

KaPeRs is open to all former employees of Kaiser Permanente Northwest age 55 and beyond and eligible for retirement. No enrollment forms and no membership dues are required.

KaPeRs Quarterly Luncheon Presentation

Thursday, February 25, 2016 at 12 noon

"What's Ahead for the Medical Group" Tim Borne, MA Chief of Staff, Northwest Permanente, PC



Northwest Permanente recently elected their new Medical Director, Dr. Imelda Dacones, who took the helm in the fall. Tim Borne, NWP's Chief of Staff, will join us on February 25 to provide us with some insight into the direction of the Medical Group and the challenges it faces

in the rapidly changing health care environment. We'll get updates on the new developments in the Kaiser Program - the Northwest Region's January 2016 opening of new medical and dental offices in Eugene, it's acquisition of Group Health Cooperative in Seattle, and the Southern California Region's plan to open the Program's first medical school, which will enroll 50 students in 2019.

Tim has worked as a Change Leader for both KPNW and Northwest Permanente, leading the change management effort on the Medical Home implementation as well as the Primary Care foundation redesign in the Northwest Region. He is a sought after speaker in the community as well as within the many Kaiser Regions, and serves as an Adjunct Professor at Marylhurst University and Pacific University where he teaches communication skills in their graduate and undergraduate programs.

Join us for this timely and informative presentation — seats are limited so sign up soon!

KaPeRs Online News

Visit www.kpnwretirees.org to learn the latest information about KaPeRs, including activities scheduled for the year, senior education and volunteer opportunities locally and internationally, as well as Kaiser Permanente health care news.

Dates to Remember

KAPERS LUNCHEON

Thursday, February 25 at 12 noon, Town Hall

See page 7 for KaPeRs luncheon invitation.

General Meetings 12:00 noon, Town Hall

Thursday, Feb. 25
Wednesday, May 25
Thursday, Sept. 22
Wednesday, Dec. 21

Board of Directors 11:30 am, Town Hall

Thursday, Apr. 7
Thursday, Aug. 4
Thursday, Nov. 3

President's Corner

Janeene Siler, 1st Quarter President

Happy New Year, Everyone! I am honored and excited to serve as your KaPeRs President for the first quarter of this year. We have a dedicated and talented group of people who gather four times a year to plan our General Meetings, workshops and summer fun/tour events. This is an all-volunteer board whose purpose is to promote KaPeRs, a social organization for retirees of the Northwest Region. Our first Board of Directors Meeting for 2016 was held on January 6th at Town Hall. Thanks to their contributions to this very productive planning session, we now have an exciting and interesting schedule of events planned for 2016.

Kaiser has been in the news quite a bit lately. Did you know that the Northwest Region now has both a medical and dental clinic in Eugene, Oregon? Or that Kaiser

plans to acquire Seattle's Group Health Cooperative? The transaction is subject to approval by Group Health's voting membership and regulators, of course. It will probably take a good year to finalize the deal. So stay tuned for more updates on this. Kaiser also recently announced plans to open the Kaiser Permanente School of Medicine in 2019. It will differ from many established medical schools with more emphasis on rapidly adopting new technology and adhering to the latest medical evidence in patient care. Kaiser is answering the challenge of educating the 21st century physician. The school will be located in Southern California.

Back in the Northwest we're dealing with a bit of snow and freezing rain that kept quite a few of us house bound a bit longer than we wanted. In addition, my neighborhood was without power on New Year's Day for 12 hours. We missed the Rose Parade! It was a small, inconvenient event that we were prepared for. It's the "Big" one that concerns most of us. This year we used Christmas gifting to get our family of nine households started on our emergency preparedness kits. They included flashlights, lanterns, first aid kit, hand crank radio/charger, water purification tablets, and whistle. There's so much more that needs to be added, but we've gotten started... finally! Everyone was exuberant with the kits and mentioned how they had been planning to do this for some time now. How's your preparedness doing? If you're like most of us, you probably need some inspiration. KaPeRs has the ticket for you. **An emergency preparedness workshop is planned for March 11th with a presentation by the American Red Cross.** Seating is limited so be sure to get signed up early for this event. Watch your quarterly KaPeRs Newsletter for more workshops on other topics planned throughout the year.



2016 is looking to be an exciting and interesting year. The national presidential race is a hot topic that no one can ignore. We're hoping to distract you a bit with timely and informative presentations at our quarterly luncheon meetings. Tim Borne, Northwest Permanente/s Chief of Staff is speaking at our February 25th meeting. He'll provide us with some great insight into the challenges facing the Medical Group in this rapidly changing health care environment. Hope to see you there!

Do you have ideas and suggestions for KaPeRs? Or perhaps you'd like to drop in on the next Board Meeting on April 7th. If so, send me an email at janeene@comcast.net or contact any other Board member listed elsewhere in this newsletter. KaPeRs will continue to thrive with an active, participatory membership.

Keeping in Touch

Phillip Au and his wife, Jean, are living full time in Bend. They have two active wire-haired griffons which keep them running forest trails twice a day! They are blessed with grandkids and ski, bike, and play basketball. This keeps them happy and active.

Stephanie Cody started her retirement with greeting the arrival of her fifth grandchild. She stays busy with trips to Yelm, WA, as well as Portland, to be involved with all her grandchildren. She also goes to Kelso, WA where her parents live.

Dr. Maurice Comeau lives in a small house in Surprise, AZ a few months in the Fall and Spring. He sings in his church choir, and participates in the Ukelele Club in AZ and Pickle Ball Club. Other activities include writing-forever correspondence courses, cooking, gardening, and Mac Club Balladeers. He was involved in the OHSU Advisory Council (Alumni) until 2007 and OHSU volunteer teaching staff until 2005. He takes many side trips between here and AZ. He supports four grandchildren's tuition in college and high school.

Rena Curtis is enjoying retirement, taking a lot of day trips to the beach with her grandchildren. She also loves to read and enjoys her many plants.

Joy Pfeifer Duncan lived in Wichita, Kansas for eight years after leaving Kaiser. She traveled in her 17 foot Casita from the Arctic Circle to Texas and Labrador to Arizona. She came back to the Portland area in 2012 and is happily enjoying her family as a single grandma.

Dr. Peter Feldman and his wife, Dr. Donna Strain, walked the Camino de Santiago from St. Jean Pied de Port in France to Santiago de Compostela in NW Spain, last spring. It took about five weeks and was a good time for them.

Thomas Gates volunteers for the Boy Scouts of America and is a professional Santa Claus. He has been married 31 years and has a 16 year old son still living at home. He may soon be on the OHSU kidney transplant list. He's keeping busy.

Esther Haberman has been helping set up a retiree chapter of OFNHP, a Kaiser union partner. She serves as the Vice President of the organization along with Eileen McClosky as President, and Mary Lewis as Secretary/Treasurer. They are currently looking for more members who were part of OFNHP when they retired. You can contact her at esther.haberman@icloud.com if you're interested.

Sue Hennessy traveled to Tanzania with her husband, Marcus Wood, in October. They climbed and summited Mt. Kilimanjaro (19,341 ft.). Following the climb, they enjoyed seven days on safari and four days in Zanzibar. They loved the people, culture, scenery, and animals. After returning from their trip, they completed a remodel of their kitchen and bathroom so are ready to entertain again. She recently was appointed to the Board of Care Oregon, Oregon's largest provider for Medicaid members.

Sally Liddie takes care of her husband and helps all family members with their needs. They have been painting her house. She loves running into fellow Kaiser retirees in stores when she's shopping.

Cynthia Miller is recovering from neck fusion and a stroke. She spends time with family, reading, and planning a vacation for her 40th wedding anniversary in June.

Linda Robinson and her husband cruised to Alaska in September. After retiring on 9/24, they left on 9/26 for a six week road trip to New York. They traveled almost 8000 miles. They saw many sights: the Statue of Liberty; the Freedom Tower; ground zero; Hershey, PA; the Hershey factory; Gettysburg; West Point; Niagara Falls (Canadian side); a show in Branson, MO; the birth home of John Wayne and museum in Iowa.

Ronald Swan and his wife spent about 80 days in their travel trailer last Spring and Summer. They saw many interesting things: Death Valley; Hearst Castle near San Luis Obispo; Jackson Hole, Wyoming; and Eastern Oregon. They also hiked some beautiful trails.

Kathleen Zygowicz retired on June 5 after 15 years as an RN in Occupational Health. She is now full time caretaker for her 91 year old mother and 97 year old father. Whenever she can grab a minute of spare time, she catches up with yardwork, cleaning the garage, and reading. She plans to start working on her retirement bucket list in the future.



In Memoriam

Barbara Christensen

Rasjad Lints, MD

Margaret Jay

New Board Members:

The Board would like to thank Janeene Siler and Kathryn Holt for their great service on the Board for the past several years. Their positions have been filled by Connie Clemmens as Secretary and Anke Kuindersma as Treasurer. Welcome!

Connie retired in 2011 after 23 years of mostly part-time positions. She started life at KP in Human Resources and finished in Health Education Services, with administrative assistant roles in between, including taking minutes for the Regional Operations Group for five years. Her favorite job was working in the Health Resource Center at INT, interacting with members. She loves the slower pace of retirement — seldom a morning alarm clock! — but stays very active being a grandmother; taking advantage of Silver and Fit at the Northeast Community Center; studying French—no, don't strike up a conversation with her en français; and continuing to enjoy her book group of 20 years and her film (and dinner) group of 25 years. Connie attended a KaPeRs luncheon at her first opportunity and, having derived much pleasure from the people and programs since, has stepped up to her new role as KaPeRs Secretary.

Anke was born and raised in Holland/Netherlands and came to the US when she was almost 21. (“Couldn't believe at first that I couldn't buy wine ;o)”)

Her Dutch husband and she moved to San Diego, where his uncle owned a restaurant. (“Both of us had attended Hotel Management School in Holland”)

She stayed in San Diego, where both her daughters were born, for 22 years, where she participated about 10 times in the La Jolla Rough Water Swim — one mile triangular swim in the ocean. She divorced and then moved to Oregon with her second husband and has been here for almost 29 years and became a US citizen about 15 years ago. Both daughters eventually moved to Oregon as well, and now both of them, with 2 children each, live within 4 miles of her!!! (“Divorced again — and I'm not doing it again! I'm no good at marriage, I guess”)

She loves the outdoors and rain, snow, or shine, she walks her dog three times a day. She enjoys going to a movie, usually about once a week, with a good friend. She enjoys yoga class twice a week, would love to get to the pool more frequently, and at home she likes to work on quilts. She very much enjoys getting together with family and friends. (“One of my friends and I usually try to get in one real vacation a year and we visited Holland - my youngest brother still lives there - and Germany this past year. And we visited New Zealand a couple of years ago where my oldest brother lives. No plans for this year yet”)

Volunteers caring and sharing

Kathleen Wiese delivers Meals on Wheels and volunteers with Off the Couch events (a non-profit program for socialization/education for differently-abled young adults)

Sharon Hale Sandgren My fun stuff on public Facebook:

- Our Band: No Time 2 Lose. We have fun.
- Art page: "Art by Sharon Hale Sandgren" click photos.

Linda Lassen, RN has been a parish nurse at St. Paul's Episcopal Church in Oregon City for the past 16 years. She does BP clinic once a month, blood drives quarterly, and Life Lines screenings once a year. She has also been on the Altar Guild for the past six years. She serves as a Holy Eucharist minister, Lay Reader, and does weddings and funerals and is head of hospitality at her church. She helped open a wellness clinic and helps feed the hungry every Thursday at St. Paul's where they have over 75 people attending.

If you're looking for a place to volunteer, here are some great suggestions. (also check out our website: kpnwretirees.com)

Kaiser Permanente Hospice — Greater Portland Metro Area and Clark County, WA Call 503-499-5168 for more information or to sign up and volunteer.

KaPeRs Board of Directors — New board members are needed. Speak to one of the current board members and attend a board meeting. This is the group that plans our quarterly meetings, community giving activities, and member outings. We are still in need of a new president and vice president. Come join the fun!

KAPERS BOARD OF DIRECTORS

P.O. Box 4543, Portland OR 97208

Executive Committee

President:

Q1 — Janeene Siler*janeene@comcast.net*

Q2 — Judy Parmenter*parmenter.judy@gmail.com*

Q3 — Kathryn Holt*tosca230@gmail.com*

Q4 — Marci Clark*marci.clark.pdx@gmail.com*

Vice President: Vacant

Connie Clemmens, secretary*clemmens@gmail.com*

Anke P. Kuindersma, treasurer*kuinder@gmail.com*

503-885-8049

Standing Committees

Patsy VandeVenter, membership chair*gvpats@aol.com*
503-245-2821

Jane Walker, newsletter editor*lois246@aol.com*
360-487-9173

Ian MacMillan, MD, historian*ismacm@comcast.net*

Judy Parmenter, program chair*parmenter.judy@gmail.com*

Gail Clark, special events co-chair*gailrclark@comcast.net*

Maureen O'Connor, special events co-chair
winkyocconnor6@yahoo.com

Marci Clark, Immediate past president
marci.clark.pdx@gmail.com

Rob Perry, Webmaster*rob_perry_jr@hotmail.com*

Members at Large

Joanna Stuart*jodalstu@wildblue.net*

Rita Townley*reetstownley@msn.com*

Lauralee Tyrrell*gramz22cool@yahoo.com*

Donna Caldwell*jazzrx@comcast.net*

Sue Hennessy*Smh7450@comcast.net*

Peter Lang*langpe@comcast.net*

Patti Lawler*pdxpatti3031@gmail.com*

Peggy McClure*peggy.mcclure@gmail.com*

Sandy Williams*sunny@europa.com*

Medical Group Representative

Ian MacMillan, MD,*ismacm@comcast.net*

Dental Group Representatives

Kathryn Holt*tosca230@gmail.com*

Gail Clark*gailrclark@comcast.net*

Members Emeritus

Ernest Aebi, MD Jeanette Neuburger

Stressla Beaver Jay Owen

Jean Bradley Mary Ramsey

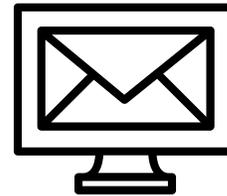
Ludene Clark Vivian Terrall

Marjorie Lyster

Vista House at Crown Point — If you are interested you can find out more at the Friends of Vista House web site: *friends@vistahouse.com* or contact Kathleen Overton at: *kathleenoverton65@gmail.com*

Guide Dogs for the Blind — Located in Boring, Oregon. To apply, volunteer, or donate, please visit *Guidedogs.com*. Their phone number is 503-668-2100.

KaPeRs' going green



Help us keep our KaPeRs expenses down.

KaPeRs going green - Help us keep our KaPeRs expenses down

This newsletter is the primary means of communication among our nearly

3150 KaPeRs members. Maintaining current postal addresses is a challenge and at each quarterly mailing the post office sends us change of address cards for which we are charged 57 cents each, or they return the undeliverable newsletter at a cost of \$1.22 each.

Our generous sponsor, KPNW, pays these costs which in the past amounted to well over \$300.00. Therefore, we are requesting all KaPeRs members currently receiving a paper copy of their newsletter to please switch over to e-mail.

We recognize not everyone uses e-mail or has access to a computer, and we will be glad to continue sending paper copies to those folks. Keeping our mailing expenses to a minimum will allow us to continue bringing high quality programs to KaPeRs members. We hope you are willing to make the switch. Please send an e-mail to Patsy VandeVenter at *gvpats@aol.com*, subject line: KaPeRs, along with a note requesting the change. Be sure to include your name, along with your e-mail address. Thank you.

In response to our plea in the previous newsletters, 696 folks have made the switch-over, 92 in December. We are very grateful for that response. We know there are many more of you who will be willing to take advantage of the opportunity to receive your quarterly newsletter whether you are home or traveling, no more waiting for US mail delivery, and the pictures are in color!

Want to reach out and find someone?

Lost contact with an old friend from your working days? Perhaps KaPeRs can help you get in touch.

Send your contact information in an e-mail to *langpe@comcast.net* along with the name of the person you would like to locate. If we have details on that person we will contact them, tell them about your interest and ask if it is O.K. for us to send their information to you.

December Luncheon Raffle Winners

Tickets were drawn for gift certificates, compliments of KaPeRs and KaiPerm Credit Union. The winners were:

- Lamaunte Fritz
- Chris Buhle
- Marcia Linville
- Marty Linville
- Juliana Butler
- Mary Poulsen

KP Human Resources Business

Human resources business is conducted through the Human Resources Service Center (HRSC) in Northern California. The Retiree and Benefits Team can be reached at 1-877-457-4772. Press Option 1 for Northwest Region and Option 2 for Benefits and Retirement. For pension-related inquiries call toll free 1-866-627-2826. When prompted for pass code, please enter pass code.

If you do not have a pass code or you have forgotten it, select the * (star) button, then press 0 to speak with a representative.

KP News Roundup

New Year, New Opportunities

After years of planning and teamwork, our newest medical and dental offices are now open to serve members who live and work in Lane County. Starting January 4, providers began seeing patients at our newly opened Downtown Eugene Medical Office and our Valley River Dental Office, also in Eugene.

Operations at these new facilities will increase in stages and will be running at full capacity on February 8.

We're fortunate to have a talented team of caregivers who are excited to make Eugene and Lane County their new home. And, over the past several months, we've been working closely with local communities and the University of Oregon to share the benefits of our unique brand of care and coverage. Congratulations to Kaiser Permanente's newest Oregon location!

KPNW clinicians stepped up to provide free flu shots for community members in need.

Kaiser Permanente NW teamed up with the Multnomah Education Service District and David Douglas School District to offer free flu vaccine clinics at two local schools. The clinics were held Nov. 23 and 24, at Floyd Light Middle School and Gilbert Park Elementary School, respectively.

Overall, Kaiser Permanente provided 195 free flu vaccines to students, staff and community members. Of those, the majority (166) were non-KP members, with 29 being KP members.

Just over half of the vaccine recipients were students, ages 4 to 18, with the rest being parents, school staff, and community members.

"I got involved with this outreach clinic because I enjoy

Welcome New Retirees

Kari Albrecht	Mary Mays
Kris Anderson	Moni McKenna
Julie Blume	Rebecca McLellan
Sherri Brand-Trask	Janet Muckridge
Connie Burke	Dolly Murren
Jean Butler	Denise Musacchio
Tamula Christner	Joann Nichols
Linda Clouse	Tracy O'Donnell
Vicki Cohen	Shirley Olson-Redfern
Diana Cole	Cynthia Osborn
Julie Compton	Sherry Ott
Deniece Costello	Antionette Peterson
David Douglass	Kathleen Premo
Peggy Eurman, MD	Karla Reardon
Susan Florek	Virginia Reed
Lynne Gehm	Sharon Rom
Andrew Glass	Deborah Russo
Carl Gocial	Charlotte Sasser
Steven Goldberg	Katherine Schmidt
Roseanne Grace	Janet Scissons
Loa Hammer	Margaret Shannon
Janet Hankins	Martha Sharp
Byron Hanson, MD	Lynelle Shields
Kathleen Hanson	Tamsen Smith
Peggy Haynes	Julie Spray
Elizabeth Hietpas	Lucille Staples
Nina Hoopes	Victor Stevens
Barbara Hutchens	Sherry Stoneback
Dee Kellogg	Edward Sullivan
Delores Kelly	Sheila Tuthill
Victoria Lancaster	Holly Van Rossum
Christie Little	Kristine Williams
Margaret Loos	Jane Wright

KaPeRs Newsletter is published four times a year for retirees of Kaiser Permanente NW Region. Your news and comments are welcome. Please include them with your luncheon reservation. Or send items for the newsletter to:

Jane Walker, 307 NE 63rd St. #19,
Vancouver, WA 98665, or email to lois246@aol.com,
subject line: KaPeRs Newsletter.

working with kids... that's why I'm a pediatric Medical Assistant," said Emma Acevedo, who works at our Rockwood MOB. "It was nice to hear some of the people say we saved them a trip to the clinic and that it was nice for Kaiser Permanente to come to them. Several parents were grateful they could get everything done under one roof — parent/teacher conferences, get a food box (from the school-organized food pantry) and get flu shot."

The flu shot clinics were offered as part of our Thriving Schools initiative, a partnership for healthy students, staff and teachers.

Board of Directors Actions

November and January board meetings:

- The President and Vice President positions remain open this year. Sue Hennessy will chair a group to review the structure of our leadership roles. Also, the Board will form a recruiting committee. The President's role will be shared again this year as it was last year.
- Connie Clemmens and Anke Kuindersma are our newest board members, replacing Janeene Siler and Kathryn Holt as Secretary and Treasurer.
- The increased cost of the quarterly luncheons was discussed. The average cost per person is about \$24. The board wants to keep prices the same this year if possible. Board members will be seeking increased donations to help cover the increased cost. New retirees will be offered a \$5 off coupon for their first luncheon instead of a free lunch due to larger numbers of new retirees and rising costs.
- KaPeRs currently has about 3150 members with only about 696 receiving their newsletters by email. With the high cost of returned and/or undeliverable paper

newsletters, we will continue to encourage members to receive them by email. It was also mentioned that delivery of newsletters can be delayed a week to ten days after mailing due to our non-profit status.

KaiPerm CU News



Yes! Starting now, KPCU will pay a whopping 6% dividend on balances up to \$1,000!* sitting in "Direct Advantage" checking accounts.

"Wow" you might say.

"How can you do that?" you must wonder.

We can do it because the grand experiment is working! Back when banks raised checking account fees, we said "No, let's not! Instead, let's pay big dividends on the cash members hold in their checking accounts. If it catches on, members might bring more of their banking to the credit union."

So we did! And you did! And by doing it, you helped make the system do its thing. So now we've upped the payback. (As a credit union— when things go well, the payoff always reverts back to you! It's how the cooperative system works!)

So Happy New Year! We think it will be a particularly good one— for the credit union...and for you!

*Starting 1/1/2016, earn 6.0% on first \$1,000 held in your "DA" account— and earn 0.11% on amounts over that. If you haven't yet opened a "DA" account, go to our website and see all that you're missing. And order one on the spot!



KaPeRs wishes to thank KaiPerm FCU for their continuous support of our retiree group. Since January 2003, they have underwritten the paper and printing costs of the newsletters, as well as special mailings. In addition, they contribute items to our luncheon raffles. We are grateful for their support.



Emergency Preparedness Workshop

Town Hall, N. Interstate Avenue | Friday, March 11, 2016, 10 AM to 12:30 PM

Send this form with your \$10 registration fee by March 1 to: Anke P. Kuindersma, P.O. Box 2732, Tualatin, OR, 97062

How prepared are you for a major catastrophic event? or a minor one? Join us for a Red Cross presentation by Larry Wiedenhoff on March 11. There will be space for the first 30 people who sign up. Leave the workshop with specific actions to take.

REGISTRATION FOR EMERGENCY PREPAREDNESS WORKSHOPKP

Name: _____

Email: _____ Phone: _____

Please cite any specific issue/question that you hope will be addressed:

You are invited to the KaPeRs luncheon
Thursday, February 25, at 12 noon
Town Hall
3704 N. Interstate Avenue
Portland OR 97227
\$12 retirees, \$14 guests (Limited seating, so register quickly!)

Door prizes: four attendees will win certificates for dinners for two at local area restaurants.

**Return this RSVP and payment by Tuesday, February 16:
Anke P. Kuindersma, P.O. Box 2732, Tualatin, OR, 97062**

If you must cancel, please phone Anke at 503-885-8049 before Monday, February 22, to have your check returned. After that date, we are charged for reservations. Town Hall ballroom seating capacity is limited so make your reservation early.

- I will attend the KaPeRs luncheon on Thursday, February 25 at 12 noon.
 - This is my first time attending a KaPeRs luncheon.
 - I prefer a vegetarian lunch.
 - I need transportation to the luncheon.
 - I am able to provide transportation to the luncheon for someone who lives nearby.
- I am enclosing \$12 for my luncheon, payable to KaPeRs. My Name _____
- I am enclosing \$26 for my guest and me. My guest's name _____
- Yes, I want to support KaPeRs. My check includes a contribution in the amount of \$ _____ (Our sincere thanks to those of you who have already contributed!)

Is the address label on the reverse correct? If not please write in any changes (including phone number) below the label and return this form to Anke Kuindersma at the address above.

- Do you volunteer?** If so, we would like to publish your activities in the newsletter. Please email a short description of your activities to Jane Walker, lois246@aol.com, subject line: KaPeRs Volunteers.
- For email delivery of newsletters:** Provide your contact information.

Name _____ Phone number _____ email _____

What have you been doing? We'd like to hear from you. We learn so much from one another in the stories we share. We hope you find it interesting as well. Please take a moment to send us your news.

If you would like to receive KaPeRs messages via email, send a message including your name and email address to Patsy VandeVenter at gvpats@aol.com, subject line: KaPeRs.

KaPeRs (Kaiser Permanente Retirees Organization)

PO Box 4543
Portland OR 97208

Place address label here.

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Have You Moved Recently?

If you have chosen to receive a paper copy of *KaPeRs Newsletter*, be sure to let us know your new address and phone number. You may use the luncheon reservation form and send it to Anke Kuindersma at the address listed, or e-mail gvpats@aol.com, subject line: KaPeRs

Online Newsletter

Sign up to receive *KaPeRs Newsletter* online. Adobe Acrobat Reader is needed to read it and can be downloaded for free from the Internet. Send a message including your name and e-mail address to Patsy VandeVenter at gvpats@aol.com, subject line: KaPeRs. To continue receiving the newsletter on-line, be sure to send e-mail address change to gvpats.