

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

Thursday, May 25, 2017 at 12 noon

KaPeRs Annual Art Exhibit – “Art from Travel”

The 5th annual KaPeRs Art Exhibit will be held at the general meeting on May 25 at Town Hall. We are changing things up a bit this time. We know that retirees travel — not only to the Coast or Mt. Hood, but all over the world. Many of you have collected beautiful artwork, exquisite artifacts and even an eye-popping photo or two (out of the hundreds you’ve taken). At this year’s Exhibit we invite KaPeRs retirees to dust off your treasures and share them with us.

Sign up to share artifacts/artwork obtained while traveling (deadline may 15)

Display tables will be set up against the walls in the Town Hall Ball Room to accommodate your items. To ensure we have enough space, please email peggy.mcclure@gmail.com by May 15 with the following information: Name, Phone Number, Email address, Description of Art to be displayed, and Space needed (up to half a table per presenter — 30” by 25”). Please bring a card describing each piece: where you got it, date, artist, other interesting info, etc.)

The rooms will be open at 11:30 am for attendees to have an opportunity to view the displays prior to the meeting. (Remember to sign up for the luncheon too.)

Living on the Other Side of the World

Peggy McClure, former KPNW Manager and Current KaPeRs Board Member

After retiring from KPNW in 2006 from her position as Vice President Quality, Service, Communication, and Brand, Peggy responded to a suggestion by her best friend from her Peace Corps Volunteer days in west Africa in the 1970’s that she apply for a job she had never thought of — Country Director for Peace Corps. She ended up working in the position for

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KaPeRs Online News

Visit 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

Thursday, May 25, 2017

Thursday, Oct. 5, 2017

Thursday, Dec. 14, 2017

Board of Directors

11:30 am, Town Hall

Thursday, Aug. 10, 2017

(East Interstate)

Thursday, Nov. 2, 2017

President’s Corner

Sue Hennessy

Spring greetings to all! I always love spring with its longer days, singing birds in the early mornings, bursts of color, and sense of renewal. At KaPeRs, the Board is using this sense of renewal to focus on updating and refreshing what has been successful over the years and focusing on emerging interests of our growing retiree community. For example, we launched the Nursing Mentoring Program, and our Annual Art Exhibit will have a new focus this year (see article). We are working on a refresh of our website, pursuing easier, electronic ways of registering and paying for luncheons and events. Our Special Events Committee is pursuing several new activities to be offered throughout the remainder of this year. We are also seeking a larger venue to accommodate our December General Meeting and holiday event as attendance is growing and we are mindful of adequate parking space for those who attend. We are awaiting a major upgrade of KPNW’s Volunteer platform in the second half of 2017 which will make it much easier to view and sign up for volunteer activities.

While the sense of renewal is prominent, I also have a sense of gratitude for the many contributions of former board members, past officers, members, partners, and supporters since our inception in 1998. We have enjoyed the continuous financial support from KPNW Regional Administration and from KaiPerm Credit Union. This year, we have seen a budget increase from the Region in exchange for our support and engagement in advancing volunteerism amongst retirees. KaiPerm Credit Union Board of Directors made a \$2500 gift to us in January. While we rely primarily on volunteers and a very small budget, we also appreciate donations in any amount. You can also help us tremendously in managing expenses by registering to receive the newsletter by e-mail rather than by mail.

We hope to see you at our next General Meeting on May 25 at Town Hall where you will be able to enjoy Art from Travels!

Keeping in Touch

Dr. George Adlhoch had a great trip on an African safari in December, with two brothers, a sister-in-law, a nephew and his wife and daughter (who works for the Peace Corp in Africa). They saw “lots of animals” and had a great time.

Virginia Fairchild had cataract surgery on both eyes last September and October. She sees very well now, except needs glasses for fine print. She is still walking at the mall and enjoying it. She recently got over the “bug that’s going around”, after being laid up for two weeks.

Grace Nye has been wondering why retirees can’t still get the Kaiser discounts. If anyone knows the answer, please let us know.

Margaret Stulbarg retired last December 15 and left with her husband, Bill, on December 26 for a three week trip to Thailand and Cambodia. She said it was a “trip of a lifetime” and she feels very fortunate to have had the experiences. She said the Thai and Cambodian people were very welcoming and open.

Jane Walker has had a busy New Year. She fell in January and banged up both shins so badly she had to have Unna Boots on both legs for a couple of weeks and was unable to attend the February luncheon. She also came down with the “bug that’s going around” and was sick for four weeks. All this happened while she was in the process of buying a house and getting moved. Luckily, things are improving and she’s loving her new home.

Volunteers Caring and Sharing

Volunteer with KaPeRs

We always need people to help with mailing out newsletters. If interested in helping, contact Jane Walker, lois246@aol.com for mailing schedule.

Join the Board of Directors at a Board meeting. Contact any Board member if interested.

KaPeRs Needs Your Help...

KaPeRs is unique. There are no other retiree groups as robust as ours in 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 KaPeRs, P0 Box 2732, Tualatin, OR 97062. Thank you very much for your help in supporting KaPeRs, our one-of-a-kind organization. **Special thanks to KaiPerm Credit Union for a generous donation above their usual assistance with our organization.**

Looking for RN retirees to mentor new RN grads:

KPNW Ambulatory Nursing is looking for retired RNs to participate one on one as a mentor, with a new graduate nurse beginning a career in the outpatient setting. Time commitment is small, 1 - 2 hours a month for 6 months beginning in January 2017. Involvement can be expanded by mutual agreement between you and the mentee. A structured “face to face pairing” process has been developed to help with finding that mutually beneficial match; you choose your mentee and the mentee must choose you. Melody Routley RN is the RN Transition to Practice Program Manager overseeing this program. Participation in this program is strictly on a volunteer basis.

If you have interest, questions or would like additional information please contact Nick Socotch RN, at socotch@msn.com or call 503-516-7197. Your inquiry will be translated into a FAQ frequently asked questions document, and returned to you. Those interested will be included in any related future communications. Launch date was early January 2017.”

Take Action Now: To learn more about how to best match your interests, time, and geography with one of our other projects, please contact Ron Shoals at Ron.R.Shoals@kp.org or 503-813-4234.

The KP Community Giving Campaign was hugely successful last year....over 18% of employees participated (highest ever) and they raised over \$2M (highest ever)

More Volunteer Opportunities:

Kaiser has just created a new volunteer management position for our ambulatory care facilities, so our clinics will be able to accommodate those folks who don't want to travel to Hillsboro or Sunnyside if they don't live close to either of those facilities. More information will be included in the August newsletter.

Contacts for each of our programs:

- Carolyn Ortman – KWMC 971-310-4563
- John Tisserat – KWMC
- Annette Shaff-Palmer – Hospice 503-499-4644
- Randi Orth – KPB 503-813-2050
- Bonnie Morgan – KSMC 503-571-4155
- Jani Hazen – KSMC Teen
Volunteer Coordinator 503-571-7201

AHA Heart & Stroke Walk

We have a great volunteer opportunity coming up on May 20, 2017, 8 am until noon, the AHA Heart & Stroke Walk. Retirees are invited to join KP staff on this walk. The details are listed below.

Kaiser Permanente is proud to sponsor the Heart and Stroke Walk. As KP's Executive Sponsor for the walk, David Strickland, Vice President and Business Information Officer at KPNW, would like you to join him in this employee and retiree engagement and community service activity by starting or joining a KP team.

You must visit www.portlandheartwalk.kintera.org/kp to officially register with AHA for the walk. You can either create your own team or join one that already exists. Friends and family are encouraged to participate.

Volunteer Opportunities with Villages NW

There are currently four Villages serving members in SE and NE Portland, Beaverton, and Western Washington County. Three more are expected to launch by the end of 2017. Volunteers are needed for a variety of positions.

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

Kaiser Permanente's Surplus Equipment Donation Program

Are you involved with a nonprofit organization? Would your nonprofit organization like the opportunity to receive donated surplus office furniture or medical equipment? Kaiser's Surplus Equipment Donation Program makes in-kind donations to organizations in need. Any qualified tax-exempt organization may apply. If you know of a 501(c)(3) organization who might be interested in donated office furniture and medical equipment please visit the KPNW website at kp.org/communitybenefit/nw for more information. Click on

"Grants" and scroll to the bottom of the page for details on how to apply. For additional questions please email Community.Benefit@kp.org.

KaPeRs - "BIKE RIDE" Social

Introducing the Springwater Corridor

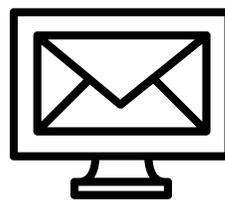
This initial offering is an idea for a volunteer led bicycle ride introducing sections of the Springwater Corridor, considered a "linear park" by the city of Portland. It is a multiuse path with a paved surface averaging 10-12 feet wide. I'll be seeking experienced riders to share lead rider responsibilities for small groups based on ability, pace and distance. We'll be targeting the month of June, weather permitting, planning 1 or 2 rides based on interest.

Let's talk at our May meeting or email Nick Socotch at nsocotch@gmail.com if you are interested either as a participant, lead rider role or have any questions.

Link to an article about the Springwater Corridor <https://www.portlandoregon.gov/parks/article/145158>

Map of the Springwater Corridor <https://www.portlandoregon.gov/parks/finder/index.cfm?action=ViewFile&PolPdfsID=425&/Springwater%20Corridor%20Map.pdf>

KaPeRs' Going Green



Help us keep our KaPeRs expenses down.

This newsletter is the primary means of communication among our 3673 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. Currently, only 952 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!

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 and phone number, along with your email address. Thank you.**



In Memoriam

Vincent Chiu, MD	Marianna Dodd
Merri Lynn Coleman	Norma Weddle

February Luncheon Highlights

Gift cards for two each were donated by the KP Credit Union. The following were winners of the drawing: Alison Bahr, MD, Ethel Gibney, Linda Grill, Doris Schmer and Charlene Tritt.

Guest speakers were Alison Bahr, MD, and Lyn Trainer. Dr. Bahr retired from KP internal medicine in 2012, and is currently president of the board of Villages NW. Lyn Trainer is the managing director of Villages NW. They discussed the development of the villages, their structure and function, and emphasized the focus on creating/sustaining community for aging members.

As chair of KaPeRs' new Volunteer Committee, Nick Scotch encouraged members to contact him (nsocotch@gmail.com) regarding future volunteer opportunities, and to let him know what is meaningful and important to those who want to volunteer. Nick is also working with Rob Perry to update KaPeRs' Web site which will be a resource for retirees to connect with volunteer opportunities.

The annual May Arts Exhibit will focus on art collected by retirees on their travels. Details in the April newsletter.

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

Tapping the power and potential of technology together

Digital technology is revolutionizing our world in ways we are only beginning to realize. Recently Kaiser Permanente Chairman and CEO Bernard J. Tyson joined other CEOs and global leaders to welcome the World Economic Forum's Center for the Fourth Industrial Revolution to San Francisco — a fitting location for a global center committed to ensuring that

KAPERS BOARD OF DIRECTORS

P.O. Box 2732, Tualatin, OR, 97062

Executive Committee

Sue Hennessy, President Smb7450@comcast.net
 Patti Lawler, Vice President..... pdxpatti3031@gmail.com
 Connie Clemmens, secretary..... clemmens@gmail.com
 Anke 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
 Marci Clark, Immediate past president.....
marci.clark.pdx@gmail.com
 Rob Perry, Webmaster..... rob_perry_jr@hotmail.com
 Nick Socotch, Volunteer Committee Chair.. nsocotch@gmail.com

Members at Large

Joanna Stuart jodalstu@wildblue.net
 Rita Townley..... reetstownley@msn.com
 Donna Caldwell..... jazzrx@comcast.net
 Peggy McClure peggy.mcclure@gmail.com
 Sandy Williams..... sunny@europa.com
 Maureen O'Connor winkyoconnor6@yahoo.com

Medical Group Representative

Ian MacMillan, MD, ismacm@comcast.net

Dental Group Representatives

Kathryn Holt tosca230@gmail.com

Members Emeritus

Ernest Aebi, MD	Ludene Clark	Jay Owen
Stressla Beaver	Peter Lang	Mary Ramsey
Jean Bradley	Jeanette Neuburger	Vivian Terrall

"Special Events Committee" in need of chair.

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 gvpats@aol.com 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.

advances in technology, science and medicine serve humanity and foster the universally held values of equality, connectedness and peace.

As a founding partner of the center, Kaiser Permanente will actively use this platform to collaborate with policymakers, technology leaders, influencers and others to tap the power and potential of technology to transform health care. Specifically, we will explore opportunities related to such things as artificial intelligence, the internet of things, precision medicine, data sharing and ownership, etc., while also working to resolve the ethical and practical concerns these advances in science and technology create.

Medical and Dental Services Collaborating

We know the knee bone's connected to the thigh bone, as the children's song goes. Our teeth are connected to the rest of us, too.

So don't be surprised if your dentist nudges you to make an appointment for that overdue mammogram. Or if your doctor reminds you that it's time to get your teeth cleaned.

When you leave the dentist's office, you will receive an after-visit summary reminding you of future medical appointments. And when you leave the doctor's office, your summary will include future dental appointments.

To make this level of collaboration possible, Kaiser Permanente's 19 dental offices recently switched from paper charts to an electronic total health record. Kaiser Permanente is among the first commercial health care organizations to integrate patients' medical and dental health records.

Member Sylvia Verburg was the first patient to be checked in using the new system, which premiered at the North Lancaster Dental Office last summer.

"I think it's great that they're combined now," Verburg said. "Makes it so much easier."

There are other offices offering medical and dental services in the same building. But Kaiser Permanente is using the Cedar Hills location, which opened in January, as a laboratory to test out new ways of combining medical and dental care.

"The new Cedar Hills location demonstrates Kaiser Permanente's commitment to innovation and redefining total health care for our members, community, and industry," said Dr. Cyrus Lee, lead dentist at Cedar Hills

Families who would otherwise juggle multiple appointments appreciate the convenience. Four-year-old Mason Tate recently visited Cedar Hills for a teeth cleaning. His dental hygienist noticed he was due for flu and polio shots. A nurse administered them while Tate was in the dental chair.

"This integrated care supports our busy family," said Mason's mom, Angie Tate.

The office also offers same-day and next-day appointments for minor injuries and illnesses, even if you don't need to see the dentist.

Board of Directors Actions

April board meeting

- The KaPeRs website will be revamped to enhance communications and make it more relevant for members.
- The Special Events Committee is working on a number of ideas for future activities. Announcements will be made as dates and details are finalized.
- The Board is considering options for making luncheon registration and payment easier, e.g., Bill Pay.
- The December luncheon will be held at a larger venue this year to accommodate more attendees. More to come about this.

Welcome New Retirees

Diana Antoniskis, MD	Stephanie Coronado, MD	John Huynh	Linda Meier, MD	Kenneth Surratt
William Arle	Kathleen Dalke, MD	Ruth Iversen, CRNA	Brent Miller	Ginny Sytsma, MD
Stanley Armstrong	Howard Daniel, Jr.	Sally Jones	Donald D Nelson	Rita Teiper
Jacqueline Baly	Gregory Ehlers	Kathleen Kennedy MD	Roshella New	Gail Thorn
Phillip Barber	Kenneth Ettinger, MD	Lela Kirk	Neal Olson, MD	Eloise Tims
Thomas Barringer, OD	Axel Fuchs, MD	Theresa Laskiewicz, MD	Kathryn Pedula	Nagendra Tirumali, MD
Richard Beam, MD	Carolyn Giovannini	Diane Loney	Carol Pelmas, MD	Ellen Torres, CRNA
Nancy Bivins	Laraine Gladstone	Nancy Madsen	Elizabeth Pepper	Khang Tran
Elizabeth Bjornskov, MD	Peggy Gurrad, MD	Christopher Mand, MD	Sharon Pickett	J. Anthony Tull, MD
Richard Boettcher	David Gustafson	Patricia Mann	Linda Saylor	Barbara Walden
Susan Buys, MD	Jasmin Harrison	Lindsay Martinson, MD	Mary Schwartz	Jennifer Wandell
Maureen Carney, MD	Amelda Heinzman	Michael Matthews, DPM	Douglas Smith	Cherie Warner
Theresa Casey	Thomas Hickey MD	Kathryn McCathern	John Steeh, MD	Esther Woods
Linda Cato	Maria Hopple	Mark McLain, OD	Marlene Stellato	Linda Young
Mary Jo Clarke, MD	Peter Hurd	C David Mead, OD	Cathie Stevens	Robert Young, MD
Elaine Copko	James Hussey MD			

"Living on the Other Side..." continued from page 1

four years in Botswana in southern Africa and two and a half years in Morocco in northern Africa.

Volunteers in Botswana, which has the second highest prevalence of HIV in the world, worked in prevention programs with pregnant women and youth, with district, AIDS coordinators, and with programs serving orphans and vulnerable children. Volunteers in Morocco primarily worked with youth to help address high youth unemployment.

Please join us to hear Peggy talk about what it's like to move so far away from family and friends to work in another culture for an extended period of time, and the fascinating stories about her life on the other side of the world.



Feeling Good!



Pat yourselves on the back... you're part of this, too!

Doernbecher is one of the leading children's hospitals in the country. It is supported by Kaiser Permanente. It's also a favorite charity of local credit unions – so much so that we (credit unions) have our own wing there.

In our particular case, the funds represented above were accumulated from your skip-a-pay member donations and from our own employee donations (the little bits we pay into the kitty to allow ourselves to wear non-business attire on Fridays). This sure makes all of us feel good. We hope you're feeling it, too!

Check out their website – very impressive:

ohsu.edu/xd/health/services/doernbecher/

www.kaipermnw.org

KaiPerm Northwest Federal Credit Union • Portland, OR



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.

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, 13521 NE 92nd St., Vancouver, WA 98682, or email to lois246@aol.com, subject line: KaPeRs Newsletter.

The Pianist of Willesden Lane

Portland Center Stage | Tuesday, June 27, 7:30 p.m.

To register, please make your check payable to KaPeRs and mail with this form to:

KaPeRs, P.O. Box 2732, Tualatin, OR 97026

Join a group of fellow KaPeRs for Portland Center Stage's production of The Pianist of Willesden Lane, Tuesday, June 27, 7:30 p.m. Set in Vienna in 1938 and in London during the Blitzkrieg, The Pianist of Willesden Lane tells the true and inspirational story of Lisa Jura, a young Jewish musician whose dreams are interrupted by the Nazi regime. In this poignant show, Grammy-nominated pianist Mona Golabek performs some of the world's most stunning music by composers, such as Beethoven, Bach and Chopin, while sharing her mother's riveting true story of survival. Pianist is infused with hope and invokes the life-affirming power of music.

A number of KaPeRs Board members have seen this play and highly recommend it. Feel free to contact Connie Clemmens at clemmens@gmail.com with any questions you may have about the evening. We've reserved a block of seats to take advantage of the group rate which is \$41.25 per seat. If you'd like to attend, please submit the registration form below with your check by Monday, May 15.

REGISTRATION FOR THE PIANIST OF WILLESDEN LANE

Name: _____

Email: _____

Phone: _____

- My check in the amount of \$41.25 is enclosed.
- My check in the amount of \$82.50 is enclosed as I plan to bring a guest.

Please make check payable to KaPeRs

You are invited to the KaPeRs luncheon
Thursday, May 25, at 12 noon (doors open at 11:30 a.m.)
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 Thursday, May 18:
(Make check payable to KaPeRs) Send to KaPeRs, P.O. Box 2732, Tualatin, OR, 97062
Or, you may send payment through your bank's Bill Pay. Send to KaPeRs, P.O. Box 2732, Tualatin, OR, 97062. Put your name (and your guest's name) and event name in the memo.

If you must cancel, please phone Anke at 503-885-8049 before Monday, May 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, May 25 at 12 noon.
 - This is my first time attending a KaPeRs luncheon.
- 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.

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, either on this form or by email to Jane Walker, lois246@aol.com

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 _____

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.

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



KaPeRs (Kaiser Permanente Retirees Organization)

P.O. Box 2732
Tualatin, OR, 97062

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. Be sure to send e-mail address change to gvpats@aol.com.