

NWP Health & Wellness Newsletter



Dalton Douglas

Thriving at the Fight for Air Climb

Stair Rail Blazers; that's the name of multi department Northwest Permanente team that ascended the US Bank Tower, Portland's tallest building. Employees from NWP Practice Support and NWP Provider Contracting & Relations climbed 40, 80 and 120 flights of stairs on January 26 at the American Lung Association's annual Fight for Air Climb.

Team members trained rigorously, climbing the 18 floors (utility room on 17 and 18) here at KPBC multiple times during the day. The training paid off well where Twinkle Prasad and Dalton Douglas (NWP Practice Support) won 3rd place in the women's and men's 120 floor climb respectively. Other members of the team won first place in their division as well.

Not only was it great to represent NWP at this annual national event, but the team raised almost \$1400 to help support the American Lung Association's fight for cleaner air. "Respiratory illness is a big concern for Kaiser Permanente, and this is one collaborative approach that can help provide more research to help our members and people in our community breathe healthier, fresher air," says Twinkle who is an Information Analyst in NWP Practice Support and provides informatics consultation for the respiratory HEDIS quality measures. The team is already recruiting new members for next year. "It's a fun and active way to get some thrive in, especially in January, one of the coldest and darkest months of the year," sums Dalton.

Written by: Dalton Douglas, NWP Clinical Information Analyst

What's new in March?

We are now streaming the Wellness Brown Bags LIVE!

Visit the [website](#) on the day of a brown bag at noon and click on the link to watch the live broadcast.

NWP Health & Wellness Facebook Page

The NWP Health & Wellness program now has a Facebook page! [Go here](#) to "like" our page and receive wellness updates!

Motivational Monday!

When: Every Monday, Noon - 1!

Where: KPBC, 3rd Floor Cafeteria

Why: Because motivation is contagious!

Join the NWP Health & Wellness group as we kick off our week with a little positivity and motivation!

We hope to see you there!

March is Colorectal Cancer Awareness Month

Learn more about preventive care and screenings you might need by checking out [this information available on KP.org](#)

[Northwest Earth Institute](#) is a non-profit organization that inspires people to take responsibility for Earth.

For 20 years, NWEI has helped make change more possible, more social, and yes, more fun by helping people connect with their communities and take action, together.

NWEI discussion courses give people a framework to talk about their relationship with the planet and to share in discovering new ways to live, work, create and consume. NWEI's discussion courses have been used in the workplace, on college campuses, in centers of faith and in the community. They are designed to help break big issues into bite-sized pieces. And they help create a personal network of shared stories and support that makes it easy to take action.

If you are interested in starting a discussion group and/or purchasing a discussion course book, please visit the Northwest Earth Institute website by clicking [here](#).

Also, visit [our website](#) for a description of each discussion book that NWEI has to offer.

Wellness Reminders

NWP Health & Wellness



David Boardman, MD

"Humility and Happiness Training"
April 9th, 2014

Don't forget to join us on April 9th at Noon on KP3 to hear Dr. David Boardman's Wellness Brown Bag titled "Humility and Happiness Training".

The first "Rewards of Wellness" grand prize quarterly drawing will also take place at this Brown Bag. For more information on how to enter the drawing, please visit our website at:

www.NWPWellness.org

March/April Wellness Events

March 22nd, 2014

Cancer-Fighting Cooking Class

Eena Kadeena, 9:30AM – Noon

In this hands-on cooking class, you will learn ways to incorporate cancer-fighting foods into your diet. NW Perm's own Dr. Robert Ellis is one of the instructors!

Ellis is one of the instructors!

[Click here to see the brochure!](#)

March 25th-29th, 2014

Nature Rangers

Spring Break Day Camp

Oregon Zoo, 8:30AM – 4PM daily

Looking for something for your kids to do during spring break? Check out the Oregon Zoo's day camps covering a variety of themes!

April 13th, 2014

Albertina Kerr's

Race for the Roses

Oregon Convention Center, 7 AM

Half marathon, 10K & 5K chip-time

walk or run. 100% of the net

proceeds raised benefit Albertina Kerr, a local non-profit that has been serving the community for more than 100 years.

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!