

*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.

## December 20 - Holiday Luncheon Program

Be prepared for a spiritually uplifting Holiday Luncheon. **The Life Change Christian Center Choir** will inspire you with Gospel music and songs pertinent to this very special time of year. Frannie Jackson, a retired Kaiser employee of 25 years, directed the Kaiser Carolers at KPB and other facilities for nearly 20 years and is a member of this choir. Join us in sharing a delicious holiday meal with former colleagues and friends and enjoy what I am sure will be a moving (in more ways than one) celebration of the holiday season! ♦

**Editor's Correction:** The August newsletter mistakenly reported the new Westside Medical Center will open in May of 2013. The hospital is on schedule to open in 2013, but a specific month has not yet been established.

## Dates to Remember

### GENERAL MEETING

Tuesday, December 20, 2011  
12 noon – Town Hall  
*Seating is limited—make your reservations early*

### PROGRAM

*The Life Change Christian Center Choir*

### 2012 MEETING DATES

General Meeting	Board of Directors
February 28	January 3
May 23	April 5
September 19	August 2
December 11	November 5

See page 7 for KaPeRs luncheon invitation

## President's Corner

Marci Clark

Have you ever seen those “motivational posters” that are sometimes advertised in airline magazines or on-line inspirational web sites? They feature such things as the Great Wall of China and extol the virtues of TEAMWORK; soaring snow-capped mountains that inspire challenging GOAL setting; and panoramas of cool turquoise waters next to sandy white beaches telling us that SUCCESS is reached by looking *beyond* the shoreline. My personal motivational poster, hanging on my work-out room wall, depicts a darkened basketball court with special focus on the hoop and a basketball lying (sad and lonely) on the court floor. The title of the poster? “OPPORTUNITIES: You'll Always Miss 100% of the Shots You Don't Take.”

It is on these rainy Oregon days that I seek out that poster to get my mojo in gear. This term I signed up for a *10-week* beginning pottery class at my local arts center, something that was on my wish list when I retired several years ago. I've always been fascinated by the prospect of shaping clay with my hands and using the potter's wheel to create a beautifully designed and functional art piece. This class was my opportunity to take a shot at that challenge.

For those of you lifelong learners out there (and you all are, in one way or other) there are limitless opportunities waiting to be tapped. Organizations like OASIS, Senior Studies Institute and the many colleges and universities in our communities offer classes from Auto Mechanics to Music Appreciation to Zoology. AARP Foundation, now the nation's largest free tax preparation and assistance program is offering volunteer Tax Aide opportunities; training is provided. The Portland Center for Performing Arts has volunteer opportunities for tour guides and ushers, training included. The Oregon Zoo has volunteer openings for guides and ambassadors.

KaPeRs is taking its own shot at trying something new. In January and February two workshops will be offered to all KaPeRs members and their families. The topics? Cameras and Phones (workshop I); and Computers including desktops, laptops, tablets and smart phones (workshop II). Workshop details are provided elsewhere in this Newsletter. We hope you will join us for these fun and informative offerings.

Our December holiday program will once again feature spirited holiday entertainment. As always, it is a great opportunity to reconnect with long-time co-workers, meet new friends, learn from others and enjoy the holiday season. I hope to see you there.

*P.S.* I've completed my first pottery class, a decidedly humbling experience. I'm sure my skill will improve by the time I get to Class #10. ♦

## Keeping In Touch



**Al and Diane Wright** recently returned from "our fourth multi-month stay in Quito, Ecuador, since retiring three years ago." Al's work was building construction and repairs. Diane worked with the field director preparing and making gifts for church leaders. She also worked at other duties when needed.

**Michelle Hathaway** is very involved with her grandchildren, Mason 6, Alex 3 and Lillian 2. She enjoys walking and reading.

**Millie Blodgett** volunteers four hours per week in the genealogy library at the Crook County Historical Society.

"When I, **Eun-Chung Martha Han** retired from Kaiser as a medical receptionist and from the Portland Public Schools as a special education teacher, many of my dreams were realized. Since then I've kept myself happily busy: drawing, watercolor painting, Asian Painting, memoir writing and piano lessons. I love to sing in the choir at the church I attend. I also volunteer at Loaves & Fishes and other places each week. In fact, I had opportunities to hold several solo watercolor exhibitions. I have held three solo watercolor exhibitions so far. I have also been learning Korean Traditional dancing and drumming. I still have so much to learn, but it has been a rewarding experience to perform with a group of Korean ladies and teenagers in front of an audience. Traveling is another big part of my retirement life: to Washington D.C., and to L.A. and other places to help my children, my mother, and to learn about everything around me, and to find subjects for my paintings. I never believed

it when my retired friend said that she was busier after retirement. When I worked for Kaiser, I enjoyed the work and the friendships I developed. Now, not only am I able to do things I like, but also my sense of direction is more to helping others, which has been an added bonus.

By the way, the fourth solo watercolor exhibition will be held at the Portland Community Center between December 1st to 18th. An opening reception will be held on December 4th, 12:00 to 2:00p.m. I hope to see some of you there to cheer me on and see what I have done after retirement. Also you may be able to find some paintings for Christmas presents. By the way, one-third of the proceeds are donated to the community center for scholarships for young children's art and music activities." ♦

## Remembering James L. DeLong

KaPeRs' founding Board member and past president, James DeLong, died on September 22, 2011, after a lifelong devotion to his family, the poor and homeless, and the mission of Kaiser Permanente. He began his career in the Kaiser Shipyard as a chauffeur in 1942 at age 19, moving to management positions including Administrator of Bess Kaiser Hospital and Permanente Clinics; and Vice President, Regional Administrator and Facilities Manager of KPNW.

Before retiring in 1988, Mr. DeLong conceived of a forum that would bring KPNW retirees together in order to maintain contact among former colleagues and friends. That idea was sponsored by KFHP and was the beginning of the Kaiser Permanente Retirees organization. Jim served as the KaPeRs President from 1992-1994 and served as Historian from 2001 until several months prior to his death. He was a one-of-a-kind story teller and dear friend to many. He will be missed. ♦



## Oregon Food Bank Benefits From KaPeRs Community Giving Project

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KaPeRs' 2011 Community Giving Project resulted in a gift of \$4,016 in financial and food donations from KaPeRs members. In spite of continuing difficult economic times, YOU made a difference in the lives of hungry families in Oregon and Southwest Washington. THANK YOU for your generous contributions! ♦



*Karen Schartman, OFB board member and Vice President and CFO, KFHP of the Northwest, accepted our food bank donation.*

## Board of Directors Actions

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November 1, 2011

- Treasury: \$4609.65 as of 11/1/11
- Due to excess funds in Treasury, board voted to contribute \$500 to the Sunshine Division, and \$500 to Self Enhancement Inc (SEI), a non-profit organization supporting at-risk urban youth ages eight through 25. These are one-time contributions.
- KaPeRs historical documents will be archived at Kai Perm Credit Union.
- Special Events chair position remains unfilled.
- Welcome to new Board member-at-large, Rita Townley.
- Discussed and approved guidelines for selecting members-at-large.
- Discussed possible quarterly luncheon programs for 2012.
- Reviewed "KP Cares", a website designed for Kaiser Permanente employees, physicians, dentists and retirees to make it easy to find meaningful ways to volunteer and help our communities.
- Webmaster, Rob Perry, presented statistics regarding number of Website visits to the various links.

## September luncheon raffle winners

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KaiPerm Credit Union donated a \$25 Barnes and Noble gift card won by Jerry Parmenter. They also donated a gift card to the Cheesecake Factory won by Marghree White. The winners of the restaurant gift cards donated by KaPeRs were Reka Gabor, Martha Han, GiGi Jones, Lola Spencer, Lois Lord and Cathy Hosmer. ♦

## Time for a CME class?

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Northwest Permanente Clinical and Leadership Education Selected Offerings\*

### **KP Health Connect Skill Builder Primary Care Edition**

December 7, 2011 — 9 a.m. to 7 p.m.

Longview Kelso

To register contact Lauren Alstot at

**Lauren.M.Alstot@kp.org** or 503-449-2827

### **Communication Intensive: Session I**

January 18, 2012 — 6:15 p.m. to 9 p.m.

Portland's White House

Pre-register at **www.NWPkp.org**

### **Communication Intensive: Session II**

January 19, 2012 — 8:15 a.m. to 4:30 p.m.

Doubletree Lloyd Center, Executive Meeting Center

Pre-register at **www.NWPkp.org**

*\*Northwest Permanente Department of Clinical and Leadership Education, KPNW, is accredited by the Oregon Medical Association to provide continuing medical education for clinicians. ♦*

## KaPeRs Carbon Footprint

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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 2100 retirees receiving their quarterly newsletter via the U.S. mail. And we have just 193 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** Subject Line: KaPeRs. Start off the New Year by receiving your January newsletter on-line.

Your retiree organization—and your planet—will thank you. ♦

## KAPERS BOARD OF DIRECTORS

### Executive Committee

Marci Clark, president  
president@kpnwretires.org

Ted Colombo, vice president  
vicepresident@kpnwretires.org

Janeene Siler, secretary  
secretary@kpnwretires.org

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

### Standing Committees

Marjorie Lyster, KaPeRs Kare  
kare@kpnwretires.org

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

Patsy VandeVenter, newsletter co-editor  
newsletter@kpnwretires.org

Vacant, special events  
specialevents@kpnwretires.org

Ian MacMillan, MD, historian  
historian@kpnwretires.org

Judy Parmenter, programs  
programs@kpnwretires.org

### Members at Large

Lu Clark

Cheryl Harmon

Peter Lang

Jay Owen

Rob Perry, Webmaster ..... webmaster@kpnwretires.org

Joanna Stuart

Rita Townley

Lauralee Tyrrell

### Medical Group Representatives

Ian MacMillan, MD  
medicalgroup@kpnwretires.org

### Dental Group Representative

Kathryn Holt  
dentalgroup@kpnwretires.org

### Members Emeritus

Ernest Aebi, MD

Jean Bradley

Jim DeLong

Vivian Terrall

Paul Trautman, MD

## In Memorium

James DeLong

Ekhard Ursin, M.D.



## KP News Roundup

### KP is Top Choice

Kaiser Foundation Health Plan of the Northwest was ranked as the overall best Oregon health plan by Consumer Reports magazine. The rankings were compiled by the nonprofit National Committee on Quality Assurance that rated consumer satisfaction, treatment and prevention. With a score of 100 possible points, KFHP was awarded 87.5 points; Providence scored 68.3 points overall and Regence scored 62.1 points. Kudos to Kaiser Permanente's intense focus and commitment to quality and service issues. ♦

### Flu shots

Beginning October 24, vaccinations will be available in our Nurse Treatment Rooms throughout the flu season. You can also get a flu vaccination from your health care provider as part of a regular office visit throughout the flu season. ♦

### Kaiser Permanente tops 2012 Medicare Star Quality Ratings

The Centers for Medicare & Medicaid Services (CMS) has released its 2012 Medicare star quality ratings, and Kaiser Permanente is shining bright!

Kaiser Permanente Northwest Medicare plans received the highest possible overall rating of 5 out of 5 stars—making us the only 5-star plan in Oregon.

In the 2012 ratings, only nine Medicare plans in the country earned 5 stars for the overall rating. Of those nine plans, representing just over one million Medicare beneficiaries, over 900,000 members are enrolled in five Kaiser Permanente regions: Northern California, Southern California, Colorado, Hawaii, and the Northwest.

### Why It Matters

As seniors look for better ways to evaluate the value of a particular Medicare plan, it's important to consider the most comprehensive and objective measure of quality, service, and member satisfaction: Medicare star quality ratings. Developed by the Centers for Medicare & Medicaid Services, the 2012 star ratings are determined by a health plan's scores in more than 50 measures across 5 categories. The maximum rating a plan can earn is 5 stars, and a plan that achieves this level is considered excellent.

Our high standing in this year's Medicare Star Quality ratings reflects Kaiser Permanente's deep commitment to continuous improvement, the dedicated work of our physicians, nurses,

and care teams, and the value of our cutting-edge electronic health record in supporting our relentless drive towards the highest quality health care possible. ♦

## Kaiser Permanente facilities in the palm of your hand

Locate any Kaiser Permanente medical facility easily using the power of your iPhone's global mapping features, using Kaiser Permanente's new mobile application, KP Locator.

Download the free app today. (<http://itunes.apple.com/us/app/kp-locator/id446423711?mt=8>)

KP Locator answers three basic—but vital—questions simply:

- What Kaiser Permanente medical facilities are near you?
- How can you contact them?
- What departments and services are available?

### Use KP Locator to:

- Search by ZIP code or city to pinpoint Kaiser Permanente medical offices, hospitals, pharmacies, labs, and more.
- Save a facility to your favorites, add to it to your contacts, and email or text facility information.
- View address, phone numbers, and department and services information.
- Get driving, walking, or public transportation directions .

When you need to visit a doctor, you shouldn't have to worry about getting lost or finding out that a service you need isn't available at the nearest location. KP Locator helps you find the right medical facility, with the right services, at the right time, so you can take care of what matters most, your health. ♦

## On the path to a health care career

Do you know a high school senior who dreams of working in health care? KPNW is committed to assisting students in achieving their dreams of becoming health care professionals.

This year, we are once again offering a scholarship program to high school seniors in Oregon and Washington who are pursuing careers in health care. These \$2,000 scholarships are awarded to at least one senior at each approved high school (113 schools) in our Northwest Region. Students do not need to be Kaiser Permanente members to qualify.

Applications for the 2012 Kaiser Permanente Health Care Career Scholarship Program are now available ([kp.org/communitybenefit/scholarship/nw](http://kp.org/communitybenefit/scholarship/nw)). **The application deadline is January 14, 2012.** Recipients will be notified in late April 2012. ♦

## New Retirees

Erma Aker	Frank Nusser
Daniel Beaver, DO	Jill Olson
Geri Berg	Julie Pohl
Raymond Blair, MD	Susan Rethinger
Mary Bodie, MDE	Beth Riley, MD
Patricia Caldwell	Mary Rix
Sun Ji Chi	Steven Rockoff, MD
Diana Dedmon	Erick Rottman, CRNA
Temple Deraad	Sharon Sandgren
Barbara Derheim	James Schwarz, MD
Suzanne Doran	Jennifer Simpson, MD
Melvyn Goldstein, MD	Bhawar Singh, MD
Christina Gullion	Lewis Sprunger, MD
Glenda Hagan	Cherie Steiner
Shaun Hedmann, MD	Donald Tilson MD
Stephanie Hertert	Matti Totonchy, MD
Susan Hook	Daniel Twombly, MD
Yvonne Jensen	David Ushman, MD
Maria Jongebloed, CRNA	Barbara Wagner
Catherine Krueger	William Ward, MD
Susan Laing, MD	Shirley Welsh, PhD
Amy Lawrence, MD	Merle Williamson, MD
Catherine Moore	Masatoshi Yamanaka, MD
Christopher Nelson, MD	

## Human Resources Business

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Human resources business is conducted through the Human Resources Service Center (HRSC) in Portland, OR. The Retiree and Benefits Team can be reached at 1-877-467-4772. Press Option 1 for Northwest Region and Option 2 for Benefits and Retirement. Note: this phone number differs from the one published in previous newsletters.

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

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### Another Direct Advantage Benefit...Mobile Banking Has Arrived!

KaiPerm Northwest Credit Union now offers *mobile banking!* This additional product provides members with cell phones texting capability, along with users of smart phones to now do the same type of transactions that are available via Virtual Branch home banking.

This change adds much more convenience for members who need to get their account information but don't have time to log in to a computer or get away from work to call the credit union!

To get set up with the new '**Mobile Money**' mobile banking product just log into Virtual Branch home banking (like you usually do), then click on the 'Self Services' tab. In the 'Additional Services' box click on 'Mobile Money'. Follow the steps to get your mobile phone set up with 'Mobile Money'. (Make sure your cell phone or smart device is turned on when doing set up).

For assistance in getting set up with 'Mobile Money' or for more information, call a friendly Member Service Representative at 503.813.3242. ♦

## VISA Scam...Don't Be Fooled!

There is a very real telephone scam that is currently occurring in the Midwest and will most likely be seen in the Pacific Northwest very shortly. The scam is associated with both VISA and Mastercard! It involves being contacted by a person calling from the Security and Fraud Department of VISA. The phone call sounds completely legitimate. The fraudster will have information including your name, address and card number. The item they are seeking is the 3-digit PIN on the back of your card. For more information check out our website [kaipermnw.org](http://kaipermnw.org) and on the left you will see Newest VISA Scam. ♦

## We want you...

...to run for a KaiPerm Northwest Credit Union Board of Directors or Supervisory Committee volunteer position.

We have one Board vacancy as well as a Supervisory Committee volunteer vacancy for a KaiPerm Credit Union member who wants to make a difference for their Credit Union family.

Must be available to attend monthly meetings and be eager to learn.

If you are interested in this opportunity, email or call Maria at [maria@kaipermnw.org](mailto:maria@kaipermnw.org) or 503.813.3257 by December 15th to fill out a Prospective Board Member or Prospective Supervisory Committee Member Packet. ♦



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.

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 P.O. Box 4543, Portland, OR 97208  
[newsletter@kpnwretirees.org](mailto:newsletter@kpnwretirees.org)

You are invited to the KaPeRs luncheon

**Tuesday, December 20, 2011**  
**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 Tuesday, December 13 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 Wednesday, December 14. We may not be able to accommodate walk-ins on the day of the luncheon either.**

- I will attend the KaPeRs luncheon on Tuesday, December 20, 2011.
  - 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 [newsletter@kpnwretires.org](mailto:newsletter@kpnwretires.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.

## Inside look for...



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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 above or to [treasurer@kpnwretirees.org](mailto:treasurer@kpnwretirees.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 [newsletter@kpnwretirees.org](mailto:newsletter@kpnwretirees.org) Subject Line: KaPeRs. To continue receiving the newsletter, send e-mail address change to [newsletter@kpnwretirees.org](mailto:newsletter@kpnwretirees.org).