

# NWP Health & Wellness Newsletter

## Employee Wellness Spotlight

Congratulations to the November Wellness Employee Spotlight of the month, Rebeca Crocker! We emailed 'Beckie' a series of questions to get a better idea of how she *Thrives* and stays healthy throughout the year. Beckie is recognized for being involved in several different walking and running events in Portland as well as around KP, too.



For Beckie, it all started 7 years ago when she started walking the nature trails with a coworker at lunch. As they walked, runners would pass and they would get inspired. So they began to run for minutes at a time between walking. Before they knew it, the distance grew and they were running the entire time! She says, "It [running] clears your head, lifts your spirits, and is great cardio, plus it's a super great way to socialize." She just has to get that first step out the door and she remembers why she loves to run.

Next we asked Beckie what an average day looked like and how she found the time to fit in fitness. For her, there isn't much of an average day. Since her schedule is always changing, she tries to plan in advance for meetings and after school activities with her kids. Beckie enjoys running at lunch and before/after work. She also tries to plan one day a weekend where she gets out to hike or do something outdoors.

Beckie thinks health and wellness should be important to everyone and it's always a huge work in progress. Signing up for new activities is always motivating and her best advice is:

**"Silence the inner critical voice in your head and get out there and move. Start small, but just start!"**

## December Wellness Events

### December 1<sup>st</sup> – 24<sup>th</sup>, 2014

[PCS: The Second City's  
A Christmas Carol: Twist Your  
Dickens](#)

*Gerding Theater at the Armory*  
A complete send-up of the holiday classic, this adult comedy is adorned with the improvisational genius of the legendary comedy troupe The Second City, and includes zany holiday sketches, uproarious improv based on audience participation. Click the link above for times and tickets!

### December 1<sup>st</sup> – 31<sup>st</sup>, 2014

[ZooLights](#)

*Sun-Thurs: 5pm – 8pm*

*Fri and Sat: 5pm – 8:30pm*

It wouldn't be the holidays in Portland without a visit to ZooLights, the Oregon Zoos' annual winter festival featuring more than a million LED lights. The popular ZooLights train returns this year, taking visitors on a ride through a never-before-seen light experience.

### December 4<sup>th</sup> – 21<sup>st</sup>, 2014

[Portland Christmas Ships Parade](#)

The Christmas Ship Parade started in 1954 with one lone sailboat from Portland Yacht Club. Bows of green with some ribbon were tied along the rails and it paraded on the rivers. The next year the parade started to grow. Today, The Christmas Ship Fleet averages about 55 to 60 boats between the Columbia and Willamette River fleets. Things have changed from the first lone ship. Now the displays are brightly lit and can be seen from bank to bank on each river.

# 3 Gratuudes: A Practice in Thankfulness



A few weeks ago, we asked our employees to submit to us 3 things that they were grateful for that day. We were overwhelmed with some of the amazing things that people wrote about and wanted to anonymously share a few of those with you:

“My Family- they are always there when we need them and I love our Sunday night dinners to reconnect once a week.”

“I am grateful for the help my son gives his Grandpa taking him shopping every week!”

“It may sound corny, but I’m so grateful for every day I draw breath in this world... I routinely have my breath taken away by the beauty of the world around me when I remember to look up from my daily work and worries.”

“For my granddaughter who is the light of my life.”

“I am grateful for old friends who resurface now and then yet we can still pick things right back up where we left off.”

“My parents are visiting this month for the holiday and I'm grateful to have them able to make the long trip.”

“Today, I am grateful for the men and women who have served our country in the armed forces!”

“Thankful for how fortunate I am to have a warm house, great job, and food on my table. Not everyone is as fortunate.”

Thank you so much for sharing your 3 gratitudes with us! To learn more about the practice of gratitude and why it is important to your own happiness, [please visit this website.](#)

## More October Wellness Events

### December 7<sup>th</sup>, 2014

#### [Portland Jingle Bell Run/Walk For Arthritis](#)

8am, World Trade Center

Wear a holiday themed costume. Tie jingle bells to your shoelaces. Raise funds to help find a cure for arthritis, the nation's leading cause of disability. Run or walk a 5 kilometer route with your team members and celebrate the season by giving.

### December 14<sup>th</sup>, 2014

#### [Holiday Half Marathon & 5k](#)

8am – 1pm, Adidas Campus

Get in the holiday spirit, Portland! Portland finally has a **half marathon in December!** The fantastic out and back course starts and finishes at the Adidas North America Campus and winds along beautiful Willamette Blvd. **There is also a 5k!**

### **MDs Wanted!**

We are looking for MDs who want to get involved in our Wellness Program by either participating or becoming a wellness champion. 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!