

The 2015 KaPeRs Community Giving Campaign is in full swing. This year's recipients are Oregon Food Bank and CARES Northwest. Please consider making a contribution to either of these nonprofit organizations (or both). Checks may be mailed to KaPeRs, PO Box 4543, Portland 97208. Thank you!

KaPeRs Luncheon

Monday, September 21, 2015 – 12 noon

Guide Dogs For The Blind The Inside Story

Tammy Glenn & Toshi

Most of us know a little about Guide Dogs for the Blind (GDB), but on September 21 we can hear it from the “dog’s” mouth - that would be Toshi, the first Ambassador dog for the Oregon GDB campus... although Tammy Glenn — who was awarded Toshi nine years ago and has been involved with Guide Dogs since 1998 — will do most of the story-telling!



Tammy will share the Guide Dogs for the Blind story, from its history and mission to the breeding and training process, AND some fun puppy/client stories!!

Join us for an inside look at this unique and very special industry-leading guide dog school that started over 70 years ago,

has graduated more than 12,500 Guide Dog teams, and helped countless numbers of people. We'll get the scoop on how partnerships with thousands of volunteers who donate their time, talent and hearts make Guide Dogs for the Blind a reality.

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 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 MEETING

Monday, Sept. 21, 2015, 12:00 noon, Town Hall

PROGRAM

Guide Dogs for the Blind

2015 MEETING DATES

General Meetings
12:00 noon, Town Hall

Board of Directors
11:30 am, Town Hall

Wednesday, Dec. 16

Wednesday, Nov. 11

See page 7 for KaPeRs luncheon invitation.

President's Corner

Kathryn Holt, 3rd Quarter President

Greetings from your 3rd quarter President. Please, think of me as your hostess, or even better, your cruise director. So, welcome aboard.

Our last luncheon and General Meeting was a celebration of KaPeRs members. I live in NW Portland, a few blocks from the new Pearl District. We are blessed with many commercial art galleries.



In Memoriam

Frances Angelo	Margaret Huft
Linda Cox	Arnold Hurtado, MD
Winifred George	William Lasersohn, MD
Charles Greason	Margaret McManus
Sharon Haggstrom, RN	William Medak
Gregory Hanson	

Every item in our art exhibit was worthy of being on display and offered for sale. Highlighting the program was traditional Korean dance and drumming. No one slept through the remarkable presentation. Thank you Martha Han!

The upcoming luncheon, September 21, will feature a representative from Guide Dogs for the Blind. There will be a dog on the scene. A few years ago, we had a speaker on the aging brain. At this luncheon, we may have an opportunity to learn about the aging eye.

September is also a time to celebrate the generosity of our members. For the past two years, 2013-2014, we have gone over the top with our Charitable Giving campaign.

We have an ongoing relationship with the Oregon Food Bank, an organization improving access to healthy food in Oregon and Clark County, Washington.



Their report that outlines accomplishments can be found at oregonfoodbank.org/annualreport.

The other recipient of our campaign will be CARES Northwest, a collaborative community based medical



program for the assessment, treatment, and prevention of child abuse. Kaiser Permanente is one of the

health systems participating in this effort. Please be as generous as possible with your contributions to these organizations that make an impact in our community. Somerset Maugham once said that older people tend to be more compassionate than when they were young. I believe this is true.

Looking forward to seeing you Monday, September 21.

Keeping in Touch

Arlene Adams has been a “snowbird” for 15 years. She finds many ways to volunteer. In Oregon, during the summer months, she works with Comfort Quilts, Red Cross Blood Drive, and Senior Meals at Milwaukie Center. In Arizona, she co-chairs the RV’s Project Linus quilts, and weekly helps with blood pressure monitoring. She is also involved in the service club projects which keeps her busy.

Richard Babal started a chess club at his son’s elementary/middle school, which is now a sanctioned club. He is also on the project council of an old historic church as the owners’ representative in downtown Portland, next to PSU. This 18 month project includes a total seismic upgrade and rebuild.

Bill Harris is politically active with Common Cause and other organizations.

Sue Hennessy has spent her first year of retirement entertaining family and friends and traveled to several national parks. She and her husband, Marcus, are beginning a kitchen/bath remodel and will be going to Greece and Turkey this summer with their grad school housemate. She and her husband also plan to climb Mt. Kilimanjaro in October, followed by a safari and to Zanzibar.

Anke Kuindersma does quilting both with the Kaiser quilting club and on her own. She also spends time with her daughters and grandchildren and helps them out with dog-sitting. She stays physically active through hiking, yoga, swimming, skiing, and dog-walking. She has travelled to Paris, New Zealand, the Midwest, and Niagara Falls.

Sally Liddie has been taking care of her husband who had cancer (no sign of it now) and diabetes. She has three grandchildren and a seven year old great-grandson. She is enjoying retirement.

Marcia McIntosh worked from 1983–2005 in the Kaiser Colorado Region and from 2005–2011 in KPNW. She retired 1/11/2011 to be caregiver for her husband, who was diagnosed with cancer. She worked as a contract person for Kaiser in 2013 to help prepare our KP membership system for Healthcare Reform. Since 2014, she has once again been caregiver for her husband.

Zelma Mulvaney retired in July 2014. She moved from Portland to Vancouver and is enjoying more time with her grandchildren. She also is able to spend more time painting and is exploring venues to show her art.

Shalline Rickson Ross still smiles every time she drives by Sunnyside, recalling the good times working in the ER there. She says she’s “doing fine, although losing a few marbles each month.” She and her husband, Jerry, have traveled some, visiting family and friends. They’ve taken a few amazing trips through Utah. They have four daughters and sons-in-law, 15 grandchildren, and 11 great-grandchildren which keeps them well entertained.

Nancy Shaw is an active member of the group, Free the Oregon Zoo Elephants (FOZE). She protests at the zoo every Sunday at 2PM.

Ron Swan recently finished a seven day white water rafting trip through 188 miles of the Grand Canyon. It was hard work and primitive camping, but the scenery was spectacular.

Toni Willey drove across the US for seven weeks last fall. She and her husband put 12,000 miles on their new car. She also keeps busy with yard work and church work, as well as with her grandkids.

Volunteers caring and sharing

Kathleen Overton retired from the laboratory in 1998 and has found not being an employee a real blessing. She wants to put a plug in for a book she published last year. She and her husband volunteer at Vista House at Crown Point, and after volunteering for a number of years she saw a need for some sort of printed material for their visitors to be able to take with them. After about four years of research and two years of writing, *Saving an American Treasure: The Story of Vista House* became a reality. She hopes some of you will read it and if you do, please consider writing a review on Amazon. The book can be found on Amazon and it is on sale at the Vista House Gift Shop.



Diane Kintz volunteers Tuesdays at the Father's Heart, a day shelter open to homeless and other low income people. They serve breakfast and a hot lunch with sack lunches available for people to take with them when they go. There are showers and computers for use. The Father's Heart was started by Terry Gant and you can read about it at their on-line site.

In the fall she plans to start being a reader in the SMART program—Start Making a Reader Today. She will be volunteering at the nearby elementary school that her children attended.

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

Kaiser Permanente Hospice

Provide respite for family caregivers, companionship to patients on hospice. Other opportunities include clerical office, bereavement calling, trained assisted therapy dogs and owners, knitting or sewing blankets or shawls for patients on hospice. Greater Portland Metro Area and Clark County, WA: call 503.499-5168 for more information or to sign up and volunteer.

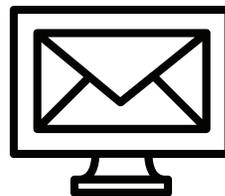
KaPeRs Board of Directors

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

Vista House at Crown Point

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

KaPeRs' going green



As was mentioned in the April 2015 quarterly newsletter, the US Post Office is charging a fee for all returned mail...57 cents for address changes and \$1.22 for returned undeliverable mail. Charges recently totaled \$325 and are paid by KPNW. Those charges combined with the high cost of paper and printing as well as the number of volunteer hours involved in preparing the newsletter for mailing to 2400 members is substantial.

Therefore, we are requesting all KaPeRs members currently receiving a paper copy of their newsletter to please switch over to e-mail. We recognize not everyone uses e-mail or has access to a computer, and we will be glad to continue sending paper copies to those folks.

Keeping our mailing expenses to a minimum will allow us to continue bringing high quality programs to KaPeRs members.

We hope you are willing to make the switch....please send an e-mail to Patsy VandeVenter at gvpats@aol.com, subject line: KaPeRs along with a note requesting the change. Be sure to include your name, along with your e-mail address. Thank you.

KAPERS BOARD OF DIRECTORS

P.O. Box 4543, Portland OR 97208

Executive Committee

President:

Q1 — Janeene Siler*janeene@comcast.net*

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

Q3 — Kathryn Holt*tosca230@gmail.com*

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

Vice President: Vacant

Janeene Siler, secretary.....*janeene@comcast.net*

Kathryn Holt, treasurer*tosca230@gmail.com*
503-223-0311

Standing Committees

Patsy VandeVenter, membership chair.....*gvpats@aol.com*
503-245-2821

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360-487-9173

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

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Gail Clark, special events co-chair*gailrclark@comcast.net*

Maureen O'Connor, special events co-chair
winkyconnor6@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

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.

February Luncheon Raffle Winners

Judy Parmenter and Pete Lang drew tickets for gift certificates, compliments of KaPeRs and KaiPerm Credit Union. The winners were:

- Joyce Davis
- Susan Pfeifer
- Marlene Jenson
- Patsy VandeVenter
- Sally Liddie
- Al Wright
- Colene Moses

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

Celebrating 70 years of Kaiser Permanente care

celebrating
70 years
KAISER PERMANENTE®

This month, the organization is celebrating its 70th anniversary — and the Northwest region was there from the start.

Kaiser Permanente got its start at the height of the Great Depression with a young surgeon pioneer, Sidney Garfield, MD, who refused to turn away any sick or injured worker at his Contractors General Hospital in California's Mojave Desert. As it is today, the cost of basic health care back then was a tremendous burden, yet Dr. Garfield took it upon himself to establish a

means for these workers to pay into health coverage at a minimum fixed rate.

Later, that model of care extended to serve workers at the Kaiser shipyards in Vancouver, Washington, and Portland, Oregon, during World War II. When the war ended and the shipyards closed in 1945, we made Kaiser's unique model available to the public.

Now, 70 years later, we're caring for more than 523,000 members in our region and 10 million members nationally!

None of this would be possible without the remarkable employees and physicians who, for so many years, have been contributing to the health of our members and communities by coming to work every day and doing their best. Thank you for your dedication and partnership yesterday, today, and tomorrow.

Dental gets another AAAHC Quality Stamp of Approval

Since 1990, Kaiser Permanente Dental has been accredited by the Accreditation Association for Ambulatory Health Care (AAAHC). This spring, AAAHC completed a rigorous inspection of our Program and renewed our accreditation for another three years - making KP Dental the only accredited dental practice in the Northwest. Our dental home accreditation was also renewed. Accreditation is a voluntary process and provides independent, third-party validation of our safety, efficacy, and quality.

Welcome New Retirees

Kathleen Ahlfors	Allan Dulwick	Karen Higgins	Linda Masson	Christine Quigley
Gary Ansell	Jerimiah Dumas	John Hinds	Brenda McClure	Margaret Rice
Melody Ansell	Debra Ebeling	Jennifer Hughes	Ruth McCormick	Cynthia Rose
Michael Barrett, MD	Susan Eisele	Benjamin Javier	Starla McCullar	Dennis Rouse
Nancy Bassett	Mary Eldred	Dennis Johnson	Nora McDermott	Donna Royse
Saara Bergman	Anne Ellis	Karen Jones	Theressa McKenzie	Bill Saunders
Randall Beyer	H K Ferguson	Kathy Kallunki	Shannon McKinney	Glorene Schoof
Rochelle Blee	Michael Fleming	Dana Keese, OD	Frank McKowne, MD	Dolly Seivert
Kathlyn Boyle	Timothy French	Barbara Kohl-Prew	John Miller	Georgette Shoji
Pamela Brandner-Marsh	David Garvin	Janie Lail	Stephen Miller	Karen Sneed
Karen Bray	Kathleen Geroux	Kandice Lane	Brenda Morgan	Kathleen Solberg
Darlyn Bronson	Susan Giboney	Sherri Lawson	Penny Mortenson	Karen Stohler-Minor
Bunny Buckwalter	Georgia Gooch	Clifford Lien	Robin Mott	Susan Summers
Maureen Bulliung	Michael Goodrich	Richard Lieurance, MD	Duyen Nguyen	Betty Tillis
Michael Carroll, MD	Ruth Gregory	Sharon Livingston	Mary Nordlund	Joan Traweck
Karen Carter	Frieda Grieve	Diane Llewellyn	Carmen Noxon	Jill Trulsen
Lawrence Chin	Ladonna Griffith	Toni Locker	Kathryn Oetzel	Jan Verser
Gary Cline	Sandra Halford	Cathie Lohr	Donna Olson	Carrie Ware, MD
Garnet Cole	Jeffrey Harris	Carla Lovelin	Bruce Parker, OD	Katherine Whaley
Rena Curtis	Janet Haxby	Jacque Loynes	Joanna Paul	Deborah Williams
Patricia Cyr	David Heffner	Kathryn Lucas	John Pearson	Robert Wood
Joni Davidson	Karen Heisterkamp	Kathryn Lucas	Kathryn Pearson	Carol Yoder
Susan Davis	Lori Henderson	Joseph Lynskey	Kathleen Pickett	Mark Zakrzewski
Kristina Deckard	Charles Herren	Alain Machtelinckx	Kevin Probst	
	Debora Herz	Kathleen Maier		

THRIVE in the streets at Sunday Parkways

The City of Portland Sunday Parkways, Presented by Kaiser Permanente, promotes healthy, active living through a series of free events opening the city's largest public space - its streets - to walk, bike, roll and discover active transportation. There are two events left this summer: August 23 in Southeast Portland and September 27 in Sellwood, crossing the new Tillicum Crossing. This is a wonderful way to get out and thrive in your communities. Be sure to stop by and see the KP photo booth! Visit www.portlandsundayparkways.org to view the route map and learn more!



Board of Directors Actions

Topics covered at the August Board of Directors meeting included the following:

- Coming soon: electronic registration for quarterly meetings/luncheon
- Forms will be available on each table at the next luncheon for all to sign up for email delivery of quarterly newsletters. With about 3100 members, and only 520 receiving newsletters by email, the printing and postage costs are increasing. (over \$1000 to print, plus postage! Plus, we were charged \$325 by the post office for returned newsletters for the last mailing.) Please help keep our costs down by signing up for email delivery.
- Members are to be reminded the luncheon in September is on a Monday, the 21st.
- Pete Lang discussed earthquake awareness and suggested reading the article at NewYorker.com, July 20, to learn more about preparedness.

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.



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.

KaiPerm CU News

Direct Advantage Benefits for Every Want or Need!

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.

3.271% 1st Mortgage APR

- ✓ Direct Advantage rate as of May 1, 2015
- ✓ 15-year term — we keep the loan!
- ✓ 30-year term also available!
- ✓ What is stopping you?
- ✓ Refinance today!
 - * Direct Advantage Members have an active checking #77 and 100% direct deposit.

Contact our Loan Department:

Angela W. - 503.813.3248 (Angelaw@kaipermnw.org)

Peggy - 503.813.3249 (Peggy@kaipermnw.org)

Let us help you Get Ahead Financially!

Kaiser Permanente Building

500 NE Multnomah Ste
320 Portland OR 97232
503.813.3242

Kaiser Permanente Westside Medical Center

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

You are invited to the KaPeRs luncheon

Monday, September 21, at 12 noon

Town Hall

3704 N. Interstate Avenue

Portland OR 97227

\$12 retirees, \$14 guests

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

Return this RSVP and payment by Monday, September 14:

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

If you must cancel, please phone Kathryn at 503-223-0311 before Wednesday, September 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 Monday, September 21 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 Kathryn Holt at the address above.

- Do you volunteer?** If so, we would like to publish your activities in the newsletter. Please email a short description of your activities to Jane Walker, lois246@aol.com, subject line: KaPeRs Volunteers.
- For email delivery of newsletters:** Provide your contact information.

Name _____ Phone number _____ email _____

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

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

KaPeRs (Kaiser Permanente Retirees Organization)

PO Box 4543
Portland OR 97208

Place address label here.

Inside look for...



Keeping In Touch.....	page 2
Recent Retirees.....	page 5
Meeting Luncheon Invitation.....	page 7

Have You Moved Recently?

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

Online Newsletter

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