

KaPeRs Holiday Luncheon

Thursday, December 14, 2017 at 12 noon
Monarch Hotel

Pride of Portland Chorus Sweet Adelines International



Just when it seemed like summer would last forever, it's November! That means the holiday season is upon us once again — the good news is that KaPeRs' Holiday members' luncheon is just around the corner... and this will be special.

Pride of Portland Chorus is the premier women's a cappella chorus of the Pacific Northwest, and one of the 700 Sweet Adelines International choruses worldwide. They have the honor of consistently finishing in the top ten at international competitions... and the first to be invited to audition for America's Got Talent!

The full chorus numbers 100+ strong, with ages from 13 to over 80, and a repertoire of musical genres from barbershop to standards, pop to jazz, patriotic to show tunes. Join us on December 14 and prepare to be dazzled by "Pride's" smaller-venue ensemble of 20, performing their dynamic harmonies with a Holiday twist! A cappella harmony, created from four voice parts that blend into one chord, is stunning and challenging. They say, "Once you see us perform, one thing becomes perfectly clear: barbershop is not a hobby, it's a calling." We thank KaPeRs member Judy Shafer Collinworth (a Pride singer) for sharing this exciting experience with us. Take a listen:

<https://prideofportland.org/experience>

Note our new holiday luncheon venue this year will be at the Monarch Hotel's Pacific Ballroom — there's plenty of space and ample parking, so register now.

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 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

Thursday, Dec. 14, 2017 (Monarch Hotel near KSMC)
Wednesday, Feb. 14, 2018 (Town Hall)
Thursday, May 24, 2018 (Town Hall)
Wednesday, Sept. 12, 2018 (Town Hall)
Thursday, Dec. 13, 2018 (Location TBA)

Board of Directors 11:30 a.m., Town Hall

Thursday, Jan. 11, 2018
Thursday, Apr. 12, 2018
Thursday, Aug. 9, 2018
Thursday, Nov. 8, 2018

President's Corner

Sue Hennessy

What a beautiful fall, with its mixture of cool and warmth, the dazzling colors, and a reminder that holidays and year end reflections are just around the corner!

Our December General Meeting and holiday luncheon will be held at the Monarch Hotel on December 14. The

planned program is designed to be fun and entertaining! We will have plenty of room for guests and plenty of parking. Please sign up as early as possible.

We are continuing to implement our new officer terms of office at KaPeRs and I will be turning over the President's gavel to Patti Lawler in January. It has been my pleasure to serve you this past year. I will continue on the Board for 2018 and will look forward to seeing you at our events throughout the year.

Our Board is very active in developing our new website, volunteer programs, learning what activities you will find most attractive in the New Year, and planning programs and workshops accordingly. We are always recruiting for potential Board members. If you are interested, we encourage you to contact Patti Lawler (pdxpatti@comcast.net), incoming Board chair, or talk with any current Board member. Let them know of your interest and attend one or more of our Board meetings.

As the year comes to a close, it is inevitable that your mailbox will be flooded with requests to contribute to any number of charities. This is a reminder of how fortunate we are as KPNW Retirees to have the retiree benefits we have and a community of former colleagues with whom to share memories, new experiences in our new lives, and the incredible healthcare at Kaiser Permanente. Many are not so fortunate. I hope that you will consider contributing your time to a community organization needing volunteers, place your favorite charities on your gift list, reach out to an elderly neighbor, adopt a family for gift giving, or volunteer at the food bank. Whatever your choice, your efforts will be appreciated! Our communities need us and we have so much to give.

Have a wonderful holiday season!

Sincerely,
Sue Hennessy, Board Chair

Keeping in Touch

Richard Babal became the moderator/coach for the Jesuit High School Chess Teams. The varsity team had a great showing last March by taking 2nd place in the Varsity 6A Oregon State Title. Their teams also took 3rd place overall team State Title. He's looking forward to helping to rebuild their varsity and JV teams since many of their strong players graduated this past year.

Jane Walker is asking for someone to step up and volunteer to take over the position of editor for our newsletter. Due to other obligations, she needs to step down next year. If you enjoy writing and proofreading, this could be a very rewarding position for you. She will be happy to work with you and get you up and running.

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.

Volunteers Caring and Sharing

Carol Cohen retired in June, 2014, after a 34 year career in nursing. Since retiring, she volunteers with multiple organizations: SMART at her local elementary school, Oregon Buddhist Temple, Eastside Democratic Club, Veterans for Peace, Friends of the Columbia River, 350.org, Healthcare for All Oregon, Nurses for Single Payer, and Physicians for Social Responsibility.

Sue Goodstein has volunteered for Store to Door for over 14 years. She says the clients (she finds herself referring to them as "patients") truly appreciate the service provided.

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.

More Volunteer Opportunities

KP Voice is a community of advocates who promote Kaiser Permanente's values of affordable, accessible, high-quality care. <http://www.kp.org/voice>

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.

Update: Villages NW – 2 More Villages Open and Serving Members

- **North Star Village**
North and inner northeast
Portland, Sauvie Island,
Linnton & Forest Park
503-793-8518
infonorthstar@comcast.net



- **River West Village**
I-405/Highway 26 South to Multnomah County
line, Willamette River West to Scholls Ferry Road
971-266-3187 | info@riverwestvillage.org

- **WLLO**
An 8th Village (WLLO) is being developed in the
Lake Oswego/West Linn area. WLLO is beginning
to have activities and events for villagers to get
acquainted. Most Villages have social events and
KaPeRs members are invited to attend an event or
activity in their local Village.

Care Facilities Volunteers:

Contacts for each of our ambulatory care facility
volunteers programs:

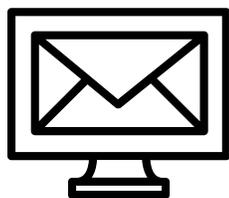
- Carolyn Ortman – KWMC.....971-310-4563
- John Tisserat – KWMC471-400-7197
- Annette Shaff-Palmer – Hospice503-499-4644
- Randi Orth – KPB..... 503-813-2050
- Bonnie Morgan – KSMC503-571-4155
- Jani Hazen –
KSMC Teen Volunteer Coordinator..... 503-571-7201

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 email to
kapersmembers@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.

KaPeRs Making Changes!!



Over the years the cost of
producing and mailing the
quarterly newsletters has steadily
risen and your Board of Directors
has been brainstorming ways to
more efficiently get the newsletters
out to our 3700+ members. Our
current process is labor intensive and costly. The
newsletter is KaPeRs' primary means of communicating
with our members and we are mindful of the importance
of continuing its publication.

While we appreciate the financial support we have
received for many years from KPNW and KaiPerm
Credit Union, their budgets are impacted by rising
costs as well. Their financial support could be put to use
keeping the cost of luncheons down as well as providing
high-quality programming and events of interest to
members, rather than postage, paper and printing costs.

Therefore, your Board of Directors has decided that,
beginning no later than July, 2018, the newsletter will
be available primarily by email and on our website. We
realize that not everyone has a computer, and visiting
our website is not an option. So, for \$10 per year, those
members can continue to receive a paper copy.

Here are your options:

1. **Pay \$10 per year to continue receiving paper copy.**
Make check out to KaPeRs, and send to KaPeRs,
P.O. Box 2732, Tualatin, OR, 97062, with note,
“Subscribe to Newsletter”.
2. **To switch from paper to email delivery,** send email
address to kapersmembers@comcast.net with subject
line, “KaPeRs Newsletter” Current email address
will also allow you to receive communication
throughout the year from the updated KaPeRs
website, like meeting reminders and special events.
3. **If you already receive the newsletter by email, you
will continue to receive it that way,** unless you send
an email to kapersmembers@comcast.net, asking to
stop receiving it.
4. **If you currently receive the paper newsletter and
don't want it anymore, do nothing,** and your name
and information will be moved to an “inactive” list.
You will no longer receive the newsletter by paper,
but can still access it online at kpnwretirees.org and
can always send an email later to kapersmembers@comcast.net
requesting email delivery.
5. **The deadline for taking one of the actions above is
July 1, 2018.**
6. **If you have questions, please reach out to one of
the Board members.**

Coming soon:

Rob Perry and Nick Socotch are working diligently to
upgrade our kpnwretirees.org website to improve the
process of registering for quarterly luncheon meetings
and special events, as well as other features. We'll let you
know when the upgrade is completed.



In Memoriam

Clarice Barrett	Patricia Legarda
Merri Coleman	Helen Maguigan
Charles Emerick, MD	Bonnie Matteson
Myrna Hauzenberger	Dorothy St. Helen

KAPERS BOARD OF DIRECTORS

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

Executive Committee

Sue Hennessy, president *Smb7450@comcast.net*
 Patti Lawler, vice president..... *pdxpatti@comcast.net*
 Connie Clemmens, secretary..... *clemmens@gmail.com*
 Anke Kuindersma, treasurer..... *kuinder@gmail.com*
 503-885-8049
 Marci Clark, immediate past president
marci.clark.pdx@gmail.com

Standing Committee Chairs

Patsy VandeVenter, membership co-chair..... *gvpats@aol.com*
 503-245-2821
 Janeene Siler, membership co-chair... *kapersmembers@comcast.net*
 503-650-7915
 Jane Walker, newsletter editor *lois246@aol.com*
 360-487-9173
 Judy Parmenter, program chair *parmenter.judy@gmail.com*
 Rob Perry, webmaster *KaPeRs@outlook.com*
 Nick Socotch, volunteer committee chair..... *nsocotch@gmail.com*
 Peggy McClure, Special Events Chair *peggy.mcclure@gmail.com*

Board Members

Rita Townley..... *reetstownley@msn.com*
 Donna Caldwell..... *cldwelldj@comcast.net*
 Sandy Williams..... *sunny@europa.com*
 Maureen O'Connor..... *winkyconnor6@yahoo.com*
 Mike Kinard..... *mekinard@me.com*

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.

October Luncheon Highlights

KaPeRs members contributed \$4000 to the community giving program this year. KaiPerm Credit Union also contributed \$2000. Store to Door and Share Vancouver were the recipients.

Janet O'Hollaren, acting Interim Regional President and Chief Operating Officer of Health Plan and Hospitals presented an informative overview of significant KPNW endeavors.

The proposed slate of officers for the coming year was presented and will be voted on at the December meeting. For President: Patti Lawler; Vice President: Peggy McClure; Treasurer: Anke Kuindersma; Secretary: Connie Clemmens. We still need replacements for the Program chair and Newsletter editor next year. Members were asked to consider joining the Board of Directors and getting involved with our retirement group.

The following people received gift cards in the quarterly drawing:

- Judy Collinworth
- Ethel Gibney
- Anne Larson
- Peggy Leniger
- Lucy Nonnenkamp
- Susan Ross-Bell
- Ric Russell

Board of Directors Actions

November board meeting

- KaPeRs will request the same budget as last year from the Region.
- The Board approved charging a \$10/year fee for continued paper mailing of the newsletter, beginning no later than July next year. The goal is to primarily send the newsletter by email. Members will also be able to opt out of receiving the newsletter if they choose. It will continue to be available on our website. Communication will go out to members in the next three newsletters.
- Judy Collinworth agreed to assist members with questions about retiree benefits. She will attend the general meetings and be available before and after the meetings to talk to members with questions. She recommended contacting Marv Holmes in the local HR office for further assistance. Although he primarily works with current employees, he has been helpful in the past with questions from retirees.

KP News Roundup

Ruth Brinkley Named President of Kaiser Permanente Northwest Region

<https://share.kaiserpermanente.org/article/ruth-brinkley-named-president-kaiser-permanente-northwest-region/>



Kaiser Permanente announced today that **Ruth Brinkley** is the new president of Kaiser Foundation Health Plan and Hospitals of the Northwest, which includes Oregon and markets in Vancouver and Longview/Kelso, Washington.

Brinkley comes to Kaiser Permanente from KentuckyOne Health, Kentucky's largest integrated health system, where she has served as CEO since 2012. KentuckyOne is a division of Catholic Health Initiatives, one of the nation's largest nonprofit health systems.

"Ruth's deep experience in integrated and nonprofit health care systems makes her a great fit for this important leadership role," said Kaiser Permanente Chairman and CEO **Bernard J. Tyson**. "Her commitment to improving access to high-quality care is very reflective of Kaiser Permanente's mission. Ruth understands the ever-growing demands of consumers. I look forward to her contributions in the Northwest and to our entire organization."

KentuckyOne was created in 2012 by the merger of Jewish Hospital & Saints Mary and Elizabeth HealthCare and Saint Joseph Health System. In 2013, the University of Louisville Hospital and the James Graham Brown Cancer Center joined KentuckyOne. Brinkley is credited with successfully overseeing post-merger systems integration and optimization, along with expanding signature programs in heart and cancer care for the benefit of citizens across Kentucky.

Brinkley, who began her health care career as a nurse, has also served as president and CEO of Carondelet Health Network in Tucson, Arizona, and as president and CEO of Memorial Health Care System in Chattanooga, Tennessee.

Brinkley will report directly to **Gregory Adams**, executive vice president and group president, Kaiser Foundation Health Plan, Inc. and Hospitals.

"Ruth's expertise in leading local and regional health systems, her patient focus and her drive for continually improving operations will help us deliver on our promise of providing high-quality, affordable health care," said Adams.

"I am excited and honored for this opportunity to serve the communities of the Northwest Region" Brinkley said. "Kaiser Permanente has a remarkable legacy of excellence and innovation in health care. I am looking forward to building upon that legacy to bring total health to new members and additional communities in this great region."

Kaiser Permanente's Northwest Region provides health care and coverage to more than 570,000 medical and 260,000 dental members at 34 medical offices, 20 dental offices and two hospitals. Earlier this month, the Centers for Medicare and Medicaid Services gave Kaiser Permanente Northwest's Medicare plan the highest possible rating of 5 out of 5 stars for the seventh year in a row.

Welcome New Retirees

Karen Asaro
Kristine Becker
Kristine Bennett
Steven Bergman
Carol Bremner
RaNea Bryant
Aaron Chrusoskie
Margaret Chrusoskie
Patricia Collins
Paulino De Paz
Jeanne Ewen
Alice Fevold
Les Gray
Susan Guerin, MD
Anita Kennelly
Julia Lynch
John Lyster
David Matthews
Steve Mazzealli
Andrew McCulloch
Linda McVay
Leslie Nicodemus
George Oh, MD
Denette Peffers
Mary Pohlman
Linda Ramirez
Nancy Rogauskas
Ennis Rosamond
Brian Ryder CRNA
Blaise Scollard
Carolynne Snyder
Weilin Tung Ray
Jan Willy
Amber Wright



"Banking like you wouldn't believe!"

At KaiPerm Credit Union we believe in helping members get ahead financially.

We are pleased to introduce a 3 year Certificate of Deposit with a Direct Advantage rate of **1.10%!!!**

Direct Advantage Members also earn **6%** interest on the first \$1000 in their checking account.

We also offer these Certificates of Deposit terms:

- 3 Month – 0.35%*
- 6 Month – 0.45%*
- 1 Year – 0.55%*
- 2 Year – 0.85%*

*Direct Advantage (DA) rates. Minimum opening deposit is \$1,000.00. Non-DA members earn 0.10% less on Certificate of Deposit rates.

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.

You are invited to the KaPeRs luncheon
Thursday, December 14, at 12 noon (doors open at 11:30 a.m.)
Monarch Hotel (near KSMC)
12566 SE 93rd Ave, Clackamas 97015
\$15 for members and \$19 for guests (Limited seating, so register quickly!)

Menu: Roasted breast of turkey, accompanied by garlic mashed potatoes with gravy, fresh vegetables and cranberry relish. Rolls, holiday pie, and coffee and tea also included. (Please let us know if vegetarian or gluten-free is needed.)

Return this RSVP and payment by Thursday, November 30:
(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, your guest's name, and event name in the memo.

If you must cancel, please phone Anke at 503-885-8049 before Monday, December 11, to have your check returned. After that date, we are charged for reservations.

- I will attend the KaPeRs luncheon on Thursday, December 14 at 12 noon.
 - This is my first time attending a KaPeRs luncheon.
- I am enclosing \$15 for my luncheon, payable to KaPeRs. My Name _____
- I am enclosing \$34 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 Janeene Siler at kapersmembers@comcast.net, 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 email kapersmembers@comcast.net, 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 email address to Patsy VandeVenter at kapersmembers@comcast.net, subject line: KaPeRs. Be sure to send email address change to kapersmembers@comcast.net.