

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 Meeting Presentation

Thursday, October 5, 2017 at 12 noon

KPNW Regional Update

Janet O'hollaren, Acting Interim President/
Chief Operating Officer Health Plan/Hospitals

In the past few years we have seen many exciting new developments within the Kaiser Program and KPNW. Recently, Group Health Cooperative became Kaiser's eighth and newest region; we expanded our services to Eugene; our first (but not last) convenient care clinic opened in the Pearl, as well as a neighborhood dental/medical office in Beaverton; and Southern California's plan to open the program's first medical school in 2019 will impact our region in a positive way.



With the retirement of KPNW Regional President Andy McCulloch this July, the search for his successor is underway. Janet O'Hollaren, the Region's Chief Operating Officer, is Acting Interim President and will join us on October 5 to share the latest happenings in our Region and the Program, and will provide insights into the challenges the Program faces in the rapidly changing health care environment. (We hope to be able to introduce you to the new Regional President by this time.)

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

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, Oct. 5, 2017
(Town Hall)

Thursday, Dec. 14, 2017
(Monarch Hotel near KSMC)

Board of Directors 11:30 am

Thursday, Nov. 2, 2017
(Town Hall)

President's Corner

Sue Hennessy

The summer seems to go by so fast every year. I hope that all of you are enjoying the Northwest's boundless things to do during this wonderful time of year.

As we look toward fall, we hope that you will join us for the General Membership Meeting on October 5 at Town Hall. Janet O'Hollaren, Interim Regional President, will be our speaker and will provide an update on the Region's performance, information on the search for a new Regional President (Andy McCulloch retired in July after serving the Region successfully for 10 years.), news from Kaiser Permanente's new Region in Seattle/Washington State, and other accomplishments of the Region and the Program.

This is also the time of year when we look toward Community Giving and we encourage you to join the Board members in donating to one or both of the designated charities chosen for KaPeRs sponsorship. We will be honoring the same organizations as last

year, SHARE/Vancouver and Store to Door in Portland. Additional information on these organizations and donation forms were mailed in late July. Your generosity in supporting our neighbors served by these organizations will be appreciated very much.

We are making progress in updating our website with the goal of making it easier to sign up for volunteer opportunities, register and pay for programs and events, and simplify our newsletter mailings. Stay tuned for these improvements.

Please note that our Holiday General Meeting will be on December 14 and will be held at the Monarch Hotel across the freeway from Sunnyside. We have moved this event to assure that we have adequate space for all who wish to attend. Additionally, they have adequate parking and nice menu offerings. Do put this event on your calendar now! Our program will include music, good food, and wonderful company to carry on our tradition.

And finally, if you are interested in serving on the Board of KaPeRs, please contact Patti Lawler at pdxpatti@comcast.net. Several of our long-term Board members are concluding their service and we welcome new faces and ideas. It is my pleasure to serve as your President this year.

Keeping in Touch

Anke Kuindersma wants to remind all dog owners to be extra vigilant about other dogs, whether leashed and especially off leash! A little over 2 months ago, she and her dog were viciously attacked by 2 escaped pit bulls. The more aggressive one took a piece of jawbone with some teeth out of her dog. She's still needing to have a bone graft with reconstructive surgery! Luckily, Anke only had a tooth scrape on her wrist, not bad enough to need medical help.

KaPeRs Tours and Outings

October 6, 10 am: Japanese Garden Tour

The Japanese Garden was recently expanded. The tour will take about an hour. Here is the website that tells you more about the garden, the cafe (where you might want to have tea or lunch after the tour), and transportation/parking options. Parking is very limited, so be sure to find out possibilities from the website or Trimet. The group senior rate is \$11.50/person.

By September 20, to reserve a place on the tour, please send a check payable to KaPeRs 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.

October 26: JFK Exhibit at Oregon Historical Society and Prior Lunch at Behind the Museum Cafe' at 11:30 am

- **Behind the Museum Café** serves coffee, Japanese

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, P.O. Box 2732, Tualatin, OR 97062. Thank you very much for your help in supporting KaPeRs, our one-of-a-kind organization.

teas, sandwiches (\$6-8), small Japanese dishes, and pastries. Each person will pay for their own meal at the restaurant. After lunch, people will walk over to the exhibit. The Cafe address: 1229 SW 10th Ave. Portland. www.behindthemuseumcafe.com

- **High Hopes: The Journey of John F. Kennedy** On November 22, 1963, the 35th President of the United States, John Fitzgerald Kennedy, was assassinated while riding in a motorcade through the streets of Dallas, Texas. Kennedy's short presidency was marked by great hope and promise but also tension and conflict. How he arrived in his position, the youngest elected president in history and the only Catholic to hold the office, is a story of both determination and privilege. The second born son of a political dynasty, Kennedy's rise to power may be seen as inevitable but his ascension was hard fought as he battled against severe health problems and overcame his ailments to become a war hero then a U.S. Congressman and Senator and ultimately the leader of the free world. While much of his life has been overshadowed by his assassination at a young age, Kennedy's achievements during his presidency were significant and are still affecting millions of people today. This exhibition explores Kennedy's early life, his road to the presidency, and the changes he effected during his time in office. With the high hopes of the country behind him, John F. Kennedy made a commitment to changing the world for the better and in his legacy he continues to live on.

Oregon Historical Society is at 1200 SW Park Ave, www.ohs.org. For the exhibit, there is no charge for Multnomah

County residents (we paid a tax!); entry is \$9 for non-Multnomah County residents (\$8 if AAA member).

To reserve a place at lunch, please send an email to Kathryn Holt at tosca230@gmail.com or call her at 503-223-0311.

November 1, 10-11:30 am: KP Northwest Regional Telehealth and Convenient Care Services Center in Hillsboro

Up to 20 of us can go on a tour where we will learn about the services, structure, and layout.

To reserve a spot, please email peggy.mcclure@gmail.com. The first 20 to send an email will have a spot. Peggy will send details regarding address and transportation options to those who sign up.

Volunteers Caring and Sharing

Store to Door

This is one of the organizations we are donating to this year for our community giving project.

Jan Loewen works with Store to Door and said, “I’ve been volunteering for Store to Door for about a year, doing grocery shopping once a week. Great people — lots of fun. I enjoy chatting with the ordering clients when I have questions or can’t find an item they have requested. Sometimes finding an item is like going on a scavenger hunt — who knew organic dandelion greens could be found in the Fred Meyer produce section? Or that HamBeans is a dried bean soup mix? Or that you can request bags of frozen colossal size shrimp from the seafood man? Always something new to learn.

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.

For Volunteer Opportunities

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.

Contacts for each of our programs:

- Carolyn Ortman – KWMC 971-310-4563
- John Tisserat – KWMC..... 471-400-7197
- Annette Shaff-Palmer – Hospice 503-499-4644
- Randi Orth – KP 503-813-2050
- Bonnie Morgan – KSMC 503-571-4155
- Jani Hazen – KSMC Teen Volunteer Coordinator 503-571-7201

As chair of KaPeRs' new Volunteer Committee, Nick Socotch 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.

Volunteer Opportunities with Villages NW



There are already six grassroots Villages up and running in the Portland metro area (with other Villages in Ashland, Bend, and Seattle), each tailored to the specific needs of their communities. Want to learn more about YOUR Village? Visit their

website, find the date and place of the next **Village 101** info-sharing gathering, and **GO!** You’ll meet Program and local Village leaders, and people like you who are “neighbors helping neighbors **stay neighbors....**”

- **Eastside Village PDX** — Portland eastsidevillage.clubexpress.com
- **Northeast Village PDX** — Portland nevillagepdx.org
- **Village Without Walls** — Hillsboro/Aloha/Forest Grove/Cornelius villagewithoutwalls.org
- **Viva Village** — Beaverton vivavillage.clubexpress.com
- **River West Village** — SW Portland (Willamette River west to Beaverton/north of Lake Oswego) *(open 10/17)* riverwestvillage.org
- **North Star Village** — N Portland, Sauvie Island & bordering NW & inner NE Neighborhoods *(open 10/17)* NorthStarVillage@comcast.net
- **Village Clark County** — Clark County *(in development)* helenelder1@gmail.com
- **Villages for Milwaukie** - if you are a Milwaukie resident interested in helping to create a Village, contact info@VillagesNW.org



In Memoriam

Susan Blakely, MD	Evelyn Johnson
Nancy Church	Richard Leffler
Fred Colwell, MD	Patsy Lindsay
Fran Denike	Ihlene Stiles

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 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*
 Rob Perry, webmaster..... *KaPeRs@outlook.com*
 Nick Socotch, volunteer committee chair..... *nsocotch@gmail.com*
 Peggy McClure, Special Events Chair *peggy.mcclure@gmail.com*

Members at Large

Joanna Stuart *jodalstu@wildblue.net*
 Rita Townley, Special Events *reetstownley@msn.com*
 Donna Caldwell, Special Events *jazzrx@comcast.net*
 Peggy McClure *peggy.mcclure@gmail.com*
 Sandy Williams, Special Events *sunny@europa.com*
 Maureen O'Connor, Special Events..... *winkyconnor6@yahoo.com*
 Janeene Siler..... *Janeene@comcast.net*

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

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.

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.

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.

Rob Perry and Nick Socotch have been diligently upgrading our kpnwretirees.org website to improve the process of registering for quarterly luncheon meetings and special events, as well as other features.

More information will be coming in the November newsletter. You will be asked to notify the Board of your intentions as to how you wish to receive the newsletter. If you wish to discontinue receiving it, that option will also be available.

The newsletter is KaPeRs' primary means of communicating with our members and we are mindful of the importance of continuing its publication.

May Luncheon Highlights

- Several members displayed artwork collected during their travels. Many countries and cultures were represented.
- Gift cards for two each were donated by the KaiPerm Credit Union.
- The guest speaker was Peggy McClure.

KP News Roundup

KAISER PERMANENTE TO OPEN WELLNESS CENTER AT FAUBION SCHOOL AND CONCORDIA UNIVERSITY



Kaiser Permanente clinicians will provide a full range of primary care and dental services at the Kaiser Permanente 3 to PhD® Wellness Center, a 2,500 square-foot wing inside the new Faubion School and Concordia University facility opening this fall 2017.

Kaiser Permanente joins Concordia University, Portland Public Schools' Faubion School, and Trillium Family Services in the trailblazing model to creating safer, healthier and more educated communities. Trillium Family Services will continue to provide mental and behavioral health services.

The services including dental, physical exams, screenings, immunizations, onsite lab services, and referrals will initially be available to students of Faubion and Concordia and will be open standard weekday hours.

“Prevention and early intervention are critical in achieving total health – mind, body and spirit,” said Imelda Dacones, MD, CEO and president of Northwest Permanente. “3 to PhD takes prevention to an unprecedented level by wrapping services – medical, dental, social, and behavioral – around children and their families to address more holistically the factors that influence their health and well-being.”

“We joined 3 to PhD because we have a shared vision to develop a safer, healthier, better educated community,” said Andrew McCulloch, president, Kaiser Foundation Hospitals and Health Plan of the Northwest. “Kaiser Permanente’s goal is to make the communities we serve among the healthiest in the nation.”

The collaboration also benefits Concordia University students by providing experiential learning opportunities for the University’s College of Health and Human Services and its many bachelor’s and master’s level degree programs, including nursing, health care administration, psychology, social work, and exercise and sports science. Meanwhile, Concordia students include and engage Faubion students through health care curriculum, career exploration, programming and prevention.

“Health and wellness are foundational to ensure children come to school ready to learn, and Kaiser Permanente’s commitment to 3 to PhD is groundbreaking in the way it’s fully integrated within a public school,” said Gary Withers, JD, Concordia University Foundation president and the university’s chief strategic relations officer.

More options for dental care

Good news! On August 8, Kaiser Permanente Dental at Johnson Creek opened with a community open house.

Kaiser Permanente Dental at Johnson Creek is designed for the future with advanced imaging equipment, a state-of-the-art oral surgery suite, and a modern lobby with personal electronic device charging stations built into the furniture. It is easily accessible by I-205 and 82nd Avenue, and is just a 5-minute drive from Clackamas Town Center. The office employs 32 staff members, including 4 general dentists, 3 oral surgeons, 5 hygienists, 8 dental assistants, and more. Members can transfer their dental care by calling the Appointment Center at 1-800-813-2000.

Welcome New Retirees

Kathryn Barner
Kay Beadle
Luanna Biehl
Christina Botterill
David Bourdon
Penny Bradley
Gary Brashear
Sheila Brown
Elaine Bruke, MD
Patricia Byford
Brenda Charpentier
Judy Shafer Collinsworth
Laura Condit
Gayla Curl
Barbara Cusick
Brenda Delagarza

Charles Eggerstedt
Sherry Fitzpatrick
Thomas Freedman
Norman Freeman, MD
Susan Freisinger
Kathleen Golden
Meg Graue
Kerry Grindeland
Daren Hawkins
Sandra Heintz
Linda Henry
Michael Herson, MD
Gina Hindenach
Forest Howard
Teresa Keane
Gordon Kuhn

Deborah Louis
Cynthia Mainz
Ward Mann, FNP
Keith Mathias
Lana Maupin
Beverly Minty
Kim Misner
Lisa Molina, MD
Carol Murray
Frederick Ott, MD
Lynne Patzel
Candice Perry
Thomas Pettey
Teresa Poe
Pamela Polivka
Joyce Pylkki

Suzanne Ragsdale
Carla Ramsby
Anna Regan
Dolly Rhyner
Manathis Rich, Jr
Vicki Sassaman
Nancy Schlosser
Daryn Secrist
Jacquelyn Shade
Susan Simpkins
Robert Skinner, MD
Kurt Smidt-Jernstrom
Christopher Smith
Linda Smith
Thomas Smurthwaite
Robert Speirs, MD

Harry Stathos
Mary Sundby
Sally Talbot
Jeneva Thomas
Lou Thorsness
Kathy Towe
Donald Tsukamaki
Janice Vafeados
Brian Wartell
Cheryl Winchell
Kathy Wood
James Wood, MD
Jack Young
Robert Young, MD

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.

Board of Directors Actions

August board meeting

- Several Board members are reaching the end of their terms this year. The Board approved a slate of replacements to be presented at the Oct. 5th general meeting.
- Rob Perry, our webmaster, presented design changes to our website and will be working with Board members to learn how to access and edit their specific areas. (e.g., special events, volunteer opportunities)
- 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 by mid-November.

www.kaipernw.org

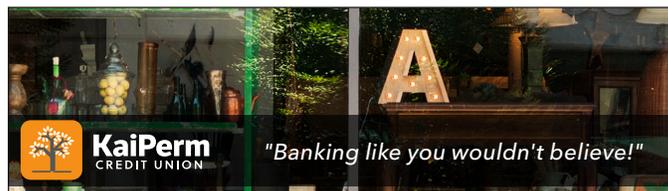
Kaiperm Northwest Federal Credit Union • Portland, OR



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 Basic 'mission' of KPCU...is to provide a variety of "better-than-market" banking services and exceptional benefits... in order to help its members
Get Ahead Financially!



How? By...

- Providing a **full range of banking services... with features and benefits that are measurably better than those available from other banking sources...** including certain accounts and services that are particularly appropriate and appealing to our members.
- Providing members with accounts and services that **cost less and/or pay more** than similar offerings of other financial service sources.
- Encouraging members to **fully utilize the various services of the credit union**, rather than those of other sources.
- Helping members **use credit wisely...** and avoid and/or fix problems with their credit status.
- Helping and **encouraging all members to save money on a regular, recurring basis...** and to do so sooner, rather than later.
- Providing **useful, objective information** on matters of personal and family finance.
- **Urging members to be proactive** regarding actions that would work to their financial advantage.
- Providing various **no-cost or low-cost services**, including some not necessarily available from other banking sources.
- Providing a range of **automated services** to increase the efficiency and convenience of utilizing the credit union.
- Encouraging members to **develop long-range perspectives** regarding their personal finances.
- Encouraging members to develop and maintain **personal budgets, plans and behaviors** that help them sharpen their financial routines and improve their financial circumstances.

You are invited to the KaPeRs luncheon
Thursday, October 5, 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, September 28:
(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, October 2, 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, October 5 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.

Inside look for...



Keeping In Touch..... page 2

Recent Retirees..... page 5

Meeting Luncheon Invitation..... page 7

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.