

September Wellness Newsletter

Get Ready for Winter!

Well, you can tell that winter is just around the corner, and that fall is in the air! The rainy season is here and it's time to think about your winter wellness program. For me, I move from cycling to skiing, although I do some cycling in the winter months as well (a little rain never hurts you!). Here are some tips that I can think of to keep your wellness a top priority during the gray and dreary months of winter:

1. We live in the Pacific Northwest. Don't let a little rain stop you. Gear up and head out. Walks, and even biking in the rain can be very refreshing, although, always remember to keep safety a priority. Roads can be a little slick during the winter.
2. If you don't already belong to one, consider moving your workouts indoors to a gym. We have some great fitness centers here in Portland. Develop a routine that works for you, and that fits into your busy schedule. [Click here for a list of discounts](#) that we have at local gyms.
3. Try something new! Have you tried snowshoeing, or cross-country skiing? We have excellent trails for both just an hour away on Mount Hood. Trillium Lake near Government Camp is an excellent place to start, with semi-groomed trails, signage, and beautiful scenery. Pack a lunch and take a friend or your family.
4. During the week, if you work here at KPB, do the KPB Circular Walk...what's that??? Start on the 2nd floor, walk around the perimeter of the floor and then take the stairs to the next level up, and do the same thing over again until you reach the 16th floor...then stop in and see me (my office will soon be on KPB 16 NW). I do this each time I put up the Brown Bag flyers, and I work up a nice little sweat doing it! It's a great workout that takes around 30 minutes, and it breaks up the stair climbing.
5. Finally, stick to your healthy eating habits, even during the holidays! There will be more about this at our December Brown Bag!

Do you have other suggestions? Send me an email at david.j.mckay@kp.org, and I'll include them in the next newsletter!

Kp.org Health Navigators are On-Board!

NWP recently hired five college graduates to serve as intern "Kp.org Health Navigators." Their time is spent equally between CQSS, where they are doing outreach to members, closing care gaps and helping members navigate Kp.org, and the NWP Wellness program where they are assisting with a variety of projects including wellness rounding and Kp.org navigation.

Please join me in welcoming Elvia Santillan, Maha Razzaki, Dana Barbar, Ian Snyder, and Megan Foidel.

Have You Gotten Your Flu Shot?

On September 12th, Steven Spindel, MD gave a very informative and interesting talk during our September Brown Bag on why we should get our influenza vaccination each year. Coincidentally (well, maybe not so coincidentally) there was a flu vaccination clinic happening at the same time, and lots of people got their flu shot. We had a record attendance at this Brown Bag with over 70 people! [Click here](#) for a link to the video of Dr. Spindel's talk.

The next NWP Wellness Brown Bag is October 10th, in the old cafeteria space, KPB 3 and will feature Dr. Leong Koh, Primary Care Director of Operations. Dr. Koh will be discussing the the importance of prevention and knowing your care gaps! Don't miss it!

Our First ROW Part 3 Drawing!

We also had our first Rewards of Wellness Part 3 drawing at the September Brown Bag, with some fabulous prizes:

Erin Keller won a \$335 gift card to Bonneville Hot Springs Resort (one of my favorite places in the gorge!).

John King won a \$335 gift card to Skamania Lodge and Resort (another one of my favorite places!).

And, for all of her accomplishments in managing her health, Melanie Mitchell was awarded a free registration and lodging to the Falstaff conference, which occurred September 20-22 at Skamania.

In addition, Trenton Brown, Kathi Fitzgerald and Melia Sagon won two \$15 gift cards to Regal Cinemas!

Thanks to all 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](#)

Next Qualifying Period for ROW Part 3

The next period of review for ROW Part 3 activities is September and October. Submit your documentation to me for activities (such as community wellness and/or fitness events; volunteering) that you have completed during that period. 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 (ie...movie tickets).

Falstaff 2013

Falstaff 2013 (September 20-22nd) has come and gone, and this one was excellent! The focus was on health and wellness, and there were many talks by experts in nutrition, weight management and dieting, work life balance, mindfulness, volunteering, leadership, and other topics. Jim Painter, PhD, who is the Director of Nutrition Research at the California Raisin Marketing Board gave a keynote talk on factors related to portion sizing and weight management. Here are the factors:

1. **Size of container:** use smaller spoons, bowls, plates, etc. Larger containers = larger portions.
2. **The effect of visibility and convenience of food:** Food that is out and available (i.e. M&M's...) will generally get eaten! Opt for healthy options.
3. **The effect of calorie density:** "Pre-load" before a meal with a healthy high density caloric snack, such as dates, raisins, grapes, banana chips, etc.
4. **Labels make a difference:** Don't get fooled by fancy descriptions of food, such as "succulent Italian herb chicken," or "drizzled with orange glaze."
5. **Visual cues:** It's easy to lose track of the number of mini-Snickers bars you consume (especially near Halloween)!

6. **The effect of food consumption on satiety (the feeling of being full):** Again, focus on healthy high density foods, which will make you feel more full!

Dr. Painter suggested that we track food and calorie consumption by journaling, take into consideration the points above, never “restrict” food, and know exactly what you are eating.

First Annual KWMC 5K Fun Run and Walk

On Saturday, September 14th, our new Kaiser Westside Medical Center held its first 5K Fun Run and Walk. All Kaiser employees and their families were invited to participate. The weather was perfect and there were around 75 people who participated. Plans are in the works to expand this event next year, possibly to include the community.

Safety Apps Available

At the KPB Safety Fair on September 11th, the Red Cross representatives informed us of two new smart phone apps that were made available recently. They recommended the First Aid and the Earthquake apps.

Information at: <http://www.redcross.org/prepare/mobile-apps>

What’s Happening?

For info on running events in Oregon, click here: <http://www.racecenter.com/>, <http://www.runningintheusa.com/race/List.aspx?State=OR>, or <http://www.orrc.net/>

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