



June 21, 2013

To: NWP non-physician admin team and DAs

From: Dave McKay
NWP Workplace Wellness

Subject: Wellness Update!

Welcome to the First Day of Summer and Sunday Parkways!

I like this weather pattern with rain during the week and warm, sunny weekends! Helps to get out and be active on the weekends! Like Sunday Parkways, which is THIS SUNDAY in NE Portland, from 11:00 am to 4:00 pm....And, don't miss our Walk With A Doc, that starts at noon! We have 15 or so physicians geared up and ready to lead a walk around a 2 mile loop starting in Alberta Park. Click here for more info: [Walk with a Doc as part of Sunday Parkways on June 23](#) –

Rewards of Wellness Program

On June 12th, we launched our "Rewards of Wellness (ROW)" incentive plan for NWP administrative staff. So far, we have nearly 60 participants, who are quickly completing Part 1 requirements, and getting their incentive award. People are also signing up for upcoming community wellness/fitness activities, as part of the Part 3, Get Involved requirements. Great job, everyone! Here's a link to Rewards of Wellness:

http://www.nwptools.com/docs/ROW_Program.pdf

We'll have our first Part 3 drawing at the September Brown Bag!

Brown Bag with Dr. Bachman Draws over 62 attendees!

We had a very informative, and fun Brown Bag on June 6th, with Dr. Keith Bachman, who is the clinical lead-Care Management Institute, Weight Management Initiative. Dr. Bachman talked about weight management, different food options (ie...gluten free, vegan, vegetarian, low-carb, etc), food diaries, and tracking devices (Fit Bit, Nike, Body Media). The discussion was very interactive, and lots of questions were answered.

Did you miss this one? No problem. We now have it available on Youtube at: <http://youtu.be/siTbpJ3fOhM>

Future Brown Bag discussions will be taped, and available on Youtube. ROW participants will have the option of watching the video, completing and post-test, and getting ROW Part 2 credit! More on that later.

Don't miss our next Brown Bag discussion on July 11th at noon, in the Old Cafeteria space at KPB. Retail Dietitian, Molly Jennings will be talking about healthy recipes using our bounty of fresh fruits and vegetables available at our Farmer's Markets. You'll come away with great ideas and recipes for you and/or your family!

Here's a schedule of 2013 Brown Bag discussions: http://www.nwptools.com/docs/2013_schedule.pdf

Third Wellness Luncheon Featured Crossfit Portland

On June 12th, we had our third NWP Admin Wellness Luncheon at the Ambridge Center. Most of the luncheon focused on our Rewards of Wellness Program, but we did have an "instant recess" lead by trainers from Crossfit Portland! We were guided through a series of crossfit "moves" culminating in the "deep squat"ok, so I'm still sore from it!

Crossfit Portland offered to do an additional Brown Bag on June 20th, with a 1 hour free introductory work out. Five folks from NWP attended, and I hear that it was a very good workout!

NWP Jump Start: July 9th - August 1st - \$264

Crossfit will create a NWP-only 'Jump Start' on Tuesdays and Thursdays from 12-1:00 pm. Jump Start is the required introduction to Crossfit Portland and will teach participants proper Crossfit techniques. The course will run with a minimum of 4 participants, but no more than 6. I will send out the link to register in a separate email...

Introducing Kim Carlson, Weight Management Program Manager

NWP recently hired Kim Carlson, to develop a member-focused Weight Management program. Kim is developing a program that will provide individuals a multi-disciplinary approach to losing weight and regaining health and wellness. This program will be open to everyone and will not require a referral to participate in it. Kim has been with Kaiser for seven years, and most recently worked as an RN Case Manager within our Cardiothoracic program.

Welcome Permanente Dental Associates!

Permanente Dental Associates is interested in developing a workforce wellness program, including a wellness incentive. Their wellness committee met last night and started the process of defining the structure of their program. There is interest in developing an incentive program similar to the NWP Rewards of Wellness Program, that uses KP.org as the platform to promote wellness. There are approximately 130 dentists that could participate in the program, and they hope to have it running by August! Go for it, PDA!!

Get Active!

Here are some upcoming activities and links to help you plan your summer of activity!

- June 22, 2013: Twilight 5K Run, Cook Park, Tigard. This run is an evening run, associated with the Festival of Balloons. A super fun run for both adults and kids! For more info: <http://www.reasontorun.com/races/twilightreg.html>
- June 23, 2013: Portland Sunday Parkways promotes healthy active living through a series of free events opening the city's largest public space - its streets - to walk, bike, roll, and discover active transportation. Upcoming Sunday Parkways are: July 28th (North Portland), and August 25th (Southeast Portland). Click here for more info: <http://www.portlandoregon.gov/transportation/46103>
- July 4, 2013: Foot Traffic Flat Half Marathon Sauvi Island. This is a very nice run around Sauvi Island. Last year, runners enjoyed a slowly setting harvest moon over the west hills at the start of the race. For more info: <http://www.foottraffic.us/flat/>
- July 6, 2013: Hagg Lake Triathlon/Duathlon, part of the Hagg Lake series. For more information: <http://aasportsltd.com/events/race/hagg-lake-triathlon-duathlon/>
- July 21, 2013: Girlfriends and Dudes Short Distance Triathlon, Duathlon and Kids Tri Event in Vancouver, WA. I don't know anything about his event, but it sure sounds interesting!

For more info on running events in Oregon, click here:

<http://www.racecenter.com/> or
<http://www.runningintheusa.com/race/List.aspx?State=OR>

For more info on bicycling events in Oregon, click here:

<http://orbike.com/events/>

Be well!

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