



May 22, 2013

To: NWP non-physician admin team and DAs

From: Dave McKay
NWP Workplace Wellness

Subject : Wellness Update!

Summer Is Here...Almost...

Despite the forecast for SNOW in the mountains this week (the week before Memorial Day weekend), warmer temps are just around the corner. The little teaser we had a few weeks ago is an indication of what's to come. So, it's a great time to start planning some outdoor activities/events. See the list below (GET ACTIVE!) for a few upcoming events:

Don' Miss our Next Wellness Brown Bag on June 6, 2013 in the Old Cafeteria at KPB, noon-1:00 pm! Dr. Keith Bachman, NWP weight management specialist, will be giving an interactive talk titled "Thinking Clearly About Weight Loss". A LOT is written, read, and argued about on weight loss both in scientific and the popular media (and water cooler conversations).

Dr. Bachman will talk a bit about myths, will point out facts and evidence we can count on, and help people understand how helping our colleagues and our families and communities is actually helping ourselves.

He will also be talking about food journaling, apps and other monitoring systems. If you have a favorite monitoring device, bring it with you. If you have questions in advance of the Brown Bag, you can email Keith at keith.h.bachman@kp.org

Mark your calendar for upcoming Wellness Brown Bags:

July 11th
August 8th
September 12th
October 10th
November 6th
December 12th

Wellness Incentive Plan to be Unveiled at our Next Wellness Luncheon

A self-selected group of about eight NWP employees have been working diligently on a wellness incentive plan. On May 16th our Board of Directors reviewed and approved the plan for implementation. Come to the next Wellness Luncheon on **June 12th, noon to 1:30 at the Ambridge Center**, to hear how you can participate in the plan!

FALSTAFF! Coming September 20-22nd: Skamania Lodge, Stevenson, Washington. This year, we are pleased to offer presentations by world renowned experts in the fields of wellness, survival, spirituality and health care reform. In addition to all the learning, there will be time to enjoy the outdoors, sit next to a cozy fireplace, be mesmerized by the panoramic view of the gorge, or just relax with family and friends. Don't miss all the fun on Saturday night, listening and dancing to music by "Big Night Out",

while the kids are safely entertained by “Munchkin Care”. Register early as space is limited and the conference is expected to sell out quickly. Falstaff is open to NWP Clinicians and administrative staff! For more information, click here: <http://nwpfalstaff.com/index.html>

Let's Hear From You!

I would like to hear YOUR story about wellness, and how an active, healthy lifestyle has been a benefit to you. Have you lost a little weight? Started a fitness routine? Do you have any wellness related goals this year? Send me your story and I will start sharing them as a part of this newsletter.

GET ACTIVE!



May 6-June 30th: Mix It Up: Start a team or individual challenge! Find more into at <http://nw.kpmixitup.com>

June 1st: Pioneer Century, a multi-distance recreational bike ride thru the foothills of the Cascades and the north Willamette valley. For more information: <http://www.pwtc.com> click on the pioneer button.

June 8, 2013: Blue Lake Sprint Triathlon and Duathlon with options for all levels, including a My First Tri option. For more information: <http://www.racecenter.com/>

June 15th: Petal Pedal, another wonderful ride from the Oregon Gardens, to Silver Falls State Park and then back through Silverton with distances of 30, 62 or 100 miles. Click here for more info: <http://petalpedal.com/>

June 22nd: **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.reasonorun.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 Sauvie 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 this 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/>