students an idea of what a real job interview would be like.

During her interview with Beko, Maddy Itschner made a great impression. Beko complimented the eighth-grader on her eye contact and voice volume and said she liked the way Maddy incorporated parts of the questions into her answers.

"It went really well," Maddy said after her interview. "I like to talk to people about my likes and what I'm strong in. ... I felt strong. I felt confident."

Written by: **Katie Hoots** for the *West Linn Tidings*

## February Wellness Events

### February 26<sup>th</sup>, 2014

#### [OMSI After Dark: Hollywood](#)

OMSI, 6-10PM

Go behind the scenes! Walk the red carpet and get a feel for the technology and craft behind film. Happy Hour starts at 5PM.

### February 28<sup>th</sup>, 2014

#### [Portland Art Museum: Free Fourth Friday!](#)

The Museum offers free general admission on the fourth Friday of every month from 5-8 p.m. Current exhibition: Venice: The Golden Age of Art & Music.

### March 16<sup>th</sup>, 2014

#### [Shamrock Run!](#)

Join 35,000 of your closest friends in the 36<sup>th</sup> annual Shamrock Run, the largest running and walking event in Oregon and the second largest on the US West Coast. 5k, 8k or 15k run distances and also a 5k walk. Get decked out in green and join the fun!

### **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!

### **Suggestions?**

Send an email to the NWP Health & Wellness Team at [NWPWellness@kp.org](mailto:NWPWellness@kp.org), and it may be included in the next newsletter!