

*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.

## The Forensic Pedestrian

Laura O. Foster, author of *Walk There, Portland Hill Walks, Portland City Walks*, and her latest *The Portland Stairs Book*, is our May luncheon presenter. Join us for this exciting opportunity to meet Laura (dubbed Portland's Walking Guru) and to learn more about her wonderful guidebooks that lead readers and walkers on urban excursions—telling the stories of the neighborhoods' geology, human history, and architectures, as well as many offbeat historical tidbits! ♦

## President's Corner

Marci Clark

"Sometimes something changes you forever and it's the smallest thing, a thing you wouldn't think would be able to carry such momentous weight..." This quote from *Mink River*, an intriguing book by Brian Doyle about life and death and folklore in a small town on the Oregon coast, started me thinking about small events that sometimes lead to big changes. It might be a single act of random kindness that leads to a lifelong pattern of giving to others; or maybe it's an "uh-oh" moment that leads to a habit of checking facts twice before repeating them endlessly to friends; or hearing a certain musical refrain that leads to a love of Mozart (or Elton John or Etta James). Maybe it's participating in a Current Events or Pottery class that leads to a weekly swapping of stories among classmates that ultimately leads to a more engaged life and greater enjoyment. Or maybe it's a 15-minute walk on a beautiful spring morning that leads to a daily jog,

## Dates to Remember

### GENERAL MEETING

Wednesday, May 23, 2012

12 noon – Town Hall

*Seating is limited—make your reservations early*

### PROGRAM

Laura O. Foster

*The Forensic Pedestrian*

### 2012 MEETING DATES

#### General Meeting

September 19

December 11

#### Board of Directors

August 2

November 5

### KAPERS 2012 OUTING

*Tour of State Capital and Mission Mills Museum  
Salem Oregon, June 6, 2012*

**See page 7 for KaPeRs luncheon invitation**

fewer aches, less girth and more energy. You get the idea. All of these small things can, over time, lead to changes that enrich life in unexpected ways.

The challenge of course is to take time from our busy lives to recognize the small things, to stop and smell the proverbial roses. At a lecture I attended recently I was reminded that - on the "happiness scale" - joining a group that meets just once per month can, according to one study, produce the same happiness gain as doubling one's income. Sounds like an easy way to make money. Numerous studies do indicate there's something important about regular social interaction that helps us maintain healthy lives.

Our upcoming quarterly program speaker, Laura Foster, has some specific ideas about how we can lead healthy lives by exploring, on foot, Portland's urban areas and learning their stories. I hope you can join us May 23rd for lunch with friends and former co-workers to hear this informative and fun presentation. And maybe, just maybe, something small will happen that leads to something *big*. ♦

## State Capital and Mission Mills Museum tour

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**Wednesday, June 6** is the date for the first of KaPeRs' 2012 day-long outings. The first stop is a docent-led tour of Oregon's State Capitol building. Surrounded by the beautiful State Capitol State Park, the Capitol building houses the Governor, Secretary of State, and State Treasurer, as well as the entire legislative branch.

Following lunch at a local restaurant, the afternoon will be spent strolling through the Willamette Heritage Center, home to the 1841 Jason Lee house (the oldest wooden framed house in Oregon) and other historic buildings that were part of the Methodist Mission to Oregon, as well as the Thomas Kay Woolen Mill (predecessor to Pendleton Woolen Mills) and much more. Explore the rich flavor of Oregon's historical heritage.

**The bus departs Town Hall at 8:15 a.m. and returns at approximately 4:15 p.m.** \$68 fee includes comfy motor coach transportation, lunch, museum entrance fees and tour guides. Sign up deadline is May 16th. KaPeRs members and their guests are welcome.

Heads up for September! Plans are underway for "Olive Press and Wine Tasting". More on this tour as details develop. ♦

## Keeping In Touch



**Linda Knudson** writes, "I live downtown (Portland) so have been going to cultural events, political events, walking, and exploring restaurants. I'm also doing some advocacy work supporting the hungry in Oregon and working with groups wanting to amend the "Citizens United" Supreme Court decision."

**Donna Forsberg** serves as president of the Minnehaha Garden Gate Club in Vancouver, which has been a member of the National Council of Garden Clubs, Inc. since 1948. "We also participate in the Washington State Federation of Garden clubs, Pacific Region and Lewis and Clark District."

**Eilene Rehmer** writes, "After retiring, my husband and I relocated to Naples, Florida. It truly is a piece of "Paradise" and we are so happy and love living here. The weather is always pleasant and even the heat in the summer did not affect us. We had been visiting Florida a couple of times a year for the past 30 years and always knew that someday we would live here. Finally, our dream came true. In October 2011 when we were on vacation, we knew it was time to take the plunge. We decided on an area where we wanted to live and had a home built. It was not easy building a home 3000 miles away, but we did it and when I retired on June 3, 2011 we spent a couple more days saying our goodbyes and headed east. We have had no regrets about our decision and we absolutely love Naples. It is a smaller city, but grows in the winter.

Everyone kept telling us "wait until the snowbirds come, the traffic is awful". Well, the snowbirds are here and guess what, these people do not know what traffic is!!!! They just need to drive in Beaverton once and they would then realize that the traffic here is non-existent. I do miss all my coworkers and KP members/patients. During my 26 years at the Beaverton clinic I met a lot of people and became very good friends with many of them. KP was a wonderful employer and I will always cherish my years spent there. I feel very good about being able to state that I had a very rewarding career and there will always be a spot in my heart for all the fine people that I worked with and had the opportunity to meet. Please extend my regards in the next newsletter and pass along my sincerest sentiments." ♦

## Nomination of KaPeRs Officers Deadline

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The process for electing new KaPeRs officers to serve the 1213-1215 term is underway. The positions of President, Vice President, Treasurer and Secretary are open for nominations. Current officers are: President Marci Clark; Vice President Ted Colombo; Treasurer Kathryn Holt; and Secretary Janeene Siler.

Please consider who you would like to lead your KPNW retirement organization and forward your nominations to Election Committee chair, Peter Lang, at [langpe@comcast.net](mailto:langpe@comcast.net), no later than June 30th. The committee's slate of nominations will be presented at the September 19th KaPeRs' general meeting with voting taking place in December. ♦

## IT Gadget Workshops a Success!

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Earlier this year KaPeRs held, for the first time, two workshops for members and guests interested in learning more about high-tech gadgets such as smart phones, digital cameras and iPads. Both classes were well attended and very interactive, with approximately 85% of participants giving a "5" rating (highest possible) for quality of the workshops. Participants unanimously said they would like to see more programs of this kind. Suggestions for other topics, in addition to "hands on" IT gadgets and software, included photography, travel, current events, books, health/diet issues, walking tours and community volunteer opportunities. Stay tuned to upcoming newsletters for information regarding future workshops. ♦

## Volunteers caring and sharing

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Maureen O'Connor

Maureen O'Connor is busy with two volunteer jobs. Her first volunteer stint is with the Clackamas County Money Management Program, working with clients who are either on Social Security or Social Security Disability, and who need assistance with bill paying and money management. She manages

their checking account (in an appointed payer capacity) paying rent and utilities, purchasing bus passes, and even communicating and negotiating with landlords or others when a misunderstanding arises. Maureen also makes sure the client has an appropriate amount of disposable spending money, lending a sense of control, autonomy and independence to their lives.

She currently volunteers an average of five hours per month and is assisting one client, although her case load could expand to two or three additional clients. To prepare, she went through an extensive security and background check, as well as in-service training sessions. She says that it makes her feel good to provide assistance to those needing help managing their money and having support to be as independent as possible.

Maureen's second volunteer position is with the Clackamas County Juvenile Diversion Program. She serves as a panel member assessing and directing juveniles, ages 14 to 17, who have experienced run-ins with the law—those who are identified as not requiring jail time but rather an alternative path of justice and correction. Typically, they have been arrested for shop lifting, truancy, under-age drinking and/or possession of alcohol or drugs. The intervention goes like this—the juvenile is put into the program and an appropriate plan is determined. The panel reviews their charges, and develops an action plan which includes monitoring, restitution and counseling.

The goal is to help guide juvenile offenders take accountability for their actions, follow-through with their corrective plans, and hopefully develop skills which allow them to avoid similar problems in the future. If successful, the juvenile can petition for expunging the crime prior to their 18th birthday—a course of action that provides them opportunities for success in their adult life. They receive specific plans with which they must comply—written letters of apology, restitution, and often, serving time with a hand-picked community service action program such as working in food banks or assisting in animal shelters. Maureen takes pride in this work, and finds satisfaction in being involved in a way that positively influences juvenile offenders using a proactive alternative to detention and jail time. ♦

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## February Luncheon Raffle Winners

Gift cards to local area restaurants were won by Dianne Philen, Betty Reineccius, Frances Denike, Rita Townley, Jeannine Brumley and Susan Rethinger. ♦

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## Congratulations on 70 years of marriage

**Dick and Sally Potter** were married in Vancouver WA on December 25, 1941. They met on the school bus while attending Beaverton High School. Shortly after their wedding, Dick joined the U.S. Army, landing at Normandy on D-Day and participating in major European battles before returning to Oregon in mid-1945. He took advantage of the GI Bill and studied to become a dispensing optician. He joined Kaiser in 1948 and Sally became his assistant in 1959. Together they managed the Optical Department until their retirement in 1986. They have two sons, four grandchildren and five great grandchildren. ♦



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## Kaiser Member Discounts

Wondering where you might find discounts available to KPNW retirees, members and employees? Visit [kp.org](http://kp.org) and log in with your username and password. Then click on tabs as follows:

- **Health & Wellness**
- **Live Healthy**
- **Complementary & Alternative Care** (in bar on left side of page)
- **Member Discounts** (at bottom of bar on left)
- In body of the text, click on highlighted member discounts programs. This link directs you to the Complimentary & Alternative Care Services, Oregon & Washington page. Scroll down this page to learn about services, programs and discounts available to KPNW members. **SUGGESTION:** Bookmarking this page will expedite future visits.

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## Board of Directors Actions

April 5, 2012

- Treasury - \$3,585.39 as of 3/31/12
- Discussed options for future special interest workshops.
- September all-day outing will be wine and olive oil tastings. Details to follow.
- Oregon Food Bank was voted as recipient of KaPeRs' 2012 charitable giving campaign.
- Discussed change of venue for December holiday quarterly meeting.
- Discussed possibility of having tours of new Westside Medical Center for members.

## KAPERS BOARD OF DIRECTORS

### Executive Committee

Marci Clark, president  
president@kpnwretirees.org  
Peter Lang, immediate past president

Ted Colombo, vice president  
vice-president@kpnwretirees.org

Janeene Siler, secretary  
treasurer@kpnwretirees.org

Kathryn Holt, treasurer  
treasurer@kpnwretirees.org  
P.O. Box 4543, Portland, OR 97208

### Standing Committees

Marjorie Lyster, KaPeRs Kare  
kare@kpnwretirees.org

Jeanette Neuburger, membership,  
newsletter co-editor  
newsletter-membership@kpnwretirees.org

Patsy VandeVenter, newsletter co-editor  
programs@kpnwretirees.org

Stressla Beavers, special events

Ian MacMillan, MD, historian  
historian@kpnwretirees.org

Judy Parmenter, programs  
programs@kpnwretirees.org

### Members at Large

Cheryl Harmon

Jay Owen

Rob Perry, Webmaster ..... rob\_perry\_jr@hotmail.com

Joanna Stuart

Rita Townley

Lauralee Tyrrell

### Medical Group Representatives

Ian MacMillan, MD  
historian@kpnwretirees.org

### Dental Group Representative

Kathryn Holt  
treasurer@kpnwretirees.org

### Members Emeritus

Ernest Aebi, MD

Jean Bradley

Ludene Clark

Vivian Terrall

## In Memorium

Jacqueline Bonney  
Marge Patara



## KaPeRs Carbon Footprint

*(This article was first published in the November 2011 issue and we received a good response. We will continue to publish it for our New Retirees. Thanks to everyone who has responded.)*

We are constantly reminded of the importance of being responsible citizens of this planet by recycling paper, glass, metal, plastics, electronics, light bulbs, yard debris, paint, and the list goes on...almost everything we use can be recycled one way or another.

KaPeRs' carbon footprint has increased dramatically over the years. We now have approximately 2200 retirees receiving their quarterly newsletter via the U.S. mail. And we have just 224 retirees receiving their newsletter via e-mail.

We are fortunate to have the support of KPNW paying our postage costs, as well as KaiPerm Credit Union paying the paper and printing costs. As these costs continue to rise along with the number of retirees, it's time to ask our members to consider being moved to our e-mail list. What are the benefits you ask? First of all, you will have immediate access to your newsletter, whether you are at 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](mailto:gvpats@aol.com) Subject Line: KaPeRs. Your retiree organization—and your planet—will thank you. ♦

## Trans Atlantic Cruise

Cheryl Harmon

Recently I went on a Trans Atlantic cruise with some friends. We flew into Rome where we boarded the ship Celebrity Equinox. It is a beautiful ship and carries around 2600 passengers.

In Florence, Italy, our city tour excursion included visits to the original statue of David, a beautiful cathedral and an interesting museum. We had a great Italian lunch at the beautiful Borgese Palace. Florence is a wonderful city and it was especially nice that we had a very good tour guide.

Sailing on to France, we took an excursion to Aix en Provence a charming university city with 50,000 students. The architecture is very interesting and the countryside is breathtaking. That night we sailed to Spain. We visited Cartagena, a very old city with ancient ruins. Then on to Barcelona where I took an excursion to see the architecture designed by Gaudi. If you ever have a chance to see his work, do so. It is very different and strange. I loved Barcelona and would like to go back there and spend more time.

We then headed for the Atlantic, sailing through the Straits of Gibraltar, hoping to see the Rock of Gibraltar but it was too dark. We sailed for two days on to the Azores. As I did not know what to expect, I was very pleasantly surprised. The Azores is a group of islands and we docked on the largest one. On a four wheel drive excursion, we passed many beautiful lakes, hydrangeas that grow wild, and trees that have been imported from Japan. The trees look like fir trees but the branches are very lacy.

Our last leg on the trip was six days on the Atlantic, sailing through four time zones in five days. We kept getting up earlier and earlier! No excursions, but plenty to do on the ship. We attended cooking demonstrations, tours of various parts of the ship, lectures, went to shows and played Bingo. I even won \$172 at Bingo!

The cruise ended in Fort Lauderdale, Florida. It was a great time and lots of fun. ♦

## KP News Roundup

### Take a virtual tour of our hospital

Members who are planning a possible hospitalization can now visit our new website

[www.kaiserpermanente.org/nwhospitals](http://www.kaiserpermanente.org/nwhospitals) for answers to some of their most common questions.

Learn more about services at our Kaiser Sunnyside Medical Center [healthy.kaiserpermanente.org/health/care/consumer/poc?uri=facility:dynammic&id=100249&kpSearch=Sunnyside](http://healthy.kaiserpermanente.org/health/care/consumer/poc?uri=facility:dynammic&id=100249&kpSearch=Sunnyside), as well as stay up-to-date on our Westside Medical Center, scheduled to open in 2013.

Take a virtual tour of our labor and delivery rooms, where we welcome newborns every day. In the videos and short articles section you can learn about steps we're taking to deliver safe, high-quality care.

Read about specialized services at Sunnyside hospital, such as the Center for Heart and Vascular Care [info.kp.org/facilities/nwheart/index.html](http://info.kp.org/facilities/nwheart/index.html), which earned the maximum rating of three stars from the esteemed Society of Thoracic Surgeons.

The site also lists services and amenities [http://info.kp.org/facilities/nwheart/services\\_overview.html](http://info.kp.org/facilities/nwheart/services_overview.html) that can provide comfort while receiving care at Sunnyside hospital, such as our cafeteria with healthy food options, courtyard walking labyrinth, and coffee bar.

## New Retirees

Mary Allard-Volk	Teresa McPherson
Nancy Arnett	Michael Miller
Patrick Buczkowski	Barbara Moore
Penny Cobb	Sherry Moore
Patricia Cody	Steven Nerz
Michael Cox	Cheri Pfannes
Mary Davis	Woodrow Rhea
Lois Drew	Robert Saltmarsh
Virginia Fodell	Marieke Schue-Kemper
Marsha Gerry	Stephen Schuman
Barbara Gould	Nancy Shultz
Debbie Grace	Clark Sisk, MD
Gerald Haram	Thomas Smario
Esmeralda Hendrix	Izetta Smith
Joseph Kane, MD	Maria Sumandea
Douglas Kraft	Ismael Vila
Donna Leitz	Karen Vilhauer
Hjalmer Lofstrom	Richard Wise, MD
Mark Masterson	Bing Wong

You can also learn about our medical library, chaplain service, and hospice care. There's even a list of nearby restaurants and hotels for out-of-town family members and friends.

### Walk There! App makes urban treks easier

Metro and Kaiser Permanente have teamed up to create the Walk There! app. The app features ten walks from the Walk There! Guide Book that take you from Fort Vancouver to Wilsonville's Graham Oaks Nature Park and from the Pacific University campus in Forest Grove to the Gresham stretch of the Springwater Trail. Explore local communities, learn about the area's rich history and get exercise while doing it.

Metro and Kaiser Permanente encourage active living. Walking is one of the most effective ways to stay healthy, lose weight, and increase your energy level. It's also a great way to experience and enjoy the community as well as the natural beauty of the region. Visit Metro's website to get the app and get going!

### Our doctors and dentists walk the talk

Meet your new doctor or dentist, and learn what makes them tick. Kaiser Permanente doctors and dentists are dedicated to providing high-quality, comprehensive care. In our new video series [kp.org/northwest](http://kp.org/northwest), learn why they chose to be part of Kaiser Permanente and what they do in their own lives to thrive. ♦

## Human Resources Business

Human resources business is conducted through the Human Resources Service Center (HRSC) in Portland, OR. 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. ♦

## KaiPerm CU News

### KaiPerm Annual Meeting

Thursday, May 17, 2012  
Refreshments - 5:30 Meeting - 6:30

Red Lion Hotel  
Windows Skyroom  
1021 NE Grand Ave  
Portland OR 97232

Get your free tickets today!  
Call 503-813-3242 by May 16th  
(Ticket and membership required for door prize entry)

### KaiPerm has a challenge for You

How many of your friends (that have Kaiser insurance), relatives or co-workers can you encourage to join your Credit Union before our annual meeting on May 17th?

For every new member you have sign up before May 17th, your name will be placed in a drawing to win a \$100 VISA Prepaid Card. Just make sure the new member tells us you referred them when they open their membership.

Do you know who is eligible for KaiPerm Northwest Credit Union Membership?

- KPNW and NWP employees, Kaiser Health Plan insurance holders.
- Un-remarried spouses, Retired KP Northwest employees.



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.

- Immediate family including: Spouses, Children, Grandchildren, Parents, Grandparents, Domestic Partners, Siblings.

Questions - please call: Peggy - 503.813.3249, Tina - 503.813.3248 or Wendy - 503.813.3253

### We Pay You...Yes It's True!

KaiPerm is now offering a **1% REBATE** on all KaiPerm VISA Credit Card balance transfers! If you have a KaiPerm VISA Credit Card, fill out a VISA Balance Transfer form (located on our website [www.kaipermnw.org](http://www.kaipermnw.org): click the Loans tab, then VISA Credit Card, then Balance Transfer Form in the middle of the page) and KaiPerm will pay those credit cards for you. In addition, we pay you 1% of the balance transfer amount. So if you transfer \$5,000 from your KaiPerm VISA to pay a competitor, we pay you \$50! *Really...we pay you to payoff other debts!*

Do you need a KaiPerm VISA Credit Card? Applying is as simple as going online to [www.kaipermnw.org](http://www.kaipermnw.org), click on Loans tab, then Overview, then Apply for Loan. In the comments section type 'VISA Credit Card'.

Contact a Loan Officer to learn about the KaiPerm Visa Card benefits. You can reach Tina at 503.813.3248 (Tina@kaipermnw.org) or Peggy at 503.813.3249 (Peggy@kaipermnw.org). They will be happy to help!

### Testimony:

"I want to put in a satisfied plug for the KaiPerm Credit Union. We changed from our big bank to KaiPerm Federal Credit Union and are quite happy with their services. Small, friendly, capable. What we learned about credit unions, since we didn't know, is that federal credit unions are insured just like banks are, so your money won't disappear if there is a money crisis."

-Dr Virginia Feldman

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, PO Box 4543, Portland, OR 97208, or [programs@kpnwretirres.org](mailto:programs@kpnwretirres.org)

You are invited to the KaPeRs luncheon

**Wednesday, May 23, 2012**  
**12 noon at Town Hall**  
**3704 N. Interstate Avenue**  
**Portland, Oregon 97227**  
**\$10 retirees • \$12 for guests**

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

Return this RSVP and payment by Wednesday, May 16 to:  
**Kathryn Holt, P.O. Box 4543, Portland, OR 97208**

**Town Hall Ballroom seating is limited to a maximum of 145 persons; therefore we may not be able to accept reservations received AFTER Thursday, May 17. We may not be able to accommodate walk-ins on the day of the luncheon either.**

- I will attend the KaPeRs luncheon on Wednesday, May 23, 2012.
  - 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) under the label and return this form to Kathryn Holt at the address above.
- What have you been doing? We'd like to hear from you. We learn so much from one another in the stories we share. We hope you find it interesting as well. Please take a moment to send us your news.

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 \_\_\_\_\_

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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 [programs@kpnuwretirees.org](mailto:programs@kpnuwretirees.org). 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.

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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 [treasurer@kpnuwretirees.org](mailto:treasurer@kpnuwretirees.org).

## 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 [programs@kpnuwretirees.org](mailto:programs@kpnuwretirees.org). Subject Line: KaPeRs. To continue receiving the newsletter on-line, be sure to send e-mail address change to [gypats](mailto:gypats).