

## KaPeRs Luncheon - Wednesday, February 18, 2015

### "♥ Your Heart! ...What Women Need to Know About Their Greatest Health Threat"

KATHY CRISPELL, MD

Chief Medical Officer/Chief of Staff, KSMC/Advanced Heart Failure Specialist/Mechanical Cardiac Support/Transplant, KPNW Center for Heart and Vascular Care

Cardiovascular disease—including heart disease, stroke, and high blood pressure—is the number ONE killer of women in the United States - more deadly than all forms of cancer combined. Since 1984 more women than men have died each year from heart disease, but women comprise only 24% of participants in all heart-related studies.

Join us for lunch on Wednesday, February 18, when Doctor Kathy Crispell, one of Kaiser's heart disease experts, will talk about the risks and symptoms of various types of cardiovascular disease; how to stay "heart healthy;" the latest findings in new treatment, research and technology - locally and nationally; and... the latest news regarding Kaiser's own high-quality Center for Heart and Vascular Care!

We see the heart as a symbol of love. February is American Heart Month - a time to raise heart health awareness and a time to show yourself the "love."

**Don't forget to wear red!**

Dr. Crispell earned her medical degree at Tulane University School of Medicine in New Orleans. She went on to do training in Internal Medicine and Cardiovascular Surgery at Oregon Health and Science University (OHSU). Dr. Crispell has been voted one of Portland's "Top Docs" in Portland Monthly magazine.

*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.*

## Dates to Remember

### GENERAL MEETING

Wednesday, February 18, 2015  
12:00 noon, Town Hall

### PROGRAM

"♥ Your Heart! ...What Women Need to Know About Their Greatest Health Threat"

– Kathy Crispell, MD

### 2015 MEETING DATES

**General Meetings**  
**12:00 noon, Town Hall**  
Wednesday, Feb. 18  
Wednesday, May 27  
Monday, Sept. 21  
Wednesday, Dec. 16

**Board of Directors**  
**11:30 am, Town Hall**  
Thursday, Apr. 2  
Thursday, July 30  
Wednesday, Nov. 11

**See page 7 for KaPeRs luncheon invitation.**

## 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.

## Center for Heart and Vascular Care

We've made a \$300 million investment in new and remodeled facilities at our Sunnyside Medical Center campus. One result: A high-quality heart center that's close to home.

There, you'll find:

- 20-bed cardiovascular medical unit where heart conditions are monitored by telemetry equipment
- 20-bed cardiovascular intensive care unit and a 19-bed cardiovascular progressive care unit
- Private, spacious rooms with pleasant views of Mt. Talbert Nature Park or rooftop gardens
- New operating rooms and catheterization labs

## President's Corner

Janeene Siler

Happy New Year, Everyone! I am honored and excited to serve as your KaPeRs President for the first quarter of this year. Today was our first Board of Directors Meeting at Town Hall. It was a very productive planning session. We have a dedicated and talented group of people who gather (just four times a year) to plan our General Meetings and summer fun/tour events. Why not make this your year to join us! This is an all-volunteer board whose purpose is to promote KaPeRs, a social organization for retirees of the Northwest Region. In other words, we're here to plan some fun, educational and interesting activities and program topics for our quarterly meetings. We did all dream about retirement being all about FUN, right?! Well, our retirement/FUN time is now and your opportunity to join us is now. Drop me a line at [janeene@comcast.net](mailto:janeene@comcast.net) or contact any other Board member listed elsewhere in this newsletter. KaPeRs will continue to thrive with your ideas, suggestions and involvement.

At my house, we celebrated a "New York" new years with two of our grandchildren and tucked them in bed shortly after 9pm. (I ask myself why I didn't think of this when my kids were young!) I dug out some party horns and noise makers for our party and was surprised to see the year 2000 printed on them. It was a bit shocking and nostalgic. It just doesn't seem possible that our Y2K festivities were fifteen years ago and yet so many wonderful things have happened in my life since then. All six of my grandchildren were born in this century. Our immediate family has nearly doubled with the addition of sons and daughters-in-law. I feel blessed to have the opportunity to get to know and play with

## In Memoriam

Linda K. Anderson	Diane Hatfield
Margaret Eley	Evelyn Mills
Paula Harris	Allan Spielvogel, MD



## Welcome New Retirees

Ramona Aho	Olivia Lamb
Robert Bigler, MD	Sandra Lambert
Paula Blacketor, MD	Catherine Langan
Leora Britvan, MD	Thomas Lorence, MD
Michael Brown, OD	Sandra Lusk
Carolyn Burrows	Maureen McLain
Leslie Carveth, RN	Patrick McMahan, MD
Wiley Chan, MD	Vickey Morin
Larry Cole	David Muller, MD
Jodi Daniels	Michael Muta
JoAnne Donato	Nga Nguyen
Janet Farr	Barbara Repman
Karen Fisher	Edward Ruden, MD
Stephen Fitch, DO	Linda Sakai
Devora Fleshler	Calvin Shipley, MD
Kathleen Franco, MD	Janice Siglin
Elizabeth Frederick MD	Joel Simasko, MD
Jan Hall	Mary Thomas
Diane Hart	An Tran
Diane Hays	Wendy Watson, MD
Julie Heffner	David Westrup, MD
Florence Jennings	Carol Young
Mary Johnson	Joan Young
Kathleen Keller	Scott Young, MD
Diane Kintz	

my grandchildren. And, of course, it was a blessing to return them to their parents and to enjoy the quiet and freedom that retirement has granted me.

Giving back. Paying it forward. Sharing joys and challenges. These are the rewards of our retirement years. I share the belief that we are so fortunate to have been born when and where we did. I recognize that not everyone has been as fortunate. I volunteer at my church... cleaning, preparing flower arrangements,

funeral receptions. I also volunteer at Albertina Kerr where mental health services are provided to children and their families. I don't have a medical background like the majority of our KaPeRs members but did retire from an administrative/finance position so I can volunteer for the Albertina Kerr Restaurant whose profits support their mission. I'm convinced that I get back more than I give. The volunteers at Albertina's are, much like KaPeRs members, awesome people!

2015 is already starting out as a great year. Look at those gas prices!!! If this keeps up, we'll dust off our RV and plan some land cruises. I'm hoping to see you out there...cruising, volunteering, staying active physically and mentally.... enjoying your well-deserved retirement. Definitely mark our KaPeRs General Meetings on your calendar. Our February 18th meeting with Dr. Kathy Crispell on Heart Health is sure to be interesting and lead us in a heart healthy year.

## Keeping in Touch

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**Liz Julec** took a sabbatical from volunteer activities for the past 18 months. She planned and had a new green, energy efficient, ADA adaptable home built. "Casa Compactica" is half the size of her prior home, so she did a major downsize. It was hard to give up her view of the West sky when she sold her prior home. Books and art are the most difficult to downsize, so is still a work in process. Best of all, she has no stairs and no mortgage.

**Jane Skipworth** retired Sept. 2, 2014. Her husband and she traveled to Arizona for ten days. They attended their first Nascar race. That's one thing they can cross off their bucket lists. They also did quite a bit of sightseeing and visiting with family.

**Esther Haberman** took a motorhome trip on the back roads of Oregon and Utah. Highlight of the trip was Arches National Park. "Beauty in Redrock"

**Sue Hennessy** is primarily enjoying the freedom of having her own schedule. She had a series of houseguests over the summer. She also took a 4000+ mile road trip this fall to CO, NM, UT, AZ, and NV, to reunite with her husband's high school classmates, family, and friends. They hiked in Zion and Bryce National Parks and visited Mesa Verde cliff dwellings. She is planning a kitchen remodel now, and a cruise to Greece and Turkey late next summer.

**Pat Denevan** – "Mary and I are still here in Mexico working on our Oaxaca Ecology Project. Our main motto is 'Let's live in Harmony with Nature' and our two Permaculture principles are 'Take Care of the Land and Take Care of the People'. It is truly an adventure for us. Attached is a photo of our burra (donkey) Bonita"



**Stephanie Schoap** and her husband, Mike, traveled to Oahu in October for the wedding of their younger daughter, Elly, and Tony Maltos. The venue was right off the beach with a grass lawn down to the ocean and could not have been more perfect or joyous. The following week, they went to Maui. While there, they took a van ride to Hana and a helicopter ride over Maui and Haleahala. Combined with hiking and snorkeling, it was a great week of relaxation after the wedding week.

**Nancy Swanson**, who won two tickets to the Korean Drum and Dance performance on October 11 at the previous luncheon, expressed her and her daughter's appreciation of the tickets. She said they "o-o-o-o'd and ah'd" throughout the performance. They came up with many superlatives: awesome, beautiful, amazing, and they say they would go again. (Editor's note: The Korean Drum and Dance group will be the featured performance at the May, KaPeRs luncheon this year)

## KAPERS BOARD OF DIRECTORS

P.O. Box 4543, Portland OR 97208

### Executive Committee

Janeene Siler, Q1 President.....*janeene@comcast.net*

Judy Parmenter, Q2 President.....*parmenter.judy@gmail.com*

Kathryn Holt, Q3 President .....*tosca230@gmail.com*

Marci Clark, Q4 President .....*marci.clark.pdx@gmail.com*

Marci Clark, immediate past president

Janeene Siler, secretary.....*janeene@comcast.net*

Kathryn Holt, treasurer .....*tosca230@gmail.com*

503-223-0311

### Standing Committees

Patsy VandeVenter, membership chair.....*gvpats@aol.com*

503-245-2821

Jane Walker, newsletter editor .....*lois246@aol.com*

360-487-9173

Ian MacMillan, MD, historian .....*ismacm@comcast.net*

Judy Parmenter, program chair .....*parmenter.judy@gmail.com*

Gail Clark, special events co-chair .....*gailclark@comcast.net*

Maureen O'Connor, special events co-chair .....

*winkyconnor6@yahoo.com*

### Members at Large

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Joanna Stuart .....*jodalstu@wildblue.net*

Rita Townley.....*reetstownley@msn.com*

Lauralee Tyrrell.....*gramz22cool@yahoo.com*

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### Dental Group Representatives

Kathryn Holt .....*tosca230@gmail.com*

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

### Members Emeritus

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Jeanette Neuburger

Stressla Beaver

Jay Owen

Jean Bradley

Mary Ramsey

Ludene Clark

Vivian Terrall

## Volunteers caring and sharing

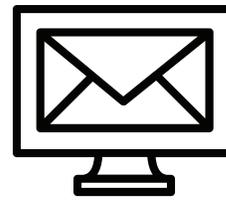
**Jeannine Brumley** likes to be busy. She volunteered at Canby High School helping students in the Aspire program which prepares them for job and college interviews.

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.

**Marilyn Cloud** volunteers with the Columbia River Gorge Kiwanis Club. The Kiwanis is an amazing organization. The club is very active. They're always helping out children. The Kiwanis Camp is a good, two day experience. They also keep busy delivering flowers for Valentines' Day, Mothers' Day, etc. so they can make money to give toward needy projects.

## KaPeRs' going green



KaPeRs members number 3,039 with only 490 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 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*.

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## 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](mailto: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.

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## December Luncheon Raffle Winners

Marci Clark and KaPeRs member Martha Han drew tickets for \$30 restaurant gift certificates.

The winners were: Roberts Elkins, Jerry Parmenter, Shirley Rogers, Carol Schleining, Janeene Siler, Tom Smario, Ron Swan, Tania Ursin

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## December General Meeting/Luncheon Highlights

**KaPeRs 25th Anniversary Commemorative Edition Publication:** Marci Clark announced the publication of a special edition of the KaPeRs Newsletter in commemoration of the 25th anniversary of KaPeRs. Ian McMillan, M.D., Judy Parmenter, Patsy VandeVenter and Marci Clark were thanked for their efforts. Copies were distributed to all KaPeRs members who attended the meeting.

**Program:** Judy Parmenter introduced Ron Shoals; a KP employee, vocalist and co-director of the Portland Interfaith Gospel Choir. Ron introduced The Group which includes himself, LaRonda Steele, MaryEtta Callier-Wells and Arietta Ward with Mark Steele providing accompaniment on the keyboard. Their traditional and contemporary gospel music was enjoyed by all. The Group received a standing ovation.



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## KaPeRs Annual Art Exhibit

The 3rd annual KaPeRs Art Exhibit will be held at the general meeting on May 27, 2015. Forms to sign up to exhibit your artwork will be available at the February luncheon, on the KaPeRs website, or you may contact Maureen O'Connor, chairperson, at [winkyconnor6@yahoo.com](mailto:winkyconnor6@yahoo.com)

The exhibit is for members only, not to include spouses, children, or other family members. It is also for exhibition only. Business cards may be made available for possible sales outside the meeting.

Space is limited, so sign up early!

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## 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.

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## KP News Roundup

### A new digital presence for KP Dental

Our newly redesigned Kaiser Permanente Dental website launched in late November and offers an enhanced, more intuitive user experience. Because it is responsive, meaning that it adapts for desktop, tablet, and smartphone, visitors can enjoy optimized browsing regardless of their viewing environment.

This site is designed to make people smile, both with its colorful, on-brand look and with its improved usability. Be sure to check out the searchable Choose a Dentist and Choose a Plan pages, which make it easier for current and prospective members (as well as brokers and employers) to find exactly the information they need. Visit us at [kp.org/dental/nw](http://kp.org/dental/nw).

## Board of Directors Actions

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- Due to rising costs, the Holiday luncheon in December, this year, will be \$15 per person. (member or guest)
- KaPeRs members are encouraged to attend a Board Meeting this year to see how easy (and fun) it is to be involved. We're looking for some new members to step up and help us keep KaPeRs running smoothly. It's only four Board meetings per year and includes lunch. Come check us out! If you want to join us, contact a Board member to let us know.
- There are a few extra copies of the 25th Commemorative Edition available. If you want one, contact Patsy VandeVenter at [gvvpats@aol.com](mailto:gvvpats@aol.com) soon, before they run out.
- Jay Owen served as KaPeRs President from 1990-1991, and as Special Events Chair 1997- 2008. As one of several individuals who worked diligently to form the KaPeRs organization 26 years ago, Jay has remained a dedicated, forward-thinking member of the Board of Directors. It was with regret that his resignation from the board was accepted at the January 7, 2015 board meeting. We wish Jay well and thank him for his years of service.



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 CU News

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### Too Many Bills and Not Enough \$\$\$\$\$\$? Let KaiPerm help!

1st Mortgage and HELOC rates are still low...

Home values are going up...

What more can we say?

Rates are subject to change daily.

### Other Options:

#### \*Holiday Loans

- ✓ Available November 1, 2014 - January 31, 2015
- ✓ 3.99% \*\*Direct Advantage rate
- ✓ Maximum loan amount \$3,000 (per family) - Maximum 12 month term

#### VISA Credit Card

- ✓ 9.95% \*\*Direct Advantage rate
- ✓ No fee balance transfers available...and 1% balance transfer rebate for YOU!

#### Line of Credit

- ✓ 6.25% \*\*Direct Advantage rate

\*Additional loan terms apply. Contact a Loan Officer for more details.

\*\*Direct Advantage Members have 100% direct deposit, active checking #77 and online banking.

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:

Jane Walker, 307 NE 63rd St. #19,  
Vancouver, WA 98665, or email to [lois246@aol.com](mailto:lois246@aol.com)

You are invited to the KaPeRs luncheon

Wednesday, February 18 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, February 11:**

**Kathryn Holt, P.O. Box 4543, Portland, OR 97208**

If you must cancel, please phone Kathryn at 503-223-0311 before Monday, February 16, 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, February 18 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.

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If you would like to receive KaPeRs messages via email, send a message including your name and email address to Patsy VandeVenter at [gvvpats@aol.com](mailto:gvvpats@aol.com). Subject Line: KaPeRs.

## KaPeRs (Kaiser Permanente Retirees Organization)

PO Box 4543  
Portland OR 97227

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, or e-mail [gvpats@aol.com](mailto:gvpats@aol.com).

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