

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.

Quarterly Luncheon – Wednesday, September 18, 2013

What's New in Hip and Knee Replacement Surgery: At Kaiser Permanente and Beyond!

For many of us, mobility is the key to an active and independent life – hip and knee issues can cause pain and interfere with our plans. Dr. David Boardman, former Chief of Orthopaedics at Kaiser, and an expert in hip and knee replacement/revision surgery, will join us at our September 18 luncheon meeting. He'll share the latest technology in the field and explain what Kaiser Permanente's role will be in the community – especially at our new state-of-the-art Westside Medical Center and its Center for Hip and Knee Replacement. Please join us in September to find out what Kaiser members can look forward to!

Oregon Food Bank Drive in Full Swing

There is still time to contribute to KaPeRs' 2013 community giving project. The Oregon Food Bank will benefit from your generosity. Please make your contribution payable to KaPeRs, and mail it to KaPeRs Charitable Giving, PO Box 4543, Portland OR 97208 before September 18th.

Also, non-perishable foods may be brought to the September 18th luncheon. Thank you for your contributions, and if you have already contributed, thank you!

KaPeRs On-Line 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, September 18, 2013
12:00 noon
Town Hall

PROGRAM

What's new in knee & hip replacement surgery
David Boardman, MD

2013 MEETING DATES

General Meeting	Board of Directors
December 18	October 31

KAPERS 2013 FALL OUTING

Saturday, September 28, 2013
Columbia River Gorge/Hood River Fruit Harvest

See page 7 for KaPeRs luncheon invitation

President's Corner

Marci Clark

As the end of the lazy crazy days of Summer approach, I'm reminded why this season feels so unique in the Pacific Northwest. We shed our outer layers and play unencumbered in the warm, sun-filled outdoors. We take long walks along the riverfront or in our own neighborhoods. We rap and tap with the music in our beloved outdoor concerts. We read books while lying in the grass at the local park. We frequent the outdoor markets that are prolific with fresh foods, art and more

music. We work in our gardens until late into the still-light evening, picking blueberries or dead-heading early bloomers. We head for the beaches, campgrounds and cookouts where we meet up with friends and family to share stories and each others' lives. Because grandkids are on hiatus from school, we get that precious gift of uninterrupted face time for hiking to the top of Multnomah Falls ("we did it!" they said), taking in the OMSI Mummy exhibit ("interesting but creepy"), thrilling to the speed of downhill skateboarders in the World Cup Speed Race ("awesome") or just hanging out.

The crisp air and fiery colors of Fall, arguably the most spectacular time of year in the Northwest, are beginning to appear. Some of the bright spots of Oregon and Washington that we didn't visit during the summer months are still waiting as we embark on a road trip. There is the majesty of Mount Hood, the High Desert Museum, and the Okanagon Highlands with the nearby Grand Coulee Dam. There is John Day with its fossil beds, Yakima and Willamette Valley with their vineyards, and so many small towns that evoke the Northwest spirit. Time to explore, see and learn is just around the corner.

Speaking of exploring, KaPeRs is sponsoring another fun-filled day this Fall. A day-long Columbia Gorge and Hood River Fruit Harvest tour, complete with a geologist knowledgeable of the area, is scheduled for Saturday, September 28th. Additional details are available elsewhere in this Newsletter. Also an Introductory Art Workshop is in the planning stage for 2014.

At the upcoming quarterly KaPeRs program on September 18th we will learn about the KPNW total bone and joint Center of Excellence at the new Westside Medical Center. This will be an interesting and informative program. I hope to see you there!

KaPeRs Fall Tour Columbia River Gorge/Hood River Fruit Harvest

Saturday, September 28, 2013

Join us for our second daytrip of 2013 as we travel the Historic Columbia Gorge Highway with stops along the way to view the amazing waterfalls and incredible vistas. Joe, our geologist/historian/storyteller, will make the past come alive with his tales of the area's history and its geology! Next, we'll take time to enjoy our boxed lunch at Bonneville Dam, enjoying the views from the patio or watching the fish as they make their way up the Columbia River. Then we'll travel on to Hood River and visit two of the area's pear and apple orchards. Here you'll have time

to browse and shop, while you sample new crop varieties of pears and apples, freshly baked cookies, and local jams and fruit butters. Stock up on fresh fruit and other local products to give as gifts or enjoy over the winter months - there'll be space on the bus for your purchases.

Visit KaPeRs' website to see photos of our June tour of Mt Angel Abbey and Oregon Gardens, where a wonderful time was had by all! Don't miss out on these fun and educational get-togethers! Bring a friend and make a new one! The cost of \$79 per person includes deluxe coach transportation, tour escort and a local geologist, complimentary bottled water, boxed lunch (please indicate if you want vegetarian), and gratuities. The bus will depart Town Hall at 8:30 am and return at approximately 4:30 pm. Plan to arrive by 8:15 to ensure a timely departure!

To sign up, please contact Kathryn Holt tosca230@gmail.com or 503-223-0311. **Deadline for sign-up and payment is September 20 (see Kathryn at our next KaPeRs luncheon); or mail check to KaPeRs Tours 2013, P.O. Box 4543, Portland OR 97208.**

Keeping in Touch

Sue (Sullivan) Rethinger writes, "Since retiring in September 2011, I have had many trips to the Midwest and New England for precious time with family. I have walked two half-marathons, completed a remodeling project, enjoyed California wine country and Canada's Rockies. I continue to figure skate and do Pilates so I can keep up with the second Golden Retriever we've added to the family!"

Since retiring, **Anna Thomas** "has been working part time for DHS with foster children, doing physical and mental health assessments and teaching foster parents about medical and behavioral issues. I also spend lots of time with my grandchildren babysitting and attending their soccer, volleyball and softball games."

Millie Blodgett and her husband, Ken, have moved from Prineville to Canby. "We sure miss the weather there!"

Michelle Hathaway "is having fun with my family which includes my son and daughter and three delightful grandchildren, ages 8, 5 and 4. I feel blessed to have them close so I can help with them. I am also involved with friends I worked with. Thanks for having this luncheon (May 21st) on a day that I am able to attend."

Tom Grey and his wife Barbie "have a friend

who has taught EMT's/ambulance drivers, etc. to become certified. In addition to her work at the school she became deeply concerned about the refugees pouring into Lebanon from war-torn Syria. She decided to go to Lebanon with "IDEAS" (humanitarian organization) and assist the refugees in getting basic hygiene and medical help. Barbie and I are helping her raise funds and pull up stakes in Portland. She will be living in Lebanon for 2 years. Most of that preparation is now in place and she is scheduled for leave next month (June 2013). When Barbie and I cut back on our own work abroad, we had no idea that we would be available to help others to go. It is a great way to keep busy and hopefully make a difference during retirement."

May Arts Exhibit

What a collection of extremely talented artists are in KaPeRs' midst. A full-to-capacity crowd enjoyed the first ever KaPeRs Arts Exhibit, held at the May luncheon.

Fifteen exhibitors displayed their masterpieces which included beautiful quilts from **Patti Lawler**, **Judi Berenson**, and **Maureen O'Connor**; **Dr. John Gerhardt's** hand-built violin; **Lucy Nonnenkamp's** vibrant watercolor paintings; stunning photographs from **Dr. Raj Sarda**, **Gerhard Peter**, **Marci Clark** and **Esther Haberman**; **Rita Townley's** watercolor pencil drawings; **Laura Dickinson's** handmade paper collage and an ink and colored pencil drawing; **Barb Hervey's** delicate jewelry pieces; **Kathryn Holt's** hand-woven garments and beautiful glass art; **Maureen O'Connor's** incredibly intricate painting on fabric-covered wood; hand-thrown pottery pieces from **Janet Schook** and **Marci Clark** who are enjoying experimenting with various firing methods. **Sharon Sandgren's** beautiful paintings and the story of how she became interested in her craft is detailed on KaPeRs website, **kpnwretirees.org**, along with interesting stories from each exhibitor and photos of their work.

We invite you to visit the website and click on the Art Exhibit link. The "Pictures" link has an album showing each of the entries close-up...well worth taking a look.

Roger Anunsen on Healthy Aging

On a return engagement to the May KaPeRs program, Roger Anunsen was again a wealth of information regarding practical steps toward positive brain health and healthy aging. As an avid researcher of neuroscience studies and a passionate educator on the topic of healthy aging, he has developed a short list of healthy habits for brain health.

"The Six Essential Cogwheels of Brain Health" include

- **Physical Movement** (blood flow promotes cardiovascular health and stimulates growth and repair of brain cells). *Run, walk, stretch, bend...move something.*
- **Mental Stimulation** (helps build healthy brain structures that could help compensate for natural wear and tear of the brain). *Engage in lifelong learning and creativity.*
- **Social Connections** (humans thrive when engaged with other living things). *Engage with family and friends; join groups; volunteer; be with animals; tend a garden.*
- **Stress Management** (chronic stress lowers the ability to fight illness and repair brain damage). *Change what you can control; adjust to what you cannot control; and consider asking for help.*
- **Diet and Nutrition.** *Eat fruits and vegetables; avoid fried foods; sip water often.*
- **Sleep, Naps and Mental Rest** (memory is enhanced by mental rest, naps and sleep). *Sleep 6-8 hours/night and take mindful naps.*

KaPeRs Carbon Footprint

Help decrease KaPeRs' carbon footprint by choosing to receive your KaPeRs Newsletter via e-mail. KaPeRs members number 2,700 with only 310 of those receiving their newsletter via e-mail. We would like to increase the e-mail 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 mail box, or worse, having it lost. 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 e-mail address, along with your name and home address (for our records) to **gvpats@aol.com**,
Subject line: KaPeRs.

Thanks Marge Lyster —

for your dedication to reading the daily newspaper and sending sympathy cards to the families of our departed members over the last 12 years. You now have more time for those numerous bridge games, a round or two of golf, and going out to lunch or dinner with your many friends. KaPeRs is grateful to you.

KAPERS BOARD OF DIRECTORS
P.O. Box 4543, Portland OR 97208

Executive Committee

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Stressla Beaver Jeanette Neuburger
Jean Bradley Vivian Terrall

Want to reach out and find someone?

Lost contact with an old friend from your working days? Perhaps **KaPeRs** can help you get in touch. Send your contact information in an e-mail to **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.

May Luncheon Raffle Winners

KaiPerm Credit Union donated two restaurant gift certificates for the raffle. Pat Wold won the Stanford's certificate and Donna Neevel won two dinners at McMenamins. The restaurant gift certificates donated by KaPeRs went to Gigi Jones,

In Memorium

John Blewett Jacque Paye
Patric Cody Dorris Pewonka
Helen Collins Lucina Placeres
Lawrence Duckler, MD Mary Stuebe
Mary LaRoche Mary Tuss
Harriett "Cris" Maranze, MD

Rita Townley, Rena Long, Pauline Petterson, Charlene Tritt, and Beverly Young.

KP News Roundup

Growing to serve you better

Gateway Medical Office opens January 2014. Replacing the Division Medical Office, Gateway will offer family medicine and pediatric care in an environmentally friendly, nurturing environment.

Legacy Salmon Creek Medical Center. As of October 1, 2013, our members who live in Southwest Washington can access hospital care through a new partnership with Legacy Salmon Creek Medical Center.

The Portland Clinic. Beginning January 1, 2014, all Kaiser Permanente members will have access to The Portland Clinic with the same coverage and services that they receive from Kaiser Permanente providers.

Kaiser Permanente Westside Medical Center Opens

Now you can get a full range of inpatient and outpatient services at one new location: Kaiser Permanente Westside Medical Center at 2875 NW Stucki Ave. in Hillsboro, Ore. The Westside hospital opened Aug. 6, following the June 4 opening of **Westside Medical Office** — a specialty care clinic on the campus.

Also located on the Westside campus is our existing **Sunset Medical Office**, where you can receive primary care. And if you have a Kaiser Permanente dental plan, you can get dental care at **Sunset Dental Office** two blocks away at 19075 NW Tanasbourne Drive.

Get your own Personal Action Plan

A new tool on kp.org makes it easier for you to manage your health.

The Personal Action Plan shows your "care gaps." These are areas where you may need a test, vaccination, or screening for preventive care. You'll also see recommendations on actions you

New Retirees

Welcome KPIT and Program Office retirees to KaPeRs Northwest Region retiree family. We recently received the names of those employees retiring between January 2010 and June 2013. Ongoing, we will be receiving a list of KPIT and Program Office new retirees monthly and those names will be published in this newsletter. We invite our new members to visit our website at kpnwretirees.org to learn more about KaPeRs and our activities.

can take to maintain good health, the reason you should take an action, and what you need to do to get services at your local medical office. These recommendations come from your health care team. Having regular tests and screenings can help you avoid many health problems. It also will help you better manage any existing problems. Your Personal Action Plan gives you the power and control to take action and thrive.

To access your Personal Action Plan, sign on to kp.org (those who aren't registered will need to register first). Click on "My Medical Record," then "Personal Action Plan" to view your recommendations and details. It's that easy!

Urgent care hours expand to meet your needs

Throughout 2013 we have expanded urgent care hours at several locations — making it even easier for you to receive urgent care when you need it.

Beaverton Urgent Care is now open:

- Monday through Friday: 6 p.m. to 9 p.m.
- Weekends and holidays: 9 a.m. to 6 p.m.

Interstate Urgent Care (now located at Interstate East) is open:

- Monday through Friday: 6 p.m. to 11 p.m.
- Weekends and holidays: 9 a.m. to 6 p.m.

Longview-Kelso Urgent Care is now open:

- Monday through Friday: 6 p.m. to 9 p.m.
- Saturdays and holidays: 9 a.m. to 6 p.m.
- Closed Sundays, Thanksgiving, and Christmas.

Mount Scott Urgent Care is now open:

- Weekends and holidays: 9 a.m. to 6 p.m.
- No weekday hours at this time

KPNW Center for Innovative Medical Simulation

Simulation in healthcare is a program for multidisciplinary teams to train and practice for emergency situations using high fidelity, life-sized, computerized mannequins in a realistic, structured, and safe environment.

Simulation is experiential learning. Scenarios are individually designed to be relevant to the participant's clinical practice. Although stimulation does address best practices in clinical tasks and skills, testing both new and existing systems, the focus is on teamwork, communication, leadership, decision making, and resource management during a critical event.

Georgina Ottaviano BSN, RN-BC, Manager of Regional Simulation Operations, states,

"Who would have believed that one day staff working

Robert Archerd	Renee Manson
Deborah Bailen	Brian Markey, MD
Christine Baughman	Joy Martinez
Colleen Bejarano	Timothy McNeil
Darlene Bisson	Wendy Mednick, MD
Kathleen Boland	Lois Miller
Candace Bradstreet	Robertta Monger
Marlene Brannon	Jerry Moss, MD
Victor Breen, MD	Neil Natwick
Catherine Brugato, MD	Ray Noel, MD
Norman Burak, MD	Gary Nylander
Donna Burnett	Bernadina Olson
Daniel Ross Carter	Henrietta Orr
Carolyn Cecil	Michaela Pachelli
Homer Chin, MD	Janette Perry
Stann Clare	Brenda Polk
Mary Collins	Joyce Potter
Barbara Darrow	Bruce Priem
Nancy Denard	Linda Rerick
Susan Dowiasz	Pamela Ritchie
Kathleen Drummond	Michael Roa
Philip Gambrel	Ronald Robson
LeeAnn Gekas, MD	Joan Sample
Ethel Gibney	Beverlee Saum
Mary Greenwood	Janet Scanlon
Lanny Griffin	Margaret Schlosser
Sharon Guard	Dorothy Schmidt
Karen Gooch	Isabella Slesh
Connie Hansen	Doris Schmer
Sylvia Hathaway	Jeni Shilman
Linda Hitzeman	Mary Stumpf
Claudia Hawke	Geraldine Swift
Gwyn Jean	Roger Tobey
Charley Frank	Jean Van
Johnson	Jackie Vernholm
Linda Jorgensen	Deborah Ann Wenzel
Ginger Kafel	David West
Beth Karolle, MD	Bonnie Whitacre
Linda Keesey	Richard Wise, MD
Ethel Killinger	Joann Wright
Ella Klingman	Maureen Wright, MD
Patricia Legarda-Hogland	Georgia Yeats
Calvin Leong, MD	Michael Zimmerman
Mark Leveaux, MD	
Sondra Lloyd	
Diane Lung	

in healthcare fields would have life sized mannequins that breathe, talk, have pulses, give birth, and can mimic just about any medical situation a human might find themselves in? We do now, and have most recently used our family of high-fidelity computerized mannequins extensively to prepare for the opening of Westside Medical Center. Staff practiced workflows, tested new equipment and supplies, and generally used simulation to familiarize themselves with the workings of WMC before our first patients arrive. We use simulation throughout the NW region to improve clinical skills, communication, and teamwork, a testament to Kaiser Permanente's commitment to innovation, and to the safety of our members."



Huy Nguyen, RN, Regional Simulation Consultant with SimMan and Georgina Ottaviano, BSN, RN-BC with BabyHAL

Mannequins:

- Adult: SimMan3G, made by Laerdal
- 6 year old: PediaSim made by METI
- Newborn: BabyHAL made by Gaumard

Board of Directors Actions

August 1, 2013

- Treasury - \$2,555.00 as of 7/31/2013.
- The Board welcomed guest Judi Berenson.
- The Board accepted, with regrets, the resignation of long-time board member Cheryl Harmon.
- Marge Lyster resigned the position of KaPeRs Kare. The In Memorium column will continue to publish names of deceased members. Marge will continue to serve on the Board.
- Followup to the May 21st Art Exhibit was discussed. All concurred it was successful and the Board agreed to hold the 2nd Annual Art Exhibit in 2014. Maureen O'Connor and Kathryn Holt will co-chair.
- 2014 quarterly luncheon programs were discussed.
- Recruitment strategies for the 2014 election

of KaPeRs officers as well as the position of KaPeRs Newsletter editor were discussed.

KaiPerm CU News

KaiPerm Northwest Credit Union has opened a branch at the new Westside Medical Office and we invite you to become a KaiPerm Member. Become a Direct Advantage Member and take advantage of these great benefits:

- 6% dividend rate on first \$500 in your account and 0.11% on balances greater than \$500
- 2.95% auto loan rate (on approved credit)
- \$500 Line of Credit (no setup fee)
- Free!!! No monthly fee
- No minimum balance requirement
- Free Debit Card replacement
- 9.95% VISA Credit Card
- Free Debit Card replacement

Apply online at www.kaipermnw.org or call a friendly Member Service Rep at 503.813.3242 for more information. We will be happy to help grow your financial health plan together.



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.

Human Resources Business

Human resources business is conducted through the Human Resources Service Center (HRSC) in 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 0 to speak with a representative.

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

You are invited to the KaPeRs luncheon
Wednesday, September 18 at 12 p.m.
Town Hall
3704 N. Interstate Avenue
Portland OR 97227
\$10 retirees, \$12 guests

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

Return this RSVP and payment by Wednesday, September 11:
Kathryn Holt, P.O. Box 4543, Portland, OR 97208

If you must cancel, please phone Kathryn at 503-223-0311 before Friday, September 13, 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, September 18 at 12 p.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 \$10 for my luncheon, payable to KaPeRs. My Name _____
- I am enclosing \$22 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.

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

Name _____ Phone number _____ e-mail _____

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 e-mail, send a message including your name and e-mail address to Patsy VandeVenter at gvpats@aol.com. Subject Line: KaPeRs.

KaPeRs (Kaiser Permanente Retirees Organization)

c/o Northwest Employee Benefits
500 NE Multnomah St., Suite 100
Portland, OR 97232

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 Kathryn Holt at the address listed, or e-mail gvpats@aol.com.

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@aol.com.