



June 21, 2013

To: NWP non-physician admin team and DAs

From: Dave McKay  
NWP Workplace Wellness

Subject: Wellness Update!

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## WELCOME SUMMER!

### 7 Day Forecast



What more can I say, other than it's a great time to get outside and do something fun, active and healthy! The next Sunday Parkways is coming on July 28<sup>th</sup>

### [North Portland Sunday Parkways](#)

**July 28, 2013 ~ 11am-4pm (9.5 miles)**

Cruise around North Portland this July. Enjoy roses, activities, food, music, vendors, and fun at Peninsula, Arbor Lodge, Kenton, Columbia Annex, and McCoy Parks; plus the wide open car-free Willamette Boulevard. [Highlights Brochure](#). [View Map](#)

### **Brown Bag with Molly Jennings, RD**

On July 11<sup>th</sup>, we heard from Molly Jennings, who is a registered dietician and "retail" dietician who leads the Healthy Picks program at KSMC Food and Nutrition Services. Molly gave a very informative talk on how to select healthy foods, taking advantage of our wealth of local produce at farmer's markets and in the grocery store. Over 65 people were in attendance! Molly provided some great tips on how to save on calories without compromising taste, and she offered several recipes, including "Molly's All In One Bowl"

As with our last Brown Bag discussion, this one is available on YouTube at:

<http://youtu.be/oVufLMVe7hc>

You may get credit for watching a Brown Bag video. Just let me know when you have completed the video, and I'll send you a couple of random questions about its content. So, pay attention when you watch the video!

Our next Brown Bag will be very special. It will include three of our very own colleagues who have been successful in managing a wellness activity, whether it was losing some weight, getting involved in a sport, or making better dietary decisions. Don't miss this one on August 8<sup>th</sup>, in the Old Cafeteria space, noon-1:00 pm

## Some updates on Rewards of Wellness

So far, we have nearly 100 participants in our Rewards of Wellness program! That's over 50% of the NWP administrative staff! Everyone is doing a great job in reviewing their caregaps, biometrics, and completing the Total Health Assessment. In fact, for the first half of this year (January thru June), 156 people completed the THA for the first time, compared with 120 during ALL of 2012! Great job everyone!

Point of clarification regarding the THA: Reports that I get showing who has completed the THA are very slow. To expedite receiving your Part 1 reward, just grab a screen shot of the "MyAccount" page in the THA, that shows your name, and date you completed it. You can send it to me via email, or interoffice mail at KPB 6.

If haven't yet started the ROW program, here's the link to the program:

[http://www.nwptools.com/docs/ROW\\_Program.pdf](http://www.nwptools.com/docs/ROW_Program.pdf)

## Permanente Dental Associates Wellness Program

The PDA wellness program is underway! Their administrative team and wellness committee have been trained in completing 1:1 wellness discussions, just as I did with all of our administrative staff. The program is being rolled out to all PDA dentists, and so far, there is a lot of enthusiasm and excitement about the program!

## KWMC Wellness Program

The opening of the new Kaiser West Medical Center presents a unique opportunity to develop a culture of wellness from the beginning. I am partnering with Lauren Whyte and Sandra Townsend of HealthyWorkforce to develop a wellness program that will be launched with the opening of the new facility. Stay tuned for details about that.

## What's Going On?

### **Jackson's Ride the Gorge, Sat, July 27<sup>th</sup>, 8:00 am to 5:00 pm** A GORGEOUS COURSE

Jackson's Ride the Gorge is a phenomenal route through the Columbia River Gorge. You'll be well supported every step of the way, ensuring you can take the time to enjoy the landscape, take pictures and relax along your ride. Bring your camera for this breathtaking ride with sweeping views of the magnificent Columbia River. We offer three route options with varying degrees of climbing and mileage. See the routes page for details. For more info, [click here](#)

### **Wahine All Women's Triathlon & Duathlon– Sat, Aug 03, 2013 –Blue Lake Park, Fairview, OR**

The Wahine All Women's Triathlon & Duathlon is part of a two-day event that includes the Mid-Summer Triathlon/Duathlon held the following day. With its flat & fast bike & run courses (little to no vehicle traffic) and swim in 70+ degree water, it is the perfect middle of the summer event for both the experienced and novice athlete. For more info, and to sign up, [click here](#)

### **Homer's Classic 8K: Sunday, Aug 04, 2013 - Silverton, OR**

The Homer's Classic 8K course is flat, fast and scenic. The course crosses the Gallon House Covered Bridge twice, the only original covered bridge in Marion County. Awards are given to the top 3 runners in 5-year age groups. Start and finish is on the track at Silverton HS. The Classic is part of Homer Davenport Day's, Silverton's annual community festival. Proceeds benefit local T&F, XC programs. For more info, [click here](#)

### **XTERRA PDX - Epic Off Road Weekend Tri / Sprint / Du / 1/2marathon / 10kSat, Aug 10, 2013 -**

**Hagg Lake, OR** XTERRA Portland is back for its 5th year! Bigger and Better! This is one of the premier XTERRA races in the Northwest and YOU are the reason why. On August 11th and 12th, XTERRA Portland will bring athletes back to Hagg Lake to face the challenging race terrain once

again! Only this time, not only are we adding a Sprint Course and Duathlon, but we are also adding a second day just for the runners. For more info, [click here](#)

**For more info on running events** in Oregon, click here:  
<http://www.racecenter.com/>,  
<http://www.runningintheusa.com/race/List.aspx?State=OR>, or  
[www.orrc.net](http://www.orrc.net)

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

Be Well!

Dave McKay