

KaPeRs Luncheon

Wednesday, February 14, 2018 at 12 noon
Town Hall, 3704 N. Interstate Ave.,
Portland, OR – Ballroom

Introduction to the Regional Contact and Telehealth Center.

Tami Hillstrom, Senior Administrator, RTMC/Telehealth and
Treena Bello, Telehealth Manager.

Technology has changed our lives in many ways, and health care delivery is no exception. The rapidly expanding field of telemedicine has the potential for improving patient care, making it easier to receive fast and convenient medical attention, and empowering patients to be more proactive about their health. Telehealth connectivity also expands provider reach. Doctors can care for people who live in remote areas or have mobility or transportation issues.

In January of 2016, Kaiser Permanente NW opened its 49,000 square foot, 400 employee, Tanasbourne Regional Contact and Telehealth Center. The Center houses all appointing and advice nurse services for the Region and a physician-led virtual care team – streamlining several immediate care needs (like selecting a new doc, transferring prescriptions, setting up mobile access to services on kp.org).

Join us on February 14 to meet Tami Hillstrom, Senior Administrator of Telehealth, and Treena Bello, Telehealth Manager, who will introduce us to Kaiser's new state-of-the-art facility. They will tell us how telemedicine is making care more accessible for patients in the Region, and future new developments on the horizon. Please join us for this important presentation – seats are limited, so sign up soon!

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

Our kpnwretirees.org website is currently unavailable

Rob Perry and Nick Socotch are working diligently to upgrade it to improve the process of registering for quarterly luncheon meetings and special events, as well as other features. KaPeRs members will be given the opportunity to try out the new website before it goes live. Come to the February general meeting/luncheon to learn more.

The upgrade is scheduled for completion by the middle of May.

Dates to Remember

(Please mark your calendars)

General Meetings 12 noon

Wednesday, Feb. 14
(Town Hall)

Thursday, May 24
(Town Hall)

Wednesday, Sept. 12
(Town Hall)

Thursday, Dec. 13
(Location TBA)

Board of Directors

11:30 a.m., Town Hall

Thursday, Apr. 12

Thursday, Aug. 9

Thursday, Nov. 8

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 name and 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.

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

President's Corner

Patti Lawler

Happy New Year! Another year has gone by and 2018 is upon us. Whatever your goals for the New Year, I hope participation in KaPeRs will be part of them. We'd love to have you be involved in your organization. Reconnect with people you've worked with by attending our general meetings, social events, and workshops. Or, volunteer for a community service project.

Your Board of Directors is actively making plans for the coming year. Our goal is to have our revamped website up in early spring. Watch for notification when it will be "live". You will be able to electronically sign up & pay for your luncheon at the general meetings, sign up for workshops & social outings, notify us of your volunteer activities, and update your contact information.

We're also planning workshops, day tours, art show and speakers for our general meetings. Please contact Judy Parmenter (parmenter.judy@gmail.com) or Peggy McClure (peggy.mcclure@gmail.com) with suggestions for speakers or topics of interest.

We're very pleased to welcome new Board members Mike Kinard, Judy Shafer Collinsworth & Jan Loewen. Judy has graciously agreed to help retirees who have questions about our Benefits. We want our Board to reflect our membership and are always recruiting for potential Board members. Please contact any Board member & let them know of your interest and attend one or more of our Board meetings

As we've mentioned recently, we're anxious to increase our electronic communications. Our largest expense, as an organization, is mailing the newsletter. If you have not already done so, please send your name, phone number & email address to our Membership Chair, Janeene Siler (kapersmembers@comcast.net). If you do not want to receive communications from KaPeRs, please let Janeene Siler know that also.

Volunteers Caring and Sharing

Carol O'Connor is a retired RN from Mt. Scott Medical Clinic, since 2004, so it's been awhile. She has volunteered at several organizations since moving to AZ. The most significant of all is MOM. Mission of Mercy serves the Phoenix metro area with 6 locations at present. She volunteers in Avondale at a clinic that serves at least 7000 patients a year. It is a free health clinic for the uninsured. The clinics are like a primary care clinic — they get most of their meds for free from MOM and lab work is also free from a local lab. She knows they make a difference with the patient responses they get. On any one day they have 6 or 7 volunteer RNs and 5 or 6 volunteer physicians. They can serve approximately 70 patients in a day, which includes refills only and Dr. appointments. It's a rewarding volunteer experience.

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

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.

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

Care Facilities Volunteers:

Contacts for each of our ambulatory care facility volunteers programs:

- Carolyn Ortman – KWMC.....971-310-4563
- John Tisserat – KWMC 471-400-7197
- 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



In Memoriam

William Butterfield, MD

Mark Butzer, MD

Andrew Glass, MD

E.C. Moses

Joyce Overacre

Carolyn Shonk

Ann Seaton

Beverly Warner

David Watt, MD

KAPERS BOARD OF DIRECTORS

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

Executive Committee

Patti Lawler, president pdxpatti@comcast.net

Peggy McClure, vice president peggy.mcclure@gmail.com

Connie Clemmens, secretary clemmens@gmail.com

Anke Kuindersma, treasurer kuinder@gmail.com

503-885-8049

Sue Hennessy, immediate past president...smb7450@comcast.net

Standing Committee Chairs

Janeene Siler, membership 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

Board Members

Patsy VandeVenter gvpat@aol.com

503-245-2821

Rita Townley reetstownley@msn.com

Donna Caldwell cldwelldj@comcast.net

Sandy Williams sunny@europa.com

Mike Kinard mekinard@mac.com

Judy Collinsworth judycollinsworth1952@gmail.com

Jan Loewen theloewens@msn.com

We continue to need a replacement for the Program chairperson and the KaPeRs Newsletter Editor who will be stepping down this year. If you're interested in either of these positions, let one of the Board members know.

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.

Keeping in Touch

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 this 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.

December Luncheon Highlights

Pride of Portland Chorus – Sweet Adelines International



Approximately 45 acappella singers from the chorus thoroughly entertained the group and ended to a standing ovation. Judy (Shafer) Collinsworth, a KP retiree and member of the Pride of Portland, was instrumental in making the arrangements for the chorus to perform at the KaPeRs holiday luncheon. The luncheon was held at the Monarch Hotel this year which provided great food and more space for our group.

The following people received gift cards in the quarterly drawing:

- Bartholomew
- Lois Goodloe
- Alex Sander
- Carolyn Jean Simpson
- Bhawar Singh
- Donna Strain
- Janet Upham
- Jan Weerts

KP News Roundup

Emma on the Government Relations team with Dan Field

The health care coverage of hundreds of thousands of Oregonians is under threat. As part of the special election in Oregon this January, Oregonians will vote on Measure 101, which allows a fee on hospitals and insurance companies to fund Medicaid. We support the passage of this Measure, as it is directly related to our mission. It will keep costs down for one in four Oregonians and ensure that health care remains affordable for our most vulnerable populations.

Learn more about Measure 101 here: <https://voiceaction.kaiserpermanente.org/page/content/measure101>

Are you interested in learning more about issues like Measure 101 and KP's public policy work? **KP Voice** is a community of advocates who promote Kaiser Permanente's values of affordable, accessible, high-quality care. <http://www.kp.org/voice>

You can join KP Voice by visiting kp.org/voice and clicking "Sign Up" and you will begin to receive these communications directly from Kaiser Permanente.

Kaiser Permanente
VOICE

We invite all employees and retirees to join KP Voice to learn more about our advocacy work and help us take action.

KP Human Resources Business

For questions regarding your pension, retiree health, HRA, or Part B Medicare Reimbursement, please contact the Kaiser Permanente Retirement Center (KPRC) at 1-866-627-2826

For those retirees receiving a quarterly Medicare Part B reimbursement check and are now required to submit proof of Medicare coverage, here is a reminder of important deadlines. Remember if a reimbursement request is submitted late, you will not receive reimbursement for that quarter.

Questions: 1-866-627-2826. Press Option 2 and Option 2 again.

Reimbursement Quarter	Request must be postmarked or received via FAX by
1st (Jan.–Mar.)	April 30th
2nd (Apr.–Jun.)	July 31st
3rd (Jul.–Sept.)	October 31st
4th (Sept.–Dec.)	January 31st

Judy Shafer Collinsworth will be available at the end of the February General Meeting to hear concerns members have about interacting with the KP Retirement Center and to offer pointers on getting assistance from the retirement center.

KP Dental Coverage – Informative Message

There are a number of KP retired individuals that, based on both hire and retirement dates, are unable to access or purchase KP Dental care. Both the Dental Providers and retired members wish to continue their relationship. On January 9th a group of Dental Managers, Human Resources, and retired/interested individuals met to explore options for dental access. A variety of options were discussed and other avenues to explore were identified. It is estimated there may be 1500 former members with the same issue and concern. Additional meetings will be scheduled to work towards resolution of the issue.

Welcome New Retirees

Connie Anderson	James Konieczny, DPM
Garry Champigny	Bernadine Lindemann
Donna Ching	Glenda Lorimor
Claire Christensen	Mary I Martinez
Joanne Chrowl	Carrie McColly
Kenneth Clampitt	Kim Nilsen
Kathy Collins	Doug O'Dell
Melodee Corgan	Linda Onheiber
Donna Cramer	Jamie Peterson
Lydia Depriest	Vicki Reid, MD
Steven Dong, MD	Marion Roach
Katherine Fields	Susan Sharp, PhD
Joanne Fowler	Thora Stacy
Rebecca Gorman	Tori Taylor
Leonor Gutierrez	Steven Thalberg, MD
Michael Herson, MD	Linda Vanderbeck
Patricia Himes	Julie Volpel
Loren Jenkins, MD	Kristen Walsh
Kathy L Johnson	Dianna Williams
Diana R Jones	Laura Willis
Alice Kleine	

Board of Directors Actions

January board meeting

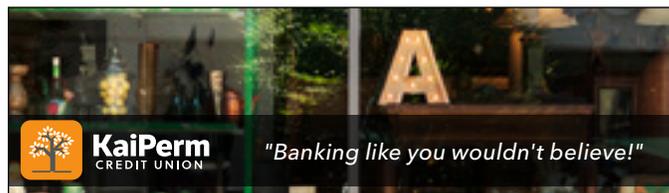
1. The Board unanimously voted to appoint Jan Loewen and Judy Collinsworth to the Board.
2. July 1 is the deadline date for members to make their preferences known regarding receiving the newsletter.
3. Judy Shafer Collinsworth will be available at the end of the February General Meeting to hear concerns members have about interacting with the KP Retirement Center and to offer pointers on getting assistance from the retirement center.
4. The Board agreed to share information in the KaPeRs newsletter when KP takes a public stand regarding local health issues.
5. The new KaPeRs Website is scheduled to be launched by the May General Meeting.



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.



Interest Rates Too High?

Transfer your other credit card balances to your KaiPerm Credit Union VISA card!!

- ▶ **1% rebate** paid to you on transferred balances!!!
- ▶ No annual fee!!
- ▶ 9.95% APR with a Direct Advantage Membership!
- ▶ You don't have a VISA with KaiPerm? Contact us today to get an application started.



Let us help you Get Ahead Financially!

Contact our Loan Department

- Angela - 503-813-3248
(angelaw@kaipermnw.org)
- Kyle - 503-813-3252
(kyle@kaipermnw.org)

www.kaipermnw.org

Kaiperm Northwest Federal Credit Union • Portland, OR

KPB – 500 NE Multnomah Ste 320
Portland OR 97232 – 503.813.3242

Westside – 2875 NW Stucki Ave (Lower Level)
Hillsboro OR 97124 – 971.310.3010

You are invited to the KaPeRs luncheon
Wednesday, Feb. 14, at 12 noon (doors open at 11:30 a.m.)
Town Hall
3704 N. Interstate Ave., Portland, OR, 97227
\$12 for members and \$14 for guests (Limited seating, so register quickly!)

Return this RSVP and payment by Wednesday, Feb. 7:
(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, Feb. 12, to have your check returned. After that date, we are charged for reservations.

- I will attend the KaPeRs luncheon on Wednesday, Feb. 14 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.

<input type="checkbox"/> 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.
<input type="checkbox"/> 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.

Inside look for...



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Have You Moved Recently?

If you have chosen to receive a paper copy of *KaPeRs Newsletter*, be sure to let us know your new address and phone number. You may use the luncheon reservation form and send it to Anke Kuindersma at the address listed, or 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 Janeene Siler at kapersmembers@comcast.net, subject line: KaPeRs. Be sure to send email address change to kapersmembers@comcast.net.