

*“I’m so glad I live in a world where there are Octobers.” –
L.M. Montgomery*



Fall is a wonderful time of year, especially the month of October. The Back-To-Work-After-Summer Syndrome has slowly gone away, and people are less distracted and more settled into the season. It’s also the calm before the storm of the holidays; things haven’t gotten busy with parties and gatherings yet. The weather is just right: it hasn’t gotten too cold and the breeze is brisk but comfortable. October is just a good month! All the more reason to stay focused on wellness...

Brown Bags

Dr. Leong Koh presented the October Brown Bag on the 10th, speaking about care gaps and the Patient Support Tool. The talk focused mostly on prevention, which is crucial to overall health. It is also the basis of our Rewards of Wellness (ROW) Program. As many of you may already know, the ROW program offers incentives for participating in wellness-related activities, and the Brown Bag lectures are included. If you attend three, you get a \$100 reward. There are only two left to attend this year, November and December, so if you need to attend one or two more, those are 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.

Here is the link to the [video of this month’s Brown Bag](#). Mark your calendars for the upcoming presentations: On **November 6th**, we have [Laura Wozniak](#), LCSW, Permanente Advocacy Resources (PAR) coordinator who will discuss stress management during the holidays and **December 12th** brings our friend, [Bob Wilson](#) back from Health Education Services who will talk about weight management during the holidays, as only Bob can! Hope to see you there!

Next Qualifying Period for ROW Part 3

The next period of review for ROW Part 3 activities is closing at the end of October. Submit your documentation to Dave McKay for activities (community wellness/fitness events or volunteering) that you have completed during September/October. The documentation is due by October 31st for our drawing that will occur at the November Brown Bag on November 6th. If you attended Falstaff (but were not working it) we will still count Falstaff in the drawing as a volunteer activity, because it occurred in September.

As a reminder, those that won a grand prize at the September Brown Bag are ineligible to win another grand prize for the remainder of the year, but are still eligible to win one of the smaller prizes.

Thanks to all you who have participated in our Rewards of Wellness program. If you have yet to start, it’s not too late. [Here’s the link to the program](#)

Halloween Safety

If October could only mean one thing, it would be Halloween! While costumes and candy and parties are all in good fun, it never hurts to be extra careful. Here are some things to remind your trick-or-treaters as they head out this year:



- Avoid trick-or-treating alone. Walk in groups with trusted adult supervision.
- Fasten reflective tape to costumes and bags and hold a flashlight to help drivers see you. Always WALK and don't run from house to house. Try to walk on sidewalks and use established crosswalks whenever possible.
- If using make-up or face paint, test it on a small area (like your hand) before applying elsewhere to see if you have a reaction. Make sure to remove it before bed to avoid irritation.
- Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes. Keep candle-lit jack o'lanterns and luminaries away from doorsteps, walkways, landings, and curtains. Place them on sturdy tables, keep them out of the reach of pets and small children, and never leave them unattended.
- Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.
- Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers. And of course, NEVER enter into a stranger's house.
- Be sure to dress warmly.
- If you're driving, be extra mindful of trick-or-treaters.

Pumpkin Recipes

It is that time of year – pumpkin flavored everything is on every menu. A lot of the choices that feature pumpkin also feature a lot of sugars, fats and sodium. If you're a fan of pumpkin but want healthier options, [here is a link to 11 Healthy Pumpkin Recipes](#), including pumpkin hummus, pumpkin spice breakfast quinoa, pumpkin energy balls and more!



Breast Cancer Awareness

Because October is Breast Cancer Awareness Month, here is a friendly – potentially life-saving – reminder to schedule a mammogram if you are due for one. To find out if you are, and to check other care gaps, log onto kp.org, hover over “My Health Manager,” then click on “My Medical Record,” and then click the link “Healthcare Reminders.” Be sure to start closing any care gaps you may have!

NWP Wellness Website!

An initial model of a NWP wellness website has been developed! It will serve as a central location for many links to wellness resources and information available with Kaiser Permanente, including a link to a Twitter feed that will serve as a way for people to get connected for wellness related activities. We're hoping to have the website up and running within the next week or so.

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 MD, Dave McKay, Melanie Mitchell, and Richard Odell

The Wellness Committee is currently working a draft of the ROW program for 2014. Stay tuned for details!

Fitness: What's Happening?

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/>

Discounts at Local Gyms

[Click here for a list of discounts](#) that we have at local gyms. This link goes to the main My HR page. Once you enter your region, it will take you to a page that has a list of links. Click on the one that says "Employee Discounts" and you will find plenty of discounts, including ones 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 October, and we'll see you next month!