

*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 On-Line News

Visit [www.kpnwretirees.org](http://www.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.

## KaPeRs Luncheon – Wednesday May 28, 2014

### **“How I Quit My Day Job and Became a Killer and a Thief!”**

You’ve always wanted to write that novel, right? Well, get your “creative” on and join us for lunch on May 28. Take in KaPeRs’ 2nd Annual Art Exhibit and meet local mystery writer (and former KP employee) April Henry, who will tell us how stubbornly following her dreams of being a writer paid off! This New York Times best-selling author has written over a dozen mysteries for teens and adults. Her first novel “Circles of Confusion” debuted in 1999 and was short-listed for the Agatha Award and the Anthony Award. April started writing young-adult thrillers in 2006 and speaks to students all over the US promoting literacy. Her books have ignited a spark and many young non-readers have discovered the joy of reading, writing and research because of her passion. In 2009 April’s adult thriller (the first in the Triple Threat Club series, co-written with Lis Wiehl), was on the NY Times best seller list for four weeks. Check out April’s website for a closer look at her very successful writing career and her interesting life! See you in May! <http://www.aprilhenrymysteries.com>

## Dates to Remember

### GENERAL MEETING

Wednesday, May 28, 2014  
11:30 a.m. (NOTE EARLY OPENING)  
Town Hall

### PROGRAM

*How I quit my job & became a killer & a thief!*  
April Henry

### 2014 MEETING DATES

<b>General Meeting</b>	<b>Board of Directors</b>
September 24	August 7
December 11	November 6

See page 7 for KaPeRs luncheon invitation

## KaPeRs ARTS EXHIBIT

The 2nd annual KaPeRs Art Exhibit will feature a variety of mediums including watercolors, photography, stained glass, pottery, quilting, jewelry and needlework. Town Hall will open at 11:30 for attendees to have an opportunity to view the displays and visit with the artists.

## President’s Corner

Marci Clark

*“The arts cause worlds to open.”* An exaggeration? Most definitely not, according to Gay Hanna, executive director of the National Center for Creative Aging. Whether it’s taking paint brush to easel, sculpting tool to clay, or not-so-nimble fingers to the ivories, more retirees are discovering new passions in creative arts. The 2nd annual KaPeRs Arts Exhibit featuring works done by KaPeRs members will be showcased at our May 28th general membership meeting at Town Hall. Guest speaker for the meeting is April Henry, former

KPNW employee and prolific author, who brings another art form - writing - to our audience. The meeting is sure to be inspiring!

If you've ever wondered about the benefits of creating art (whatever the form), clinical studies are beginning to show results. A 2011 survey of 31 studies by the Mental Health Foundation of Britain concluded that "Participation in the arts resulted in increased self esteem, feelings of accomplishment, and ability to embrace new aspects of personal identity" after retirement. From a personal perspective, I can tell you that trying to master a new art form can be challenging, patience-inducing, obsessive, exhilarating, occasionally exasperating. ....and always worth the effort. I have recently begun sketching, a skill that has been elusive my entire life. Once again I find myself a beginner (similar to when I began throwing clay pots a couple of years ago) in an unfamiliar place, with a challenge before me. The opening line in my tutorial: "Learning to draw is not difficult." OK then!

Please join us for our focus on arts at the upcoming meeting. You just may get an idea to try something new. Town Hall will open their doors at 11:30 on May 28th to give attendees the opportunity to peruse the Art Exhibition and chat with the artists.

## Town Hall Price Increase

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Since KaPeRs' first quarterly luncheon was held back in the mid-1980s, we have been fortunate to have KPNW subsidize the luncheon costs. It's been several years since the last price increase...but that time has come. After meeting with Town Hall's manager, and a lengthy discussion at the April Board meeting, your board of directors approved an increase in the luncheon cost to \$12 per member and \$14 for each guest, effective at our May 28th quarterly meeting. I know you'll agree that Town Hall does a great job with our luncheons - the food is always plentiful, tasty and nutritious. We appreciate knowing that KPNW will continue to subsidize our luncheons, thus ensuring we are able to keep the cost to our members and guests as affordable as possible.

## Keeping in Touch

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**Sandra Liston** "retired in March 2013 after 41 years as an RN. Most of my working career was with Kaiser. So far I am enjoying not working and am volunteering two days a week in my youngest grandson's 2nd grade classroom."

**Liz Julee** reports "we're downsizing and plan to build a green sustainable house. As Kermit says, "it's not easy being green!"

## In Memorium



Mary Claassen  
Ted Colombo, Sr  
Byron Fortsch, MD  
John Gerhardt, MD

Nancy Huckaby  
Leslie Naman, MD  
Leslie Patton, MD

Since **Jan Landis** retired, her "biggest adventure was a trip to Chicago by train to see Wrigley Field and the city. Our plan is to eventually see every baseball stadium in the U.S. (and of course take in a game). Otherwise I'm just hanging out with my husband, who has been retired for 10 years, and our grandkids. Our most recent activity is taking dancing lessons.

**Jim Hibbard** writes, "Since I last reported, Peggy and I went to Daytona Beach FL. Weather was cool but we had a good time. Visited with my sister and helped clean up my mother's condo for guests to stay! (My mother passed away a year ago at age 96). Peggy and I were also able to attend an opera, symphony, Rolex 24 at Daytona (car race), Kennedy Space Center and St Augustine, the oldest city in America,

**Carolyn Shonk** writes, "In 2013 we were finally healthy enough to enjoy traveling. We loved our Danube River cruise and seeing each city along the way from Prague to Vienna. In October we visited my husband's brother in Great Falls MT. We recently returned from Disneyland and sunny warm weather. In April we are expecting our 9th grandchild. ...we will be close to home this year to cuddle this newborn."

**Mary Morrison** worked at KP for 27 years, retiring in 2008. "Since then, I have worked part-time as a PA for the Virginia Garcia Memorial Health Clinics in Hillsboro and Cornelius OR. Being fluent in Spanish, along with my years of primary care experience, has enabled me to do this important work of providing primary care access to the medically underserved here in Oregon. Generous support from Kaiser Permanente helped Virginia Garcia clinics develop electronic medical record "EpicCare" and helped to build the Virginia Garcia Wellness Center in Cornelius."

**Jane Wageman**, "just retired in September. I have been traveling to see extended family in Indiana. Otherwise, just playing with the grandkids and reading."

## 2014 Day Tour

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KaPeRs' next outing is scheduled for late August. It will be an all-day trip to Mt St Helens with a geologist/guide and is sure to be a fascinating experience and a unique learning opportunity. The cost of \$89 includes

## Welcome New Retirees

Robert Allenbrand	Robin Hempel
Terri Argyle	Sue Hennessey
Debra Atkinson	Laurie Ann Hines
Phillip Au, MD	James Hoover
Ruth Bach	Judy Kaufman
Geraldine Baker	Peter Keyes
Joseph Benda	Mary Kinoshita
Cecile Bennett	Joyce Kissel-Barth
Michael Blahnick, MD	Rasjad Lints, MD
Joan Bridgeman	Loretta Loehr
Karen Brown	Ann Lubrecht
Janet Bungo	Elizabeth Marino
Jacqueline Burden	Paula Mat
Lynn Chilstrom	Marylee Mogil
Tamara Christman	Gail Morgan
Fifi Chu	Lloyd Moss
Charlotte Corelle	Bonnie Olds
Beverly Crabtree	Carlene Pompei
John Crawford	Cindy Rogers
Laura Davis	Janice Routt
Calvin Decicco	Tommy Rudd
Craig Dennis	Paul Steele
Sharon Dewees	Robert Stewart
Marjorie Erwin	Richard Strauss, MD
Mary Eschbach, MD	Sue Sturdevant
Patricia Forbes	Shirley Tunstall
Terry Glickman	Ping Wang
Christine Goochey	Diana Watson
Elaine Gossman, MD	Donna White
Ann Granger	Jill Darlene Wilson
Debra Guidotti	Rhonda Wittkopp
Donna Hall	Sharon Zertanna

motor coach transportation, two visitor center stops and lunch, all the while learning from the on board geologist/guide. Learn specific details at the quarterly meeting on May 28th.

## Kaiser Member Discounts

Kaiser Members are eligible for a variety of discounts. To view the list at [kp.org](http://kp.org) and follow these links:

- Health & Wellness
- Live Healthy
- Complimentary & Alternative Care (on left)
- Member Discounts (near bottom of long list on left)
- Member Discounts Programs
- Complimentary & Alternative Care (in body of text)
- Save Money and get active & healthy
- CHP Active & Healthy (in body of text)  
*create a new account*
- Search Discounts

## Board of Directors Actions

April 3, 2014

- Treasury - \$1,749.00 as of 3/31/14
- 4/21/14 Introductory to Art Workshop is full
- 5/28/14 2nd Annual Art Exhibit is full
- Committee Chair Appointments: Special Events co-chairs are Gail Clark--Summer Tour; Maureen O'Connor--Annual Art Exhibit.
- 2014 Summer day tour - Spring Wildflower tour to Columbia Gorge cancelled; alternate tour to Mt St Helens in late August
- Town Hall price increase effective 5/28/14.
- 2014 Community Giving Project to benefit Oregon Food Bank and North by Northeast Community Health Center free clinic.
- Webmaster, Rob Perry, continues to re-engineer KaPeRs website.

## 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 [langpe@comcast.net](mailto:langpe@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.

## Volunteers caring and sharing

Sharon Patterson

Sharon went to work for Kaiser in 1970 as the director of the human subject research protection program. From this valuable research, the dental program and the stop smoking campaign were begun. Since retirement, Sharon has worked with the SMART (Start Making a Reader Today) program for about five years. She learned of the need for help with the program in the Clackamas news bulletin. When she went for an interview and background check, which all of their volunteers must have, to Sharon's surprise, they asked her to be the coordinator for the program at her neighborhood school.

Her job is to train the 17 volunteers at her school and assist them in getting started. Progress is measured by bringing a child's reading skills up to grade level and being able to speak one-on-one with adults.

The SMART goal is to assist 30 students, but with Sharon's direction, they currently are assisting 38 children! Sharon says, "It brings me great satisfaction to watch a child progress to being a confident reader at grade level."

## KAPERS BOARD OF DIRECTORS

P.O. Box 4543, Portland OR 97208

### Executive Committee

Marci Clark, president ..... marci.clark.pdx@gmail.com  
Peter Lang, immediate past president..... langpe@comcast.net  
Janeene Siler, secretary ..... janeene@comcast.net  
Kathryn Holt, treasurer..... toska230@gmail.com  
503-223-0311

### Standing Committees

Patsy VandeVenter, newsletter editor ..... gvstats@aol.com  
503-245-2821  
Ian MacMillan, MD, historian ..... ismacm@comcast.net  
Judy Parmenter, program chair..... parmenter.judy@gmail.com  
Gail Clark, special events co-chair..... gailclark@comcast.net  
Maureen O'Connor, special events co-chair ..winkyoconnor6@yahoo.com

### Members at Large

Marjorie Lyster ..... margenthal@comcast.net  
Jay Owen ..... jayowen9@comcast.net  
Rob Perry, Webmaster..... rob\_perry\_jr@hotmail.com  
Mary Ramsey..... ramseyly@aol.com  
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Rita Townley ..... reetstownley@msn.com  
Lauralee Tyrrell..... gramz22cool@yahoo.com  
Jane Walker ..... lois246@aol.com

### Medical Group Representatives

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

### Dental Group Representative

Kathryn Holt ..... toska230@gmail.com  
Gail Clark..... gailclark@comcast.net

### Members Emeritus

Ernest Aebi, MD	Ludene Clark
Stressla Beaver	Jeanette Neuburger
Jean Bradley	Vivian Terrall

Volunteers in the office reach out to our clients by phone during and after the death of our patients. Training is scheduled four times per year; the program asks for a one year commitment.

### Contact us to learn more

Your first step to becoming a hospice volunteer is to request an application. Call 503.499.5168 or email [HospiceVolunteerNW@kp.org](mailto:HospiceVolunteerNW@kp.org)

### February raffle winners

These folks were the winners of gift cards to local area restaurants: Essie Hendrix, Rod Hooker, Sally Newton, Brenda Niblock, Sharon Socotch, and Rita Townley.

### KaPeRs is looking for a few good people

After nearly 25 years, KaPeRs continues to be a vibrant organization for KFHP, NWP and PDA retirees to stay connected with the KPNW retirement community. KaPeRs is a unique retiree organization offering quarterly programs, special day trips, workshops, community project campaigns, and a quarterly newsletter, through the efforts of an all-volunteer Board and the primary sponsorship of KFHP.

We are seeking interested retirees to consider nomination to the President, Vice President, Secretary and Treasurer two-year-term positions. This is a chance for you to help maintain and grow a valuable resource for our friends and former co-workers and to contribute to the well-being of our KPNW community.

Board members significantly support each other to ensure a functional, forward thinking and fun work group. We welcome your contributions. Please contact any Board member (listed elsewhere in this newsletter) to indicate interest.

### President:

#### Major Responsibilities:

- Organize and chair quarterly all-member programs.
- Organize and chair quarterly Board of Director meetings.
- Work closely with Board regarding member activities, program infrastructure and Board appointments.
- Contribute President's Corner and other Newsletter items as needed.

#### Qualifications:

- Enthusiasm and interest in promoting KaPeRs activities for the benefit of its members.
- Organizational skills.

## Volunteer with Kaiser Hospice

A unique opportunity for volunteers to work one on one with Kaiser patients and families with a palliative care team approach, supporting patients during their last six months of life. Volunteer opportunities are in the home or in the office.

Hospice serves people where they live, in a home setting or a facility. In the home, volunteers offer short-term (up to 4 hours/week) respite care for a family caregiver, assist when needed or enjoy time together watching TV, reading, or doing a project. If a patient's care is given in a facility care setting, volunteers provide routine companionship once or twice a week for one-hour visits. Read a book, play cards, visit or be a caring presence.

## Vice President:

### Major Responsibilities:

- Serve as Acting President in absence of President as needed.
- Actively participate in Board meetings and other KaPeRs activities.

## Secretary:

### Major Responsibilities:

- Attend quarterly Board and Member meetings. Take minutes of general discussions and motions, transcribe and present copies at the next meeting for approval.
- Actively participate in Board meetings and other KaPeRs activities.

## Treasurer:

### Major Responsibilities:

- Collects monies from donations, quarterly luncheons and special events.
- Makes deposits to KaiPerm NW Credit Union.
- Disburses payments for outstanding bills.
- Provides the Board and general membership with a quarterly financial report.
- Receives quarterly luncheon reservations and payments.

## KP Human Resources Business

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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.

## KaPeRs' going green

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KaPeRs members number 2,800 with only 410 of those receiving their newsletter via e-mail. We would like to increase the email numbers substantially, and with your help it can be done. The benefits are numerous: immediate access to your newsletter whether you are home or traveling; no more waiting for it to be delivered to your home mail box; or not receiving it due to incorrect address. Want to attend the quarterly luncheon...just print page 7 and mail it in. And, the

pictures are in color! If you are ready to make this change, please send your request along with your name and home address (for our records) to [gvpats@aol.com](mailto:gvpats@aol.com)  
Subject line: KaPeRs.

## KP News Roundup

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### KP dentists spotlighted in JADA

The January cover article in the **Journal of the American Dental Association** highlighted KP dentists and Dental Care Program as being more likely to practice **evidence-based dentistry** than study participants not affiliated with a large-group practice. Sixty-five percent of Kaiser Permanente dentists were high performers compared to only 32% of overall study participants. Read the abstract on the <http://jada.ada.org/content/145/1/22.abstract> JADA website.

### Cascade Park Dental Office helps community smile

In March, 50 uninsured adults and children received free dental care including cleanings, root canals, extractions and fillings at Cascade Park. Volunteer hygienists provided education about brushing, flossing and other dental care. In five hours, the clinic provided about \$17,600 in free services. The Cascade Park free dental day is among a number of community benefit dental events Kaiser offers throughout the year. Through our Oral Health Initiative, KPNW provided grants to community organizations serving those with little or no access to oral health care. Since 2010, KPNW has awarded \$1.4 million to 13 grantees to support increased access to dental care, enhanced oral health education and prevention strategies, and policy improvements to boost oral health in our region.

### Our docs are tops — and here's proof

Dozens of top docs were recently recognized by *Portland Monthly* magazine in their annual selection of most outstanding medical professionals. Their goal? To help connect our community with doctors and nurses who best fit their needs. For members in the Portland area, the news is good. A total of 114 KP Northwest physicians and 9 nurses made the magazine's annual "Top Docs and Nurses of 2014" list — more than any other health care provider in Portland. The list also featured 41 medical professionals from The Portland Clinic, who are also available to Kaiser members.

With so many choices—from top docs to convenient hospitals and clinics—we're making it easier for our members to receive the care they need to stay healthy and feel their best <http://thrive.kaiserpermanente.org/better-care>

## You're invited to play in the streets

Does fresh air, community spirit, and a healthy dose of fun exercise sound like a perfect Sunday to you? It does to us too! Each Sunday, Starting May 11, Portland Sunday Parkways encourages folks to take to neighborhood streets to walk, bike, and roll in a healthy celebration of community spirit.

The Kaiser-sponsored events, are held on park-lined routes in nearly a dozen neighborhoods across Portland. By supporting Sunday Parkways, Kaiser is helping to empower healthier communities by inspiring and spreading our mission of total health. We hope you'll join us for an afternoon of healthy fun this summer!

## KaiPerm CU News

### Please join us for the credit union annual meeting

Thursday, May 22, 2014

Refreshments - 5:30 p.m. Meeting - 6:30 p.m.

Red Lion Hotel

"Windows" Sky Room

1021 NE Grand Avenue

Portland, OR 97232

Get your free tickets today!

Call 503-813-3242 by May 21st

(Ticket required for door prize entry)

### Ready to tackle your spring Home Improvement project?

A Home Equity Loan from KaiPerm Northwest Credit Union can see you through.

√ Home Equity Lines of Credit as low as 4.75%

√ Closed-end Home Equity Loan as low as 5.00%.

√ First Mortgage — Call the credit union or check our website for the daily rate.

Contact Tina at 503-813-3248 or Peggy at 503-813-3249

Email: Tina@kaipermnw.org or Peggy@kaipermnw.org

Or visit [kaipermnw.org](http://kaipermnw.org) to apply online.



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.

## Is Debt OVERWHELMING You?

Whether your credit is marginal, average or excellent there are a variety of options available to consolidate debt through Your Credit Union:

√ If you have a free and clear car title or a vehicle loan that is almost paid off, we could look up the value of that vehicle to use the equity in your car to pay off other high interest credit cards or other bills that you may have looming.

√ If you have high interest rate credit cards, apply for a KaiPerm CU Line of Credit\* or VISA Credit Card\*\*. We have low rates and offer a Balance Transfer Rebate on our VISA Credit Card.

\***Line of Credit** — Maximum loan amount \$15,000--6.25% \*\*Direct Advantage rate.

\*\***VISA Credit Card** — 9.95% \*\*Direct Advantage rate

No fee balance transfers available...and 1% balance transfer rebate for YOU!

√ We also can offer a debt consolidation loan for the low rate of 9.00%. Consolidate your high rate unsecured debt into one low payment.

Additional loan terms apply. Contact a Loan Officer for more details. Direct Advantage Members have 100% direct deposit, active checking #77 and online banking.

Contact Tina at 503-813-3248 or Peggy at 503-813-3249  
Email: Tina@kaipermnw.org or Peggy@kaipermnw.org  
Or visit [www.kaipermnw.org](http://www.kaipermnw.org) to apply online.

Let us Help you Get Ahead Financially!

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:

Patsy VandeVenter, 7520 SW Ashdale Court,  
Portland, OR 97223, or to [gypats@aol.com](mailto:gypats@aol.com)

You are invited to the KaPeRs luncheon

Wednesday, May 28 at 11:30 a.m.

Town Hall

3704 N. Interstate Avenue

Portland OR 97227

\$12 retirees, \$14 guests

Door prizes: six attendees will win certificates for dinners for two at local area restaurants.

**Return this RSVP and payment by Wednesday, May 21:**

**Kathryn Holt, P.O. Box 4543, Portland, OR 97208**

If you must cancel, please phone Kathryn at 503-223-0311 before Friday, May 23, 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 Wednesday, May 28 at 11:30 a.m.
  - This is my first time attending a KaPeRs luncheon.
  - I prefer a vegetarian lunch.
  - 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 Kathryn Holt at the address above.

- Do you volunteer?** If so, we would like to publish your activities in the newsletter. Please provide your contact information here and someone will get in touch with you.

Name \_\_\_\_\_ Phone number \_\_\_\_\_ email \_\_\_\_\_

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.

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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](mailto:gvpats@aol.com). Subject Line: KaPeRs.

**KaPeRs (Kaiser Permanente Retirees Organization)**

PO Box 4543  
Portland OR 97227

Place address label here.

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## Have You Moved Recently?

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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 Kathryn Holt at the address listed, or e-mail [gvpats@aol.com](mailto:gvpats@aol.com).

## Online Newsletter

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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](mailto:gvpats@aol.com). Subject Line: KaPeRs. To continue receiving the newsletter on-line, be sure to send e-mail address change to [gvpats](mailto:gvpats).