

NWP Health & Wellness Newsletter

August Wellness Events

August 1 – 31st, 2014

[Movies in the Park](#)

Pre-movie entertainment starts at 6:30PM, Movies begin at dusk. Several parks around the Portland area show free movies during the summer months! Check out the link to find out when, where and what movies are playing and grab a blanket and some snacks and check it out!

August 14th, 2014

[Wellness Brown Bag: Dental Health & Wellness](#)

Featuring Jim Smith, DMD
Noon – 1PM, KP B 3

Come find out how the state of your oral health can affect other parts of your body's health, and why it is important to get regular dental check-ups.

August 17th, 2014

[Portland Parks \\$5 5k](#)

Laurelhurst Park, 9AM

Check out Portland Park's annual series of the \$5 5k! Please see the website for more information.

August 24th, 2014

[Sunday Parkways](#)

Southeast Portland, 11AM – 4PM
Spend a warm summer day walking and rolling around the Southeast Sunday Parkways. While you're at it, take a few moments to explore Laurelhurst, Colonel Summers and Ivon Parks to grab a bite to eat, listen to tunes, and join some activities.



Congrats Thriving Mixed Nuts

Congratulations to *Thriving Mixed Nuts*, our NWP and KP team who participated in Ragnar relay this year. Ragnar is a 196 mile relay that starts at Blaine, WA (on the border of Canada) and finishes down in Langley, WA on Whidbey Island. The team consisted of 12 dedicated runners (pictured above), including NWP physicians and KP Sales and Marketing team members.

Many would say this race in particular is a great one because of the beauty throughout the area and the size of the event. The scenic course has many legs that take you alongside rivers, coastline and mountains. Since it has less teams than many other popular relays, the option to have more van support and bathroom breaks is nice. Some people on the team mentioned that their favorite parts were positive laughter shared throughout the night and the funny pictures shared between the 2 vans. The team got very bonded through the trip and by the end everyone had mentioned the running being some of the most fun they've ever had. The Mixed Nuts finished the race in 27:56:58, overall 71st out of 454 teams. This placed them 6th in the regular corporation/public service. Not too bad for a bunch of nuts!

Written by: Emmie Yeiter, KP Account Team Specialist

Highlights: “The Science of a Good Night’s Sleep”

A Wellness Brown Bag Presentation featuring
Praseeda Sridharan, MD.

Did you know that on average, American adults get only 6.7 hours of sleep per night?

Here are some tips from Dr. Sridharan on creating a better sleep environment!

- **Create a “sleep chamber.” Make your bedroom a darkened quite comfortable place to sleep. Use a comfortable bed, bedding and pillow**
- **Do not drink fluids just before going to bed**
- **Do not watch TV; work on your computer, or read in bed**
- **Maintain a regular bedtime and wakeup time Monday through Sunday**
- **Exercise regularly, but not too close to bedtime**
- **Avoid alcohol, tobacco and caffeine prior to retiring**
- **Establish a bedtime ritual that is relaxing**

If you missed this brown bag, you can [watch the recording here!](#)



Water Safety Tips

With so many water related accidents happening within the last few months around the NW, we felt it was important to share a few water safety tips:

- ALWAYS wear a life vest when in or around water. Even if you think you won't need it, it could end up saving your life!
- Never jump or dive in to water that you are unfamiliar with.
- Never let a child go near the water unsupervised.
- Enroll children older than age three in swimming lessons taught by qualified instructors.

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, and it may be included in the next newsletter!