

# NWP Health & Wellness Newsletter



**PDX Heart Walk 2014**

**Maha Razzaki Brittany Docken Megan Foidel**

## June/July Wellness Events

### June 30<sup>th</sup>, 2014

Mindfulness Meditation Mondays  
Every Monday from 11:45 – Noon  
KPB 3, back of Old Cafeteria  
A 15-minute guided meditation session for all. Get motivated and prepare for the week ahead by taking the time to practice being mindful.

### July 4<sup>th</sup>, 2014

#### [Waterfront Blues Festival & 4<sup>th</sup> of July Fireworks](#)

July 4<sup>th</sup>, 10PM

Admission to the festival and its fireworks presentation is \$10 donation per person per day plus two cans of nonperishable food.

### July 9<sup>th</sup>, 2014

#### Wellness Brown Bag Series:

“The Science of a Good Night’s Sleep”

Featuring Dr. Praseeda Sridharan  
Noon – 1PM, KPB 3

Find out why not getting enough sleep each night is detrimental to your well-being!

### July 27<sup>th</sup>, 2014

#### [Sunday Parkways](#)

Northeast Portland, 11AM – 4PM  
Explore the Northeast

Neighborhood Greenways while you make your way around the Northeast Portland route. Don't forget to stop by Woodlawn, Alberta and Fernhill Parks where a collection of fun activities, festive music, and delicious food awaits you.

## “The Trend of Wellness”

I am a new provider with Northwest Permanente and joined the General Surgery Department here at Westside. Since I have been here I have witnessed a subtle, but nonetheless impressive trend in the wellness of our department. We have a department of upstart runners, swimmers and cyclists. I will not tell you which member of the department is doing which activity. They are a humble group and probably wouldn't want any recognition, but please ask them! I see my colleagues eating salads, fruit and soups instead of the alternatives. People are shedding pounds, but not at the cost of energy. They are gaining strength and energy! The trend is contagious. People are getting together for bike rides, runs and ski adventures. The staff is noticing, commenting and heading in the same direction. The sense of collegiality is growing and I am witnessing more and more smiles. I am grateful to have joined this group! While you may find other groups of skilled and compassionate surgeons, I would challenge anyone to find a more collegial, well-balanced group of skilled and compassionate surgeons. I believe that personal wellness is leading to group wellness, which in turn is leading to a healthier and happier place to work. Thank you Westside General Surgery for being my personal Wellness heroes and heroines!

Contributed by a NWP General Surgeon who preferred to remain anonymous

## Recap: “Fun, Sun & Your Skin”:

**A Wellness Brown Bag Presentation  
by Dr. Omar Qutub, Dermatology**

We wanted to recognize what an outstanding job Omar Qutub, MD (NWP Cosmetics and Dermatology) did at the NWP Health and Wellness June Brown Bag presentation on preventive skin care, and to share with you a recap of the presentation and the impact that this presentation had on our staff.

Dr. Qutub's presentation was a timely reminder for why applying sunscreen daily is so important! Not only did he discuss the dangers of tanning and too much sun exposure, but he also dispelled a few myths including the idea that you can only get Vitamin D from the sun. Licensed Aestheticians Courtnay Luebbers and Elizabeth Jay from cosmetic services also did an excellent job of providing information about the services that they offer, as well as the products they sell. They did a fantastic job of tying this in with Dr. Qutub's presentation.

Our hope with all of our wellness brown bags is that the people who view them will take this information with them and use it to improve their own health and wellness. Getting in to the elevator after Dr. Qutub's presentation, everyone was talking about what they had learned and how they were going to use that information to talk to their primary care physicians. We even heard a personal story from someone who told us how they had e-mailed their physician through KP.org right after the presentation because they had a concern about their skin. They now have an appointment with a NWP dermatologist. Knowing that the education that was received from our forum has helped to start these kinds of conversations between our employees and their physicians is the ultimate success for us.

[To watch the recording of Dr. Qutub's Brown Bag, click here!](#)

**Upcoming Brown Bag: “The Science  
of a Good Night's Sleep”, featuring  
speaker Dr. Praseeda Sridharan  
July 9<sup>th</sup> @ Noon, KPB3**

## Fourth of July Safety Tips

**Tips from the Red Cross for a safe  
and fun Independence Day!**

- Always use legal fireworks
- Never give fireworks to small children, and always follow the instructions on the packaging.
- Keep a supply of water close by as a precaution.
- Make sure the person lighting fireworks always wears eye protection.
- Light only one firework at a time and never attempt to relight "a dud."
- Store fireworks in a cool, dry place away from children and pets.
- Never throw or point a firework toward people, animals, vehicles, structures or flammable materials.
- Leave any area immediately where untrained amateurs are using fireworks.

## 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!