

## KaPeRs On-Line News

If you haven't yet heard, KaPeRs now has a dedicated web site with the latest information about the KaPeRs organization, activities scheduled for the remainder of 2010, senior education and volunteer opportunities locally and internationally, as well as Kaiser Permanente health care news. Check it out at [www.kpnwretirees.org](http://www.kpnwretirees.org).

## President's Corner

Peter Lang

Where to begin? There is so much I would like to talk about in this issue but I am going to limit myself. Let's begin by talking about the spirit of volunteerism and giving to others out of our fundamental goodness. That is, our goodness as a people. It is what we Americans do so well.

Recently I have been in Oshkosh WI for the Experimental Aircraft Association's (EAA) week-long annual extravaganza called Airventure. It is, by a wide margin, the largest air show in the world. To give you some appreciation for the scale of this event, the final figure for this year is not in, as I write, but in 2009 there were over 41,000 registrants for campsites on the Wittman Regional Airport grounds, and upwards of a half million people attended the show.

The 2010 theme was, "A Salute to Veterans". We celebrated contributions of, and tried to show our appreciation to, the members of our Armed Forces, both present and past, who have purchased and insured the freedoms we so often take for granted. This year I had the opportunity to work in a venue where, for an hour each morning we heard from veterans of WWII telling moving stories of their experiences and answering questions from the audience. These 80 and 90 year-old men and women each explained how they came to have been in the military during the war, how they tried to cope with the circumstances and horror they encountered, and how proud and thankful they were to be Americans. All spoke with great reverence of their friends who paid the ultimate price and who they considered the real heroes.

(continued on page 2)

## Dates to Remember

### GENERAL MEETING

September 22, 2010  
12 noon – Town Hall

### PROGRAM

*How Music Can Help the Aging Brain*  
Larry Sherman, Ph.D.

### 2010 MEETING DATES

**General Meeting**  
December 21

**Executive Meeting**  
November 4

### 2010 OUTINGS

September 18 – Indian style salmon bake – Depoe Bay

See page 7 for KaPeRs luncheon invitation

## Oregon Food Bank Drive In Full Swing

There is still time to contribute to KaPeRs' 2010 community giving project. Low income individuals and families throughout Oregon and SW Washington served by Oregon Food Bank (OFB) will benefit from your generosity. Please mail your contribution to Jeanette Neuburger before Sept. 12. She may be contacted at [membership-newsletter@kpnwretirees.org](mailto:membership-newsletter@kpnwretirees.org) for further details.

Also, non perishable food items may be brought to the September 22 luncheon. Thank you in advance for your contributions!

I was struck by the fact that regardless of whether they had enlisted or had been drafted, they had all essentially volunteered at some point to risk it all for the benefit of others.

Today we have so many people in need. Too many have lost their jobs, their homes, and have little hope left. This year the KaPeRs Executive Committee has once again chosen the Oregon Food Bank to be the recipient of our charitable giving campaign. Please be as generous as possible with your contributions and remember that the sacrifices most of us are asked to make cannot begin to compare with the sacrifices of those who came before us.

Before ending this, I have one other "heads-up". The KaPeRs website is up and running and we are receiving positive reviews. The website is a significant step forward in our ability to stay connected with all of you. I hope you will read the brief article about it here and give it a try. We welcome your comments and suggestions. ♦

## Keeping In Touch



**Bill Rector** volunteers at the Trinity Episcopal Church food pantry. He is the chairman the Maplewood Neighborhood Picnic which welcomed 450 attendees and two city commissioners in 2009. He is also the VP of the Labor and Employment Relations Association's annual program.

**Marilee Donovan** has been "spending most of my time with family (especially grandchildren), reading, and playing with my horses. I am volunteering to retrain rescued abused horses for Clark County Horse Rescue."

**Patricia Sudul** has been busy with chemo and radiation. Patricia - Your friends wish you all the best with your treatments.

**Sonia Wetzel** says "It's great to be on vacation every day. We have been snow birds now for the past 10 years and we do a lot of traveling besides. When we are home we enjoy our family and especially our grandchildren."

"Since retiring from Interstate South Admitting, **Joan Okrasinski** and her husband Bill have been enjoying each others company. We both volunteer at the Scappoose Senior Center. My husband is on the board and I help with the bookkeeping. We also serve lunches at the center and Bill does minor maintenance.

We enjoy Treasure Hunting, also called Geocaching. Geocaching is a recreational activity of hunting for and finding a hidden object by means of GPS coordinates posted on a website. We are fair weather Geocachers, so in Oregon you got to go when the weather is good. We also enjoy our three children and six grandchildren, and we keep busy with our small Gentleman's farm and our church family. Sometimes we are so busy we wonder when we had time to work."

**Janeene Siler** "spent the month of March touring California visiting friends and relatives. The highlight was a nine-day cruise to various ports in Mexico. This was our third cruise and we're loving it. We have a cruise to Alaska planned for August."

**Merle Andrews** is busy with volunteer activities at All Saints Episcopal Church.

"I sew baby items that are donated to "Insight", a program for young mothers. One Saturday a month I volunteer in the church's thrift store."

**Marilyn Cloud** writes, "I am not yet involved with volunteering though I have gone to a few benefit luncheons/dinners, etc. with friends. I am digging out my house and yard - I now have the time (thank God) - not getting any younger you know. I am going to drive to Arizona in late October to see my sister and stop by Big Bear to visit her children and grandchildren along the way. It will be a beautiful trip. I did go to Maui last January for a couple of weeks. Beautiful place and great friends."

**Marilyn Simmons** is "writing a children's story based on a true story of my rescue dog. I have taken training to be a parish nurse plus had two classes of Powerful Tools for Caregivers".

**Rita Townley**, a retired Member Intake Specialist, finds that volunteering helps her adjust to retirement after a busy career in emergency and urgent care at Interstate South. Her current volunteer activities include being a Teaching Assistant once a week for kindergartners at Oak Grove Elementary School. She finds it rewarding because "the kids are so much fun -- you don't know what they will come up with next. "Kids say the darndest things"! Rita also volunteered to sell tulips for the Easter Seals campaign

**Judy Hassouneh** took 24 CEUs (A&P for Healers, Level 3) in May. In April she attended a spring gathering for Healing Touch in Olympia. She is doing lots of fun reading, some research and "cleaning my basement"!

**Susan Kiley** "celebrated retirement last Fall by immediately escorting a small group of people to Peru for traveling and simultaneously learning about traditional shamanic approaches to healing. I look forward to escorting a similar group in October 2010."

**Kay Lang** (Schweikert) writes, "Thanks for sharing the newsletter. I am always amazed at how many people I still remember and how active everyone is. KP holds wonderful memories for me. After 10 years of retirement, I guess I really am back in the workforce. Although I started as an interim CEO for 1 month a year ago, I'm now a project manager (owner's rep) for a \$108 million hospital construction job. CEO role lasted four long months.... and I remember why I don't want to do that ever again.... but this is fun and only 75 hours/month, about half from home. I'll see it through the construction of a new ED/ICU and then turn it over to someone else to build the 6-story patient tower. We're doing all this to be in compliance with seismic upgrades mandated by the state of California. And sure enough, on Easter Sunday, we were reminded why we need safe structures. Ten minutes into dinner, we had 30-40 seconds of serious shaking from the 7.2 earthquake in nearby Mexico (110 miles away). One couple with us for the day was from WA and had never experienced anything like it before. It happened during our entrée; they could hardly wait for dessert! But all is well - no damage."

**Michelle Hathaway** says, "I have been retired for two years and so blessed to have my family close. I have three grandchildren, ages 5, 2 and 1 and I am very involved with them." ♦

---

## Health Plan benefits billing concerns

---

Many KaPeRs members who participate in Kaiser Cost Share are experiencing problems with their monthly billing statements from Ceridien. Judy Shafer, Benefits and Retirement Representative KPNW Human Resources, along with other HR staff, is working diligently with the Benefits Billing personnel in Alameda CA to resolve these issues, but it is a long slow process.

It is encouraging to note that Human Resources business has been moved back to the NW Region and we now have a local representative to assist with any retirement benefits and billing issues.

*HR Service Center contact information is located elsewhere in this newsletter.* ♦

---

## Volunteers Caring and sharing

---

Kadavil Satyan, M.D.

For the past several years, Dr. Kadavil Satyan, who retired from the Psychiatry Dept. in 2006, has offered his expertise as a volunteer and board member with QUAD Inc.–Quadriplegics United Against Dependency, Inc. The organization provides wheelchair-accessible housing for individuals with severe physical impairments and promotes independent living by providing in-home 24/7 shared attendant care to assist residents in daily care, as needed.

The organization operates four independent living apartment buildings in the Portland area offering affordable, safe and wheelchair accessible living to a total of about 85 individuals and their families: Myers Court in NE Portland, Burnside Station Apartments in SE Portland, Central Station Apartments in Gresham and Rolling Green Apartments in Hillsboro are the facilities and each has about 20-25 units. Most of the individuals who live in these apartments would otherwise be in a nursing home. Some of the residents are able to go to school or work because of the assistance.

QUAD Inc. is a non-profit organization that is run on a business model. It is an exceptionally well run organization that meets the needs of a very deserving population in the local area. QUAD Inc. is not well known outside of the people who are associated with the organization. This limits the fundraising abilities. The group is dependent on state and federal sources. The organization would like to cultivate some other funding sources to help with further growth.

Dr. Satyan has served several years on the board of QUAD Inc and continues to be involved on a subcommittee. He sees the continuing need for interested individuals to volunteer in this needed and worthwhile venture. If you are interested in volunteering, please contact him at [programs@kpnwretirees.org](mailto:programs@kpnwretirees.org). Also visit [www.quadinc.org](http://www.quadinc.org) for a tour through the website.

---

## September 18, 2010 Kapers Outing

---

53rd Annual Depoe Bay Indian Style Salmon Bake

This event is held at Depoe Bay City Park. Enjoy a succulent salmon meal slow roasted on alder stakes just as the Native Americans did 2,000 years ago. Traditional dances and songs will be performed.

We have 15 people signed up and there is room for 14 more, so please contact Stressla Beavers at [specialevents@kpnwretirees.org](mailto:specialevents@kpnwretirees.org).

The bus loads at 8:45 and departs Town Hall at 9:00, arriving at Depoe Bay City Park about 11:00a.m. There will be shuttle service provided to and from downtown, and many merchants will be offering discounts when you present your ticket stub. The cost of \$40 includes the meal. Your RSVP and money is due to Stressla by September 3rd. We will arrive back at Town Hall at about 5:30p.m. ♦

---

## September 22 KaPeRs program speaker

---

President of the Oregon Chapter of the Society for Neuroscience, Larry Sherman, Ph.D., will present *How Music Can Help the Aging Brain* at our upcoming quarterly lunch program on Wednesday September 22nd. Dr. Sherman is Senior Scientist in the Division of Neuroscience, and Professor in the Department of Cell and Developmental Biology at Oregon Health and Sciences University. Join us for this lively discussion and demonstration by registering via the luncheon RSVP at the back of this newsletter. ♦

---

## May door prize winners

---

Gift cards to local restaurants donated by KaPeRs and a 2010 Entertainment Book, \$25 Chili's Restaurant gift card, and Regal Cinemas gift card donated by KaiPerm FCU were the door prizes won by the following luncheon attendees: Susan Kiley, Ray Robertson, Eva Rice, Juliana Kollas, Martha Bowlan, Leda Biondi, Sue Duley, Jeanette Neuburger and Maryann Mattecheck. ♦

## KaPeRs Executive Board

Peter Lang, President

president@kpnwretirees.org

Ted Colombo, Vice President

vicepresident@kpnwretirees.org

Jeanne Siler, Secretary

secretary@kpnwretirees.org

Kathryn Holt, Acting-treasurer

treasurer@kpnwretirees.org

## Committees

Marjorie Lyster, KaPeRs KARE

kare@kpnwretirees.org

Marci Clark, Programs

programs@kpnwretirees.org

Jeanette Neuburger, Membership & Newsletter co-editor

membership-newsletter@kpnwretirees.org

Patsy VandeVenter, Newsletter co-editor

newsletter@kpnwretirees.org

Stressla Beavers, Special Events

specialevents@kpnwretirees.org

James L. DeLong, Historian

historian@kpnwretirees.org

## Members at Large

Jean Bradley

Lu Clark

Cheryl Harmon

Jay Owen

Rob Perry, Webmaster

webmaster@kpnwretirees.org

Joanna Stuart

Lauralee Tyrrell

Vivian Terrall

## Medical Group Representative

Ian MacMillan, MD

medicalgroup@kpnwretirees.org

## Dental Group Representative

Diana Widmer

dentalgroup@kpnwretirees.org

## Department of Human Resources liaison

Traci Carter, 503-813-4005

## Executive Board Actions

August 5, 2010

- Treasury - \$3,820.00
- Oregon Food Bank donations - \$1700 as of 8/4/10
- July Astoria outing was well attended. Several new retirees went along.
- 2010 slate of officers was discussed
- Approved recommendation of Webmaster as new board position

## 2010 Slate of Officers

**President** - Marci Clark

**Vice President** - Ted Colombo

**Secretary** - Janeene Siler

**Treasurer** - Kathryn Holt

This slate of officers will be presented at the September meeting and nominations will be accepted from the floor. Election will take place at the December luncheon. ♦

## In Memorium

Elaine Appleton  
Edith E. Beachwood  
Grace A. Cook  
Lillian Harms  
Deborah A. Hooper  
Craig Sutton, OD



## KP News Roundup



*Celebrating our past.  
Looking to the future.*

Some anniversaries are too important to let slip by unnoticed. For Kaiser Permanente Northwest, one of those is here. 2010 marks our 65th year in the Northwest.

Like millions of baby boomers, Kaiser Permanente Northwest got its start in that optimistic era when polio was conquered and we first explored space. Since our days in the Vancouver shipyards, we have remained committed to our cause: making lives better.

During our 65 years, we've focused on innovation and growth. We've developed one of the largest dental programs in the country, and our Center for Health Research continues to find ways to treat illness and prevent disease. Physicians and dentists from Longview to Salem care for patients with a personal touch and proven, evidence-based medicine. We're proud—but not surprised—to see them consistently named in *Portland Monthly* magazine's annual "Top Docs" and "Top Dentists" issues.

Our compassionate mission extends to the communities we serve. Thanks to Kaiser Permanente programs and grants, we served over 1 million people in our area in 2009.

As we celebrate our rich history, we're also making big plans for the future. Our Kaiser Permanente Westside Medical Center—now under construction in Hillsboro, Oregon—is scheduled to open in 2013 and will serve fast-growing Washington County. It will house Oregon's first new hospital in almost 40 years—and the first in the Portland area to be LEED Gold certified. Green construction is just one more way we're leading by example.

Thank you for your dedicated efforts and contributions over the years.

Sincerely,

**Andy McCulloch**  
President, Kaiser Foundation  
Health Plan of the Northwest

**Sharon M. Higgins, MD**  
President and Executive  
Medical Director,  
Northwest Permanente, PC

*Editor note: At this time, no special events are planned to recognize this milestone. ♦*

## Susan B. Komen Race for the Cure Sept. 19, 2010

Kaiser Permanente is the "Save a Life" sponsor of this year's Komen Portland Race for the Cure® and will match the first \$15,000 in "Save a Life" donations (part of registration options). These donations will help fund free mammograms for uninsured women in our area. Please consider registering and participating in this worthwhile event.

If you have any questions about Kaiser Permanente's sponsorship, or how you can be involved in the Race, please call Leslee Heater at 503-813-4060 or email [Leslee.L.Heater@kp.org](mailto:Leslee.L.Heater@kp.org). ♦

## Best Commercial and Medicare Health Plan in Oregon and Washington

Kaiser Foundation Health Plan of the Northwest was the top-ranked commercial health plan and the top-ranked Medicare health plan in Oregon and Washington, according to the latest annual survey by U.S. News and World Report and the National Committee for Quality Assurance. Plans were rated on member satisfaction and the clinical quality of preventive care and treatment. Complete results are available at [usnews.com/healthplans](http://usnews.com/healthplans). ♦

## Oregon Lauded as Leader in Health Information Technology Transformation

Recognizing outstanding contributions to advancement of healthcare information technology (IT) in the country, the Healthcare Information and Management Systems Society (HIMSS) honored outstanding leaders at the state and federal levels who are taking the lead in establishing new initiatives, programs, and projects that foster the use of health IT in both government and private industry.

## New Retirees

Linda Louise Adamson	Kathryn Lange
Carolyn Aegerter	Mercedes Luft
Nadine Armitage	Joann Martin
Marjorie Avery	Laura Martinez
Charles Barker	Carole Matthews
Sherilene Bates	Connie McCready
Kenneth Baune	Joan McHone
Joanne Bolton	Judith Muehe
Michelle Brown	Judith Munter
Sandra Burrell	Steven Nordstrom
Cindy Calkins	Ingrid Olson
Jannette Callin	Tony Opzeeland
Sharon Clow	Margaret Pemberton
Grenola Cooke	Faye Penny
Linda Cox	Michael Polen
Peter Davis	Sharon Powers
Lynn Dickinson	Grant Radke
Rebecca Dunn	Sharon Rauch
Capitola Edwards	Bonnie Redding
Lola Evans	Christina Redman
Linda Fox	Mildred Reser
Michael Froehlich	Donna Richards
Karen Gabriel	Deborah Riedel
Donna Gayhart	Dennis Shea
Ann Gaynor	Terry Shoell
Reta Girdner	Stephen Smith
Douglas Gregory	Margaret Stlouis
Phyllis Grogan	Lois Jean Sweitzer
Karen Guyer	Rae Barbara Sworden
Marcee Hammang	Verena Taylor
Gregory Hart	Robert Thompson
Annalee Hill	Nancy Turner
Sandra Howarth	Jeffrey Wright
Linda Jardin	

The *State of the Year* award was presented to Oregon, for its continuous leadership in electronic health record (EHR) adoption and use: clinicians are more than twice as likely as the national average to have EHRs in ambulatory practices (48 percent vs. 20.5 percent), and over five times as likely as the national average to utilize fully functional EHR systems (32 percent vs. 6 percent). State leaders continue to offer novel approaches to leverage health IT to meet benchmarks for state services and patient outcomes, making Oregon a leader in health IT transformation. The state of Oregon has received awards totaling more than \$43 million for its efforts. ♦

## KP Westside Medical Center construction on schedule

A major milestone was reached in the construction of the new Westside Medical Center. On April 12 construction crews hoisted the final steel beam onto the hospital structure. This milestone, known as “topping out” included the placement of a Douglas Fir on the top of the crane as a symbol of growth and good luck. The medical center is due to open on schedule in 2013.

### At a Glance:

- 283,000 sq. ft. hospital
- 110,700 sq. ft. specialty medical office building
- 915-space parking garage
- 126 beds in private rooms with room for growth
- 27 Emergency Department treatment bays
- 8 operating rooms
- 2,000 construction jobs created over the life of the project
- 1,100 family-wage jobs created
- Seeking Gold-Level Leadership in Environment and Effective Design (LEED) certification

### The new specialty medical office located on campus will include:

- Audiology
- Cardiology
- ENT (head and neck surgery)
- Gastroenterology
- Infectious Disease
- Neurology
- Ob/Gyn
- Orthopedics
- Pharmacy, Imaging and Lab
- Pulmonology
- Urology



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.

## KaiPerm FCU News

### Important Information from Your Credit Union

Recent newspaper articles and internet posts are educating consumers about the safety of their financial institution. Non-performing loans, poor investments and low net worth ratios all combine for real concerns about the financial services sector. KaiPerm's Board of Directors and management want to assure its members that your credit union is doing well. Sure, there are challenges in this economy. In some ways, KaiPerm mirrors what our members are doing to survive this difficult economy. The credit union is watching expenses, limiting capital expenditures to a minimum and keeping excess cash working with a conservative and prudent investment strategy.

### How safe is KaiPerm NW Federal Credit Union

KaiPerm is a well capitalized federally insured credit union. Your retirement funds are safe and insured up to \$250,000 for individuals by an agency of the federal government, the National Credit Union Administration.

### Is KaiPerm making loans?

Yes, the credit union is actively making loans. That's what we do. KaiPerm's loan service levels are excellent. Loan rates are very competitive and we provide one-day service for consumer loans and two week service for real estate transactions.

Another benefit of KaiPerm membership is that our loans are priced the same for all members. There are no “risk rated” interest rates because of a low credit score! Your credit union is a not-for-profit financial cooperative so members all receive the value of low rate loans.

### Human Resource Business

Human Resource business is now conducted through the Human Resources Service Center (HRSC) office in Portland OR. Call toll free 877-457-4772 to be connected to an employee in the NW Region office. Hours are 8 a.m. to 5 p.m., Monday thru Friday. Press option 1 for the Northwest Region then option 2 for Benefits and Retirement.

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:

[newsletter@kpnwretirees.org](mailto:newsletter@kpnwretirees.org)

You are invited to the KaPeRs luncheon

**Wednesday, September 22, 2010**  
**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, September 14 to:  
KaPeRs, 707 NW 20th, Portland, OR 97209-1303

- I will attend the KaPeRs luncheon on Wednesday, September 22, 2010.
  - 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!)

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 [newsletter@kpnwretirees.org](mailto:newsletter@kpnwretirees.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...



Keeping In Touch.....page 2

KaiPerm News .....page 6

Meeting Luncheon Invitation.....page 7

### 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 the information to [membership-newsletter@kpnwretirees.org](mailto:membership-newsletter@kpnwretirees.org).

### Online Newsletter

---

Sign up to receive *KaPeRs Newsletter* online. Adobe Acrobat Reader is needed to read it and can be downloaded for free from [www.adobe.com/reader](http://www.adobe.com/reader). Send a message including your name and e-mail address to Patsy VandeVenter at [newsletter@kpnwretirees.org](mailto:newsletter@kpnwretirees.org) with "KaPeRs" in the Subject Line. To continue receiving the newsletter online, be sure to send e-mail address changes to the e-mail address above.