

## **Helping others is key to wellness**

It is better to give than to receive.

The act of giving back to the community, whether as a donation to your favorite charity or volunteering your time, is an often-overlooked element of personal wellness. It is a true component to improving total health by touching on multiple dimensions of wellness such as social, environmental, physical, occupational, financial, and intellectual. Giving back has a way of subconsciously boosting your health. Studies have shown that people who volunteer through have a greater self-esteem, lower depression and reduced stress levels.

NWP is exercising some of its charitable giving via the 4<sup>th</sup> annual charity soccer match between NWP and Permanente Dental Associates on Sunday, September 23 at 4pm at Hilken Community Stadium (Concordia University). Both the PDA and NWP teams are contributing a \$1,000 charity contribution, with the \$2,000 pot going to the charity chosen by the winning team; NWP is playing for Loaves and Fishes (The Meals-On-Wheels People), and PDA is playing for Oregon Dental Foundation (the "Tooth Taxi").

See below for the multiple ways to give back to the community.

Annual Community Giving Campaign - Sept. 10 – Oct. 8 - The Annual Community Giving Campaign is a convenient and powerful way for all of us to give back to the community and support the cause(s) we care about most.

MLK Days of Service – January 22-23 - MLK Days of Service is a volunteer event that allows employees to partner together to honor and celebrate the legacy of Dr. King. We do this by giving our time, resources, and expertise to the underserved communities around us.

Hippocrates Circle – January-May - The Hippocrates Circle program is designed to improve the pipeline of diverse candidates entering the medical field as physicians, build awareness about physician career opportunities amongst youth from under-represented communities and diverse backgrounds, provide mentorship opportunities for physicians and students, and build collaborative relationships among students, parents, school districts, medical schools, and Kaiser Permanente.

Forest Park Conservancy – year round - Volunteers have always been at the heart of Forest Park Conservancy. From working in the office to removing invasive plants and repairing trails, we could not do our work without the support of hard working, caring people, community groups and businesses.

Cheer on your colleagues as the medical and dental providers and staff face off in a charity soccer match on Sunday, September, 23 at 4:00 pm.

Both the PDA and NWP teams are contributing a \$1,000 charity contribution, with the \$2,000 pot going to the charity chosen by the winning team; NWP is playing for Loaves and Fishes, and PDA is playing for Oregon Dental Foundation (the "Tooth Taxi"). "This event a combination of getting out there, getting some exercise and being with our colleagues not in a work environment. It's just fun." Stephen Bush, PDA captain stated

"I agree. This is truly the embodiment of thrive." Cindy McPhee, NWP captain added

There is a social aspect, an environmental, physical, occupational

Donating to charity not only helps the recipient but also helps the donor by instilling a sense of purpose, improving mood, and