

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 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 September 24, 2014

Travel Expert and Guru of Organized Packing – Anne McAlpin

Want to learn the secrets to packing the perfect carry-on bag, preparing for airport security, packing for a cruise, and tips for women traveling alone? Then join us for lunch on Wednesday, September 24, to meet the “go-to” expert on everything travel – Anne McAlpin.

Anne’s approach to creating a complete travel experience has captivated audiences at her personal presentations and national TV. Her appearances as a guest on Oprah*, CNN*, The Today Show*, and PBS have reached hundreds of millions of viewers. She has flown more than two million miles, traveled in over 73 countries and cruised through the Panama Canal 98 times!

Anne brings her professional traveler’s eye to her events...from what to pack, to how to pack it perfectly. She makes packing fun by demonstrating an invaluable set of travel tips for any type of travel. Sign up early! This will be a sell-out!

Dates to Remember

GENERAL MEETING

Wednesday, September 24, 2014
12 noon Town Hall

PROGRAM

“Anne McAlpin, AAA Oregon/Idaho, The Travel Expert”

2014 MEETING DATES

General Meeting
December 11

Board of Directors
November 6

See page 7 for KaPeRs luncheon invitation.

Community Giving in Full Swing

There is still time to contribute to KaPeRs’ 2014 community giving project. Two organizations will benefit from your contributions this year. North by Northwest Community Health Center provides medical services at no cost to low income, uninsured adults residing in north and northeast Portland. The Oregon Food Bank provides food for distribution to low income families and individuals through its Network.

Contributions can be sent, payable to KaPeRs Charitable Giving, P.O. Box 4543, Portland, OR 97208 by September 15th. Also, non-perishable foods can be brought to the September 24th KaPeRs luncheon.

Thank you for your contributions, and if you’ve already contributed, thank you!

President's Corner

Marci Clark

Today was gardening day! It's the last week in July and 90 degrees outside. Not that I'm complaining about the heat because I love being outdoors, whether it's to work, walk or play. There's nothing like warm, blue-sky summers in Oregon. But I digress.....

I've been obsessed by my new raised garden bed this past month. Jim designed and built a 3-part community bed to be shared with our next-door neighbors. He's creative like that. From garden arches to kitchen remodels, he has a great design instinct. Oops, I digress again.

My garden. Basil (both green and red rosie), chives, chocolate bell peppers, Japanese cucumbers, oregano, lettuce and black-eyed daisies are already lush. My neighbors have thyme, rosemary, woolly oregano and other treats to share. Today I pruned, watered and harvested, which means dinner tonight will be more fun.

Like other gardeners, I find planting, nurturing and harvesting the fruits of my labor a therapeutic and wise pursuit. It provides variety to my diet, lowers my grocery bill, and is another step to good health. All are reasons KaPeRs has chosen Oregon Food Bank (and its Learning Gardens Program) as one of two recipients to benefit from our 2014 Community Giving Program. North by Northeast Community Health Center, also a deserving contributor to community health, is a recipient as well.

Although home gardening most often results in organic food at the dinner table, non-organic fruits and vegetables deserve equal attention. The U.S. Department of Agriculture's recent "Dirty Dozen" list identified apples, strawberries and grapes as having the most pesticides. Avocados, sweet corn and pineapples topped its "Clean 15" list. So choose and wash wisely!

For all of us who love to mix in a dose of travel with our other activities, the guest speaker at our next quarterly all-members meeting on September 24th is Ann McAlpin travel packing expert. Whether you're looking for travel advice or just catching up with friends and former co-workers, it will be a fun and informative gathering. I look forward to seeing you there.

Planning to Volunteer Overseas?

Get the practical training needed to serve in low income regions of the world.

Each autumn, OHSU offers an eight week, two days/week, course, "Professionals' Training in Global Health (PTGH)", geared for physicians, nurses, nurse practitioners, physician assistants, and other health care providers.

In Memorium



Merle Andrews

Ernest Lane, MD

Mary Cooper

Rosell Parker

Charles Dubay

Angie Richardson

Orville Furber

Mitche Spellman

PTGH provides an excellent opportunity for CME & CEU credits. Tuition is \$3800 for physicians and \$3300 for all other providers.

Dates for 2014 are Sept. 11th through Oct. 31st.

For more information: www.ohsu.edu/globalhealth/PTGH or contact Dr. Andy Harris at andyharrismd@comcast.net. Since the sign-up deadline has passed, please contact Dr. Harris to ask if there are any openings this year.

Keeping in Touch

Stephanie Schoap reports she and Mike went on a Road Scholar trip to Costa Rica. The focus of the trip was photography, especially birds. Since returning, they have enrolled in some Audubon classes to learn more about birds. She also sings in her church choir.

Ellen Burns spent two weeks traveling in the SW. She spent six days hiking in Arches National Park and taking jet boat rides on the Colorado River. She also traveled to Mesa Verde and explored the ancient Pueblos. On the way back, she stopped at four corners and listened to the Navaho language and watched the wild mustang colts. She also bought an arrow that she watched being made "the old way".

Dr. Jeff Israel has traveled to third world countries for the past 30 years, leading teams and performing cleft lip/palate surgery. His most recent trip was to Guatemala from March 28 to April 5, 2014.

Esther Haberman is studying hypnotherapy and will test for certification in August. She plans to specialize in weight management, including virtual lap-band surgery and childhood obesity. She is also active in the Retiree Committee of OFNHP Local 5017.

Patricia Wold has been preparing tax returns through AARP's volunteer program for 15 years. She began in Newport, using paper and pencil and now works at the Lloyd Center location where they prepare returns two days per month throughout the year. It's the largest site in OR, possibly the nation, filing over 4000 returns!

Martha Han has many hobbies and activities. These include water color, Asian painting and gardening. She has learned her native Korean Traditional Dance. Her group founded a non-profit organization called "Oregon Korean Performing Arts" in 2013. They have performed in many public forums and have been invited to Seattle and Monterey, California.

Virginia Fairchild broke her foot in January and was in a brace and used a cane for three months. She is now

doing Tai Chi twice a week to help strengthen her muscles. She's enjoying getting out and about again.

Anne Thomas continues to work as a contract RN with the State of Oregon Department of Human Resources Foster Care Program and the Developmental Disabilities Group.

Rita Sheldrake and her husband just returned from a 25 day cruise from Singapore to Athens. They enjoyed seeing Singapore, Phaket, Columbo, Goa, Mumbai, Muscat, Salalah, Petra, and the Suez Canal. It was an experience!

Diana Sirkin helps build Habitat for Humanity homes with a group from her synagogue. She is also president of the Sisterhood at her synagogue.

Carol Bresky creates art pieces with fused glass. She discovered the medium years ago and is now devoting time to it since retiring. She has a website, glasscolorandlight.wordpress.com and participates in art festivals throughout the year. Please visit her web site for the latest information

Joy Gray down-sized to a house in Vancouver, replacing her city and mountain view with a view of the ninth hole of Fairway Village Golf Course. Besides chatting with passing golfers, she is particularly happy with the exercise classes for Boomers at the Furstenberg Community Center.

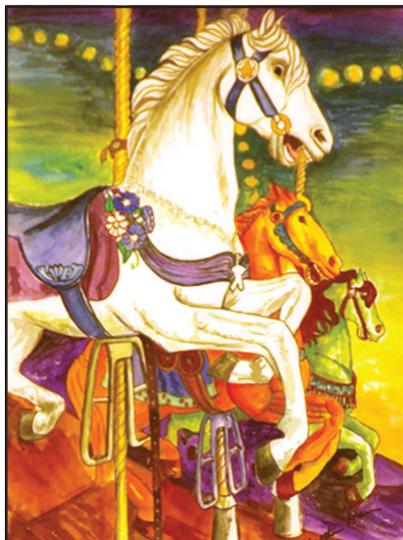
Jeanne Reinhardt volunteers as treasurer with her homeowner's association, collecting dues, paying bills, banking, investing, and organizing the association's finances. They're active with neighborhood projects such as road work and landscaping.

Welcome New Retirees

Merrill Ahrens, MD	Ronald Lee
Marcia Bechtold, MD	Janet Loewen
Maribel Bieberach, MD	Linda Lorenz, MD
Julie Biddle	Wayne Maio
Deborah Black	Joseph Marion, MD
Valerie Brechtbill	Guy Marx
Juliana Butler	Jane McFarland
Jerome Casey	Christine McGinty
Ladonna Casey	Eugene McReynolds
Leona Clisby	Judith Messoline
Carol Marie Cohen	Roger Miyaji
Richard Corneliuz	Jeanne Morgan
Ernestine Davis	Marc Muramatsu, MD
Joyce Davis	Gayle Norie
June Doty	Pamela Oberst
Christine Drommond	Margaret O'Donnell
Carolyn Duffy	Burney Penny
Scott Dunlap, MD	Virginia Posey
Nina Fleckenstein	Michael Regner
Julianna Flores	Thomas Renner
Diana Rae Fox	Karen Riedlinger
Kenneth Franck	Margueritte Schleinitz
Yvonne Giese	Robert Shneidman, MD
Jeannine Gilkeson	Simalua Sipoloa
Susan Goodstein	Diana Sirkin
William Gray	Virginia Smith, MD
Glenn Greeder, MD	Sherry Smolcic
Pamela Halkinrude	Richard Steinberg, MD
Toni Hamilton	Donna Stidams
Priscilla Hans	Janice Stixrud
Deborah Helms, MD	Susan Stover
Frances Hicks, MD	Phillip Taylor
Holly Hower	Christina Thrash
Alan Iberg	William Towery, III
Steven Jackson	Linda Vrieze
Marlene Jenson	Kathleen Wall
Jean Johansson	Roberta Webber
Karen Johnson	Sara Whiteman
Freda Kerman, MD	Carol Winter
Michael Krall, MD	Derrick Yoshinaga, DO
Michael Lassi	

Members Art Exhibit – Wow!

Nineteen KaPeRs members with a passion for creativity



shared their work at the second annual KaPeRs Art Exhibit in May. Art on display included stained glass, photography, musical instruments, jewelry, carved walking sticks, watercolors, woven baskets, fused glass, clay pottery and more. Guest speaker, April Henry, added

another creative pursuit to the day's theme: *writing* (17 published books to date). The Art Exhibit once again displayed some amazing talent in our group. For a closer look at the work exhibited, visit the kpnwretirees.org website photo page.

quantity of food they are allowed to shop for based upon income, size of family and need.

Cheryl is also active in her church in other ways, participating in a prayer group, taking care of the altar and teaching vacation bible school.

Jeannine Brumley likes to be busy. She volunteered at Canby High School helping students in the *Aspire* program which prepares them for job and college interviews.

Jeannine also volunteered in the Clackamas County District Attorney's office as a victim advocate. In this job, she followed victims of rape and other crimes all the way from the hospital to their final court appearance. As their advocate, she made sure that all the paperwork was filled out correctly and that they kept all of their appointments. She was there to support and guide victims throughout the legal process, a new experience for many, during a difficult and emotional time.

Currently she is working in the difficult area of hospice care where she has returned to her former profession, which is nursing.

William Rouse worked for Kaiser twenty eight plus years. He worked at Bess Kaiser, Sunnyside Hospital and at the Beaverton Clinic as the lead X-ray technician for angiography and special procedures where he later became the labor liaison for local 555. His union represents the x-ray technicians as well as assistants within the department and pharmacy technicians. His position required that he attend many of the regional meetings and to work closely with Marci Clark which he recalls with fond memories.

Since retiring, William says that he doesn't know how he found the time to work! He is currently finishing a two year position as president of his homeowners association in Aloha, Oregon. This is a neighborhood of two hundred and eleven manufactured homes for seniors. In addition to his administrative duties for the neighborhood, he also installs ramps, steps and other structures for the elderly which make the home more accessible. Though the homeowner pays for materials for these improvements, all of his labor is free! What a great neighbor!

KaPeRs' going green

KaPeRs members number 2,900 with only 430 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

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

Executive Committee

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 Peter Lang, immediate past president..... langpe@comcast.net
 Janeene Siler, secretary..... janeene@comcast.net
 Kathryn Holt, treasurer..... tosc230@gmail.com
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Dental Group Representative

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 Gail Clark..... gailclark@comcast.net

Members Emeritus

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Stressla Beaver	Jeanette Neuburger
Jean Bradley	Vivian Terrall

Volunteers caring and sharing

Cheryl Harmon retired from the human resources department at the Sunnyside campus location in 2003. Now she has a new job, albeit a volunteer one.

HOPE, *Helping Other People Eat*, is a non-profit organization which has a focus on food banks in the Oregon City area. Cheryl works at the Baptist Church location. There she helps recipients to understand what

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
Subject line: KaPeRs.

Introduction to Art Workshop

April showers normally bring May flowers. In the case of the April 21st watercolor workshop with local artist, Kathy DeLumpa Allegri, it brought a rendition of grapes. The art class was well attended by approximately 25 KaPeRs members. Each person was given a triad of watercolor paint and paper. Following instructions by Kathy, we each had the opportunity to create our own luscious fruit. The morning flew by and the class ended before we were ready. However, hopefully, this brief exposure to watercolor will entice some of you to take further classes and to show your work in the next art exhibit, wherever it may be.



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.

Luncheon raffle winners

There were eight lucky winners of the May luncheon raffle: John Anderson, Ruth B. Bach, Sue Castor, Marge Erwin, Juliana Kollas, Doris Schmer, Vivian Terrall, and Pat Wold.

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

Kaiser Permanente is Coming to Eugene

Beginning in October 2015, large employer groups in Eugene and the communities of Lane County will have access to KPNW health care. Medical office sites are currently being evaluated. KPNW physicians will provide integrated care, including coordinating services through contracts with additional local providers and regional hospitals. Initially, the medical office will have at least four primary care physicians. Additional plan offerings will follow for individual coverage, Medicare, Medicaid and small group.

We're growing in Salem!

This December, we'll have another medical clinic to support our Salem membership. Keizer Station, our newest planned facility, will open with six primary care physicians and 16 exam rooms, as well as pharmacy, lab, imaging and a nurse treatment room—all in 20,000 square feet. Watch for news and updates about this exciting addition as we get closer to opening.

2014 Oregon Mission of Mercy

Thirty-two Kaiser dental providers and staff volunteered their time July 11 and 12 at the fifth annual Oregon Mission of Mercy free dental care clinic at Chemeketa Community College in Salem. The event provided free dental care to 1,255 patients. Some patients camped outside Chemeketa for a full day before registration opened. All patients received education on how to prevent future dental problems prior to treatment, which included everything from cleanings and fillings to extractions, anterior root canals, and partial dentures. As part of its mission, Kaiser Permanente makes significant contributions to community health, including oral health. Kaiser Permanente Northwest invested more than \$104 million in community benefit initiatives in 2013.

Care with Heart: Sunnyside Medical Center One of the Best in the U.S.

Recent ratings by Consumer Reports named Sunnyside Medical Center as one of 15 hospitals in the U.S. to earn top scores in both heart valve and bypass surgery.

A longtime leader in care: Sunnyside Medical Center has been on STS's all-star list since 2010. Earlier this year, for the seventh consecutive time, the hospital was given a three-star rating, the highest rating possible. Dr. Shin, chief of cardiovascular surgery, credits the talent and dedication of the Sunnyside staff as a key reason for this recognition.

Concussion Screenings Offer Preventive Care for Student Athletes

Concussions are a serious risk for athletes, and a system for screening is a high priority. That's why David Griffin, DPM, a podiatrist with Northwest Permanente, reached out to coaches in the Vancouver area. With the support of Dr. Jeffrey Weisz, president of Northwest Permanente, Griffin created a pilot project in partnership with Janet Howard, MD, a concussion specialist in the sports medicine clinic. The NWP-sponsored program provides free screenings to 1,000 Clark County youth football players and 200 coaches at our Cascade Park Medical Office this summer

Board of Directors Actions

The board met after the deadline for the August newsletter. Actions taken will be reported in the November newsletter.

KaiPerm CU News

What's even Better than Free Checking?

Checking that earns 6% and has free products and services! That's our Direct Advantage* Checking!

- ✓ Pays 6% on first \$500 (0.11% on balances above \$500)
- ✓ 2% discount on consumer loan and VISA credit card rates
- ✓ Automatic \$500 Line of Credit loan
- ✓ Free Bill Pay, E-statements & Mobile Money
- ✓ Free debit card, replacements and renewals
- ✓ and so much more...

Join the KaiPerm Direct Advantage Membership! Call a Friendly Member Service Representative at 503.813.3242. They will be happy to help.

*Requires active checking #77, 100% Direct Deposit & Virtual Branch home banking



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.

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

Contact a Member Service Representative for more information at 503.813.3242.

You can also contact our Loan Officers:
Tina - 503.813.3248 (Tina@kaipermnw.org)
Peggy - 503.813.3249 (Peggy@kaipermnw.org)

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

You are invited to the KaPeRs luncheon
Wednesday, September 24 at 12 noon
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, September 17:
Kathryn Holt, P.O. Box 4543, Portland, OR 97208**

If you must cancel, please phone Kathryn at 503-223-0311 before Monday, September 22, 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 24 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 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.

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.

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.