

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.

Holiday Luncheon – February 20, 2013

"It's your money: Preventive steps to avoid scams and ID theft". Scammers and identity thieves are sophisticated and shrewd. Stop them in their tracks by understanding how they set you up and then steal. Learn simple preventive steps to guard your money and personal information. Join us for lunch on Wednesday, February 20th, as we welcome Diane Childs, Financial Information & ID Theft Outreach Coordinator with the State of Oregon, Department of Consumer & Business Services. Diane, whose job is to inform and educate consumers about fraud, will guide us through the process of protection. Don't miss what is sure to be a very educational and eye-opening presentation! And check out these websites for more information: www.dfcs.oregon.gov/index.html and www.protectyourmoneyoregon.org.

President's Corner

Marci Clark

HAPPY NEW YEAR! With one fiscal cliff behind us it's time to look forward to 2013, a year that will be *what we make of it*.

Today the winter rains have disappeared, the sky is bright blue, the air is brisk. My early morning walk was energizing, fueled by a hot cup of tea at my favorite java joint along my usual route.

This was also my weekly day for having fun with a class of second graders at my local school. I get

Dates to Remember

GENERAL MEETING

Wednesday, February 20, 2013
12:00 noon
Town Hall

PROGRAM

It's your money: Preventive steps to avoid scams and ID theft
Diane Childs, Financial Information & ID Theft Outreach Coordinator State of Oregon, Department of Consumer & Business Services

2013 MEETING DATES

General Meeting

May 21
September 18
December 18

Board of Directors

April 4
August 1
October 31

See page 7 for KaPeRs luncheon invitation

to read with them, help with their small-group activities, grade math papers and do whatever else their teacher has in store for me. Working with kids is always a reminder that they will some day lead our country. Based on my smart and thoughtful second graders, we will be in good hands.

There's nothing like a new year to make us think about life's journey. In three days I will help a close friend mark a milestone birthday, with a celebration of roads already traveled and horizons yet to be explored. He is a believer that there is still an infinite number of people, places and things about which to learn.

My ever-challenging pottery class will begin again next week. I have missed the feel of raw clay in my hands and the synchronization of clay, hands and wheel to create something new, interesting and functional. I'm lost in the creative process for hours at a time.

All this is to say that if you are thinking too hard about the next fiscal cliff as I sometimes do, try focusing on those things over which you have control. Try something new that you've always wanted to experience, start a new workout regimen (and stick to it), volunteer at your local shelter (or food bank or learning center), join a social or special interest group, and share random acts of kindness

with friends, family and others who could use a warm touch.

May your New Year be fun and challenging. I look forward to seeing you at our upcoming KaPeRs gatherings! ♦

Keeping In Touch

Fred and Mary Ramsey both retired completely in 2012. “Fred and I have been fly fishing all summer and now I’m returning to doing water colors and poetry. We look forward to seeing you at the (Dec.) luncheon”

Elise Albert writes: “A suggestion—when you print the list of New Retirees in the newsletter, you might want to identify those with professional titles for identification purposes (RN, LCSW, etc). It looks like this was mostly done for MDs only?” **Reply:** KaPeRs receives lists of new retirees from two separate sources—Health Plan and NW Permanente. The list from NWP contains professional titles, but the HP list does not always indicate such identification. Thanks for your inquiry.

Val Roehl writes, “After retiring on 1/2/2004, we moved to the Arizona “Sunbelt” to an “Active Adult Community” called Quail Creek in Green Valley, AZ. With a golf course lot, we look out on a lush green fairway, a 9,000 ft. high mountain range, and enjoy early morning activities in hot summers and mild winters.

We, of course, look forward to the our yearly three weeks stay in the wonderful Northwest in late May and early June for the Rose Festival. We usually drive there during this visit, but we are only a 20 minute drive from the Tucson airport, so we have continued to travel all over the world. This year we spent over three weeks in Australia and Tasmania, and we hiked down to the Phantom Ranch in the Grand Canyon in November. In the last eight years we have been to Iceland, Greenland, Southern India, Sri Lanka, the Baltic Capitals, Panama x3, Jordan, Morocco, Turkey, Spain on a 100 mile hike of the Camino de Santiago, Chile x2, and Argentina x2. We are scheduled for a three week trip to Bolivia, Columbia, and Ecuador in March 2013, and four weeks touring Mongolia in August 2013 with a company called OAT (Overseas Adventure Travels), which we continue to use for our adventures.

As for our home activities, we both play golf a couple of times each week, I deliver meals to the homebound in the Green Valley area, volunteer for the Pima Co. Nurses Corp, QC Nurses club, play Ponytail canasta on Thursday afternoons and hike PRN with the QC hiking group.

Life is great in retirement, and thanks to good health, 24 years with Kaiser Permanente, and a loving family, I am able to enjoy it fully.”

Dear Family and Friends: As many of you know, last April our mom, **Frances Angelo**, moved into Touchmark, previously known as Waterford. In February she flew to San Diego and Palm Desert for a birthday celebration and mini family reunion. It was a wonderful gathering with ages from four to 92. Shortly afterwards she developed severe bronchitis and pneumonia, was hospitalized for a week and then spent 10 days in a Rehabilitation Center in Palm

Desert. Some Celebration! After being so sick in CA, it seemed she was going to need assistance when she returned to Vancouver. Her name was already at the top of the waiting list for Touchmark, so the timing seemed right for her to move.

Losing so much independence so quickly made the transition very difficult. She went from driving her car and living in her own house, as lonesome as it was, to no longer driving and living in unfamiliar surroundings with people waiting on her, a transition that would be difficult for any of us. But as you know, Mom is not a pansy. She has worked hard to make this big change.

This first Christmas season in her new home will undoubtedly have some sadness for her. In addition, Dec.16th is the 2nd Anniversary of dad’s passing. Yet, there is happiness for her also as she enjoys the holidays with 11 grandchildren and 12 great grandchildren, most of whom live in the Vancouver area and drop in to see her, and as she celebrates birthdays (her own 93rd on January 12th) and graduations and other events of a large, loving family. She loved being at the family reunion on Camano Island in August (there were 43 of us last year). Mom loves visitors, phone calls, going out to events and keeping in touch with friends and family.

We all wish you a Merry Christmas and a Hopeful New Year.

With Love,
Frances and the Angelo Family
2911 S E Village Loop, #303
Vancouver, WA 98683
Room Ph: 360-433-6613

KaPeRs ARTS EXHIBIT

May 21, 2013
Town Hall Ballroom

Do you enjoy water coloring, weaving, or woodworking in retirement? How about clay pots, metal sculpting or jewelry? Or are you into photography, writing stories or poems, or quilting?

Whatever your creative outlet, you are invited to display it at the upcoming ARTS EXHIBIT at the all-members KaPeRs meeting in May 2013.

Planning is just getting underway for this inaugural event and space is limited, so contact one of the following board members now if you would like to show your creative work.

Maureen O’Connor	503.637.3405(H) or 503.805.7476(C)
Kathryn Holt	503.223.0311
Lauralee Tyrell	gramz22cool@yahoo.com

Your 2013 KaPeRs officers

A unanimous vote at the December holiday luncheon re-elected our slate of officers to lead our organization for the next two years. They are: President, Marci Clark; Vice President, Ted Colombo; Secretary, Janeene Siler, and Treasurer, Kathryn Holt. A big Thank You to each one for agreeing to extend their commitment to leading our organization. Information on how to contact them or other committee members is listed elsewhere in this newsletter. ♦

Want to reach out and find someone?

Curious? Lost contact with an old friend from your working days? Whatever became of Joan who worked down the hall?. Perhaps KaPeRs can help you get in touch with an old friend or colleague from work. Send your contact information in an e-mail to langpe@comcast.net and the name of the person you would like to locate. If we have contact information on that person we will reach out to them and tell them about your interest and ask if it will be O.K. for us to send their information to you. ♦

KaPeRs Holiday Program a Success

KaPeRs members enjoyed camaraderie and a traditional holiday lunch accompanied by the infamous Dickens Carolers at the Crown Plaza Hotel on December 12th. It was great to see those new retirees! Check out the photos of this annual event at kpnwretirees.org and click on pictures on the website menu. ♦



New retirees Manuel and Debra Sierra

Holiday Luncheon Raffle Winners

Restaurant gift cards and KaiPerm CU's donation of Red Lobster and Home Depot gift cards were won by Gail Clark, Kathryn Holt, Connie Clemmens, Jerry Parmenter, Francis Denike, Jay Owen, Marge Clemmens and Christina Demas. ♦

Board of Directors Actions

January 3, 2013

- Treasury: \$2,026 as of Dec. 31, 2012
- Welcomed guest Mary Ramsey
- Welcomed new board members Maureen O'Connor and Gail Clark
- Reviewed & discussed survey feedback on 2012 day tours, along with possible day tours for 2013
- Reviewed & discussed 2012 holiday luncheon venue feedback
- Discussed plans for KaPeRs members' Art Exhibit in May 2013

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. ♦

KaPeRs Board of Directors Changes

Two long-term members of the KaPeRs Board have resigned their Board positions. Stressla Beavers was most recently the Special Events Committee Chair responsible for organizing fun and interesting day trips such as the Depoe Bay Salmon Bake and the Tacoma Glass Museum featuring spectacular works by Dale Chihuly. Jeanette Neuburger served as the KaPeRs Newsletter Co-editor and also the Membership Committee Chair. Both Board members made generous contributions of time and talent during their terms on the Board. We wish them well and hope to see them at future General Membership meetings.

Two new members have just joined the Board, serving in At-Large positions. Maureen O'Connor is already hard at work helping to organize the upcoming KaPeRs members Arts Exhibit in May, and Gail Clark is keeping us updated on news from the KPNW Dental Program. Welcome Maureen and Gail! ♦

KP News Roundup

Kaiser Foundation Hospitals and Health Plan Board of Directors Names Bernard Tyson as Successor to George C. Halvorson

On November 5, 2012, the board of directors of Kaiser Foundation Hospitals and Health Plan named Bernard J. Tyson the next chairman and chief executive officer of the organization. Tyson will succeed current chairman and CEO George Halvorson, who has served in the role since 2002 and recently announced that he will retire next year.

To support a seamless transition process, Bernard Tyson, current president and chief operating officer,

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, treasurertosca230@gmail.com
503-223-0311

Standing Committees

Marjorie Lyster, KaPeRs Kare margenthal@comcast.net
Membership vacant
Patsy VandeVenter, newsletter editor gvpats@aol.com
503-245-2821
Special events vacant
Ian MacMillan, MD, historian ismacm@comcast.net
Judy Parmenter, programs parmenter.judy@gmail.com

Members at Large

Gail Clark gailclark@comcast.net
Cheryl Harmon hchery13@aol.com
Maureen O'Connor winkyoconnor6@yahoo.com
Jay Owen jayowen9@comcast.net
Rob Perry, Webmaster rob_perry_jr@hotmail.com
Joanna Stuart
Rita Townley reetstownley@msn.com
Lauralee Tyrrell gramz22cool@yahoo.com

Medical Group Representatives

Ian MacMillan, MD, ismacm@comcast.net

Dental Group Representative

Kathryn Holttosca230@gmail.com

Members Emeritus

Ernest Aebi, MD
Jean Bradley
Ludene Clark
Vivian Terrall

joined the board of directors in December. He will assume the role of CEO after a six-month transition period. Halvorson will remain chairman through the end of 2013, at which time Tyson will assume the role of chairman and CEO.

Tyson has held his current position as president and COO for almost two years. Prior to that, he served as executive vice president of health plan and hospital operations, as well as senior vice president and COO for the organization's regions outside of California where he provided overall direction for business initiatives and strategic best practices between the regions. Tyson was instrumental in the creation of the successful Thrive advertising campaign as senior vice president of Brand Strategy and Management. Tyson offers almost three decades of operations and hospital experience.

"I am deeply honored to follow George Halvorson's incredible leadership and to serve this great organization as its next chairman and chief executive officer" says Tyson. "As we continue down the path of health care reform and the transformation of the health care industry, I am excited about leading an organization so committed to high-quality and affordable care for everyone."

Will kiosks reduce wait times? Pilot program aims to reduce lines, increase satisfaction

If you've ever waited in line at the registration counter at one of our medical offices, you know how frustrating it can be. Wouldn't it be nice if there were extra help when it gets crowded? That's the idea behind a pilot project that just started at our Tualatin and Rockwood medical offices.

The extra help comes in the form of patient registration kiosks. The machines allow patients to complete simple registration tasks such as checking in and making a copayment with a debit or credit card. The goal is to enhance service by reducing wait times and allowing registration staff to spend more time with members who have complex questions. "With health care reform requiring all Americans to have health insurance by January 2014, we're expecting a surge in new members," says Brenda Leonard, director of patient registration and pre-service clearance. "This may help us accommodate some of those members."

Brenda points out that enlarging waiting rooms and adding registration staff is not feasible at many of our medical offices. For example, next year, employees working at Mother Joseph Plaza will move to Interstate Medical Office East. The lobby at Interstate East won't accommodate additional check-in stations. "Kiosks may be a useful and cost-effective solution to resolve the situation," Brenda says.

NOT A NEW IDEA

Although this is a pilot project in the Northwest, kiosks are standard practice in other KP regions. There are more than 300 in Southern California. Northern California added kiosks two years ago, and Colorado is testing them in its medical offices. We will test the kiosks for six to nine months and then evaluate their effectiveness. User surveys will play an important role in the evaluation.

In Memorium

Karin Bausenbach, M.D.
Isabelle Class Berrows
Patricia Cody
Lucille Gilmore
Pat Troyer



Brenda says the kiosks are not intended to replace staff. Rather, they are meant to have a positive impact on registration representatives, especially during peak hours. If members with simple transactions use the kiosks, representatives will have more time to answer questions and handle complex transactions.

During the pilot, a greeter will be on hand at Rockwood and Tualatin to answer member questions and show them how to use the kiosks. Registration staff have been trained to answer questions as well.

Dental surpasses 200,000 members Program reaches goal and keeps growing

KPNW's Dental Program is the little engine that could. From its start as a research project in the late 1960s to its recent push past 200,000 members, the program has been quietly succeeding over nearly 40 years. In recent years, Dental Program leaders recognized that the dental insurance market was changing.

"With the economic downturn, we saw businesses consolidate, reduce, or eliminate dental benefits for their employees," says Casper Yu, director of Dental Sales, Marketing, and Plan Strategy. "We knew that diversification of our products and services was the key to retaining and growing membership."

And grow it did. In the past five years, dental membership grew by more than 25,000, partly due to the launch of four new products and services:

- Healthy Smile, a discount dental program.
- A dental preferred provider plan with one of the largest networks nationwide.
- An individual and families dental plan.
- Advantage Plus, which offers supplemental benefits for dental, hearing, and vision care to Senior Advantage individual plan members.

Along with the new products, the Dental Program has made continual improvements in access and service to create a better care experience. For example, in 2011, we opened a new dental office in Oregon City to serve the rapidly growing Clackamas County area. And we've now brought dental implant care in house.

Dental also launched strategic sales and marketing initiatives to add more members in existing groups or replace a group's other plan options. These efforts have helped the program survive a stubborn economy where growth in traditional dental plans was stagnant.

RESEARCH ROOTS

Our Dental Program grew from the vision of a few people who were inspired by President Lyndon Johnson's concept of neighborhood health centers.

Part of the idea was to provide dental services along with medical care. Other health care providers bought outside dental services. But the researchers running our federally funded dental demonstration project pushed for including pre-paid dental services within a medical program. Thus, we opened a dental clinic on NE Russell Street in Portland.

This wasn't a popular idea at the time, but it worked, and the project ran from 1968 to 1974. But then things changed. Even though it was deemed a bustling

New Retirees

Dolores Altemus	Barbara Nizich
Ronnie Ayres	Ray Noel, MD
Maria Barajas	Catherine Olney
Diana Bennett, MD	Richard Olson, MD
Rebecca Cayobit	Kishoree Patel, MD
Edwin Chinn, MD	Linda Perlstein
Christine Clements	Shelley Peters
Diane Cook	Maureen Peterson
Florence Cox	Sharon Puterbaugh
Mary Dunn	Jacob Reiss, MD
Charles Fraver	F. Dolores Rogers
Orville Furber	Vicki Romm
Christene Gross, MD	Janice Patricia Roner
Esther Haberman	Seth Rosenfeld, MD
Theresa Isreal	Les Schmetzler, MD
Sharon Lorber	Susan Townsend
Gayle Meltesen	Linda Williams
Connie Moritz	Susanna Ying
Charles Munger	Sandra Zingelmann

dental clinic by its founders, the politics of the time redirected federal funds to OHSU's dental school and the Multnomah County Health Department.

It could have been the end of the Dental Program, but Regional Manager Scott Fleming was a strong believer. He kept the program going by giving KP employees pre-paid dental benefits. They received dental care in the basement of Beaverton Medical Office, where our first dental office remains to this day. KPNW now has 17 dental offices. We continue to develop new products and services so we can attract even more members when health care reform's insurance exchanges go live. ♦

Volunteers caring and sharing

Hi, I am Chip Dwyre, formerly a clinic engineer. I retired after 30 years at Kaiser on 1/9/09. I am receiving your newsletter, and enjoy reading it. My wife, a retired surgical nurse from Providence, and I sold our home in July of '08 and moved into our motor home. We left Portland in Feb of '09 to travel our country which we did for about 3 years. It's a beautiful country with much to see. We made it through 45 of the lower 48. Enjoying photography, here is a link to sample some of my pictures: <https://picasaweb.google.com/lh/myphotos> Click "View All".

We came back and started volunteering for Young Life, a Christian group that focuses on non-Christian teens. We spent three months volunteering and a year ago we started looking for a house. After a couple of months, we were being challenged as to whether we would ever find our "dream" house. Then we received an invitation from Young Life saying they had a condo with our name on it if we would be interested in living there and helping as we had done previously. The camp is in Antelope at the former Rajneeshpuram of ill fame. The first camp opened in June 1999 and my wife was the camp nurse the second week they were open. They had 200 kids per week that summer. It has changed physically since then and we now serve about 1,100 kids per week for the most awesome week of their

life. A couple of years ago a second camp was added for middle school aged kids, that has eight water slides. There are many fun things they do as well as learning there is a God that loves them. Coming here is life changing for most of the kids who attend.

I do much of what I did at Kaiser—fix and improve things. My wife is now in charge of the medical program. They try to have three doctors, nurses and EMT's for each week of camp. The volunteer medical staff can bring their families and enjoy the facilities and food while here. Like at Kaiser, safety is our primary concern here.

There is a scholarship fund to help more (kids) be able to attend. Here is a short letter written by a camper from last summer that is fairly typical of the kids' response to being here.

"My week at camp was amazing! I faced a lot of my fears. I conquered the ropes course, high dive, zip line and the swing. I honestly thought that I would have never done those in my life. I got closer with God and I'm thankful that I had a really good week. Thank you for helping me raise money for the best week of my life. It was a life changing week and a memorable week! I faced so many of my fears in the week!" ♦

Missing Persons File

We have lost track of the following KaPeRs members. If you have current addresses, phone numbers, or e-mails, please send them to Patsy VandeVenter at gvpats@aol.com, or 503-245-2821. Thank you.

Ronda Croxell, Sandra Glass, Sylvia Gray, Calleen Harrison, Ellen Lloyd, Jane Reichow, Georgejean Wilkerson. ♦

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. ♦

KaiPerm CU News

Direct Advantage Benefits Getting Even Better!

If you already have Direct Advantage Membership, watch for a mailing this month that describes the improvements to the product. We will also have information on our website describing the improvements and requirements for Direct Advantage later in the month of December.

If you are not a Direct Advantage Member (which means you don't have an active checking #77 account with 100% direct deposit) then you might want to consider what is holding you back from becoming a DA Member.

Become a Direct Advantage Member today! Contact a Friendly Member Service Representative at 503.813.3242. They will be happy to help!

Are you considering a Pay Day Loan? STOP! We can help

If your credit is below marginal KaiPerm Credit Union offers a Payday Alternative Loan (PAL).

If your credit is marginal to excellent there are a variety of options available to you through Your Credit Union.

- If you have equity in your primary home or rental (located in Oregon or Washington) you could consider refinancing for a lower interest rate. This could not only decrease your monthly payment, but also save you interest in the long run.
- If you have a free and clear car title or a vehicle loan that is almost paid off, we could check to see what the vehicle value is to consider using the equity in your car to pay off other high interest credit cards or other bills that you may have looming.
- If you have high interest rate credit cards, you could consider getting a KaiPerm Credit Union Line of Credit or VISA Credit Card. We have low rates and offer a Balance Transfer Rebate on our VISA Credit Card.

Let KaiPerm Credit Union help get you on the path to financial success. Contact a Loan Officer for additional details. You can reach Tina at 503.813.3248 or Peggy at 503.813.3249. They are happy to help. ♦



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 gvpats@aol.com

You are invited to the KaPeRs luncheon

Wednesday, February 20, 2013
12 noon at 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 Wednesday, February 13th to:
Kathryn Holt, P.O. Box 4543, Portland, OR 97208

If you must cancel, please phone Kathryn at 503-223-0311 before Thursday, February 14th, 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, February 20, 2013.
 - 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.

<input type="checkbox"/> 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 gvpats@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.

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 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.