

NWP Health & Wellness Newsletter

Spotlight:

2014 Susan G. Komen Race for the Cure

By: Dave McKay



On Sunday, September 21, 2014, over 40,000 people marched in support of breast cancer research in the annual Susan G. Komen Race for the Cure in PDX. This year, Kaiser Permanente was the presenting sponsor of the Race. NWP's Health and Wellness Manager, Dave McKay, marched in support of his mother-in-law, Jannice Hayes, who is currently fighting an advanced stage of breast cancer. Jannice, a lifelong Kaiser member, is a 23 year survivor of breast cancer, receiving most of her care here in Portland. She has participated in Race for the Cure for many years, and is determined to keep on marching for as long as she can. Riding in a wheelchair for most of

the Race, Jannice was determined to complete the 3 mile route, and with the help of her daughter, Roxanne and granddaughter, Sarah, she was able to exit the wheelchair and proudly walk across the finish line surrounded by the cheers of her family, friends, supporters and other survivors. It was truly an awesome moment for an awesome lady!

It's the Beginning of Flu Season! Get Your Flu Shot!



Click the image above to watch our Brown Bag "Myth Busting the Flu Vaccination" featuring Dr. Steve Spindel to find out why it is so important to get vaccinated!

For more information on where and when to get your flu shot, [check out the Employee Health Flu Website.](#)

October Wellness Events

Whole Month of October

MaiZE at The Pumpkin Patch

Sun-Thurs: 10am – 6pm

Fri and Sat: 10am – 10pm

Portland's original cornfield maze celebrates its 16th season at The Pumpkin Patch on Sauvie Island.

[Click here for a coupon!](#)

October 5th, 2014

Doing it for Emily, 5k

8:30AM, Mary S. Young Park
[Please click here](#) to find out more about Emily's story and how you can help.

October 5th, 2014

Portland Marathon

6 AM, Downtown PDX

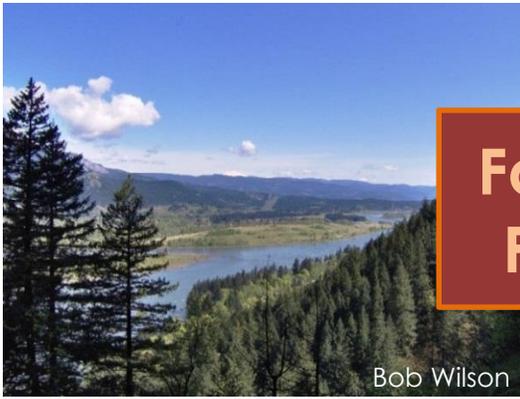
The Portland Marathon is rated as one of the premier marathons in the U.S. and one of the top 10 road race events in the U.S. and one of the top 40 races of all types and distances.

October 17th – 19th, 2014

Hood River Harvest Festival

9Am to 7PM, Hood River

Each fall, the Hood River Valley in the Columbia River Gorge hosts an old-fashioned harvest festival with local produce, food, arts and crafts, wine, cider and beer tasting, live music, a kid's zone, and all the best the county has to offer.



Bob Wilson

Fall Hikes in the Portland Area

The air will soon be brisk, colors are changing, the trails are still dry, and the tourists have gone home. Realistically, this is a fine time of year to get out on the trails here in Portland. With that in mind, here is a list of some area hiking trails that showcase the best the season has to offer.

(Click on the name of each trail to find out more information!)

Ramona Falls: A world class 7 mile loop in the Mt Hood Wilderness. The trees along Ramona creek will be on fire with color in October.

Wahkeena-Multnomah Loop: Perhaps the best time to do this 5.4 mile loop is late October. Any hike in the Gorge is amazing in fall, but now you can enjoy the 2nd tallest year-round waterfall in the U.S. sans busloads of tourists.

Opal Creek: The best old growth forest in the area, unbelievably colored pools of water, and relative solitude. Frame that with autumn color change and you have as a fine an outdoor experience as you can line up in an afternoon.

Slouxon Creek: This 8 mile out and back Washington version of Opal Creek is a fine alternative for folks north of the Columbia River, who would perhaps like something a bit closer.

Falls Creek Falls: The 3.5 mile out and back hike to Falls Creek Falls delivers jaw-dropping color change along with one of the best waterfalls within a day's drive from Portland.

Horsetail-Triple Falls: Another Gorge classic. This 4.5 mile semi loop will make feel as if you've died and gone to bigleaf maple heaven.

Hoyt Arboretum: If you're looking for something close in, the Hoyt Arboretum is your ticket. This place also lets you see what fall looks like in different parts of the world, thanks to the numerous non-native trees.

Lacamas Creek Park: The best kept secret in the area is also one of the best spots to hike in fall.

Written by: Adam Sawyer, Portland Hiking Examiner

More October Wellness Events

October 18th, 2014

HARP Sponsored Event:
PCS presents "Dreamgirls"
7:30PM, Gerding Theater

This groundbreaking musical, loosely based on the career of The Supremes, takes you to a revolutionary time in American music history when rhythm and blues blended with other styles of popular music and created a new American sound—Motown.

[Click here for info on getting tickets!](#)

October 29th, 2014

OMSI After Dark: Spirits
6-10pm, 21+ Only

Ghosts, goblins, and whiskey, oh my! Get in the spirit and celebrate Halloween at OMSI After Dark – costumes encouraged! Taste the difference between grain and potato vodka while local distilleries share the secrets of their craft.

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!