

NWP Health & Wellness Newsletter

Employee Wellness Spotlight

This month's employee wellness spotlight is on NWP accountant, Jennifer Taylor! We asked her a few questions about her own wellness!



Jennifer Taylor

What gets you active and how do you stay healthy (balancing mind, body and spirit)?

Generally I enjoy being around/in water and find it relaxing, and I'm kind of a sun or snow person so my activities depend on the season. In the summer I try to do a lot of kayaking and swimming, and I also try to do one endurance event a year. During the winter I ski and snowshoe. I also generally enjoy being busy and having projects to work on.

How did you get started?

As far as building the kayak....I went on Paddle Oregon last year with a rented boat since I needed a longer boat than I owned. A few people in my pod had their wooden boats, I thought it was a cool idea, and they mentioned it was actually pretty easy to build. In April I went up to Pygmy Boats in Port Townsend, tried a couple and came home with a kit.

Why is health and wellness important to you?

In terms of health I really only think of it in terms of how it affects me doing things I want to do.....does it help or hinder me, and if it hinders me how can I work around it to do what I want to do. I have a bad elbow which could in theory stop me from things I want to do like Paddle Oregon. Instead I figure out how I can get through it better than last year, how can I delay the pain, how can I get through the 30 mile day and still be ready for the 24 miles the next day.

How do you get motivated?

For me I like to make things as easy as possible. If I take the kayak(s) out on the weekend, sometimes I will leave it on the car, which makes me more inclined to go out during the week since I don't have to load up the kayak and gear to go out. I also prefer to paddle with other people, so I joined a Meetup.com group that regularly plans kayaking trips so I have the opportunity to discover new areas to go kayaking, which keeps things interesting.

What advice do you have for someone trying to find their thrive?

Find something you enjoy, if you don't enjoy it then you won't do it. The other thing is if you have something you want to do, put it on your schedule. If it's there then you are more likely to schedule things around it when possible.

November Wellness Events

November 1st, 2014

Shareholder's Dinner
5pm to 11:30pm

Oregon Convention Center
Portland Ballroom

Come out for a night of fun while celebrating this year's accomplishments, catch up with old colleagues and connect with new ones.

November 7th – 15th, 2014

The 41st Northwest Filmmakers' Festival

*Whitsell Auditorium,
Portland Art Museum*

The 41st Northwest Filmmakers' Festival is chock-full of stellar examples of the creative voices in our community and we are pleased to offer this best of the best to you.

[Check out this link for more information on films being shown and tickets!](#)

November 13th, 2014

NWP Health & Wellness
Brown Bag:

"Gratitude & Reflection"
Noon to 1PM, KPBC 3rd Floor

Featuring Kitty Evers, MD of PAR
Come find out the benefits of practicing gratitude daily, just in time for Thanksgiving!





Circuit Around the Holidays

November 3rd – 30th

Starting on Monday, November 3rd, the NWP Health & Wellness Team will be participating in a fun wellness circuit called "Circuit Around the Holidays" for the month of November and would like you to join! Participate in the daily circuit, and then share your activities on our [Facebook page](#) with the hashtag #CATHatKP.

Check out this starting guide with ideas for how to participate!

Monday Meditation: Goal is to take 3-5 minutes and meditate/relax

Suggestions: Check out Meditation Monday on the 3rd floor of KPB in the back of the old Cafeteria from 11:45 to Noon!

Tuesday Trot: Goal is to get moving for 30 minutes

Suggestions: Meet at noon in the lobby in comfortable walking attire (weather permitting – if it is raining, please note scheduled walk will be cancelled).

OR

Try taking a walk/run on your own with one of [our walking maps!](#)

"Wake up" and be thankful Wednesday: Goal is to live in the moment and express gratitude.

Suggestions: Take some time today to take in the things around you and write three things that you are grateful for!

Thirsty Thursday: Goal is to drink more water

Suggestions: Try replacing one beverage you normally have with an 8oz. cup of water

Fruit and Veggie Friday: Goal is to eat the rainbow

Suggestions: Eat a variety of fruit and vegetables Dark green, deep orange, red, or yellow fruits and vegetables are especially good for you. Check out [this website](#) for more on "Eating the Rainbow"!

Stretch Saturday: Goal is to take 10-15 minutes and incorporate some stretching in to your day!

Suggestions: Wake up first thing in the morning, and take 5 minutes to [go through our stretch guide!](#)

Sunday Funday: Goal is to do something FUN – and hashtag it - #CATHatKP

Suggestions: Here's [a link to local events](#) going on in the Portland metro area!

More November Wellness Events

November 27th, 2014

Turkey Trot at the Zoo
8AM, Forestry Center

Thanksgiving Day morning event geared to the entire family - walkers, runners, and kids. 4 mile run or walk! Approximately 25k of entry fees go to benefit the Oregon Zoo!

[Click here for more information about registering for this event!](#)

November 28th, 2014

Tree Lighting Ceremony

5:30 to 6:30PM,

Pioneer Courthouse Square

On the busiest shopping day of the year, the day after Thanksgiving, thousands of Portlanders will gather at the Square to celebrate the official start of the season by lighting the City's spectacular 75ft Douglas-fir.



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, and it may be included in the next newsletter!