

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, February 23, 2017 at 12 noon

"It Does Take a Village"

Alison Bahr, MD – Internist with Northwest Permanente and President of the Board of Villages NW



Villages NW is a new non-profit organization enabling Pacific NW residents to successfully age in place by establishing a network of sustainable, neighborhood — based "villages" to provide programming and services so that

seniors are actively involved in — rather than isolated from — their communities. 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.

Dr. Alison Bahr joined the local "Village" movement in October 2013, became a Board member in January 2014 and has served as Board president since January 2015. On January 26, 2016, KPNW announced that Dr. Alison Bahr, had been awarded the David Lawrence Community Service Award recognizing volunteerism from Kaiser Permanente employees.

Since starting with Villages NW, she has volunteered approximately 20 hours a month, 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. 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.

Join us on Thursday, February 23, to learn more about Villages NW; and if you have the time or talent to share, you might show your support for the movement by helping to build a Village, too.

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, Feb. 23, 2017

Thursday, May 25, 2017

Thursday, Oct. 5, 2017

Thursday, Dec. 14, 2017

Board of Directors 11:30 am, Town Hall

Thursday, Apr. 13, 2017

Thursday, Aug. 10, 2017
(East Interstate)

Thursday, Nov. 2, 2017

President's Corner

Sue Hennessy

Happy New Year to all KPNW Retirees! I am pleased to serve as your President of KaPeRs for 2017 and excited to serve with our Vice President, Patti Lawler, who will assume the Presidency next year, and with our Board of Directors to guide our growing organization. Our current membership is over 3000 retirees with more joining each month.

We continue to enjoy the financial support of the Regional office, the Credit Union, and the mailroom at KPB to conduct our general meetings, board meetings, newsletters, and Community Giving efforts. In spite of increased support from the Region, KaPeRs continues to rely also on your donations and volunteerism to support our efforts. We hope to develop easier and electronic means of accepting and acknowledging your help in the coming months. All donations are welcome! Look for updates in each newsletter asking for your help.

One of our largest expenses is mailing the newsletter. Today, we have only 800–900 members participating by email. As always, we will continue to encourage you to sign up to receive the newsletter by email vs. mail. PLEASE send your name, phone number, and email address to Patsy VandeVenter, Membership Committee Chair (e-mail: gvpats@aol.com) to receive the news electronically and support KaPeRs financially.

In 2017, we will continue to hold our quarterly general meetings/social get-togethers. Please plan to join us on February 23 at Town Hall when Dr. Alison Bahr, Permanente Physician, winner of the David Lawrence Community Service Award, and Chair of the NW Villages Board will be our speaker. We will learn more about NW Villages and their efforts to support seniors aging in place. We hope, too, that you will be inspired to volunteer with NW Villages.

Increasing volunteerism, recognizing volunteerism amongst retirees, and making it easier to sign up for volunteer activities beside our active employees will be a continuing focus of our Board this year. We always want to hear about your volunteer activities — regardless of where they are — and will publish your stories in the newsletter as we receive them. We know that social connection and giving back to our communities is correlated with healthy aging!

Our Board is currently focused on planning for upcoming activities for the year. Workshop topics, day tour ideas, group trip to Seattle for a Mariners game are just some of the things we are exploring. Please let us know your interests and ideas and we will incorporate into our planning.

We are also excited to have Nick Socotch join our Board and serve as chair of a new committee that will work closely with KPNW Nursing Leadership to pilot a nursing mentorship program. The pilot will match retired nurses with new grads and will provide professional guidance, wisdom, and support as the new grads move into their nursing roles. If you are interested in learning more about this program and/or serving as a mentor, contact Nick Socotch, RN, at socotch@msn.com or call 503-516-7197.

Keeping in Touch

Lorrie Coats bought a condo in Battleground recently and now volunteers with Meals on Wheels and the Food Bank in Battleground twice a week. She also took some clay/ceramics classes in the past and has been creating fence art that she is selling to local nurseries. Hopefully, we'll get to see some of her work at the KaPeRs art exhibit this year.

Barbara Flores is enjoying retirement, although she misses her coworkers at the Emergicenter. She is thankful she had more time the last five years with her Mom, who she lost in September. In July, she helped

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.

a friend move to North Dakota and was able to visit family and her best friend from high school. She keeps busy with family and short trips to the coast and Spirit Mt. Casino. (No big win yet)

Martha Han has started work on her yearly art exhibition at 740 SE 106th in East Portland Community Center. One third of sales will help children take art/music classes. She hopes some of our members will come by and browse through.

Carol Kuechly and **Caroline Duffy** have been long time friends since meeting through Kaiser Home Care. Since retiring, they have both been involved with dogs. Carol's passion is long-haired dachshunds (AKC shows and puppies), and Caroline's passion is greyhound rescue. They also volunteer once each week with Meals on Wheels in Vancouver.

Grace E. Nye retired a year ago. She has had some health issues with her eyes. Also, she had basal cell cancer removed from her nose. Happily, she has had some fun times as well. In March, she went on a cruise to Mexico, Belize, and Rotan with her sister. In July, she went to Europe for eight weeks and stayed with her son. While there, she visited France, Italy, Belgium, and Poland. She also traveled through Germany. She arrived back home Sept. 23rd and is hoping to find a volunteer program for at least one day a week in the Oak Grove area.



In Memoriam

Dee Leyden, RN

Jane Walker enjoyed making her traditional holiday fudge for family and friends. She found the recipe many years ago on a powdered sugar box and has been making it every Christmas since. It's a really easy, no cook recipe: Combine 1 lb. powdered sugar, 6T evaporated milk, 1 tsp. vanilla, and ¼ tsp. salt in a mixing bowl. Stir until smooth. Melt 1 cup (6 oz.) semi-sweet chocolate chips in microwave and add to sugar mix until blended. Stir in ¼ cup (1/2 stick) soft butter until well blended. Mix in 1 cup pecan or walnut pieces (optional). Spread in buttered 8" square pan, chill, cut, and enjoy.

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.

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.

Take Action: 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 is early January 2017.**

Volunteer Opportunities with Villages NW

Take Action: To volunteer at Villages NW, please contact Lyn Trainer, Managing Director, 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

KaPeRs' Going Green



Help us keep our KaPeRs expenses down.

This newsletter is the primary means of communication among our 3600 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 899 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.**

December Luncheon Highlights

Gift cards for two each were donated by the KP Credit Union. The following were winners of the drawing:
Stephanie Cody Jean Johansson Joan Moore
Carolyn Criteser Terry Kent James Williams
Diane Ditmer

We were honored by the performance of the music group, "Blues/Jazz/Soul for the Season" (Lorna Baxter, Daniel Noland, and Bill Coones) as our entertainment for the luncheon. They were well received by all.

New officers for KaPeRs were elected during the business portion of the meeting. Sue Hennessy is our new President, and Patti Lawler is our new Vice President.

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*
Gail Clark, special events co-chair..... *gailrclark@comcast.net*
Maureen O'Connor, special events co-chair.....
winkyconnor6@yahoo.com
Marci Clark, Immediate past president.....
marci.clark.pdx@gmail.com
Rob Perry, Webmaster..... *rob_perry_jr@hotmail.com*

Members at Large

Joanna Stuart..... *jodalstu@wildblue.net*
Rita Townley..... *reetstownley@msn.com*
Donna Caldwell..... *jazzrx@comcast.net*
Peggy McClure..... *peggy.mcclure@gmail.com*
Sandy Williams..... *sunny@europa.com*

Medical Group Representative

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

Dental Group Representatives

Kathryn Holt..... *tosca230@gmail.com*
Gail Clark..... *gailrclark@comcast.net*

Members Emeritus

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

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.

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.

KP News Roundup

Cedar Hills Dental and Medical Office Now Open

Kaiser Permanente recently opened a new dental and medical clinic in Beaverton's Cedar Hills area, making it easier and more convenient for members to access care where they live and work.



The facility opened January 9. It offers general dentistry, pediatric dentistry, dental hygiene services, and same-day/next-day medical appointments for minor injuries and illnesses, as well as preventive services.

Kaiser Permanente Northwest is committed to maximizing our unique medical-dental integration potential to provide innovative, coordinated care for our members. We have medical and dental clinicians working together at Cedar Hills to meet more of our members' needs in 1 visit.

We already have several offices where dental and medical are collocated. At Cedar Hills, we're testing warm hand-offs between medical and dental providers and other ways to further integrate these services.

We're also furthering our telehealth capabilities by equipping exam rooms with technology to support video and telephone visits for medical appointments.

"The new Cedar Hills location demonstrates Kaiser Permanente's commitment to innovation and redefining total health care for our members, community, and industry," said Trevor Franklin, Senior Administrator, Ambulatory Care.

CARE ESSENTIALS OPENS IN THE PEARL

Kaiser Permanente's first convenient care neighborhood clinic, Care Essentials, opened on December 22, 2016.

Care Essentials will provide easy access to care for KP members and nonmembers. People will be able to schedule an appointment online at careessentials.org or by phone: 1-855-235-0491 (TTY: 711). They can also walk in anytime we're open to schedule an appointment (though the next available appointment might be the following day).

Patients of all age groups, from babies to seniors, will be treated for common illnesses and injuries, such as colds, flu, strep throat, and minor burns. Clinicians will also provide preventive services, such as immunizations and check-ups, and can write prescriptions.

Visit the Care Essentials website to browse services and pricing, and book appointments online.

FINDING WORDS – AND VISUALS – TO BANISH STIGMA

As part of Kaiser Permanente's [Find Your Words](#) campaign, which seeks to remove the stigma around depression and mental illness, we've partnered with local Portland mural artists to create two large-scale street murals to continue the conversation around mental health.

The timing of the murals aligns nicely with the opening of the new [Unity Center for Behavioral Health](#), of which Kaiser Permanente is a proud partner.

The artists created two murals in high-traffic locations.

- **1601 NE MLK Blvd.** This highly-visible mural at a busy intersection wraps around the entire building. Since this building is currently vacant, the owner has agreed to having the mural up indefinitely; art will be maintained by the artists.

Artists were joined by foster and at-risk youth from [Color Outside the Lines](#), a nonprofit that believes in the power of art to promote emotional and mental health.

Welcome New Retirees

Ibrahim Abdulrahimzi	Lawana Hayward	Patricia Palm
Rodney Abernathy	Brian Hazelhurst	Thomas Palmrose
John Aden	Carol Hebert	Elizabeth Parmenter
Helen Alexander	Cindy Heinrich	Marcia Patterson
Sandra Anderson	Sadonya Heresa	Brad Peterson
Teresa Anderson	Linda Hillesland	Carrie Peterson
Susan Armstrong	Anne Holbert	Christine Reed
Kathleen Arnold	Jack Hollis	Kathleen Renner
Linda Auble	Heather Houston	Sarah Retecki
Rodolfo Balan, Jr	Ann Huddleston	Julie Rettig
Beverly Ball	Carol Huffaker	Rebecca Rider
Frank Bassett	Vilma Huffman	Paul Rosa
Debra Beal	Reni Jansen	Olin Royer
Elaine Benedict	Dawn Marie Januik	Patty Salvey-Sunde
Louise Benjamin	Rebecca Jensen	Mary Sanders
Patricia Best-Mayko	Karen Johnson	Patricia Sanders
Leah Bettendorff	Keri Johnson	Pamela Savage
Kelly Bice	Deborah Johnson	Sara Schooler
Suzette Blackstone	Velma Jones	Anna Schoonover
Sandra Blake	Vernon Jones	Maria Seward
Suzie Bowen	Njeri Karanja	Elizabeth Sheeley
Christy Brigham	James Kehn	Fay Sheppard
Susan Brookfield	Janice Keidatz	Kathleen Sherman
Christine Brooks	Keith Kendrick	Carrie Sippel
Daniel Bryant	Carolin King	Klaus Siemieniec
Mary Kay Bryant	Karol Kochsmeier	Jeannie Sirianni
Rebecca Burton	Colleen Kragness	Denise Smith
Virginia Carroll	Ruthie Landoni	K'Lynn Smith
Karen Carter	Bonnie Larson	Sanna Snell
Robbin Casiano	Edith Lasfetto	Myrna Somers
Rosemary Chacon	Juliette Lasley	Mary Spear
Raymond Chesley	Marie Lawpaugh	Dawn Stravens
Davis Clowers	Marjory Leathers	Margaret Stulberg
Donna Cody	Richard Leffler	Reta Suzanne
Karen Coleman	Peggy Leniger	Arthur Swarm
Daniel Colley	Angela Lentini	Patricia Tamayao
Sharon Cotner	Yvonne Lewis	Elex Tenney
Jackie Currin	Sally Little	Sherrie Thomas
Marie Davis	Steve Logan	Nancy Thorson
Karen Delguidice	Carol Looper	Marylynd Turnock
Cathy Denny	Robert Lucid	Terry Vande Kro
Katherine Detrick	Carolyn Luetzgerodt	Angela Vaughn
Rosemary Dietlein	Jackie Maiben	William Vollmer
Barbara Dradi	Michael Makuch	Laura Wade
Mircea Drilea	Linda Marsland	Susan Weathers
Rebecca Duvall	Charlene Maxfield	Jeanine Weeks
Juliana Eisenhart	Steve McCabe	Annette Wesolowski
Robin Farmer	Susan McMahan	Richard West
Gail Florian	Carrie Meeks	Sueann White
David Gardelius	Debra Merlin	Jan Wiest
Sandra Gerhardt	Marcille Meuser	Kimberly Wilcox-Goin
Judith Gilbertson	Jennifer Milligan	Twila Wilkins
Megan Goetz	Dwight Milne	Billie-Jean Williams
Naomi Goodrick	Cheryl Moore	Markitta Williams
Cathleen Goree	Brenda Morgan	Louise Wiltsey
Svetlana Gritsenko	James Mosar	Donald Wissusik
Janet Guimont	Carrie Mostul	Belynda Womack
Susan Hall	Diane Nagaki	Richard K. Wong
Charlotte Hammack	Linda Neighbors	Susan Woods
Carla Hancock	Diane Nerz	Michelle Wu
Mary Hansen	Laura Normand	Cheryl Yant
Theo Harper	Kristeen Nichols	Pamela Yeagle-Keyser
Carolyn Harrell	Timothy Noles	Carol Young
Cecelia Harris	Aletha Ogden	
Donna Harris	Christine Olinghouse	

- **108 SW Stark.** This is located within prime sightlines from the westbound end of the Morrison Bridge. Art will remain in place through February.



About the artists:

Rather Severe — Based in Portland, Jon Stommel and Travis Czekalski are the team behind “Rather Severe”. They’ve worked together professionally since 2010 to bring their combined aesthetic styles to the worlds of murals, illustrations, and public art, in an effort to inspire the community and enrich the experience of being in public spaces.

Blaine Fontana — With his wife and creative partner, Blaine Fontana currently runs Fontana Studios, a multi-media art and design studio in Portland. With over 11,000 Instagram followers, his work is known and respected in the U.S. and throughout the world. He is currently an Advisory Board member for the Northwest College of Art.



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



So, Are You Saving Money?

Stashing away a little each month? You should, of course! Every financial advisor in the country will tell you that. But the answer for most of us is – not really! Three reasons:

1. Not yet in the habit.
2. Not yet looking down the road (your financial future!).
3. Not much return these days on money saved.

We’ll work with you on #1 and #2. **But here’s what we do for you on #3:**

Earnings on Regular Passbook Savings

Local Credit Unions		Local Banks	
KPCU	.10%	US Bank	.01%
Unitus	.05%	Bank of America	.01%
First Tek	.05%	Wells Fargo	.01%
On Point	.05%	Umpqua	.03%

Earnings on: Certificates of Deposits Money Market Accts

Local Credit Unions	3 mo	6 mo	12 mo	24 mo	MMA	Hi Yield
KPCU	.15%	.25%	.35%	.65%	.10%	.20%
KPCU (DA Accts)	.25%	.35%	.45%	.75%	.20%	.30%
Unitus	n/a	.20%	.30%	.60%	.05%	.15%
First Tek	n/a	.30%	.45%	.80%	.15%	.25%
Rivermark	n/a	.20%	.35%	.60%	.15%	.20%
OnPoint	.10%	.15%	.20%	.50%	.05 %	.10%
Local Banks	3 mo	6 mo	12 mo	24 mo	MMA	Hi Yield
US Bank	.05%	.05%	.10%	.25%	.05%	.06&
Bank of America	.03%	.03%	.07%	.10%	.03%	.03%
Wells Fargo	.01%	.01%	.05%	.16%	.01%	n/a
Umpqua	.02%	.05%	.10%	.60%	.03%	.05%

The new year is a good time to start a new savings habit, and... take advantage of KPCU’s way-better-than-market rates. Get to the website – send us a note!

You are invited to the KaPeRs luncheon
Thursday, February 23, 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, February 16:
(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, February 20, to have your check returned. After that date, we are charged for reservations. Town Hall ballroom seating capacity is limited so make your reservation early.

- I will attend the KaPeRs luncheon on Thursday, February. 23 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 \$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.

- 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.