

November Newsletter

“November reminds us of everything that we should be thankful for, which includes the precious gift of waking up this morning.”

Wellness is not just about physical health – it is also about feeling well in all aspects of your life. You can feel well at work, in your spiritual life, in your mental health, and so on. One of the best ways to feel well is to practice gratitude. With Thanksgiving being this month, there is no better time to reflect on all the things you can be thankful for. We encourage you, in the days leading up to Thanksgiving, to think of at least one thing every day that you are grateful for or that brings you joy. Hopefully “good health” is on that list! Here are the things we are excited (and thankful!) to announce and bring to you this month:



NWP Health & Wellness Website and Twitter Feed!

A website for NWP Health & Wellness has been developed and is now up and running! It serves as a central location for many links to wellness resources and information available within Kaiser Permanente and beyond, including the THA, info about the ROW Program, Brown Bags, health-related TED Talks, walking routes near KP locations and **much more!** Please visit this [link to the website](#) to check it out! Feel free to submit healthy recipes and/or photos of yourself “thriving” to Dave McKay for publication on the site.



We also now have a Twitter page! Our NWP Wellness Twitter feed serves as a way to get connected to wellness-related activities, and includes healthy living tips for daily life. Follow [@NWPWellness](#) here!

Next Qualifying Period for ROW Part 3

The next period of review for ROW Part 3 activities is for November/December. Please submit your documentation for activities (community wellness/fitness events or volunteering) that you have completed during these months to Dave McKay by Dec. 10th. The drawing will occur at the Brown Bag on the 12th. [Here's the link to the program.](#)

Congratulations Sept/Oct. Winners!

Grand Prize \$335 Gift Card to...
Skamania Lodge: **Janet Price**
Bonneville Hot Springs: **Jennifer Taylor**
Edgefield Lodge: **Kathi Fitzgerald**

Movie Tickets...
Dave McKay, Ian Kimmich and Tamatha Hanke

What's Happening?

MDs & Clinicians Wanted!

We are looking for MDs and Clinicians who want to get involved in an MD Wellness Program and possibly move this effort into the community. Please send Dave McKay a note if you are interested in this exciting opportunity!

Fitness!

For info on **running events** in Oregon and the Northwest, click here:
<http://www.racecenter.com/>

For info on **bicycling events** in Oregon, click here:
<http://orbike.com/events/>

[Click here for a list of discounts](#) that we have at local gyms.

Do you have other suggestions? Send an email to Dave McKay at david.j.mckay@kp.org, and it may be included in the next newsletter! Have a great rest of November, and we'll see you next month!

Brown Bags

Laura Wozniak, LCSW presented the November Brown Bag on the 6th, speaking about stress management during the holidays.

If you attend 3 Brown Bags, you get a \$100 reward within our ROW program. There is only one left to attend this year, on **December 12th**, so if you need to attend one more, that's your chance! If you have missed a Brown Bag, and it's available by video, let Dave McKay know that you have watched it, and he will send you some questions to answer over email. You can then get credit for the Brown Bag within our ROW Program.

Hope to see you at the next one! It will be about weight management during the holiday season.

Development of ROW 2014

We are pleased to introduce your 2014 NWP Wellness Committee:

Jeannie Birch, Kathryn Brandeberry, Patty Burton, Kimberly Carlson, Desiree Connett, Carrie Davino, Shana Klemchuk, Janet Leigh, Dave McKay, Melanie Mitchell and Richard Odell.

A draft of the [ROW Program for 2014](#) was introduced at the November Brown Bag, and is now up for review on the website. All ideas are welcome by December 1st. A few more changes may be made – stay tuned for more details!

A Healthier Thanksgiving

If November could only mean one thing, it would be Thanksgiving. Many of us look forward to a hearty Thanksgiving dinner every year. But the stuffing, potatoes, gravy and dessert do not make for the healthiest combination of foods. Here is a link to a [Health magazine article on healthy Turkey Day tips](#), including portion control and what to eat the day after.



Past Events: Thrive Ride 2013

About 12 people showed up for the Thrive Ride on Saturday, Nov. 2nd. It started from Town Hall, then went down the East Bank Esplanade to the Springwater Trail and on to KSMC, and then back. It was about 30 miles total. The weather was supposed to be gray, wet and gloomy but the sun ended up coming out once we were on our way! It was a lot of fun, and we hope to do another one soon.

