

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 Quarterly Luncheon Presentation

Wednesday, May 25, 2016 at 12 noon

Meet Troutdale's Resident Bronze Sculptor, Rip Caswell

Rip Caswell, who calls Troutdale home, is one of America's pre-eminent bronze sculptors. He has created over 300 sculptures, received numerous awards and honors, and has a national reputation as one of the country's most respected bronze sculptors. Wild animals, religious figures, Native American spirits, and busts of local heroes renew his connection to innocence and simplicity. He has dedicated his life to expressing his love of nature, wildlife, and the human form through his art.



Rip began making animals out of clay as a child then dove into taxidermy. His creative versatility led him to bronze and the lost-wax process of casting in 1992, which allowed him to maintain a high degree of detail. He quickly graduated from student to expert and gained regional and national attention for his uniquely natural style that seemed to capture the spirit of his subjects. It is this distinguishable talent that makes his creations come to life: be it two majestic bull elk locking horns in battle; the iconic image of beloved former Governor Tom McCall wading through the Umpqua River, a fresh-caught steelhead in one hand, fly rod in the other; or a monumental portrait memorial



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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.

Dates to Remember

General Meetings
12:00 noon, Town Hall
Wednesday, May 25
(doors open 11:30)
Thursday, Sept. 22
Wednesday, Dec. 21

Board of Directors
11:30 am, Town Hall
Thursday, Aug. 4
Thursday, Nov. 3

President's Corner

Judy Parmenter, 2nd Quarter President

As I write this, it's April Fool's Day — a beautiful sunny 75 degrees. That prankster Mother Nature is lulling me into thinking Summer is here... I know she's a con artist, but I seem to have amnesia. I hop in the car, put on my shades, roll down the window and let the fresh, warm air blow through my hair. And then I sneeze. Happy Spring, everyone! But Spring and rain is okay, right?

Besides bringing May flowers, it brings our 4th annual KaPeRs Arts Exhibit at our May 25 general meeting. I don't know about you, but I am in awe of everyday folks who can create something that is display-worthy, something that makes you wonder, "How did they do that?" It inspires me to reach back and remember my own creativity, my strong love of art as a kid, and all the classes I took later as an adult. But somehow life moved on and art became something I used to do. Back then I relied on drawing for escape — a trip the "creative zone," completely immersed and uninhibited. My friends loved the little drawings I did for them, which gave me a sense of pride and accomplishment. But what did they know... the only

places anyone could see them were tacked on the walls of their bedrooms or taped inside my dad's lunch pail!

In December, I had the good fortune to visit Cuba via PCC's Arts and Culture exchange tour. To say the experience was eye-opening is an understatement. Since Art and Culture was our focus, we had an astonishing opportunity to visit many well-known artists, some in their homes... to name a few: photographer Roberto Salas, who at 17 was given a front-row seat to the revolution, taking the intimate portraits of Fidel and Che that have become iconic; Gloria Rolando, an Afro-Cuban filmmaker who earned an international following for her documentaries on the lives of African descendants in the Caribbean; and the Gaudi of Havana, ceramicist Jose Fuster, who transformed his neighborhood into "Fusterland."

What I know is that art is meditative, it can relieve stress, bring joy, improve our quality of life and connect us with others. But what I learned from my experience in Cuba, is that creativity is also freedom. It's permission to take risks and engage with the world without judging ourselves. Cuba was in the news a lot when I was a kid. The missile crisis, Bay of Pigs and reading Hemingway conjured up this mysterious vision of what Cuba must be like. I expected black and white and I got a rainbow.

Lastly, I want to say "Hooray!" to (and kiss the feet of) the KaPeRs Board members who have stepped forward and thrown their hats into the ring for our two remaining officer positions. An announcement will be made at our May meeting, where the membership can show its appreciation. Thank you to all the Board members for doing the good work that keeps our group vibrant, relevant — and still kicking! I encourage KaPeRs members who have an interest to sit in on a board meeting and see it in action, to contact a board member. See you on May 25!

KaPeRs Annual Art Exhibit

KaPeRs Luncheon – Wednesday, May 25 – 12:00 noon
(doors open at 11:30 am for viewing of exhibits)

Calling for artists/craft people for the May 25 art/craft sharing exhibit. Space is still available, so contact right away if you have art to display.

The 4th annual KaPeRs Art Exhibit will be held at the general meeting on May 25, 2016.

Past exhibits have featured a variety of mediums including watercolors, photography, stained glass, pottery, quilting, jewelry and needlework. Pictures of past exhibits are available on the website, kpnwRetirees.org. Town Hall will open at 11:30 for attendees to have an opportunity to view the displays and visit with the artists.



To sign up to exhibit your artwork, you may contact, Patti Lawler at, 503-975-3031 or Peggy McClure at 503-453-2089.

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



In Memoriam

Sharon Crowley	Larry Renshaw, MD
Evelyn Irene Fay	Carol Schleining
Collete Harnage	Carol Suchy
Marge Lyster	Rex Underwood, MD
Irene Mustain	Gunnar Waage, MD
Tracy Plotner	

Remembering Marge Lyster



"A very classy lady; she was and will forever be a grand lady; her Interstate West business office was a well-oiled hive of activity with Marge at the helm; she was always so full of joy and never gave up on life." These are just a few of the many comments made upon learning of Marge's passing in late January. She loved every day of her career with Kaiser Permanente, retiring in 1983.

Marge was one of 13 KPNW retirees who in 1987 helped define the structure, develop activities and promote the new KaPeRs organization to all retirees. Over the years, she held the offices of president, vice president and secretary, as well as chair of KaPeRs Care, acknowledging retiree illnesses and deaths. She served as a member of the Board of Directors until her passing.

She delighted in having the attendees at the 2015 Holiday Luncheon sing Happy Birthday, recognizing her 95th birthday. Her wonderful positive spirit will always be remembered. Whenever she was asked how she was doing, no matter how she felt, her answer was "Fine and Dandy".

Keeping in Touch

Sarah Leong Chung is a former pharmacist at Bess Kaiser Inpatient Pharmacy from 1975 to 1997 (year before BK closed), then to Home Infusion Pharmacy at MPO and AWC until retiring in November 2009. She hasn't looked back but has fond memories of the good times and good work at BK. Life is good in retirement with travels near and far, lots of tennis, tai chi, volunteer work, more volunteer work, and taking care of her 102 year old Mother!

Joe Dwan has traveled extensively across the US the last 6 years since retiring from KSMC after 25 years in

RT. Averaging 30 flights/year, Joe teaches respiratory therapy board prep seminars. He wrote a book on adult critical care for a new exam, with help from the KPNW librarians. Joe remains active in his profession both in Oregon and nationally. His wife, Denise, will travel with him especially to Hawaii (sun), Boston (lobster), Vegas (petroglyphs) and the Napa valley (wine).

Joe thought he'd have some fun last Nov by staying at the luxury hotel, KSMC, where, after medication, he enjoyed the staff in CVICU and CVPCU following his CABG. He's still recovering from that fun! It has slowed his bicycle riding quite a bit but he still managed to catch steelhead this winter.

Joe likes to brag that since he retired from management he is now thriving. When not traveling, he and his wife divide their time between their 5 acre ranch in Beaver Creek and their house in Nehalem.

Janet Hankins has been retired since Dec. 31, 2015. She has been relaxing, knitting, and sewing. She also spends time with her grandchildren. She will be swimming and tap dancing for exercise.

Kate Krider recently retired after a 25 year career with Kaiser. She retired from the cardiology/cardiac surgery department 5 months ago. She's enjoying making art again, gardening, travel, reading, and doing outdoor activities with friends. It's a great life!

Victoria Lancaster is taking care of things she didn't have time to do while she was working.

Peggy Macko has been working for the Sisters of the Holy Names as Director of Benefits, Resources, and Care Consultation for management of care for the Sisters, themselves, throughout their US/Ontario Province since January, 2007.

Jane Rosevelt just returned from a cruise to Antarctica and a trek in Patagonia.

Deb Russo, whose father, **Jim DeLong**, was instrumental in founding KaPeRs, just retired November 20, 2015, after 38 years at KPNW.

Volunteers caring and sharing

Deb Russo volunteers at the Free Clinic in SW Washington's Diabetes Center.

Mohammad Kharoti — In March 2001, Dr. Mohammad Khan Kharoti, an Afghan American, began supporting classes for ten boys and six girls in the Kharoti family compound in the village of Shin Kalay (or "Green Village"), with a population of 11,000, in Helmand Province of southern Afghanistan. The country at that time was under the control of the Taliban and the education project was undertaken with their consent, including instruction for girls. For more information about this cause, please visit the Green Village Schools website, greenvillageschools.org where you can read more history and learn how you can help.

Eric Schuman is still working as a PA, after 25 years with KP, but strictly as a volunteer at a Free Clinic.

Marlene Brannon worked for Kaiser IT for 24 years, retiring in 2013. Since then she has been volunteering at the Bonnie Hays Animal Shelter in Hillsboro, Oregon. She started out cleaning and feeding in the cat area and now does enrichment activities which get the cats looking forward to human interaction and thus ready for adoption. As a long-time cat owner, she thinks it's the best job in the world.

If you're looking for a place to volunteer, here are some great suggestions. (also check out our website: kpnwRetirees.org)

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

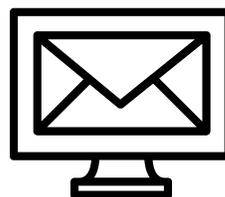
KaPeRs Board of Directors — New board members are needed. Speak to one of the current board members and attend a board meeting. This is the group that plans our quarterly meetings, community giving activities, and member outings. Come join the fun!

Vista House at Crown Point — 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. To apply, volunteer, or donate, please visit Guidedogs.com. Their phone number is 503-668-2100.

Green Village Schools — Located in Afghanistan with Board of Directors and founding father, Mohammad Kharoti, located in Portland, OR. See their website for more information: greenvillageschools.org or call Mohammad at 503-860-4462.

KaPeRs' going green



Help us keep our KaPeRs expenses down.

This newsletter is the primary means of communication among our nearly 3213 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 email 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

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

Connie Clemmens, secretary*clemmens@gmail.com*

Anke Kuindersma, treasurer*kuinder@gmail.com*
503-885-8049

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*

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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

Peter Lang

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 previous newsletters, 764 folks have made 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 *gvpats@aol.com* 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.

February Luncheon Raffle Winners

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

- Joyce Davis
- Christine Podhora
- Donna Forsberg
- Nancy Shappy
- Carol Hamilton
- Bill Towery
- Sally Liddie

Highlights from February Luncheon:

Tim Borne, Chief of Staff, NW Permanente, PC, spoke about "What's Ahead for the Medical Group". He was very well received and did a Q&A after his talk. Some of the topics he covered were:

- KP Medical School to start in Southern CA in 2019.
- KPNW has 540,000 members and 1400 MDs.
- In May, this year, there will be a final vote regarding KP's purchase of Group Health in Seattle. The plan is to make it an 8th KP Region, rather than being a part of KPNW.
- In June, KPNW will open a clinic in Battleground, WA.
- Nurse Treatment Rooms in KPNW will be changing to run like Zoomcare.
- KPNW is working on implementing "virtual care", starting with Urgent Cares.

Members were invited to sign up to display their art and craft work at the May luncheon. More info about this is available elsewhere in the newsletter. Exhibitors are still needed!

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

Dental Care Near You: North Interstate Dental Office

Did you know Kaiser Permanente North Interstate Dental Office now offers general dentistry services? In addition to our existing prosthodontics practice, we have general dentists and hygienists here to care for you.

Our members who live and work in North Portland asked for more location options, and we listened. Services now available at North Interstate Dental Office in addition to prosthodontic care include:

- General dentistry procedures
- Dental exams and cleanings
- Preventive treatments like fluoride varnishes and sealants
- Oral health education and home care guidance
- Restorative treatments like filings and crowns

More Information: learn more about our North Interstate Dental Office and providers at kp.org/dental/nw

3 years running! Kaiser Permanente Northwest #1 Health Plan

Kaiser Permanente members in the Northwest are more satisfied with their health plans than members of any other health plan in the region, according to the latest J.D. Power 2016 U.S. Member Health Plan StudySM.

This award means a great deal to us, because it provides feedback from our members, based on their service experience. The award represents a resounding vote of confidence in our Health Plan, its support teams, and our broader organization.

"Each day, our employees are guided in everything they do by one question: What is the right thing to do for our members? This rating makes us especially proud, because it represents the voice of our members," said Andrew McCulloch, president, Kaiser Foundation Hospitals and Health Plan of the Northwest. "At a time of turbulence in health care, our members continue to rely on us for high-quality, affordable care."

The J.D. Power 2016 U.S. Member Health Plan Study measures member satisfaction among 135 health

plans in 18 regions throughout the United States by examining the experience of a health plan member in key areas such as: coverage and benefits, cost, provider choice, customer service, information and communication, and claims processing.

In addition to the highest overall score, Kaiser Permanente Health Plan of the Northwest received the region's highest scores for cost, coverage and benefits, and information and communication.

Welcome New Retirees

David Barry	Mark Kleinman, MD
Malea Black	Gayle Leonard
Francine Boulosa	Margaret Ling
Barbara Butler	Karen McNeil
Leslie Carte	Magdelan Medina
David Charlton	Billy Medrano
Barbara Childers	Tina Miner
Kristina Davila	Nancy Mulsoff
Shannon Davis	Tamie Nauman
Natalie Deluiz	Helen Paris
Monica Dulwick	Joan Parke-Lewis
Senora Elam-Williams	Chad Prichard
Peggy Eurman, MD	Jolene Pyle
Susan Exley	Jennifer Rhodes
Philip Finegan	Robert Schiff
Richard Gordon	Susan Schoenheider
Carla Green	Helen Staples
Byron Hanson, MD	Daniel Wachenheim, MD
Linda Kearby	Thomas Williams

Board of Directors Actions

April board meeting:

- \$150 will be donated to the Red Cross as a thank you for presenting the Emergency Preparedness workshop. (this comes from the fees charged for the workshop)
- Handouts from the Red Cross will be made available at the May meeting, along with a list of items to include in a preparedness kit.
- Participants from past art exhibits will be contacted to increase number of exhibitors for the May meeting. If there aren't enough participants this year, we may change exhibit to every other year instead of annually.
- Sue Hennessey and Patti Lawler have expressed interest in serving as President and Vice President of KaPeRs. A slate of officers will be announced at the September

general meeting, and elections will take place at the December general meeting.

- The Board discussed officer terms and responsibilities as well as standing committee recommendations. (more to come on these)
- The organizations to be included in this year's community giving program will be "Store-to-Door" and "Share of Vancouver". Letters will be sent to KaPeRs members in July, with descriptions of these organizations.
- Dr. Ian MacMillan updated the Board on information about the future medical school planned by KP. It will be located in Pasadena, CA. Groundbreaking is planned for 2017, with the first class starting in 2019. There will be 48 students, will be evidence-based, and students will receive EMT training.

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.

"Rip Astwell" continued from page 1

of Admiral Chester Nimitz,
installed at Pearl Harbor near
the USS Missouri.

For two decades Rip has
worked in Troutdale, where he
maintains his studio and gallery.
Join us to hear Rip's story and to
see some of his amazing work.
Visit his websites to view more
of his impressive collection:
caswellsculptures.com and
ripcaswell.com.



KaiPerm CU News

Do you have some home projects that need to be done? Let KaiPerm help!

- ✓ Home equity loan rates as low as 5.00% APY fixed.

Why not check us out to refinance your existing mortgage?

- ✓ Rates as low as 3.625% APY for a 30 year 1st mortgage or
- ✓ 3.250% APY for a 15 year mortgage.
Rates subject to change daily.

Contact our Loan Department:

- Angela W. – 503.813.3248
- Kyle – 503.813.3252

Go to our website kaipermnw.org for additional information.

Let us help you Get Ahead Financially!

KPB

500 NE Multnomah Ste
320 Portland OR 97232
503.813.3242

Westside

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

KaiPerm Credit Union Annual Meeting

- Thursday, May 26, 2016
DoubleTree Hotel – Lloyd Center
1000 NE Multnomah St, Portland OR 97232
Refreshments – 5:30 Meeting – 6:30



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.

World Laughter Tour Workshop

Town Hall, N. Interstate Avenue | Thursday, May 19, 2016, 1-2 p.m.

To register, send this form by May 6 to Anke Kuindersma, P.O. Box 2732, Tualatin, OR 97062

Please join us for a session of laughter with Laughter Leader, Carolyn Simpson, R.N. We'll learn the history of laughter, the physical and emotional effects of laughter, and will practice 3-5 relaxation, breathing and laughter exercises. The workshop is open to those who have not had any surgery within the last 6 months. Wear comfortable shoes and loose-fitting clothing. Bring a snack.

Mark your calendar for some "good hearted living" in this **free** workshop to be held at Town Hall, Thursday, May 19, 2016, 1-2 p.m. Submit your registration form as **space is limited to the first 20 people who sign up.**

REGISTRATION FOR WORLD LAUGHTER TOUR WORKSHOP

Name: _____ Email: _____ Phone: _____

You are invited to the KaPeRs luncheon
Wednesday, May 25, at 12 noon (doors open at 11:30 a.m.)
Town Hall
3704 N. Interstate Avenue
Portland OR 97227
\$12 retirees, \$14 guests (Limited seating, so register quickly!)

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

Return this RSVP and payment by Monday, May 16:
Send to Anke Kuindersma, P.O. Box 2732, Tualatin, OR, 97062 (Make check payable to KaPeRs)

If you must cancel, please phone Anke at 503-885-8049 before Monday, May 23, 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, May 25 at 12 noon.
 - This is my first time attending a KaPeRs luncheon.
 - I prefer a vegetarian lunch.
 - I need transportation to the luncheon.
 - I am able to provide transportation to the luncheon for someone who lives nearby.
- I am enclosing \$12 for my luncheon, payable to KaPeRs. My Name _____
- I am enclosing \$26 for my guest and me. My guest's name _____
- Yes, I want to support KaPeRs. My check includes a contribution in the amount of \$ _____ (Our sincere thanks to those of you who have already contributed!)

Is the address label on the reverse correct? If not please write in any changes (including phone number) below the label and return this form to Anke Kuindersma 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 2732
Tualatin, OR, 97062

Place address label here.

Inside look for...



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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 Anke Kuindersma 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.