

KaPeRs Online News

Visit www.kpnwretirees.org to learn the latest information about KaPeRs, including activities scheduled for the year, senior education and volunteer opportunities locally and internationally, as well as Kaiser Permanente health care news.

KaPeRs Holiday Luncheon

Wednesday, December 16, 2015 at 12 noon

The Fireside Carolers (Quartet)

'Tis the season! Time to get into the holiday spirit and join us for lunch on Wednesday, December 16. The Fireside Carolers, a vocal ensemble of amazing singers, will entertain us with the seasonal carols we all know and love... but with a jazzy twist in four-part harmony!



The Fireside Carolers is part of Vivace Voices, a professional entertainment company created to give Northwest professional performers and musicians an opportunity to provide quality entertainment

here in the Portland area. Their performers have a wealth of experience which includes Broadway, National touring companies, as well as regional and local theater. And their talent and versatility has been utilized to create a variety of musical theatre, cabaret and even opera for classical music lovers. Co-founder, Tina Paradiso (who is a sometime "caroler"), has a long list of credits in her theatrical portfolio — from "Menopause, the Musical" here in Portland, to the National touring companies of "Les Mis" and "Fiddler on the Roof!" with Herschel Bernardi!

Get your jingle on and sign up now! Space is limited!

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, December 16, 2015 at 12 noon, Town Hall

PROGRAM

The Fireside Carolers (Quartet)

2015-2016 MEETING DATES

General Meetings

12:00 noon, Town Hall

Wednesday, Dec. 16, 2015

Thursday, Feb. 25, 2016

Wednesday, May 25, 2016

Thursday, Sept. 22, 2016

Wednesday, Dec. 21, 2016

Board of Directors

11:30 am, Town Hall

Wednesday, Jan. 6, 2016

Thursday, Apr. 7, 2016

Thursday, Aug. 4, 2016

Thursday, Nov. 3, 2016

See page 7 for KaPeRs luncheon invitation.

President's Corner

Marci Clark, 4th Quarter President

Mindfulness... it's a concept that keeps popping up in health care circles, the evening news and everyday conversations. Anderson Cooper did a *60 Minutes* segment about mindfulness a year ago (a definite Type A personality that runs on adrenalin!); Google's 52,000 employees now receive free mindfulness lessons; more health care practitioners are being trained in the field (including Portland); and studies are beginning to show evidence-based outcomes. A simple definition of mindfulness: *a mental state of being present in the moment* without judgment of thoughts, emotions and experiences as they occur. Mindfulness is often associated with meditation and may also be

used therapeutically for those who experience stress, anxiety, depression, addiction and chronic pain. A quick Google search indicates mindfulness studies have shown decreased anxiety; improvement in mood, verbal memory and attention; and increased happiness, resilience and general well-being. Most importantly, for all of us who (impatiently?) navigate the chaos of daily life, a mind not agitated is better able to focus on everyday problem solving.

As the year-end holiday season approaches, practicing a bit of mindfulness may ease the stressors of *your* day and allow more room for heartfelt kindness, compassion and purpose. 'Tis the time for goodwill and celebration with family, friends and maybe a new acquaintance or two invited to join the festivities.

Speaking of celebrating, please join friends and former co-workers at Town Hall on December 16 for the KaPeRs holiday program featuring the Fireside Carolers presenting their jazzed up rendition of holiday music. The fun starts promptly at noon. I hope you can join us!

Keeping in Touch

Pat Maharg spends his time reading, traveling, and has two dogs.

Helen Wand is the director and lead instructor of the clinical lab assistant/phlebotomy program at Clackamas Community College. She encourages all to send her your interested students. She also wrote a historical novel about homesteading in the Columbia River Gorge in the late 1800's. The title is *Where Eagles Nest*. You can learn more about it at her website, www.helenwandbooks.com.

Margaret Rice retired the end of May, after just over 39 years with KPNW. She spent a month this summer in Italy and France with her husband and three other KPNW retirees. At the end of their trip, last stop Paris, they met up with Patsy VandeVenter and her daughter, Kasey, and grandson, Tyler. They had dinner and an evening stroll to the Eiffel tower in all its star-twinkling glory. She is excited to be home and enjoying more time in the garden and doing volunteer work for the YMCA Camp Collins.

Carolyn Simpson spent time camping in her motorhome. She also became a Certified Laughter Leader and attended the annual dinner and auction for a charitable organization. She volunteers with the SW Washington Anglers.

Carolyn Shonk finished chemo and radiation in March. She reports Kaiser Oncology is great! In May, she traveled to Kentucky with her daughter and year old grandson. They connected with cousins and enjoyed

Southern hospitality. Her stitchery won 1st Place in both Washington County and State fairs.

Dennis Shea has taken up reading, now that he has time, and works out at the athletic club several times a week. He and his wife spend time at Crooked River Ranch, their place they've had for 20 years. He also plays golf with several friends when they're there.

Adolphe Bonfiglio retired about two years ago from the Optical Dept. where he worked as an optician. He says he misses his co-workers but is enjoying his retirement. He has traveled to Costa Rica and Sicily. Besides traveling, he also enjoys Duck games and his grandchildren (not necessarily in that order).

Donna Olson retired in June. She has spent a lot of time with three of her young grandsons. She traveled around Washington State with her ten year old grandson and a 7.5 lb. Chihuahua mix. They had a great time exploring the seaside and lush green walking paths, parks, and anything else that would give them an adventure.

Sally Liddie has been taking care of her husband, helping all family members, and painting their house.

In Memoriam



Robert Corrigan, MD	Willis Peacock, MD
Helen Drewek	Adonica Scriven
Pamela Giffey	Jeanette Steen
Robin Lake, MD	Fern Travis
Joanne McDowell Cody	Marilyn Walter
Brigitte Mengelberg, MD	John Wild, MD
Velma Nelson	

Volunteers caring and sharing

Dennis Shea and his wife, Joyce, volunteer for Guide Dogs for the Blind. They foster dogs that have kennel stress and need a home environment. They also drive visually impaired people to and from the airport.

Sue Sullivan Rethinger volunteers at:

- St. Vincent dePaul Emergency Food Pantry
- Carousel Sherwood Figure Skating Club Board
- Neighborhood Watch Program

If you're looking for a place to volunteer, here are some great suggestions:

Kaiser Permanente Hospice

Provide respite for family caregivers, companionship to patients on hospice. Other opportunities include clerical office, bereavement calling, trained assisted therapy dogs and owners, knitting or sewing blankets or shawls for patients on hospice.

Greater Portland Metro Area and Clark County, WA
Call 503-499-5168 for more information or to sign up and volunteer.

KaPeRs Board of Directors

New board members are needed. Speak to one of the current board members and attend a board meeting. This is the group that plans our quarterly meetings, community giving activities, and member outings. We are still in need of a new chair, vice chair, and secretary. Come join the fun!

Vista House at Crown Point

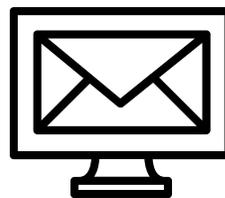
Besides the beauty of the location and building, the connection with people from all over the world is amazing. Giving back to the community is rewarding and doing it at Vista House is very fulfilling. If you are interested you can find out more at the Friends of Vista House web site: friends@vistahouse.com or contact Kathleen Overton at: kathleenoverton65@gmail.com

Guide Dogs for the Blind

Located in Boring, Oregon, there are many opportunities for volunteering. They need volunteers to welcome dogs into their homes, socialize puppies, lead tours of the campus, and help in many other ways. To apply, volunteer, or donate, please visit Guidedogs.com. Their phone number is 503-668-2100.



KaPeRs' going green



Help us keep our KaPeRs expenses down.

This newsletter is the primary means of communication among our nearly 3100 KaPeRs members. Maintaining current postal

addresses is a challenge and at each quarterly mailing the post office sends us change of address cards for which we are charged 57 cents each, or they return the undeliverable newsletter at a cost of \$1.22 each.

Our generous sponsor, KPNW, pays these costs which in the past amounted to well over \$300.00. Therefore, we are requesting all KaPeRs members currently receiving a paper copy of their newsletter to please switch over to e-mail. We recognize not everyone uses e-mail or has access to a computer, and we will be glad to continue sending paper copies to those folks. Keeping our mailing expenses to a minimum will allow us to continue bringing high quality programs to KaPeRs members. We hope you are willing to make the switch. Please send an e-mail to Patsy VandeVenter at gvpats@aol.com, subject line: **KaPeRs**, along with a note requesting the change. Be sure to include your name, along with your e-mail address. Thank you.

In response to our plea in the September 2015 newsletter, 87 folks requested the switch-over. We are very grateful for that response. We know there are many more of you who will be willing to take advantage of the opportunity to receive your quarterly newsletter whether you are home or traveling, no more waiting for US mail delivery, and the pictures are in color!

Want to reach out and find someone?

Lost contact with an old friend from your working days? Perhaps KaPeRs can help you get in touch.

Send your contact information in an e-mail to langpe@comcast.net along with the name of the person you would like to locate. If we have details on that person we will contact them, tell them about your interest and ask if it is O.K. for us to send their information to you.

September Luncheon Raffle Winners

Tickets were drawn for gift certificates, compliments of KaPeRs and KaiPerm Credit Union. The winners were:

- Donna Olson
- Charlene Tritt
- Kadavil Satyanarayan
- Ken Meyers
- Dana Sirkin
- Donna Caldwell

KAPERS BOARD OF DIRECTORS

P.O. Box 4543, Portland OR 97208

Executive Committee

President:

Q1 — Janeene Siler*janeene@comcast.net*

Q2 — Judy Parmenter*parmenter.judy@gmail.com*

Q3 — Kathryn Holt*tosca230@gmail.com*

Q4 — Marci Clark*marci.clark.pdx@gmail.com*

Vice President: Vacant

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*gailrclark@comcast.net*

Maureen O'Connor, special events co-chair
winkyocconnor6@yahoo.com

Marci Clark, Immediate past president
marci.clark.pdx@gmail.com

Rob Perry, Webmaster*rob_perry_jr@hotmail.com*

Members at Large

Marjorie Lyster

Rob Perry, Webmaster*rob_perry_jr@hotmail.com*

Joanna Stuart *jodalstu@wildblue.net*

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

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

Donna Caldwell..... *jazzrx@comcast.net*

Connie Clemmens *clemmens@gmail.com*

Sue Hennessy *Smb7450@comcast.net*

Anke Kuindersma *kuinder@gmail.com*

Peter Lang..... *langpe@comcast.net*

Patti Lawler.....*pdxpatti3031@gmail.com*

Peggy McClure *peggy.mcclure@gmail.com*

Sandy Williams..... *sunny@europa.com*

Medical Group Representative

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

Dental Group Representatives

Kathryn Holt*tosca230@gmail.com*

Gail Clark *gailrclark@comcast.net*

Members Emeritus

Ernest Aebi, MD

Jeanette Neuburger

Stressla Beaver

Jay Owen

Jean Bradley

Mary Ramsey

Ludene Clark

Vivian Terrall

KP Human Resources Business

Human resources business is conducted through the Human Resources Service Center (HRSC) in Northern California. The Retiree and Benefits Team can be reached at 1-877-457-4772. Press Option 1 for Northwest Region and Option 2 for Benefits and Retirement. For pension-related inquiries call toll free 1-866-627-2826. When prompted for pass code, please enter pass code.

If you do not have a pass code or you have forgotten it, select the * (star) button, then press 0 to speak with a representative.

KP News Roundup

NW Permanente Names New Chief Operating Officer

Northwest Permanente has named Rahul Rastogi, MD, as its next chief operations officer.

"Dr. Rastogi's passion for patient-centered care, his track record of innovation and brilliance in implementation are just a few of the qualities that make him such an exciting, progressive leader," said Dr. Imelda Dacones, Northwest Permanente's incoming executive medical director. "He's uniquely gifted at finding creative ways to improve the patient experience while keeping a laser focus on quality.

Dr. Rastogi is currently director of operations for Continuing Care Services, and medical director of Kaiser Permanente's Regional Telephonic Medical Center and Transportation Services.

Since joining Kaiser Permanente in 2004 as an emergency room physician, he has held a number of important leadership roles, each progressing in scope, complexity and accountability. He has created innovative programs that are the first of their kind in the northwest region, including Primary Care at Home, and Mobile Health Partners (a partnership with Metro West Ambulance), which dramatically increase convenience for patients by providing primary care services in their homes.

Dr. Rastogi graduated from Northeastern Ohio University College of Medicine, and completed his residency in Emergency Medicine at William Beaumont Hospital. In addition to his medical training, Dr. Rastogi completed an advanced executive leadership program at Harvard University.

"As an emergency room doctor, I witnessed the power of great teamwork every day: first-responders, doctors, and nurses working in concert to help people in their

most vulnerable moments," Dr. Rastogi said. "I'm honored to help lead our incredibly talented team of physicians through this time of change in health care. Together we have the opportunity to truly transform the patient experience."

Dr. Rastogi assumed his new role directing operations for the 1,300-physician medical group in October, replacing Thomas Hickey, MD, who is resuming his clinical practice.

Bringing More Smiles to Lane County

Kaiser Permanente Dental is sharing the health. In January, we're opening our first Lane County dental clinic. Valley River Dental Office will be conveniently located in Eugene's Valley River Plaza. It's just a few miles from the new Kaiser Permanente Downtown Eugene Medical Office Building, which is also opening in January 2016.

We look forward to enhancing care and choice and helping to address the shortfall of dentists in that community. In our first year, Kaiser Permanente Dental

will serve existing and new commercial members (Traditional and PPO). We look forward to expanding our dental offerings with plans for individuals and families, as well as Medicare members, as early as 2017.

We've spent this year learning about and investing in the Lane County community. As part of a funding collaborative, Kaiser Permanente has provided a three-year grant for the White Bird Clinic in Eugene to provide school-based dental care for Lane County students. In addition, Kaiser Permanente has partnered with the South Lane Children's Dental Clinic in Cottage Grove to support pediatric dental health. The clinic provides both preventive and restorative dental care services to children kindergarten through 12th grade, at no cost. In addition, the Kaiser Permanente Educational Theatre Program in collaboration with Oregon Children's Theatre is hosting performances of "The Adventures of the Tartar Patrol" at Lane County schools, teaching students grades K-3 important lessons about oral health in a fun, engaging way.

Learn more at kp.org/lane

Welcome New Retirees

Okon Akpan	Joanne Cole	Debra Gess	Richard Langsen	Mark Rarick, MD
Pamala Baddgor	Judy Constans	Harry Glauber, MD	Kristine Lenker	Burel Rhodes
J D Bailey	Shaula Coulson	Carol Gleason	Carole Lewis	LaVonne Reisdorf
Peter Barlow	Kathrine Crannell	Rosemary Grabowiecki	Alvin Li, MD	Paulette Ringsage
Shellie Barr	Timothy Craven, MD	Pennie Granstrom	Kathleen Liddell	Maribeth Roberts
Thomas Beaver, MD	Sharon Crowley	Janice Greenfield	Scott Mandel, MD	Linda Robinson
Barbara Beers	John Culp	Mary Gubala	Annetta Mansfield	Gregory Sabin
Joan Bennett	Patricia Curran	Carolyn Hahn	Cheryl Mathis	Nancy Saykao
Edward Birnbaum	Antonio Daniels, MD	Michael Hollenback	Carmen Mattox	Gailynne Schmidt
Lynn Boe	Lola Dickson	Robert House, MD	Holly McCormick	Adonica Scriven
Sherry Bohannan	Christi Dillard	Donna Irwin	Vondalae McCuller	Rebecca Sikes
Patrice Boose	Robert Douglass, MD	William Ivie	Vicky McGaughey	Kathryn Smith
Paul Brenc, MD	Joy Duncan	Annie Jordan	Elizabeth Middlebrooks	Dennis Sutton
Pamela Brown	Leila Dwyer	Caryl Kaleshnik	Barbara Millard	Terry Swinford
Christopher Buhle	James Ebacher	Patricia Kell	Cynthia Miller	Donna Taylor
Kathryn Burns	James Fay	Carolyn Kelley	Joan Moody	Kathryn Thompson
Ilene Buys	M. Chris Ferguson,	Sandra Kelso	Wendy Moore	Jeanne Tilden
Bonnie Campbell	MD	Richard Konkol,	Douglas Nixon	Maria Torres
Patricia Canich	Ann Filz	MD, PhD	Marc Noailles	Carol Vogt
Sand Carlyle	Laurie Forrest, MD	Daniel Kopecky	Shirley Nord	Carrie Ware, MD
Sue Case	Thomas Fought	Susan Korslund	Donald Odem	Terry Williams, MD
Elaine Chin	Jeniece Fridell	Kathleen Krider	Larry Powell	Pamela Zeiler
Adrian Choate	Alison Fulmer, MD	James Kulik, MD	Jacque Quintero	Peter Zenthoefer, MD
Stephanie Cody	Thomas Gates	Paula Kullmann	Joanne Ramm	



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.

We're Seeing Stars - The Leading Medicare Plan in the Region

Kaiser Permanente Northwest received the highest possible rating of five stars for the fifth year in a row and is the highest-rated plan in both states, according to The Centers for Medicare & Medicaid Services (CMS).

This is a significant achievement for KPNW. And it's made possible by the physicians, nurses, care teams, administrative staff, and unit-based teams who provide coordinated, compassionate care and service to KPNW Medicare members, enabling them to lead healthier, more satisfying lives.

"We are proud to be recognized as a leader in keeping our Medicare members healthy and active," said Andy McCulloch, president, Kaiser Foundation Hospitals and Health Plan of the Northwest. "Earning a five-star rating for the fifth year in a row — and the only five-star in our region — reflects our team's passion and commitment in delivering patient-centered care that truly improves the quality of our members' lives."

Our Medicare plans have consistently received high ratings since CMS began tracking them in 2009. One reason is our integrated care model, which enables KP staff and care teams to serve members and patients using a coordinated, seamless system that promotes total health. A core feature of this model is our electronic health records system that physicians, nurses, and other providers use to safely and efficiently provide high-quality care, connecting with patients and members wherever they are. This technology also enables customer service agents, health plan representatives, call center operators, and other administrative and pharmacy staff to better support members, leading to the superior service and satisfaction ratings from CMS.

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,
subject line: KaPeRs Newsletter.

Board of Directors Actions

The Board meeting was held after the newsletter deadline, so actions will be reported in the next newsletter.

KaiPerm CU News

Direct Advantage Benefits for Every Want or Need!

VISA BALANCE TRANSFERS 0.00% Interest Rate For the first 6 months

From October 1st through March 31st 2016 Transfer your debt to KaiPerm's Visa Credit Card and get 0.00% Interest for 6 month

- ✓ 1% Balance Transfer fee
- ✓ 9.95% APR - Direct Advantage Rate* or 11.95% APR Non Direct Advantage after 6 month or any additional purchases
- ✓ No Annual Fee
- ✓ *Direct Advantage Members have an active checking #77 and 100% direct deposit

Apply online at kaipermnw.org or contact our loan department: Angela W. (AngelaW@kaipermnw.org) or Kyle (kyle@kaipermnw.org)

Johnny Appleseed "Youth Account"

It's never too early to get kids involved in their financial future, so let us help!

Children 0–13 years of age are eligible for our Johnny Appleseed Youth Account. They will receive postcards every other month that will encourage them to make a \$5 minimum deposit and they will receive a prize for doing so.

Happy Birthday cards go out in the mail a few weeks before their birthday which is an invitation to come select a birthday gift from our special drawer of presents.

A Halloween Coloring Contest is held each year in October. Children have the opportunity to submit their art work to be voted on against others in their age category. One artist from each age category wins \$50.

Let us help you Get Ahead Financially!

Kaiser Permanente Building

500 NE Multnomah Ste
320 Portland OR 97232
503.813.3242

Kaiser Permanente Westside Medical Center

2875 NW Stucki Ave
(Lower Level)
Hillsboro OR 97124
971.310.3010

You are invited to the KaPeRs luncheon

Wednesday, December 16, at 12 noon

Town Hall

3704 N. Interstate Avenue

Portland OR 97227

\$15 per person (retiree and guest)

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

Return this RSVP and payment by Wednesday, December 9:

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

If you must cancel, please phone Kathryn at 503-223-0311 before Monday, December 14, 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, December 16 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 \$15 for my luncheon, payable to KaPeRs. My Name _____
- I am enclosing \$30 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 email a short description of your activities to Jane Walker, lois246@aol.com, subject line: KaPeRs Volunteers.
- For email delivery of newsletters:** Provide your contact information.

Name _____ Phone number _____ email _____

What have you been doing? We'd like to hear from you. We learn so much from one another in the stories we share. We hope you find it interesting as well. Please take a moment to send us your news.

If you would like to receive KaPeRs messages via email, send a message including your name and email address to Patsy VandeVenter at gvpats@aol.com, subject line: KaPeRs.

KaPeRs (Kaiser Permanente Retirees Organization)

PO Box 4543
Portland OR 97208

Place address label here.

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Have You Moved Recently?

If you have chosen to receive a paper copy of *KaPeRs Newsletter*, be sure to let us know your new address and phone number. You may use the luncheon reservation form and send it to Kathryn Holt at the address listed, or e-mail gvpats@aol.com, subject line: KaPeRs

Online Newsletter

Sign up to receive *KaPeRs Newsletter* online. Adobe Acrobat Reader is needed to read it and can be downloaded for free from the Internet. Send a message including your name and e-mail address to Patsy VandeVenter at gvpats@aol.com, subject line: KaPeRs. To continue receiving the newsletter on-line, be sure to send e-mail address change to gvpats.