

KaPeRs Luncheon

Wednesday, May 27, 2015 – 12 noon

Opening early at 11:30 for viewing of art exhibits.

KaPeRs Annual Art Exhibit

The 3rd annual KaPeRs Art Exhibit will be held at the general meeting on May 27, 2015. Forms to sign up to exhibit your artwork are available on the KaPeRs website, or you may contact Maureen O'Connor, chairperson, at winkyconnor6@yahoo.com

The exhibit is for members only, not to include spouses, children, or other family members. It is also for exhibition only. Business cards may be made available for possible sales outside the meeting.

Space is still available, so contact Maureen right away if you have art to display.

"The Beauty Of Korea" – Korean Traditional Dance And Drumming

Performed by Oregon Korean Performing Arts

Korean traditional dance originated in ancient shamanistic rituals thousands of years ago and is performed to traditional music, which includes drums, flutes, and more. Emotional attributes of the dances include both somberness and joy — the music is what upholds the dance and the dancer is the tool that shows the music in physical form.



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KaPeRs is open to all former employees of Kaiser Permanente Northwest age 55 and beyond and eligible for retirement. No enrollment forms and no membership dues are required.

KaPeRs Online News

Visit 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.

Dates to Remember

GENERAL MEETING

Wednesday, May 27, 2015, 12:00 noon, Town Hall (open at 11:30 for viewing of art exhibit)

PROGRAM

3rd annual KaPeRs members' art exhibit and "The Beauty of Korea" from the Oregon Korean Performing Arts

2015 MEETING DATES

General Meetings
12:00 noon, Town Hall
Wednesday, May 27
Monday, Sept. 21
Wednesday, Dec. 16

Board of Directors
11:30 am, Town Hall
Thursday, July 30
Wednesday, Nov. 11

See page 7 for KaPeRs luncheon invitation.

"The Beauty Of Korea"

Oregon Korean Performing Arts (OKPA) is a non-profit organization composed of first and second generation Korean immigrants living in the Portland metro area, ranging in age from six to eighty plus years. Their leader and instructor, Seung-Hee Ji, has worked hard to fulfill her dream of using OKPA to create a bridge for Korean-Americans to help build awareness of the Korean culture in the community.



To experience "The Beauty of Korea" please join us for lunch on May 27 when members of OKPA will perform their graceful and lyrical dance movements and traditional percussive drumming in colorful traditional dress. For a taste of what is to come visit their website: <http://okparts.org>

Thanks to Eun Chung (Martha) Han (a KaPerRs member and a performer with OKPA), for sharing this unique cultural experience with us - a wonderful complement to our Third Annual Arts Exhibit!

President's Corner

Judy Parmenter, 2nd Quarter President

Greetings from your 2nd Quarter KaPerRs President! I don't want to scare you but the only other time I've been "president" of anything was in high school: of the "Future Homemakers of America" (we all know how that turned out!) and unwitting president of the "Gear Grinders" club in Driver's Ed! At least I didn't hit a dog like my best friend Peggy! Hopefully in three months time I will do no harm! But I must take a moment to give thanks to Marci Clark, our fearless leader for the past 4 years... she set the bar high and during her "reign" KaPerRs really blossomed! We all owe her a great debt of gratitude!

Early Spring has popped my daffodils out of hibernation! My camellias' pink and rose faces are smiling and the forsythia bush is holding it's tiny yellow flowers to the sun! Spring makes you shake off that coat of winter's dust, open the windows and get moving! To

quote that wise man Robin Williams, "Spring is nature's way of saying 'Let's Party!'" Spring is also the season of new beginnings and hope... so if you didn't quite get around to your New Year's resolutions, Spring gives you another chance! And KaPerRs Third Annual Art Exhibit at our May 27 luncheon meeting is our Spring party — showcasing the creative endeavors of our very talented members. Creative expression is a form of rejuvenation... "where all individuals can flourish across their lifespan." Every year it just gets better! Past exhibits have included everything from handmade musical instruments, woven baskets and intricate glassworks - to paper art, jewelry and textile weavings. To complement our art show and cultural theme, the Oregon Korean Performing Arts will grace us with their beautiful traditional dance and drumming performance "The Beauty of Korea." This is a gathering not to be missed!

The aging brain! We've all got one! Here are a couple of links that focus on how to keep that brain of ours from becoming just another pile of grey matter! OHSU has a Brain Institute and is offering AARP members a 20% discount on its annual lecture series. The first of their six lectures kicked off in March (addressing healthy aging, creativity and cognitive enhancement). Go to tinyurl.com/brainhealthohsu and use discount code *OHSU20*.

The National Center for Creative Aging is a national organization dedicated to arts and aging. I just became a member and signed up for their free Newsletter. Here's the link if you are interested <http://www.creativeaging.org>

And last, but definitely not least, those of us who have spent most of our careers at Kaiser Permanente know what a talented, dedicated and smart bunch we are. We also know that KaPerRs is a unique organization that's been going strong for the past 25 years, enriching our retirement experience in mind, body and spirit! Over the years, we have all reaped the rewards of the dedicated members who have volunteered to direct and serve this group, to make it what it is today. Now we need a few great members to continue this tradition! I'm talking to you! If you want to get involved in any way, please take the time to contact one of us and attend a Board Meeting to see what you can do to keep KaPerRs around for the next 25 years! It can't happen without you!

Keeping in Touch

Charlene Tritt, retired from OT, and Gwen White, retired from PT, along with their husbands, went to Ecuador in January to see the Galapagos Islands and the rainforests in the Amazon area. It was a fun adventure. Charlene and Gwen have known each other from KSMC since 1977.

Terri Richards and her husband, Mike, have been doing a lot of construction on a patio, pool, and hot tub. They have remodeled their kitchen, front room, and dining room. They have also traveled to Europe on a couple of riverboat cruises. They have seen some great sights and crossed a lot off their bucket lists.

Beth Hill has recently moved to Sparrows Point, Maryland and is building a cottage retirement house.

Julie Marks retired in April, 2014, after 43 years of full time nursing, 35 years of which were with Kaiser. She is quietly enjoying not having to go to work. She completed two surgeries to help with mobility due to osteoarthritis issues. She's currently working on selling her home on acreage. She's pleased with the simple pleasures and treasures of life in retirement.

Jane Walker recently spent five weeks living in a hotel while repairs were done on her home after water damage from a broken pipe. She has enjoyed retirement since February, 2013, and has traveled to Las Vegas and Hawaii so far. She also attended the Oregon Jamboree with fellow Kaiser employees and retirees last year. She will be going to Las Vegas again and Palm Springs as well as taking an Alaska cruise with friends and family members. She is enjoying working with the KaPeRs board of directors and editing the newsletter.

Al Wright is currently recovering from several months of health issues. Well wishes are sent to him for a successful recovery.

Volunteers caring and sharing

Dr. Theopolis Williams has been volunteering at the Free Clinic of Southwest Washington for 23 years now. The clinic has been open for 24 years. He does what he's always done there, which is provide medical care to low-income patients and individuals without medical insurance. Problems are routine and most cases are not complex. Rarely are there any emergency cases. There is a diabetes clinic there, set up by Dr. Mike Herson of Kaiser. There are various specialists who rotate into the clinics as their time permits (ortho, ENT, Infectious Disease, PT, Endocrinology, etc). Clinics are in the mornings and evenings, Monday through Friday, so there is flexibility to work when you want or when you

can. There are positions open to volunteers varying from reception, nursing, pharmacy and physicians. He works with a lot of retired Kaiser doctors in this clinic, in addition to a lot of Residents from the Family Practice program in Vancouver and community doctors. He describes the clinic as very low stress, rewarding and fun.

Al Wright volunteers at Gleaners of Clackamas County and serves on the Board of Directors there.

Linda Parashos, RN, volunteers for the Medical Reserve Corps of Multnomah County Health Department giving flu shots, doing health assessments and training with emotional support. She also is part of a state pool of disaster response volunteers working with police and fire departments. Linda been chairperson for a committee reviewing land use issues in her area. Studying land use codes in her area is part of this. Another activity has been doing safety patrols in neighborhoods for the police department with resulting crime reduction.

If you're looking for a place to volunteer, here are some great suggestions:

Kaiser Permanente Hospice

Provide respite for family caregivers, companionship to patients on hospice. Other opportunities include clerical office, bereavement calling, trained assisted therapy dogs and owners, knitting or sewing blankets or shawls for patients on hospice. Greater Portland Metro Area and Clark County, WA. Call 503.499-5168 for more information or to sign up and volunteer.

KaPeRs Board of Directors

New board members are needed. Speak to one of the current board members and attend a board meeting. This is the group that plans our quarterly meetings, community giving activities, and member outings.

KaiPerm Credit Union Board of Directors

New board members are needed. See the KaiPerm CU article in this newsletter for more information.

In Memoriam

Shirley Anderson

Rose Mary Bocek

Barry Fung, DO

Ferenc Gabor, MD

Kenneth J. Hickman

Nancy Hoagland



KAPERS BOARD OF DIRECTORS

P.O. Box 4543, Portland OR 97208

Executive Committee

President:

Q1 — Janeene Siler*janeene@comcast.net*

Q2 — Judy Parmenter*parmenter.judy@gmail.com*

Q3 — Kathryn Holt*tosca230@gmail.com*

Q4 — Marci Clark*marci.clark.pdx@gmail.com*

Vice President: Vacant

Janeene Siler, secretary.....*janeene@comcast.net*

Kathryn Holt, treasurer*tosca230@gmail.com*

503-223-0311

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
winkyocconnor6@yahoo.com

Members at Large

Marjorie Lyster

Rob Perry, Webmaster*rob_perry_jr@hotmail.com*

Joanna Stuart*jodalstu@wildblue.net*

Rita Townley.....*reetstownley@msn.com*

Lauralee Tyrrell.....*gramz22cool@yahoo.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

Jeanette Neuburger

Stressla Beaver

Jay Owen

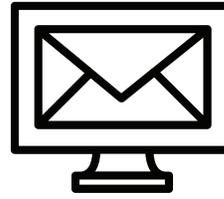
Jean Bradley

Mary Ramsey

Ludene Clark

Vivian Terrall

KaPeRs' going green



We are fortunate that KPNW supports KaPeRs in a variety of ways, and one very important way is paying the postage for quarterly newsletter mailings. Recently the US Post Office has added a fee of

57 cents per item for all returned mail with address changes or as undeliverable. With 3,070 KaPeRs members, the cost of returned mail is very substantial.

Approximately 500 members receive their newsletters via e-mail. We would like to substantially increase that number. The benefits are numerous:

1. Immediate access to your newsletter at home or when traveling.
2. No more waiting to have it delivered to your home mail box or not receiving it due to incorrect address.
3. Want to attend the quarterly luncheon?...just print Page 7 and mail it in.
4. Enjoy the pictures in color.

We hope you are ready to make the switch...please email *gvpats@aol.com*, subject line: KaPeRs, and include your name and home address (for our records)

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* 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.

February Luncheon Raffle Winners

Janeene Siler and KaiPerm General Manager, Ed Waite, drew tickets for gift certificates. The winners were:

- George Adlhoch, MD
- Judy Parmenter
- Adrienne Borders
- Mary Ramsey
- Victoria Hart
- Cindy Wales

February General Meeting/Luncheon Highlights

Dr. Kathy Crispell, MD, Chief Medical Officer/Chief of Staff, KSMC, discussed cardiovascular disease and the risks and symptoms of the various types of the disease. She reviewed the latest findings in new treatment, research and technology. It was a very informative presentation with lots of questions from the KaPeRs members.

Janeene Siler, quarter one president, reported that a significant number of the latest KaPeRs newsletter had been returned by the Post Office due to incorrect addresses. She urged members to keep KaPeRs up to date with their address changes and to sign up for electronic delivery too.

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.

KP News Roundup

Last year was transformative and historic for the Dental program. We celebrated 40 years of providing members with high-quality, affordable dental care, and we broke membership and patient satisfaction records. We are



grateful to everyone — our valued members, colleagues, and partners in health — who journeyed with us and made these successes possible. View Kaiser Permanente Dental's 2014 annual report at kpsmile.org. You'll read, hear, and see more stories of advancements in quality, service, affordability, technology, growth, workplace engagement, and community involvement in this report, available May 6.

Welcome New Retirees

Nancy Allison	Robert Lawrence, MD
Richard Babal	Richard Lounibos
Linda Bechtel	Linda Madden
Robert Behler	Cheryl Maize
Sheila Bernadelli	Starla McCullar
Paulette Bethune	Denise McKay
Bonnie Biasi	Frank McKowne, MD
Scott Bisbing, DO	Lorene Mhoon
Christine Bothwell	Kathy Milch
Ruth Ann Breitenbach	Joel Miller Susan Miller
David Browne	Martha Natwick
Vickie Cale-McGraw	James Palo
Thomas Campbell	Cheryl Park
Connie Cavagnaro	Barbara Peterson
Gary Corbin	Glenda Reeves
Jane Dennis	Teri Rice
Marica Dunham, MD	Shelly Rogers
Franklynn Eades	Nancy Shaw
Teresa Farrell	Mary Smith
Arline Fleming	Connie Snider
Andrew Frank, MD	Catherine Spinning
Eleanor Godfrey	Kathy Stewart, MD
Sandra Graham	Sharon Stokey
Rosa Gregg	Debra Terwilligar
Carol Gregory	Michael Thompson
Kris Guptill	Christopher Tongue
Lynne Heidsiek, MD	Nancy Towle
James Hennig, OD	Surra Tregarth
Mary Jeffrey	Gwendolyn White
Ilene Kapp-Harris	Shawn Wiege
Gabriele Kather	Stanley Wiens
Anna Keele	Leena Williams
Sheryl Ann Kiel	William Winkler
Michael Kinard	Michelle Wright
Carol Kuechle	Elizabeth Young

Board of Directors Actions

Topics covered at the April Board of Directors meeting included the following:

- Increased cost for holiday luncheon — the board will get more information from Mike Mulderink, Town Hall Manager, to make decisions for keeping costs down as much as possible to avoid impacting our members.
- 2015 Community Giving Campaign — the board voted to include the OR Food Bank and CARES in our campaign this year.
- Update of the third annual arts exhibit was discussed. More entrants are needed and encouraged to contact Maureen O'Connor to display their art.
- Patsy VandeVenter reported we have 72 new retirees and 26 members switching to email newsletters. Members are encouraged to sign up for email delivery. With the January newsletter mailing, the Post Office returned 89 newsletters as undeliverable and reported there were 114 changes of address.

KaiPerm CU News

Do you have a KaiPerm VISA Credit Card?



9.95% APR - Direct Advantage Rate*

No Annual Fee

1% Balance Transfer Rebate - We Pay You!

(Rebate can be deposited into your checking account or applied to the outstanding balance on your VISA Credit Card)

- ✓ No Minimum Usage Requirements
- ✓ No Balance Transfer Fees
- ✓ No Cash Advance Fees - and with your PIN you can get cash at the ATM with the same low APR as your purchases

* Direct Advantage Members have an active checking #77 and 100% direct deposit.



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.

Apply online

Visit www.kaipermnw.org

- ➔ Click let's connect
- ➔ Click open a visa credit card

Contact our Loan Department:

Angela W. - 503.813.3248 (Angelaw@kaipermnw.org)

Peggy - 503.813.3249 (Peggy@kaipermnw.org)

Let us help you Get Ahead Financially!

Kaiser Permanente Building

500 NE Multnomah Ste
320 Portland OR 97232
503.813.3242

Kaiser Permanente Westside Medical Center

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

KaiPerm Credit Union is looking for new board members.

If interested, please contact Member Services at 503-813-3242. You may also want to attend the annual meeting below:

- Annual Meeting info:
Thursday, May 28, 2015
DoubleTree Hotel – Lloyd Center
1000 NE Multnomah St
Portland OR 97232
Refreshments – 5:30
Meeting – 6:30

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.

You are invited to the KaPeRs luncheon

Wednesday, May 27 at 12 noon

Town Hall

3704 N. Interstate Avenue

Portland OR 97227

\$12 retirees, \$14 guests

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

Return this RSVP and payment by Wednesday, May 20:

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

If you must cancel, please phone Kathryn at 503-223-0311 before Monday, May 25, 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 27 at 12 noon.
 - 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 email a short description of your activities to Jane Walker, lois246@aol.com, subject line: KaPeRs Volunteers. Also, provide your contact information for any follow up if needed

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.

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.

KaPeRs (Kaiser Permanente Retirees Organization)

PO Box 4543
Portland OR 97227

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 Kathryn Holt 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. To continue receiving the newsletter on-line, be sure to send e-mail address change to gvpats.