

*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 Luncheon Presentation

Wednesday, December 21, 2016 at 12 noon

### Blues/Jazz/Soul for the Season:

Lorna Baxter | Daniel Noland | Bill Coones



The fire's crackling, the snow is falling and the bells are a-jingling. We all know what that means, right? No...not time to dash off to Hawaii... it's time to join us at KaPeRs' annual holiday luncheon where a trio of local, multi-talented musicians will conjure up the spirit of the season with their soulful, jazzy, and bluesy renditions of holiday favorites and more.



Individual artists in their own rights, local guitarist Daniel Noland has also performed nationally, internationally, and on nationally-released albums, done soundtrack work and is a guitar instructor with his own studio; Bill Coones, upright bass player, is a long-time Portland musician who's performed for many years in every kind of local jazz and blues venue, and in Canada and England; Lorna Bracken Baxter, vocal artist, has her roots in jazz but is not defined by one style. Hers is a blend of improvisational jazz, soul, blues and pop. Her father, one of Portland's jazz legends, composer/pianist Warren Bracken, was a big influence and guided her at an early age. Lorna showcases her roots with a unique style and naturally seasoned sound - in her work with local musicians as lead or back up vocalist, in studio work and voice-overs for radio and television spots.

So put away your Hawaiian shirt and make your reservations now! You know this will sell out. Happy Holidays everyone!

## KaPeRs Online News

Visit [kpnwretirees.org](http://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

### General Meetings

12 noon, Town Hall

Wednesday, Dec. 21, 2016

Thursday, Feb. 23, 2017

Thursday, May 25, 2017

Thursday, Oct. 5, 2017

Thursday, Dec. 14, 2017

### Board of Directors

11:30 am, Town Hall

Thursday, Jan. 12, 2017

Thursday, Apr. 13, 2017

Thursday, Aug. 10, 2017

(East Interstate)

Thursday, Nov. 2, 2017

## President's Corner

Marci Clark, 4th Quarter President

With fall already here and winter rapidly approaching (not to mention the holidays – yikes!), I've traded in those leisurely evening strolls for brisk morning walks kicking up a rainbow of leaves. The days are shorter, the nights are longer and outdoor concerts, family cookouts and backyard neighborhood gatherings are fond memories until next summer. Meanwhile there are adventures to be explored!

New art shows, stage plays, eateries and sporting events are popping up everywhere. The Blazers are back (sort of), the Ducks are in play (not so much) and the Beavers are, well, being the Beavers. But we love watching our teams! (I will be in trouble at home for not mentioning the Cougars, so Go Cougs!)

Workshops and classes abound in our communities. How about trying your hand at metal working, weaving,

glass making or playing the guitar? Or take that astronomy course in which you always had an interest? I recently went to a Paint Night at one of our local pubs. Even if (especially if) you believe you have no artistic talent for acrylic painting, you will take home your own beautiful art and enjoy the camaraderie of 25 other novices who put their brushes to canvas.

And of course travel is high on my list of fun adventures... anywhere and any season! Whether you're skiing at Hood or biking in the Alps, your trip is certain to be memorable.

With the coming of winter, volunteer organizations are gearing up to meet cold weather needs. The Oregon Food Bank, VolunteerMatch.org, Hands On Greater Portland, Mercy Corps, and your local community center or church offer a variety of volunteer opportunities. Get involved in an activity you're passionate about. It's good for your health, and your contributions will be welcome!

Speaking of winter, KaPeRs has a spirited holiday program featuring a local pop and jazz trio awaiting you at our December 21st meeting at Town Hall. This is always a special program with a full house, so sign up early. I look forward to seeing you there.

## Keeping in Touch

**Jean Bartholomew** has been keeping busy with her grandchildren but was able to find the time to enjoy trips to South Africa and Hawaii.

**Bennie Ramirez** traveled to Egypt in April, 2016, for 12 days. Egypt had been on her bucket list for some time. Many historical places (especially the pyramids), cruising the Nile River, and riding in a hot air balloon overlooking the Valley of the Kings, made the trip worthwhile. She hopes to stay healthy enough to take another memorable trip.

**Jeanne Reinhardt** is enjoying her garden now that she's not working. She went to Peru and Ecuador in May, and walked/hiked Machu Picchu. She loved the history and meeting the Peruvian people. She also cruised the Galapagos Islands and stayed in the Amazon rain forest.

**Carolyn Shonk** celebrated her 50th wedding anniversary with her husband and granddaughter by taking a cruise from Athens, Greece through the Greek Islands to Istanbul, Turkey. She had been a high school exchange student to Istanbul so saw both familiar and new places.

**Bob Wilson** has a variety of interests: flower gardening, camping, hiking, earthquake retrofitting of his house, and house cleaning. He's excited to also be getting dental implants! He maintains a free holistic wellness website and blog. What fun!!

## KaPeRs Needs Your Help...

KaPeRs is unique. There are no other retiree groups as robust as ours at any other KP region. And there are no membership dues for participation. Thanks to the many members who have guided this group for more than 25 years, our quarterly gatherings have been (to quote 1985 President Dr. Paul Trautman) "...pleasant visits with your KP family...learning about new developments and recent improvements....a moment of fellowship and warmth." Today KaPeRs is that and so much more: it's the Arts Exhibit, day trips, workshops, engaging and diverse presentations, a website, and community giving projects. Our operating expenses continue to rise and even with assistance from Kaiser we find ourselves in need of funds to maintain low-cost luncheons, and the quality and the quantity of programs our members enjoy. We are reaching out to you for assistance. If you can help, please send a donation of any size (payable to KaPeRs) to Anke Kuindersma, KaPeRs, P.O. Box 2732, Tualatin OR 97062. Thank you very much for your help in supporting KaPeRs, our one-of-a-kind organization.

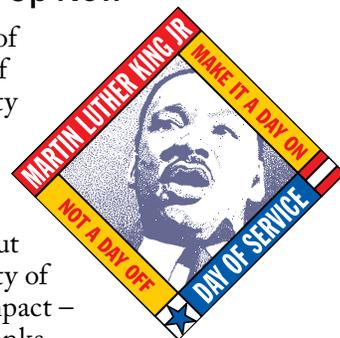
## Volunteers Caring and Sharing

### Volunteer for Community Service – MLK Days in January 2017 – Sign Up Now

Martin Luther King Days of Service is the cornerstone of KPNW's annual community service efforts.

On these special days, our employees, retirees, family and friends spread out in teams to work on a variety of projects that make a real impact – from food banks to book banks.

The 2017 MLK Days of Service (January 13-18) takes place over several days, making a big impact in the community. The addition of more service days offers employees, retirees, their friends and family members greater flexibility and choice in selecting a volunteer project. Our service projects spread across our region, from Lane County up the Willamette Valley to Portland, Vancouver, Cowlitz County and includes Battleground this year as well. We will serve 43 sites and are recruiting over 900 volunteers. Non-clinical sites will host volunteers on Monday, January 16th; clinical sites will host on Tuesday, January 17th and Wednesday, January 18. Hours vary by day and site.



## Here are examples of how we'll be helping in our community:

- Providing books for children
- Putting food on the table
- Helping the homeless
- Providing care to those in need

**Take Action Now:** To learn more about how to best match your interests, time, and geography with one of the sites and to volunteer for one of our projects, please contact Ron Shoals at [Ron.R.Shoals@kp.org](mailto:Ron.R.Shoals@kp.org) or 503-813-4234.

## Volunteer Opportunities with Villages NW

Kaiser Permanente Northwest continues to develop significant volunteer opportunities throughout the service area for KPNW staff, physicians, dentists, and retirees. You are encouraged to volunteer with Villages NW, an exciting national movement with significant

Portland and Vancouver engagement, aimed at supporting aging in place. On January 26, 2016, KPNW announced that Northwest Permanente Physician, Dr. Alison Bahr, Internal Medicine, Gateway Clinic, had been awarded the David Lawrence Community Service Award recognizing volunteerism from Kaiser Permanente employees.

Each year, Kaiser Permanente recognizes and celebrates employees and physicians who champion outstanding volunteer activities and initiatives to improve the health of our communities. The award is named in honor of David M. Lawrence, MD, former chairman and CEO of Kaiser Permanente and a lifelong advocate for improving health.

Dr. Alison Bahr's volunteer work with Villages NW is helping residents in the Portland area successfully age comfortably in their own homes — despite disabilities — by developing and nurturing a network of sustainable, community-based Villages throughout our region. Dr. Bahr joined the local "Village" movement in October 2013. She became a board member in January 2014 and has served as board president since January 2015. Since starting with Villages NW, she has volunteered approximately 20 hours monthly, with roles in strategic planning and fundraising, plus local Village education, advising, and oversight. As board president, Dr. Bahr has brought the role of physician leader out of the clinic into the community. In addition to her clinical work, she volunteers many hours supporting Village work. She lives and breathes the knowledge that true community health and well-being starts in the community, with clinical and hospital care stepping in only as necessary.



Villages NW is establishing a network of neighborhood-based, volunteer-driven "villages" to provide programming and services so seniors are actively involved in — rather than isolated from — their communities. Volunteers assist Village members in making full use of all available community resources, then fill in the gaps with transportation, technology support, household chores, errands and other services. There are currently four Villages serving members in Southeast and Northeast Portland, Beaverton and Western Washington County. Three more are expected to launch by the end of 2017.

Volunteers play multiple and significant organizational and management roles at Villages NW. Currently, volunteers with specific skills are requested to assist with the following:

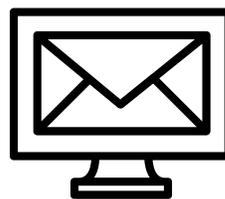
- Bookkeeping and QuickBooks data entry
- Monthly Newsletter content
- Develop an efficient system to manage and track volunteer drivers across all Villages who provide transportation and provide monthly reports to Ride Connection, a Villages NW partner
- Business planning

**Take Action:** To volunteer at Villages NW, please contact Lyn Trainer, Managing Director, [lyntrainer4@gmail.com](mailto:lyntrainer4@gmail.com), 503-246-0451.

Volunteers more interested in providing direct services to members such as yard work, accompanying members to medical appointments, assisting with technology or organizing activities and events are needed by individual Villages.

To learn more about Villages NW go to [VillagesNW.org](http://VillagesNW.org)

## KaPeRs' Going Green



### Help us keep our KaPeRs expenses down.

This newsletter is the primary means of communication among our 3,407 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. Therefore, we are requesting all KaPeRs members currently receiving a paper copy of their newsletter to please switch over to e-mail. Currently, only 856 members have made the switch. 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!



## Recent Workshops

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### Laughter Abounds

October 12, a group of KaPeRs members attended a laughter therapy workshop presented by Carolyn Simpson, certified laughter leader and KP retiree. After introducing the group to the World Laughter Tour's program and the many benefits of laughter, Carolyn led attendees in a number of laughter exercises--no jokes needed! The group was hee-ing, haw-ing, and ho-ho-ho-ing to the end. Fun!

### Emergency Preparedness

We have had two workshops presented by a Red Cross representative and both have been well attended. If you would like another one, let your Board of Directors know.

### KP Human Resources Business

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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.

### Creative Aging

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Samantha Reynolds, Nov. 12, 2015

*I am not old*

*I am not old...she said*

*I am rare.*

*I am the standing ovation*

*At the end of the play.*

*I am the retrospective*

*Of my life as art.*

*I am the hours*

*Connected like dots*

*Into good sense.*

*I am fullness*

*Of existing.*

*You think I am waiting to die...*

*But I am waiting to be found.*

*I am a treasure,*

*I am a map.*

*And these wrinkles are*

*Imprints of my journey.*

*Ask me anything.*

## Welcome New Retirees

Michelle Addy	Terri Kidman
Geri Auerbach	Molli Regan Lang
Angela Baldwin	Jean Laurenovics
Peggy Bartelt	Rael Lonergan
Carolyn Beall	Susan Maahs
Karen Becker	Cheryl Machin-Price
Susan Bedel	Debra McAninch
Del Brubaker	Janet McCauley
Paul Burley	Melanie McKay
Jerry Burns	Joyce McKinney
Jerilyn Canfield	Rachel Mejia-Obar
Tara Cardenas	Jill Mesa
Chuhe Chen	Eugene Miller
Lucila Chester	James Moeller
Claudia Christense	John Moore
Laura Coleman	Sherwin Moscow
Debra Collins	Kathleen Nelson
Kathryn Covarrubias	Carol Newman
Nancy Craig	Sharlet Olsen
Thelma Curry	Cynthia Osborn
Jan Divens	Steven Parr
Tung Do	Wendy Pemberton
Ali Durosimi	Candace Perry
Joanne Elsner	Chris Petersen
Molly Endsley Keryan	Diane Priem
Cathie Fagnant	Janet Propp
Linda Fong	Sally Rask
Susan Foster	Michael Ripplinger
William Franke, Jr	Dan Rush
Anne Fraver	Debbra Scroggins
Norma Gambrel	Victoria Sharbowski
Suzanne Gauen	Daria Shattuck
David Goding	Shelley Smith
Debra Goldstein	Diana Stallard
Regina Green	James Stecher
Janice Graham	Marti Summer
Cheryl Grossen	Cathy Swensen
Rashida Haider	Mary Swick
Dennis Haller	Judy Townsend
Rosalyn Hampel	Jill Vaughan
Richard Hardenstein	Teresa Wasnock
Victoria Hitt	Deanna Way
Colleen Honi	Catherine Webb
Jeanine Hostetler	Carol Whipps
John Kling	Cinda Wright
Jimmie Jones	Wendy Young

## KP News Roundup

### Electronic total health record is under way

Kaiser Permanente is excited to share information about a major technology upgrade under way to enhance quality, service, and convenience. We're among the first in the industry to integrate members' medical and dental records. This new electronic total health record enables greater collaboration among our medical, dental, and pharmacy teams.

More than half of our 18 dental offices have already moved to the new system, and the remaining offices will transition by the end of the year. An integrated electronic health record allows us to begin developing tools so members can manage their dental care through [kp.org](http://kp.org) in the near future.

### KPNW Medicare shines again

The Centers for Medicare & Medicaid Services announced on October 12 that Kaiser Permanente Northwest Medicare health plans earned 5 stars for 2017 — the highest possible Medicare Overall Star Rating.

KPNW received an overall 5-star rating for the sixth year in a row — and is the only 5 Star plan in the Northwest region. Our integrated system provides unparalleled access to care for our Medicare members.

Sustaining a quality rating like the Medicare 5 Star takes the focused efforts of our physicians, nurses, care teams, administrative staff, and unit-based teams providing coordinated and compassionate care and service to Northwest Kaiser Permanente Medicare members.

“Earning a 5-star rating for the sixth year in a row — and the only 5-star in the Northwest — reflects the commitment of our entire organization to keeping our Medicare members healthy and active,” said Andy McCulloch, president, Kaiser Foundation Hospitals and Health Plan of the Northwest. “We are proud to be recognized as a leader in delivering high quality care and service to our members.”

Plans are rated on a scale of 1 to 5 stars, with 5 stars representing the highest rating and signifying the greatest ability to consistently deliver quality care and service to Medicare beneficiaries. The Medicare Overall Star Rating scores are based on more than 50 care and service quality measures across nine categories (five for Part C and four for Part D), including staying healthy, managing chronic conditions, member satisfaction, customer service, and pharmacy services.

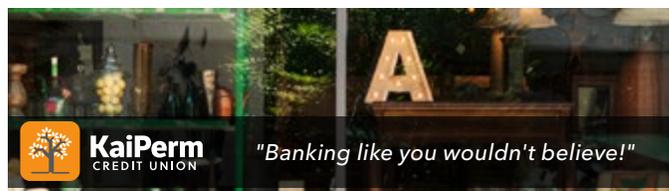
## Board of Directors Actions

### November board meeting

- A Volunteerism committee will be formed to help us better align KaPeRs' volunteer activities with KPNW volunteer strategies.
- Menus for our general meetings were discussed. Town Hall will not be able to accommodate special requests for vegetarian meals in addition to planned menus. Salad will continue to be available at each meal.
- The Special Events Committee is requesting suggestions from members for workshop and outing ideas.



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.



### KaiPerm Credit Union Westside Branch

#### New hours of operation effective November 1<sup>st</sup>

Monday-Thursday ..... 8:30 a.m. - 4:30 p.m.  
Friday ..... 9 a.m. - 5:30 p.m.

The credit union will close for lunch from 1 p.m. - 1:30 p.m. each day.

[www.kaipermnw.org](http://www.kaipermnw.org)

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](mailto:lois246@aol.com),  
subject line: KaPeRs Newsletter.

You are invited to the KaPeRs luncheon  
**Wednesday, December 21, at 12 noon (doors open at 11:30 a.m.)**  
Town Hall  
3704 N. Interstate Avenue  
Portland OR 97227  
**\$15 retirees, \$15 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 Monday, Dec. 12:**  
**(Make check payable to KaPeRs) Send to Anke Kuindersma, P.O. Box 2732, Tualatin, OR, 97062**

If you must cancel, please phone Anke at 503-885-8049 before Monday, December 19, 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 Wednesday, December. 21 at 12 noon.
  - This is my first time attending a KaPeRs luncheon.
  - I need transportation to the luncheon.
  - I am able to provide transportation to the luncheon for someone who lives nearby.
- I am enclosing \$15 for my luncheon, payable to KaPeRs. My Name \_\_\_\_\_
- I am enclosing \$30 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.

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.

- 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](mailto:lois246@aol.com), subject line: KaPeRs Volunteers.
- For email delivery of newsletters:** Provide your contact information.

Name \_\_\_\_\_ Phone number \_\_\_\_\_ email \_\_\_\_\_

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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](mailto:gvpats@aol.com), subject line: KaPeRs.

Do you have suggestions regarding speakers, workshops, or events for the coming year? Send suggestions to Jane Walker, [lois246@aol.com](mailto:lois246@aol.com), subject line: KaPeRs Suggestions



## KaPeRs (Kaiser Permanente Retirees Organization)

P.O. Box 2732  
Tualatin, OR, 97062

Place address label here.

### Inside look for...



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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](mailto: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](mailto:gvpats@aol.com), subject line: KaPeRs. Be sure to send e-mail address change to [gvpats@aol.com](mailto:gvpats@aol.com).