

Oregon Food Bank Drive in Full Swing

There is still time to contribute to KaPeRs' 2009 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, 429 Turnberry Ave, Woodburn, OR 97071, before Sept. 5th. Also, non-perishable food items may be brought to the September 15th luncheon. Thank you in advance for your contributions.

President's Corner

Peter Lang

Kathy and I are on the road and, once again, with a deadline approaching, I am struggling with the choice of a subject for the KaPeRs newsletter. I started an article a couple of weeks ago but just wasn't happy with it. Best start over.

This particular evening finds us in a motel in Chamberlain, South Dakota watching our president on TV fielding health care questions from a bevy of reporters. You may have been watching this same program wherever you were at this particular time. Toward the end of the program Kathy said, "These are really important issues for all of us. I'd like to know how these proposals might affect us as Kaiser Permanente members and retirees of the organization. Why don't you write about that and urge people to address their questions and concerns to our senators and congressmen." What a great idea! Thank you, honey.

We have many questions about what all of this means for us and our loved ones. We are also very concerned about the speed at which this legislation is being advanced. What's the rush? Our legislators have a rather

Dates to Remember

General Meeting

September 15, 2009 (Tuesday)
12 noon – Town Hall

Program

Rep. Mitch Greenlick, Member Oregon State House Representatives
Health Policy for Fun & Profit

2009 Meeting Dates

<u>General Meeting</u>	<u>Executive Meeting</u>
September 15 (Tues.)	August 6
December 16 (Wed.)	November 5

October 22, 2009

KaPeRs tour of the Center for Heart & Vascular Center

See page 7 for KaPeRs luncheon invitation

consistent record of doing these things very poorly. The recent financial system recovery legislation being a case in point.

These health care issues are just too important for all of us and the nation to not take an active interest in. They are also too important to rush through without giving everyone, including us time to study and consider.

I think most of us who are retired from one of the Kaiser Permanente healthcare entities would agree that we are most fortunate to have our health care provided by one of the best, if not, the best health organization in the nation. As retirees, it would be irresponsible to remain silent regarding these important matters.

While it is difficult to know what these proposals might mean for us personally, what is clear is that a great deal of political and financial pressure is being brought to bear on our legislators. We all have enough life experience by this point to know, as one cynical observer recently noted, "legislating is, unfortunately, a pay to play game."

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With that in mind, it is important to demonstrate our interest and voice our concerns to our legislators. That means writing letters, sending e-mails and making phone calls that demonstrate our interest. We have a wealth of experience to contribute. It would be irresponsible to fail to speak up. In doing so, don't minimize your credentials and experience in America's premier healthcare organization.

Please, take an interest and speak up.

Our speaker on Sept. 15th is Dr. Mitch Greenlick. Mitch was the head of the Center for Health Research; he is now a member of Oregon State House of Representatives, and is a nationally recognized authority on health care. I expect he will be able to provide useful insight into what is going on at the national level so that we might be better informed citizens regarding these important issues. I hope we will see many more of you than usual at this meeting. ♦

Keeping in Touch



Marv Kellar writes "My time at Kaiser was quite an interesting challenge and I enjoyed it. Happy to say, I have moved on to other things and I don't miss the day-to-day struggle. If we survive for five years after retirement, does that represent a cure? I am coming up on my 10th anniversary in November and I am having a blast sauntering Oregon with my camera."

Linda Knudson left Kaiser in 2001 after 17 years of service in Pediatrics as a medical social worker. "I worked both at Bess Kaiser for 12 years as the very first pediatric social worker in the Pacific Northwest, and then at East Interstate Peds from 1996 until I left Kaiser to move to Gig Harbor, WA, where I now live. I work for Franciscan Hospice and Palliative Care as a medical social worker on the other end of life, though I certainly did grief work in Peds when we lost our precious children to their battles with death. I do have some pride in launching Kaiser into Pediatric social work. When I suggested that they needed such a person in Peds, lots of managerial folks thought that it really wasn't needed. But I asked them to give me a year to show them that it was, and now, we have many social workers who work with Peds patients in lots of clinics. It feels good to have been a part of that effort."

Elletta Jane Wintermute Newman enjoys reading her KaPeRs newsletter, "even though I seldom attend meetings or send input. I was hired at KP in July 1961 and retired Nov. 1999! I first went to work in the OPD at BKH for a surgeon named Louis Phillipps. I read Peter Lang's "reconnection" story with Jack Hilbourne and chuckled. Surely Peter didn't mean to say that Jack was in the Navy in WWII? But then again, after

doing the math, maybe he did! I'm not sure I want to "reconnect" as it may remind me that I'm not as young as I feel! I can tell you that Marylu Voigt Schweitzer attended our 50th anniversary reunion from Nurses "Training" this month! Hello to Drs Ian MacMillan and Paul Trautman and yes, to Jack Hilbourne too!"

Helen Drewek tells a story of The Women of Kaiser Permanente. "On Saturday, April 25, Myrna Baker invited a group of her Kaiser women friends to a gathering for lunch and conversation at her home. The food was special. . . . you know, when Myrna cooks, it will be great. As we sat around the table telling stories, laughing and enjoying ourselves this question occurred to me. We have all read and heard about Henry J. Kaiser, Sidney Garfield, and Northwest Permanente P.C. in books, newspapers and television, all positive. But is Kaiser aware of The Women of Kaiser? There were 15 women (most retired) at the table, with an average work history of 25 years. It amounted to a total of approximately 375 years. That is a worthy contribution to the success of Kaiser. Thanks to The Women of Kaiser Permanente."

Tom Grey and his wife Barbie spend several months a year in India, doing volunteer work. "The remaining time is spent sailing and doting on our two granddaughters."

Joyce Johnson reports that during Spring break, she took her three grandchildren on a road trip. "We drove to John Day and toured the fossil beds, then to Burns and the bird refuge, and on to Bend and the High Desert Museum. We spent a week together, getting to know one another".

Joyce LaVoie volunteers twice a week for the Portland Police and recently completed the Portland Police Citizens Police Academy.

Judy Stanley reports, "I have taken my retirement from Kaiser to a whole new level.

On June 30, 2009, I purchased the Harmony Road Music Center of Oregon, a school that serves approximately 300 local area students. We use the internationally acclaimed Harmony Road Music Courses developed by local music educator, Jan Keyser. Over 160 schools in the US, Asia and Australia are currently using the curriculum and are collectively educating thousands of children.

HRMC offers age appropriate total musicianship education for toddlers through adults. We provide layered learning with ear training, keyboard discovery and playing, creative activities including composing, transposing and arranging, as well as ensemble and solo experiences. Parents (& grandparents) are an integral part of our children's program and actively participate in our group classes.

Music education is beneficial to all ages, even retirees. Just imagine how much fun you can have bringing your grandchildren to class and learning something new for yourself at the same time. If learning the piano is on your 'bucket list', Harmony Road Adult Classes offer the perfect opportunity." Check out our website at www.clackamasharmonyroadmusic.com. ♦

Dumenta from Botswana, July 26th

Peggy McClure

The winter is COLD here in Botswana getting down into the 30s at night, and back up to the 60s to 80s during the day. The Volunteers' houses don't usually have heat, and often no hot water, so they feel it especially. More than one said to me, "You told us it was cold, but I thought how cold could it be - this is Africa!"

We just finished a Mid-Service workshop for those Volunteers completing one year. They are doing some amazing things, and all wondering if they are accomplishing anything! Being a Peace Corps Volunteer is tough work. A recent HIV prevalence showed an increase in the rate - which, since it measures the number of people in a population who are HIV positive, makes sense since Botswana actually provides treatment and keeps people alive. And there does seem to be some hope - prevalence has gone down in some younger groups. But behavior change is slow going.

Two of my staff are participating in male initiation rites. Most groups stopped the practice over 20 years ago. Their chief decided to re-start the tradition to reinforce some of the good aspects of the traditions - including male circumcision. There is a low rate of MC in southern Africa generally, though it was practiced widely in earlier times and stopped by missionaries who considered it unsafe. These men will have it performed in a hospital. Research shows that risk of contracting HIV goes down 60-80% if a man is circumcised.

Daughter Lissa and her fiance' Luke visited us and we drove up to Tsodilo Hills where we camped and saw some amazing rock paintings, and where people have lived for up to 30,000 years! Then off to Moremi Game Reserve to see some animals. Watched a wonderful herd of elephants before we noticed that water was pouring out of the radiator! Other highlights in Moremi - got a tow to our camp site; Lissa and I, while on foot, happened on two mom elephants with babies and moved quickly backwards; Bill and a nice stranger diagnosed the radiator problem and plugged it with a substance that looked like play-doh; a baboon that we chased from our breakfast table proceeded to pee on our ground tent. By the way, the radiator plug lasted the whole 600 km. trip home!

I finished my 2.5 year contract this month and I have decided to stay for another 2.5 years. Now that I've completed one tour, PC will actually pay for a trip back to the US - will be heading for Lissa's wedding in San Francisco in September, but won't make it to Oregon this trip

Keep me posted on your news! And now you have more time to come to visit us! ♦

Welcome to Former Regional Manager Dan Wagster

We are honored to have Dan Wagster as our special guest at the September luncheon. Thanks to Mr. Wagster's enthusiastic support of Jim DeLong's idea to form a retiree group, our KaPeRs organization has been uniquely vital for many years. We hope to see the many retirees who worked in the Region during Mr. Wagster's term as regional manager. ♦

Sign Up for KSMC Heart Center Tour

KaPeRs is organizing a tour of the Center for Heart and Vascular Care at the Kaiser Sunnyside Medical Center for Thursday, October 22, 1:00-2:30 p.m.

Please contact KaPers at programs@kpnwretirees.org or (503) 358-3845 by September 15 if you would like to join the tour.

September 15th Luncheon Program

Mitch Greenlick, member of the Oregon House of Representatives (District 33), will speak on "Health Policy for Fun and Profit". Rep. Greenlick serves on the House Committee on Health Care and, during the 2009 legislative session, he led the successful effort to create the structure designed to reform Oregon's health care system. In Mitch's prior life he was director of the Kaiser Permanente Center for Health Research and Vice President for Research for Kaiser Foundation Hospitals for more than 30 years. Please join us for what is certain to be an informative and interesting presentation. ♦

Mt Hood Railway Trip



Ken & Linda Myers relaxing on the train

Thirty-six KaPeRs enjoyed a day on the train rolling through the beautiful countryside between Hood River and Parkdale. The weather was quite warm and the return trip found many moving into the air conditioned car. The rest stop in Parkdale was just long enough to eat lunch and visit the local market or take a brief walk through the sleepy community. This was Stressla Beavers inaugural trip as our new special events chairperson and she did an outstanding job. Thank you Stressla!. ♦

Volunteers Caring & Sharing

Marci Clark

Have you ever thought about being a “radio personality?” While that wasn’t exactly what my friend had in mind, she suggested that I look into “radio reading” for a local non-profit organization. Since early this year I have worked with OMNI Media Networks, a public benefit non-profit organization that provides news, educational programming and entertainment to physically disabled, and senior citizens via the Internet. Each Tuesday I do a two-hour live audio news program in the OMNI Golden Hours studio at the Oregon Commission for the Blind, reading items from a variety of news sources that I have selected. The vision impaired community is a primary audience for OMNI broadcasts which are available to Internet users worldwide. In addition to on-air news reading, volunteer opportunities are available with OMNI to tape book readings for an extensive on-line library.

Volunteering with OMNI has been a wonderful learning opportunity for me, as well as a continuing incentive to stay current with local, national and international news. Plus, it is a fun and inspiring community! If you’d like to find out more about OMNI, visit www.omnimedia.org. ♦

Welcome New Retirees

Margrette Akers	Kathine Lance
Bonnie Allgower	Cheryl Meadows
George Bern	Michael Mountel
Nancy Bergeron	David Myers
Jane Brannen	Howard Nelson
Margaret Eileen Brown	Maureen O’Connor
Darlyne Bump	Carolee Pickett
Anna Caviglia	Kathleen Pingo
Robert Clisby	Susan Pozdena
Ellen Conroy	Carolyn Prescott
Rita Cronin	Cheryl Reimche
Margaret Curry	Sandra Sardella
Charlene DeLong	Elaine Sartain-
Debra Demmitt	Waddington
Lawrence Denis	Margaret Schauer
Marilee Donovan	Marjorie Seaman
Randall Foster	Sharon Shaffer
Roberta Foxley	Sandra Shaw
Cheryl Gafner	Gae Sorensen
Tavo Guthrie	Mary Steele
Bonnie Hale	Rita Townley
Margaret Hamilton	Virginia Voit
Nita Hedrick	John Walker
Marcella Hooey	Josie Whitaker
Jeri Jensen	Marghree White
Bonnie Kelley	

May Raffle Winners

Restaurant gift card winners were Janice Michaels, Sylvia Marks, Sally Potter, Dr. Oliver Massengale, Joyce Johnson and Janeene Siler. Thanks to the generosity of KaiPerm NW FCU, Julie Andrade won a \$50 gas card. ♦

Executive Committee Action

Actions taken at the August 6th meeting will be reported in the November newsletter. ♦

Now Available

The Story of Dr. Sidney R. Garfield, the Visionary Who Turned Sick Care into Health Care

This book tells the story of Dr. Garfield's long and eventful career in turning his desert dream into a thriving and enduring reality that continues to offer a practical model for the future of American health care. Dr. Garfield's story is available to Kaiser Permanente retirees at the discount price of \$12.00. (retails for \$19.95). Visit The Permanente Journal website at <http://www.kp.org/permanentejournal>. Click on Announcements and scroll under Books Published by The Permanente Press. ♦

Make A Difference for Kids

Peninsula Children's Center is Kaiser Interstate's neighbor in the Overlook area. Peninsula (www.penchild.org) has delivered quality, affordable childcare and early childhood education since 1970; two thirds of its families are low income. The Center has gratefully received financial support from Kaiser's KP Gives program and from its Northwest Health Foundation; the Center's 35 employees are enrolled as Kaiser members.

Retired adults volunteer in a wide variety of ways; most rewarding for many is serving as a classroom volunteer for a couple of hours each week. There is something very special about this "intergenerational" experience for both the children and the volunteers! For more information about volunteering at Peninsula, please contact Volunteer Coordinator Deborah Lockwood at 503-280-0534, ext. 14, or deborahlockwood@penchild.org.

E-MAIL COMMUNICATIONS

KaPeRs EXECUTIVE BOARD

President
president@kpnwretirees.org
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Secretary
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Newsletter
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Historian
historian@kpnwretirees.org

Human Resource Business

All Human Resource business is conducted through Program Office in Oakland. The HR Service Center's toll free phone number is 877-457-4772. They are open 7am to 6 pm, Monday thru Friday. Press option 4 for Retiree Information. If you call the Human Resources Department at KPNW Region in Portland, you will be referred to Program Office. ♦

In Memorium

Mary Adamson
Daniel Baer, M.D.
Shirley Barber
Herbert Biskar, M.D.
Naomi Blumanthal
Millie Durgan



KaiPerm FCU news

Are Your Credit Card Rates Skyrocketing?
Let KaiPerm NW Credit Union help you to save yourself from paying too much interest during this turbulent economic time. Did you know that paying the minimum payment on most credit cards barely covers the interest payment? This means you will be paying on your principle balance for years to come! Why subject yourself to this financial trauma if you don't have to. We can review your credit application to determine if we can assist you with a lower fixed rate VISA credit card or maybe a debt consolidation loan. Call our friendly Loan Officers for assistance with questions or taking your loan application over the phone. You could also apply online at www.kaipermnw.org under the Loans tab and then go to Overview

We Still Have Low Real Estate Loan Rates!
Real Estate loan rates remain in the 4.9%-5.5% range for 15 and 30 year mortgages. If you are interested in refinancing your higher rate 1st or 2nd mortgage or would like to do some home improvements, just contact our Loan Officers and we can get you started by determining which loan product best suits your needs.

Stimulus Auto Loan Program

- 3.95% DA* Member Rate
- New / Used Auto purchase, or
- Competitor Auto loan refinance
- 48 month maximum term
- RV's, Motorcycles & Boats also qualify
- Finance with the one you trust!

*Direct Advantage Members have 100% direct deposit into their active checking account. \$30 non-refundable application fee applies.

For information on any of the programs described above, contact: Tina at 503.813.3248 Tina@kaipermnw.org or Peggy at 503.813.3249 Peggy@kaipermnw.org or visit our website www.kaipermnw.org to apply online. ♦

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



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.