

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 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.

President's Corner

Marci Clark

Happy 2012! Almost before the New Year bubbly settled, your Board of Directors held its first meeting of 2012 to brainstorm ideas for KaPeRs' focus this year. We will continue to plan informative, meaningful and fun events; add diverse ways to reach out to new members; and strengthen organizational structure. We would also like to hear ideas from YOU regarding possible quarterly program topics, implementation of regularly scheduled special interest meetings, topics for ad hoc workshops, destinations for local/regional day tours and anything else you'd like to talk about. Please drop me a line at president@kpnwretirees.org or contact any other Board member listed elsewhere in this newsletter.

Speaking of planning for the year ahead, now is a good time to reassess what we, as individuals, are currently doing and what we would like to change. I recently learned about the term *ikigai*, which is a Japanese word meaning "the reason for which we wake up in the morning." It's an especially timely word for people who are contemplating retirement or those of us already there whose lives have revolved around careers for many years. According to current research, the best activities to maintain cognitive health combine social engagement, physical activity and

Dates to Remember

GENERAL MEETING

Tuesday, February 28, 2012
12 noon – Town Hall
Seating is limited—make your reservations early

PROGRAM

Jeffrey A. Weisz, MD
President and Executive Medical Director
Northwest Permanente

2012 MEETING DATES

General Meeting

May 23
September 19
December 11

Board of Directors

April 5
August 2
November 5

KAPERS 2012 OUTING

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

See page 7 for KaPeRs luncheon invitation

intellectual stimulation. Whether it's dancing; learning to play the guitar; listening to (or giving) informative presentations to civic groups; or interacting with grandchildren, golf buddies, or former co-workers, we are promoting our own personal health and reasons for waking up each morning. As I'm writing these words, it's a sunny winter day and I'm watching flocks of small birds flitting around my backyard pond, stopping for the occasional bath...another good reason to wake up each day!

Stay tuned for your quarterly KaPeRs newsletters and website (kpnwretirees.org) for news about friends, upcoming events and topics of the day. If you have not joined us for a scheduled event, please consider coming to the upcoming quarterly all-members luncheon on Tuesday, February 28th at noon. You will be doing yourself, and your cognitive health, a good turn! ♦

February 28 Luncheon Program

Jeffrey A. Weisz, M.D., was appointed in July 2011 as President and Executive Medical Director for the Northwest Permanente Medical Group. He comes to the Northwest Region from the Southern California Permanente Medical Group where he held the position of Executive Medical Director and Chairman of the Board. We hope you will join friends and former colleagues for this enjoyable and informative program at the February 28th quarterly luncheon meeting.

Keeping In Touch



Bill Rector finds himself very busy in retirement. He is the vice president for annual programs for the Oregon Chapter Labor and Employment Relations Association (Oregon LERA); he does food ministry work at Trinity Episcopal Church and is the captain of the Kaiser Hood to Coast running team, “Kaiser Rolls”.

Pegi Mezingo writes, “Sorry I missed the September luncheon but I’m looking forward to the December meeting to see some familiar faces and share stories. Since retiring in July 2011, Jerry and I have taken some long camping trips up in the Prineville area—the last one was a 15-day deer hunt (no luck). We did have one very pretty little doe walk into camp on our last three days. I took two weeks out of our Fall to make a trip to Hawaii and stay with my sister. Pajama parties are still fun even when you’re over 60! Also reclaimed the art of body surfing—NOT intentional! Now Jerry and I are busy getting the house and yard ready for winter and we will be cutting wood so we can have nice toasty camp fires next year. Other than those things, life is really great—being retired “Rock’s” big time. I enjoy being able to read, crochet, cook and bake, shop, take a nap, have tea with my Mom and spend time with my kids and grandsons. I’m happy.” ♦

Did You Know?

Did you know that KaPeRs activities include a collection of programs, workshops, and day tours that address a diverse array of topics? Selected recent topics include:

- New-tech gadgets workshops: What are they and how do they work?
- Story of one person’s commitment to giving 100 strangers \$100 each
- Case studies of a plastic surgeon, including medically necessary and elective surgeries
- Armenia, Romania and Botswana: Cultural learning’s and volunteerism
- KPNW Westside Medical Center and Medical Office: What will they offer?
- Tacoma Glass Museum tour

- History of Permanente Medical Groups in the NW: An inside look
- Indian style salmon bake at Depoe Bay
- KaPeRs annual community giving project: Oregon Food Bank
- How music can help the aging brain

Join us for informative guest presentations at the KaPeRs quarterly all-members meetings/luncheons. Details provided elsewhere in this Newsletter. ♦

Save the Date

Wednesday, June 6 is the date for the first of our 2012 Summer/Fall day-long outings. We will be traveling to Salem to tour the State Capital building and the Mission Mills Museum to view some early history of Oregon. The \$68 fee includes comfy motor coach transportation, lunch, museum entrance fees and tour guides. There will be more information available at the February 28th quarterly luncheon, as well as an opportunity to sign up for the trip.

Also planned for September or October is a Wine Country Tour with a surprise or two. More on this tour as details develop. We hope you can join one or both of these interesting and fun events! ♦

Board of Directors Actions

January 3, 2012

- Treasury \$3,022.37.
- Welcomed KaPeRs retiree guest, Frances Denike.
- Discussed KaPeRs’ focus for 2012, including new member outreach, topics for quarterly luncheons, and suggestions for day trips.
- KaPeRs’ Bylaws need to be reviewed and approved. Executive Committee will review and bring recommendations to April board meeting.

A Day of Snowshoeing on Mt Rainier that will never be forgotten

Del Allen, retired optometrist, and his wife Carolee, along with four friends were staying at the National Park Inn on their annual new year’s snowshoe trip to Mt Rainier. A few minutes after 10 a.m. on Sunday, Jan. 1, they left the inn and drove to the nearby checkpoint where Park Rangers or State Patrol check each car for 4WD and having snow chains. Their destination was the Jackson Visitor Center where they planned to park their car and set out for a day of snowshoeing on marked trails. They passed the vehicle inspection and proceeded up the hill, followed most of the way by a black car some 150 meters behind. As they approached the last major pull out, a female Park Ranger in an SUV motioned them to continue proceeding up the hill. Little did they know that in less than two to three minutes, she would be shot and killed.

As they pulled into the Visitor Center parking lot, someone was shouting “get in the building, get in the building”! Carolee was helped across the icy parking lot by a Park Ranger who told her someone was firing a gun. The Allens and their friends gathered in the main hall at a table, preparing to wait for an “all clear”, and unaware of the situation unfolding outside. The first-story windows of the Visitor Center were blocked by high drifts of snow so visibility was nil. Up to that point, the friends were casually chatting and eating their lunch.

They soon learned that a Park Ranger had been shot and killed that morning, but they had no idea it was the Ranger who had directed them. Not long after hearing that news, a man dressed in SWAT gear and carrying what appeared to be an assault rifle, rushed into the hall and started shouting for everyone to sit on the floor with their hands over their heads. Del reflects, “It was very frightening at first because I thought the man was the gunman and I was going to get shot. A flash went through my head that I didn’t have my paper work done for my children’s inheritance. Then I saw four or five other SWAT members...and was relieved.” The SWAT team swept the building and determined it secure. Meanwhile a computer printer was spitting out pictures of the suspected gunman, which the team took around the hall comparing to the crowd.

As time went by, bits of information started coming in and they learned the gunman had shot four people in Seattle the day before. They also learned that personnel from at least five county, state and federal agencies were in the area looking for the suspect.

There were families in the Visitor Center, many with children in diapers, but the SWAT commander wouldn’t let anyone go outside the building, even for needed medications or diapers. Finally the second-floor gift shop was opened and Park personnel were allowed to get items and hand to the visitors to help pass the time...playing cards, coloring books, etc. In addition, it was confirmed that the female Park Ranger who had directed them up the hill was Margaret Anderson, a wife and mother of two very young girls, and she was the Ranger shot and killed.

Eventually the SWAT commander announced they were making arrangements for five-car caravans to go down the hill, escorted by a Washington State Patrol car in front and one behind. Families with children were allowed to go first. When the escort vehicles were ready, the cars were loaded and headed down the hill to Ashford, a community seven miles West of the park entrance, to the local fire station where FBI agents interviewed each adult. After that, the folks were allowed to leave.

Since the Allens and their friends were staying inside the park, they had to be escorted back into the park to either go to their rooms to stay overnight, or pack up and leave. They all decided it was best to drive home. After packing their bags, they were again escorted out of the park and sent on their way home, at about 3:45 a.m. on Jan. 2nd

After arriving home, they learned the gunman had been found dead in the snow.

The Allens and their friends received an invitation from the Park Superintendent to attend Ranger Anderson’s memorial service held in the Olson Auditorium at Pacific Lutheran University in Tacoma on January 10th. Seating was set aside for those persons who spent the day locked in the Jackson Visitor Center. The auditorium reportedly holds 2700 and it was filled to capacity, with various TV sites set up around the campus for others to watch the solemn proceedings. Dignitaries included Secretary of the Interior Ken Salazar who gave the family a letter from President Obama, Governor Chris Gregoire who presented the Washington State flag to the family, and Director of National Park Service Mt Rainier Superintendent Randy King. Ranger Anderson’s father is a Lutheran minister and he spoke lovingly of his daughter and her dedication to her family, her faith and her job.

Del and Carolee Allen have had time to reflect on the events of that day and know how differently things could have turned out given a matter of seconds or minutes. One thought was that the car following them up the hill to the Jackson Visitor Center may have been the gunman. ♦

December 2011 Holiday Luncheon

The KaPeRs holiday luncheon attendees were treated to a very special performance when the Life Change Christian Center Choir performed uplifting Gospel music along with traditional Christmas music. The 11 choir members’ strong and energetic voices



The Life Change Christian Center Choir

made one feel as if we were being serenaded by a 40-voice chorus. This group was having fun, and their enthusiasm spilled over into the audience who responded by joyfully keeping the beat and singing along with the familiar music. The standing ovation was a fitting tribute and we hope the group will honor us with a return performance. ♦

KAPERS BOARD OF DIRECTORS

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Ted Colombo, *vice president*
vicepresident@kpnwretirees.org
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Members Emeritus

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Jean Bradley
Ludene Clark
Vivian Terrall

In Memorium

Donna Bleakmore
Betty Crooks
Ruth Herr
Ellen Kopic
Hedy Pyle
Phyllis Rydman



December Luncheon Raffle Winners

The winners of area restaurant gift certificates were Bev Battaglia, Doris Belleque, Marilyn Cloud, Frances Denike, Reta Girdner, Barbara Hervey, Connie McCready and Carolyn Shonk.

KaPeRs Carbon Footprint

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

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

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

We are fortunate to have the support of KPNW paying our postage costs, as well as KaiPerm Credit Union paying the paper and printing costs. As these costs continue to rise along with the number of retirees, it's time to ask our members to consider being moved to our e-mail list. What are the benefits you ask? First of all, you will have immediate access to your newsletter, whether you are at home or traveling; no more waiting for it to be delivered to your mail box, or worse, having it lost. Want to attend the quarterly luncheon...just print page 7 and mail it in. And the pictures are in color!

If you are ready to make this change, please send your e-mail address, along with your name and home address (for our records) to newsletter@kpnwretirees.org, Subject Line: KaPeRs. Your retiree organization - and your planet - will thank you. t

KP News Roundup

Solar Panel Delivery by Bike Highlights Sustainability

High-performance solar panels from SolarWorld, the largest U.S. solar manufacturer, will grace the Kaiser Permanente Westside Medical Center, now under construction three miles from the SolarWorld factory. To underscore the sustainable virtues of local sourcing, leaders and employees of both companies and the city of Hillsboro rode bicycles as they accompanied some panels from the factory to the Medical Center.

Kaiser Permanente's use of SolarWorld's panels is just one of the sustainable elements expected to help secure Gold Certification in Leadership in Energy and Environmental Design (LEED) when the hospital is completed.

When the Westside Medical Center opens in 2013, it will be the first hospital completed in the Portland area in nearly 40 years. The facility will feature a 102-kilowatt solar system comprised of 468 solar panels installed on its parking garage. In addition to the solar array, the hospital will boast an extensive list of sustainability features, including environmentally friendly carpet and paint, non-toxic construction materials, and a water-conservation system that will save 2 million gallons of water each year.

Mammograms Added to Appointment Scheduling On kp.org

As of December 14, 2011, KPNW members age 35 and older can schedule screening mammograms on kp.org. Mammograms are now listed as an option when you go to the appointment scheduling area in My Health Manager. If you have had a screening mammogram within the past 365 days, the system will explain that you cannot schedule another mammogram until at least a year has passed since your last one.

Heart Bypass Surgeries at KSMC Rated Tops In Oregon

A leading consumer magazine recently awarded Kaiser Permanente's Center for Heart and Vascular Care's coronary artery bypass graft surgery program three out of three stars from the Society of Thoracic Surgeons. Kaiser Permanente was the only program in Oregon to receive this coveted rating. The rest of the state's heart centers on the published list scored a middle ranking of two stars for this common heart surgery. ♦

New Retirees

Kay Atwood	Pauline Morin
Leslie Bechtel	Ranate Muckle
Dianne Bell	Judith Nichols
Barbara Berg	Catharine Nordlund
Susan Bournelis	Susanne Palmer
William Cook	Gail Petersdorf
Linda Cosgrove	Michele Petersen
Ann Christine Curtz	Diane Philo
William Dorr	Roy Powers
Susan Geurin	John Richards
Judy Gilfillan	Terri Richards
Cathy Gorsline	Mary Rossetto
Marian Granger	Margaret Scott
Mary Hesselgesser-Wright	Maxine Shelnutt
Glenda Hoagland	Nova Simpson
Jacqueline Kohler	Jeannette Louise Smith
Susan Kruger	Patricia Turley
Winnifreda Licaycay	Jane Wallace
Patricia Matney	Patricia Zion
Diane McConnell	
Kathryn Medina	
John Miller	

Human Resources Business

Human resources business is conducted through the Human Resources Service Center (HRSC) in Portland, OR. The Retiree and Benefits Team can be reached at 1-877-467-4772. Press Option 1 for Northwest Region and Option 2 for Benefits and Retirement.

For pension related inquiries call toll free 1-866-627-2826. When prompted for pass code, please enter pass code. If you do not have a pass code or you have forgotten it, select the * (star) button then 0 to speak with a representative. ♦

KaiPerm CU News

Time for you to Switcheroo!!!

Worried about fees on your existing bank account? You have great cause to worry with all the recent publicity around Debit Card fees being charged by big banks. Many folks have been calling to find out what KaiPerm Northwest Credit Union charges on debit card transactions. Our answer is very quick...no fees for debit card transactions at our Credit Union!

You may have also heard that Bank of America is recanting their decision to charge fees due to customer reactions and competition. Other financial institutions may follow suit. Does this change anything? Our answer is 'No'! Banks answer to stockholders and when their income is reduced they need to find a way to replace that revenue to keep stockholders happy. How is income usually generated? With customer fees!

So what is a consumer to do? Consider joining KaiPerm Northwest Credit Union!

KaiPerm is a not-for-profit financial cooperative, which means we are here for you and because of you. We offer a multitude of great products and services including checking accounts, IRA's, certificates of deposit, and money market accounts, along with auto loans, real estate loans and VISA credit cards. The Credit Union offers Internet Home Banking, electronic statements and Mobile Banking or texting from your phone or mobile device. Best of all, these services are free with your Direct Advantage Checking account.

Interested in joining? Contact a friendly Member Service Representative at 503.813.3242 for information on applying for membership, or check out our website kaipermnw.org. It's easy to make the switch. We can help you through the process.

Thinking of Buying a New Car???

Consider talking to a KaiPerm Northwest Credit Union Loan Officer before you buy so you can be an educated buyer. Here are some things to consider before you drive off with that new or new-to-you car:

- Get Pre-Approved with your credit union before you shop for a car. This helps to keep you within the budget that you really want or need.
- Resist the IMPULSE to buy right away. You don't want to end up with 'buyers remorse' when you have that first payment come due.
- Write on the dealer contract "contingent on credit union financing". This helps to keep you from having to deal with the dealership financing personnel.
- Ask KaiPerm for Blue Book and new auto dealer invoice cost before you buy. This way you can know what the car you want is really worth.
- Talk to KaiPerm Loan Officers first. Even if you are just thinking about buying, find out what your payment might be and if you can even afford a new car or if you will need to consider buying a used car.
- KaiPerm offers the same loan rate for all new/used car buyers. Other financing options charge rates based on risk. The lower your credit score the more you will pay in interest rate! Not with KaiPerm. The same interest rate applies to all new or used vehicle purchases. Contact Tina 503.813.3248 tina@kaipermnw.org, or Peggy 503.813.3249 peggy@kaipermnw.org in the Loan Department.



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, 7520 SW Ashdale Court.
Portland, OR 97223, or to newsletter@kpnwretirees.org

You are invited to the KaPeRs luncheon

**Tuesday, February 28, 2012
12 noon at Town Hall
3704 N. Interstate Avenue
Portland, Oregon 97227
\$10 retirees • \$12 for guests**

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

Return this RSVP and payment by Tuesday, February 21 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, February 22. We may not be able to accommodate walk-ins on the day of the luncheon either.

If you must cancel, please phone Kathryn at 503-223-0311 before Wednesday, February 22, to have your check returned. After that date, we are charged for reservations.

- I will attend the KaPeRs luncheon on Tuesday, February 28, 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 _____

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@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.

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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 jmneub@gmail.com.

Online Newsletter

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