

NWP Health & Wellness Newsletter

How We Thrive!

May/June Wellness Events

June 2nd, 2014

**Motivational Monday
Picnic in the Park!**

Noon – 1PM

Park across 6th from J's Café
Healthy Sandwich Bar & Games!

Please RSVP to:

emmie.yeiter@kp.org

June 7th, 2014

Grand Floral Walk & Parade

Portland, 9:30AM – 2PM

Join us on parade morning for the Grand Floral Walk, a fun "Party Parade" through the streets of downtown Portland along the Grand Floral Parade route and then stay to watch the Grand Floral Parade!

[Click here for registration info.](#)

June 12th, 2014

**Wellness Brown Bag:
"Skin Care"**

Noon – 1PM, KPB 3

Come hear NWP's very own dermatologist Dr. Omar Outub give advice on protecting our skin as we head in to the warmer, sunnier Summer months.

June 22nd, 2014

Sunday Parkways

North Portland, 11AM – 4PM

Cruise along the scenic Willamette Boulevard, and then glide towards Peninsula, Arbor Lodge, Kenton, Columbia Annex and McCoy Parks to enjoy an array of activities, food, music, vendors and fun.



Dr. Mauricio Quintero, Dr. Jesse Khangura, Adam Haslam, Colleen Hermann-Franzen, Dr. Michael Alberts and family.

Sunday Parkways: Ride with a Doc

The first 2014 Portland Sunday Parkways, presented by Kaiser Permanente, kicked off with lots of sunshine and smiles. An estimated 14,000 people gathered to participate in the East Sunday Parkways on May 11th for a joyous Mother's Day and spring afternoon.

A dozen Northwest Permanente physicians, KP employees and family members wore KP-branded shirts and participated in a group bike ride at noon, for additional visibility.

When asked about the event, Dr. Jesse Khangura said:

"Sunday Parkways was lively and family-friendly. I felt completely safe riding around with my 16-month old. There were lots of exhibits and great energy. I was introduced to parks that I hadn't visited before. It was so much fun and the community and neighborhoods really got involved! I will definitely be at the next one, too."

We invite you to join us for the next Sunday Parkways event on Sunday, June 22 in North Portland. Check out KPCares.org for opportunities for the next Sunday Parkways!

Volunteering at this event will qualify you for the NWP Rewards of Wellness grand prize drawing!

Recap by: Colleen Hermann-Franzen, Communications Consultant

The Practice of Wellness

By: Dave McKay, Manager of NWP Health & Wellness

Over the last few years, I have made numerous attempts to be “well”. But, what does that really mean? There are many facets of wellness, from the obvious physical aspects to the mental, spiritual and emotional. And, how do you really know when you are well? Part of my plan includes losing weight, getting routine exercise, spending more time with my family, balancing work and non-work activities, and generally trying to feel happy. So, each week, I get up on Monday morning and think “ok, this week I’m going really eat well, have a regular schedule of exercise, have some quiet time with my family, and all will be good...right? Well, things generally are not that predictable, and it seems that something always gets in the way of success. Practicing wellness requires dedication, flexibility and making yourself a priority... Many of us have gotten into the bad habit of working through our lunch breaks, eating our messy lunches right at the desk, while madly banging out email after email, or reviewing chart after chart. We think we must work this hard to get through our day and accomplish what others put before us.

However, practicing wellness means that we deliberately set aside some time for wellness related activities, whether it’s a workout, or meditation. As an example, we should take small rest breaks throughout our day, giving our brain a little rest, building mental capacity to handle things that might come up later. Would an athlete train for 8 hours straight without letting their body rest during the workout? Practicing wellness means taking some time for YOU throughout the day, even if it means scheduling an appointment with yourself. Yes, your SELF. It’s like the old adage that says sometimes going slower will make you go faster. Studies have shown that taking small breaks during the day improves overall productivity and quality. Taking small breaks, even if it’s just getting up and stretching, or taking a 5 minute walk around the office, refreshes the brain and may give you a new perspective on your work at hand. But, this goes against what most of us have been doing for years... just drudging through the day, letting our brains go numb, and not having much to offer others at the end of the day. That’s why wellness is a PRACTICE. It takes time and intention to develop. You must actively practice wellness. And for most of us, it’s a learned skill. The outcome, however, is a more enjoyable life, and possibly, even some sustained happiness.

First Quarter Results

We wanted to share with you the results for the first quarter of the Northwest Permanente Rewards of Wellness Incentive Program!

Participation Totals:

Physicians & Clinicians: 34
Administration: 96

Don’t forget to turn in your documentation by June 30th to be included in the second quarter payouts and grand prize drawing!

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!