

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.

Quarterly Luncheon – May 21, 2013

Creativity and Healthy Aging

Roger Anunsen, brain health researcher and educator, will speak on *Creativity and Healthy Aging* in a return engagement to our KaPeRs audience. Mr. Anunsen's first presentation on *Maintaining Healthy Brains: Aging and Memory* occurred in 2007, and a plethora of new studies and outcomes in the neuroscience field have emerged since that time. Please join us for this certain-to-be-memorable and interesting presentation focusing on the link between creativity, in all its forms, and healthy aging.

KaPeRs ARTS EXHIBIT

The first-ever KaPeRs Arts Exhibit will feature a variety of mediums including watercolors, weaving, pottery, quilting, jewelry and needlework, as well as a hand-carved violin. Town Hall will open at 11:30 for attendees to have an opportunity to view the displays and visit with the artists.

Dates to Remember

GENERAL MEETING

Tuesday, May 21, 2013
11:30 a.m. (early opening for Arts Exhibit)
Town Hall

PROGRAM

Creativity and Healthy Aging
Roger Anunsen, brain health researcher and educator

2013 MEETING DATES

General Meeting	Board of Directors
September 18	August 1
December 18	October 31

KAPERS 2013 SUMMER OUTING

Thursday, June 27, 2013
Mt Angel Abbey and Oregon Gardens Tour

See page 7 for KaPeRs luncheon invitation

President's Corner

Marci Clark

Today we are learning from every corner of the clinical-studies world about the link between clinical outcomes and healthy aging. My latest copy of the AARP Bulletin extols the virtues, based on "solid new science," of *throwing a party* to enjoy social connections which help prevent decline in reasoning and memory; *adopting a pet* to gain a healthier heart and make fewer visits to the doctor; *choosing chocolate* (my personal favorite) to protect against heart attack, stroke and certain cancers; and *listening to your favorite music* to increase blood flow, encourage sound sleep, boost mood and reduce anxiety. Adequate physical activity is also frequently cited as essential to helping our brains function optimally for healthy aging.

Our May all-members quarterly meeting at Town Hall will focus on another facet of living well. *Creativity and Healthy Aging* is the topic of Roger Anunsen's presentation for our May 21st program. Roger will talk about such things as the importance of novel and meaningful activities in promoting brain health and other critical pathways to healthy aging.

I am excited that the May program will also include our first-ever Arts Exhibit, with works of art by KaPeRs members displayed in the Town Hall Ballroom. This will be a testament of how some of our members are indeed finding creativity in retirement through photography, painting, pottery, quilting and other art forms.

Please join us for this upcoming program. To accommodate viewing of the Arts Exhibit and catching up with friends and former co-workers, Town Hall doors will be open to members at 11:30 rather than noon. I hope to see you there!

MT. ANGEL ABBEY & OREGON GARDENS TOUR

Thursday, JUNE 27

Our first KaPeRs tour of 2013 begins with a celebration of the sights, the fragrance and the taste of summer in the countryside! First stop is the beautiful Mt. Angel Abbey, a Benedictine Monastery - with its panoramic views, church, world famous library and retreat house - for a self-guided tour. Then we'll drive through the charming, historic city of Silverton on our way to the Oregon Gardens for our group lunch and leisurely exploration of this 80-acre botanical showplace. The Oregon Gardens offer some of the State's finest species of plants within 20 different gardens, catering to the avid gardener as well as the interested sightseer who wants a wonderful outdoor experience. Walk or use the tram shuttle (with unlimited on-off privileges) to get from one area to another. On the way home, we'll stop at a farm market to browse the many offerings of fresh produce, plants, flowers and herbs — or to enjoy a fresh berry shortcake or milkshake!

Last year our KaPeRs tours got rave reviews! Don't miss out on these fun and educational get-togethers! Bring a friend and make a new one! A cost of \$72 per person includes deluxe coach transportation (bottled water incl.), tour escort, lunch, admissions and gratuities. The bus departs Town Hall at 8:30 am and returns at approximately 4:30 pm.

To sign up, please contact Judy Parmenter parmenter.judy@gmail.com or 503-590-3200.

Deadline for sign-up and payment is May 21st (see Judy at our next KaPeRs luncheon); or mail check to KaPeRs Tours 2013, P.O. Box 4543, Portland OR 97208.

Keeping in Touch

Five years ago **Bennie Ramirez** wrote in this column about her struggle with Non-Hodgkins Lymphoma. "Last August, I heard the magic words, "cancer free" — music to my ears. Undergoing chemo treatments six times every three weeks was an unbelievable experience to this life-threatening illness. My family, my friends, their prayers, and definitely the Kaiser staff, all helped in my recovery. My original plan, "if and when" I will survive, is to walk a half mile or a mile on the Great Wall of China where I'd visited one year prior to cancer. Or, maybe, just maybe, go to Antarctica to see the penguins, or Cuba to count the many old cars they have. Could be back to South America just to watch the good looking South American gentlemen strolling past the sidewalk cafes and watching dancers perform the famous Argentine Tango. Maybe...my short-term goal is to enjoy the simple life since I will be 73 this coming May. Personally I feel healthy, still walk two to three days a week. No, I will not attempt to complete another marathon, but I will just enjoy practicing the words/ letters on my car's license plate: NJY LFE".

Kay Lang writes, "As always, I enjoy reading your newsletter. Such dedication to keep it going for so long! We're enjoying our SoCal sunshine and 80 degree weather again after a very cold 30 day spell (60s high and 5 days of 50 s high - we almost froze to death). Finally completed my ED/ICU building and am looking forward to easing back into retirement again in the next few months. It's been so much fun and I'd do it longer if I was younger. Who knew why Jim DeLong had such a good time in his role?! Now I understand. It is a great relief to have this project completed; I started the first day of my first week post construction with a nice tennis match! Love this lifestyle and look forward to being more leisurely."

Nori Vogt is working in a contract capacity with an agency for traveling certified tumor registrars. She recently returned from an overseas trip to the Philippines.

Carolyn Crow reports "I work part time at Art and Antiques Plus, an antique shop in Salem. I also do antique shows and vintage glass and pottery shows, specializing in glass, china, pottery and jewelry. I've done this business for about 30 years, along with nursing, but have increased it some since retiring."

KaPeRs received a letter from **Richard Meyer** describing his history with Kaiser Permanente. "August 3, 1953, I was hired by Jim DeLong as an X-ray tech in the old hospital in Vancouver. In 1956, Mr. DeLong asked me if I knew someone who could fill in as groundskeeper and my dad, Henry Meyer, was able to help. Worked in Supply Delivery at new hospital, Bess Kaiser, 1959, and retired in September 1971. At new hospital I was put as head tech, eventually was

working 12-15 hours a day trying to manage hospital and six clinics. After a time doctors got together and sent me to three specialists not in the Kaiser group. After multiple spinal surgeries I was put on total disability and retired in September 1971. Had open heart surgery soon after. My God and all my family have always been there for me. In the last newsletter you mentioned Pat Troyer. She worked with me from 1955. Her family contacted me; she wanted me to come pray for her on her death bed. I really enjoy the Kaiser newsletter. I rarely see any names I know anymore. I do see articles re: Dr Trautman. He always treated me so good."

Orville Furber writes "I was diagnosed with ALS two months after retiring. My days are filled with multiple doctor appointments and other services appointments. My stories revolve around the 52 years I was in health care, X-ray, nurse practitioner, RN, KP 15 years. Traveled during working years all in the US and Canada — wonderful experiences."

James "Marty" Linville is recovering from two knee surgeries, in June 2012 and January 2013.

Esther Haberman "only retired in November. So — when it's cold I hibernate, read and watch movies. That's after I spend time at the gym and in the pool. I'm learning how to cook more healthy. When I want to have fun, I spend time with friends and travel to the beach and to California".

Christine Clements writes "I have been spending time at my beach house on the Long Beach Peninsula in Washington. I went clamming for the first time — hard work! I am finishing sewing projects, caring for my husband, reading and relaxing and increasing my amount of walking for exercise."

Mohammad Kharoti writes, "I have been working with young boys and girls in Afghanistan teaching them computers, English and Internet. Green Village Schools is a non-profit organization funding the building of schools in Afghanistan and was started by Kaiser employees and members."

Virginia Fairchild is sorry she didn't attend the Christmas luncheon. "November and December weren't very good for me. I lost weight and my blood was low. But I'm getting back to normal and feeling great."

Social Security Statements Go Online

Your Social Security information is now at your fingertips. My Social Security is a new feature on SS Administration's website and allows you to set up your personal page and access it at any time. It includes an on-line version of the statement that used to be mailed every year, plus estimates of your future retirement benefits, life-time earnings to date, and the total Social Security and Medicare taxes you've paid.

To open an account, go to socialsecurity.gov/mystatement and answer a series of questions to verify your identity, then create a user name and password. (aarp.org/bulletin December 2012)

ID theft and fraud – facts to know

FACTS.....From June 2012 Consumer Reports:

In the past 12 months:

- **ID Theft:** 15.9 million households have experienced;
- **Security Breaches:** 7.8 million households affected with lost or stolen info;
- **Online "Phishing" Schemes:** 9.1 million households had someone submit personal info

Be prepared to guard your money and personal information — stay as sharp as the scammers who are waiting for just the right moment to steal from you!

KaPeRs' February luncheon presenter, Diane Childs, Financial Information/ID Theft Outreach Coordinator for the State of Oregon, provided an eye-opening (and somewhat scary) overview of current financial fraud and ID theft schemes (often focused at senior citizens), how to stay on guard to protect your information, AND what to do if you suspect this has happened to YOU! It's important to be alert, know what to do and who to contact. Here's how to access a few important websites and phone numbers:

- <http://www.aarp.org/money/scams-fraud>
- www.finra.org (Financial Industry Regulatory Authority) BrokerCheck 1-800-289-9999
- www.sec.gov (US Securities and Exchange Commission) 1-800-732-0330
- www.idtheftcenter.org (non-profit online resource) Victim Assistance 1-888-400-5530
- www.protectyourmoneyoregon.org (Oregon Dept of Consumer & Business Services)
- www.annualcreditreport.com (check credit reports annually/no charge) 1-877-322-8228
- www.ftc.gov/idtheft (Federal Trade Commission) Report ID theft 1-877-438-4338

Tip: Protect your SSN, driver's license, passport, credit cards, and Medicare card (and all passwords linked to financial accounts)

www.onguardonline.gov (FTC's website to help you stay secure online)

Tip: *If shopping or banking online, stick to sites that use encryption to protect your information as it travels from your computer to their server.*

KAPERS BOARD OF DIRECTORS
P.O. Box 4543, Portland OR 97208

Executive Committee

Marci Clark, presidentmarci.clark.pdx@gmail.com
Peter Lang, immediate past presidentlangpe@comcast.net
Ted Colombo, vice president tjclmb@comcast.net
Janeene Siler, secretary janeene@comcast.net
Kathryn Holt, treasurer toska230@gmail.com
503-223-0311

Standing Committees

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Membership vacant
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Dental Group Representative

Kathryn Holt toska230@gmail.com

Members Emeritus

Ernest Aebi, MD
Stressla Beaver
Jean Bradley
Ludene Clark
Jeanette Neuburger
Vivian Terrall

*Encrypted websites will have **https** at the beginning of the web address (the "s" is for secure.)*

<http://www.aarp.org/money/scams-fraud/> — good info from AARP

For additional information, visit the State of Oregon's Consumer and Business Services website: www.dfcs.oregon.gov (click on **Identify Theft** in right-hand column).

In Memorium

Margarie Braun, RN
Alena Ehrhart
Sally Potter
Donald Upton



Volunteers caring and sharing

Barbara Nizich retired from the Regional Lab in 2012. She learned about volunteering at her father's knee, who took her with him as he helped the needy throughout his local parish.

Barbara volunteers in the pantry of St. Vincent de Paul, providing food for the hungry. This organization is 150 years old and has locations all over the world. One of the other charities connected with St. Vincent de Paul is the Portland Council. Here, Barbara helps identify individuals or families that need help with their utilities. She says that "sometimes the people asking for help were once those who gave it."

The Madonna Center is in Barbara's neighborhood. Here she works with pregnant teens or teens with children. Her job entails determining their needs, whether it's food, shelter or education, etc. She then looks for resources to fulfill those needs. One teen mom with two children, with whom Barbara has worked for a few years, recently finished Cosmetology school and found a job. Barbara says "I'm really excited and plan to have her give me my next haircut."

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.

KaPeRs Carbon Footprint

Help decrease KaPeRs' carbon footprint by choosing to receive your KaPeRs Newsletter via e-mail. 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 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 gvpats@aol.com, **Subject line: KaPeRs.**

February Luncheon Raffle Winners

Six gift cards to local area restaurants donated by KaPeRs were won by Dr Ferenc Gabor, Millie Blodgett, Bill Criteser, Vida Beaulieu, Janet McGilvra and Marty Linville. KaiPerm CU donated a Lowes gift card won by Frank Nusser, and an Outback Restaurant gift card won by Gigi Jones.

Board of Directors Actions

April 4, 2013

- Treasury - \$2,372 as of March 31, 2013.
- Welcome new board member, Mary Ramsey. Mary will be writing the Volunteers Caring and Sharing newsletter column.
- Discussed final details of May 21st Arts Exhibit.
- Oregon Food Bank was once again chosen as recipient of 2013 community giving project.
- Discussed 2013 full day tours. The first one will be June 27 to Mt Angel Abbey and the Oregon Gardens. Sign up details are in April newsletter. Sign up will also be available at the May 21st luncheon meeting.
- Discussed possible topics for future workshops open to all KaPeRs members.
- KaPeRs will celebrate 25 years in 2014.

Poet's Corner

Many of our KaPeRs' members are talented poets and we hope you will share your poetry in our newsletter. (We know you're out there!!) If the poem has been published, be sure to furnish the appropriate information. Submit your favorite short poems via e-mail to gvpats@aol.com. One poem will be published per newsletter.

New Retirees

Frances Adams	Stuart Levy, MD
Hilda Adcox	Mary Lewis
John Anderson	Sandra Liston
Beth Brentlinger	Richard L. Martin
Stephen Brown	Marueen McAtee
Sandra Cardelli	Lura May Morrow
Marifran Connolly	Patricia Najar
Paula Cooper	Linda Plaganis
Randi Dawdy	Craig Ricker
Remo Dela Rosa	Jeanne Rife
Carolyn Dinger	Barbara Robinson
Carol Donnelly	Diane Shannon
James Alan Dunscomb	Mark Spofford
Cleo Feters	Eugenia Steininger
Mary Fisher	Cynthia Stone
Robinette Fitzsimmons	Karen Stout
Carol Ganley	Marylou Strong
Louise Goudge	Sherrell Sullinger
Barbara Graaff	Enrica Tandler
Jacquelyn Gray	Laura Towers
Jacqueline Groher	Charlene Tritt
Randie Guntermann	Cynthia Truitt
Collette Harnage	Virginia Uberti
Karen Hartinger	Lois Walker
Ann Hathaway	Teresa Wasnock
Susan Heckman	Joanne Watkins
Darla Imeson	Patricia Weaver
Dorene Johnson	Nina Wiley
Valerie Johnson	Barbara Nan Wilkes
Sandra Kedich	Trudy Wilson
Martha Kimble	Marshall Woolner
Gail Kosiba	James Young
Susan Lepper	

Portrait of a Sunset

by Mary Ramsey

You are in hospital, eighty miles away,
watching red blood cells dripping like seconds,
when the transfusion is completed, it will
buy twenty-eight more days of life.

I'm in the kitchen, kneading dough.
It's soft, supple and alive beneath my hands
a rich brown, sweet with molasses and wheat

I slice tomatoes into perfect
thin prayer wheels

I look at my worn red apron, see the stain
I wish I were there with you but you say
two weeks will be time enough

The ovens are so hot that sweat
weeps through my skin

Aroma of bread baking reminds me of a time
when I was six; you showed me how
to braid the challah loaves

That night, sunset was alive with red and orange
but all too soon was gone

I peel onions; their papery skins are dry as dead
leaves beneath my fingers, the onions make me cry

KaiPerm CU News

KaiPerm Northwest Credit Union

Annual Meeting

Red Lion Hotel
"Windows" Sky Room
1021 NE Grand Avenue
Portland, OR 97232

Thursday, May 23, 2013

Refreshments - 5:30 p.m. Meeting - 6:30 p.m.

Free Parking at Red Lion

Get your free tickets today!

Call 503.813.3242 by May 22, 2013
(Ticket required for door prize entry)

More Direct Advantage Benefits

2.95% Auto Loan Rate!!! Interest rate for new and used car loans on approved credit. Maximum term 60 months. Rate offered on new or used purchases or dealer refinances.

9.95% VISA credit card rate!!! Why pay higher interest rates on other credit cards? Use your KaiPerm VISA credit card to pay off other credit card debts. Do a balance transfer with KaiPerm and

receive a 1% rebate on your balance transfer amount. Save money on interest and get money back too? What is stopping you?

Contact our Loan Officers for more information. Peggy at 503.813.3249 or Peggy@kaipermnw.org Tina at 503.813.3248 or Tina@kaipermnw.org

Come Join Us!

KaiPerm Northwest Credit Union will be opening a branch at the new Westside Medical Office this summer and we invite you to become a KaiPerm Member before the rush begins. Become a Direct Advantage Member and take advantage of these great benefits:

- 6% dividend rate on first \$500 in your account and 0.11% on balances greater than \$500
- 2.95% auto loan rate (on approved credit)
- \$500 Line of Credit (no setup fee)
- Free!!! No monthly fee
- No minimum balance requirement
- Free Debit Card replacement
- 9.95% VISA Credit Card
- Free Debit Card replacement

Apply online at www.kaipermnw.org or call a friendly Member Service Rep at 503.813.3242 for more information. We will be happy to help grow your financial health plan together.

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 1-877-457-4772. 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 0 to speak with a representative.



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 gypats@aol.com

You are invited to the KaPeRs luncheon

Tuesday, May 21 at 11:30 a.m.
(early opening for Arts Exhibit)
Town Hall
3704 N. Interstate Avenue
Portland OR 97227
\$10 retirees, \$12 guests

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

Return this RSVP and payment by Tuesday May 14 to:
Kathryn Holt, P.O. Box 4543, Portland, OR 97208

If you must cancel, please phone Kathryn at 503-223-0311 before Thursday, May 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 Tuesday, May 21 at 11:30 a.m.
 - 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) below the label and return this form to Kathryn Holt at the address above.

- Are you involved in volunteer activities? If so, we would like to publish them in the Newsletter. Please provide your contact information here and someone will get in touch with you.

Name _____ Phone number _____ e-mail _____

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

If you would like to receive KaPeRs messages via e-mail, send a message including your name and e-mail address to Patsy VandeVenter at gupats@aol.com. 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 gvpats@aol.com.

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@aol.com.