

*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 Holiday Luncheon - Thursday, December 11, 2014

**"The Group" - Traditional and Contemporary  
Gospel Ensemble – Town Hall**



Can you say "AMEN!" Once again the Gospel ensemble "The Group," with Ron Shoals, LaRhonda Steele, MaryEtta Callier-Wells, and Arietta Ward will fill Town Hall with joyful noise at our upcoming Holiday Luncheon on December 11! Sadly, "Group" member and keyboardist Janice Scroggins, a Portland institution and brilliant musician, passed away earlier this year. We were very blessed to have experienced her amazing talent first hand last December.

LaRhonda, one of Portland's favorite soul singers, is a multi-talented soul, R&B and Gospel artist; Ron, another powerhouse vocalist (and KP employee), has directed church choirs for many years; MaryEtta is known for her soulful vocal stylings and Arietta, Janice's daughter, is a gifted vocalist who performs locally. Some of you may have had the good fortune of hearing these talented performers in a variety of Portland area venues.

As we heard first hand last year, their voices brought the power of spirit and a message of faith, hope, love and joy to us all! We are honored that they are returning to celebrate this holiday season with our KaPeRs community. Please join us on December 11 for a special event that is not to be missed!

## Dates to Remember

### GENERAL MEETING

Thursday, Dec. 11, 2014  
12:00 noon, Town Hall

### PROGRAM

*"The Group" – Traditional and Contemporary  
Gospel Ensemble*

### 2015 MEETING DATES

**General Meetings**  
**12:00 noon, Town Hall**  
Wednesday, Feb. 18  
Wednesday, May 27  
Monday, Sept. 21  
Wednesday, Dec. 16

**Board of Directors**  
**11:30 am, Town Hall**  
Wednesday, Jan. 7  
Thursday, Apr. 2  
Thursday, Aug. 13  
Wednesday, Nov. 11

See page 7 for KaPeRs luncheon invitation.

## KaPeRs On-Line News

Visit [www.kpnwretirees.org](http://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.

## Community Giving Campaign Results

### 2014 KaPeRs Community Giving Sets Record!

Thanks to the generosity of KaPeRs members, a record-setting \$5,690 was contributed to this year's Community Giving Project. Members gave \$2,350 to North by Northeast Community Health Center and \$3,340 plus 120 pounds of food to Oregon Food Bank. THANK YOU MEMBERS for lending a helping hand to local families in need.

## President's Corner

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Marci Clark

**KaPeRs...** It started with an idea that work place relationships developed over the course of a decades-long career were just too important to give up when it was time to retire. The inimitable Jim DeLong was the instigator of the idea, and KaPeRs became the vehicle by which relationships could continue long after the work ended. This year we celebrate the 25th anniversary of KaPeRs, an exciting milestone. We have grown to nearly 3000 members, stepped into the digital age with our own web site, enjoyed record-setting attendance at quarterly programs and offered an array of speakers, day trips and other events providing fun learning experiences for our members.

Looking ahead, the KPNW retiree community keeps expanding! We continue to welcome new ideas from KaPeRs members for activities and programs. The KaPeRs all-volunteer Board of Directors will continue to provide hands-on organization of events as well as strategic planning and financial accountability. We do have a critical need for "a few good men and women" to step forward and assume leadership positions. An interim plan has been proposed for four Board members to share the President position in 2015. However, we will revert to the usual 2-year terms beginning 2016 and will be seeking interested candidates for all Officer positions during this next year. I hope you will consider this worthwhile opportunity to give back to your retirement community, lend your expertise to a unique organization and keep KaPeRs thriving.

After four years of serving as KaPeRs President, my turn is at an end in December. The experience has been more than gratifying. I have worked with an extremely functional and supportive Board of Directors, have had fun developing new directions for KaPeRs, and have most of all enjoyed the camaraderie of all of you who participate in KaPeRs events. We wouldn't be here without you! I intend to remain active on the Board of Directors to contribute to KaPeRs operational affairs after December.

Our holiday program on December 11th will feature the gospel ensemble known as "The Group." If you attended last year's amazing holiday performance, you will be familiar with several members of the ensemble. I look forward to seeing you there.

## CME Opportunity for Clinical Care Providers

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How We Get There, an all-day training session for clinical care providers to become effective advocates for healthy transportation options, is scheduled for December 11th at the (Portland) Metro Transportation Center. The session, funded in part by KPNW, is designed to increase positive health outcomes through transportation policy. Visit <http://bit.ly/1wkFytb> to register.

## Keeping in Touch

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**Joy Jesse** – Retired from Sunnybrook ACU in December, 2013. She has four grandchildren, ages three months to four years old. She has a motor home and has been doing some traveling. She loves Coos Bay. Joy has two kayaks and has enjoyed using them since retirement. Knitting and crocheting for her grandchildren also keeps her busy.

**Jean Bartholomew** – Jean was very fortunate to go on safari to Zambia, Zimbabwe, South Africa, and Botswana. It was beautiful and she saw many species of animals and enjoyed good company and healthy food.

**Mary Lewis** – Recently retired but working part time, Mary has traveled to Canada, NW Washington, on a Caribbean cruise, and the coast.

**Joanna Stuart** - Joanna has had some great adventures and traveled throughout the US and Africa. She started in Philadelphia, followed by New York City, Boston, and London. On a trip to Kenya, to view the wildlife, she came within four or five feet of a male lion while on an open jeep ride. She said that was the scariest part of the trip, even though there had been some terrorist activity in Nairobi around the time of her visit.

**Pauline Petterson** – She traveled with her husband to Estonia, Helsinki, St. Petersburg, and Moscow. They spent a week in St. Pete's, followed by a ten day cruise on a Russian river to Moscow. In Moscow, they and another couple took the Metro all over and had a wonderful Russian experience.

**Nancy Church** - Nancy traveled with her brother and his family to the Amazon. She said it was one of the best trips she has taken. They saw the World Cup in Lima, traveled over 600 miles on the Amazon, and met people in a village along the way. There was entertainment nightly and she says the trip was one not to be missed.

**Jan Landis** - Since retiring, Jan and her husband are on a quest to attend a baseball game in every stadium in the United States. Her most recent trip was by train to Chicago to watch a game at the historic Wriggley Field and to tour the city. They have also been taking dancing lessons and enjoying their three grandchildren.

## In Memoriam



Mark Hanschka, MD

Albert Martin, MD

Frances Hepburn

Ruby Talton

## Welcome New Retirees

Connie Andrews	Donna Kolberg
Stephanie Angelica	Eun Lee
Kathryn Bach	Brian Mahon
Jane Benevent	Catherine Mahon
Bruce Bishop	Irene McKenzie
Jo Bland	Clyde Miller
Helen Burke	Hugo Miller
James Casey	Theresa Moller
Janice Clark	Zelma Mulvaney
Judith Cole	Linda Nicoll
Corson Collet	Susan O'Neill
Judy Lynne Combs	Lilia Parel
Pamela Cox	Sandra Petri
Darcy Cunningham	Marsha Pfannes
Joan Eckert	Patricia Rayfield
Carol Foss	Mary Jo Rose
Donna Gaffney	Linda Ruedy
Susan Gardner	Laura Ryan
Cherri Ann Gibson	Rena Sandstrom
John Hall	Linda Seacat
Sherrie Hardcastle	Dorothy Sharaf
Jeanne Harshfield	Wayne Shepard
Lezlee Harvego	Tiffin Sinks
Dennis Hemmer	Alice Skipworth
Glenda Hill	Diane Taylor
Elizabeth Hobbs	Patricia Taylor
Helen Hudson	Juli True
Gail Hunt	Mary Weber, CRNA
Lynn Hyde	Maureen Waligora
Lonnie Isaacson	Vivian Winnie
Sharon Kenoski	Mark Woods
Susan Klof	Stephanie Wright

## Volunteers caring and sharing

**Ken Myers** - After working with various groups on implementing the Affordable Care Act, Ken has now taken the next step and is volunteering with HCAO (Health Care for All Oregon), a coalition of over 100 organizations working to pass legislation for a universal, single payer, government financed healthcare system for the state of Oregon. He feels strongly that healthcare reform must continue by eliminating for profit insurance companies, excessive administrative costs, etc. If you are interested go to [hcao.org](http://hcao.org) and learn how to get involved.

**Jan Landis** has been a busy lady since retiring from Kaiser Dental. She and her husband volunteer to coach married and/or divorcing couples and occasionally do some pre-marital counseling. Jan also teaches a women's bible study group in Wilsonville, Oregon. Although they meet at the Lutheran church, her group of women came from varied faiths. Jan says "It is a delightful way for women from different churches to meet and discuss the Bible."

**Ellen Burns** said goodbye to her OR nursing job at Kaiser Sunnyside eight years ago and took up hiking. She volunteers each Tuesday, rain or shine, to lead hikes for the "Forever Young" (folks over 60) program at Vancouver, Washington, Parks and Recreation. Some of the rainy days are spent in or near the city but on nicer days they hike all around the area. Examples are Mt Rainer, the Three Sisters, Mt Adams and the Columbia gorge. The skills she had to learn in order to lead these hikes included: Ability to read maps, use a compass, CPR, know a bit about wilderness medicine and use her nursing skills on bumps, bruises, sprains and not too frequently on injuries more serious.

As a leader, she teaches participants the basics of what to bring with them i.e. how much water, what kind of gear, etc. according to the terrain they will be hiking. Ellen also leads hikes in the Coachella Valley desert near Palm Springs, California. This requires a whole new skill set to identify local flora and fauna as well as conditions like dehydration. Ellen says "my knowledge is more expert in identifying scat and footprints which are tracking skills." Sounds like hiking with Ellen would be most delightful!

## KAPERS BOARD OF DIRECTORS

P.O. Box 4543, Portland OR 97208

### Executive Committee

Marci Clark, president..... *marci.clark.pdx@gmail.com*  
Peter Lang, immediate past president..... *langpe@comcast.net*  
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  
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 ..... *gailclark@comcast.net*  
Maureen O'Connor, special events co-chair .....  
*winkyconnor6@yahoo.com*

### Members at Large

Marjorie Lyster ..... *margenhal@comcast.net*  
Jay Owen ..... *jayowen9@comcast.net*  
Rob Perry, Webmaster ..... *rob\_perry\_jr@hotmail.com*  
Mary Ramsey ..... *ramseyly@aol.com*  
Joanna Stuart ..... *jodalstu@wildblue.net*  
Rita Townley ..... *reetstownley@msn.com*  
Lauralee Tyrrell ..... *gramz22cool@yahoo.com*

### Medical Group Representative

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

### Dental Group Representatives

Kathryn Holt ..... *tosca230@gmail.com*  
Gail Clark ..... *gailclark@comcast.net*

### Members Emeritus

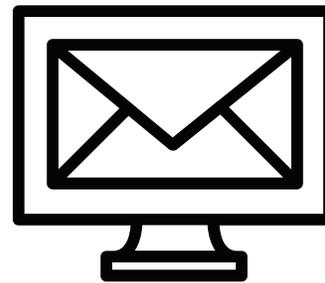
Ernest Aebi, MD	Ludene Clark
Stressla Beaver	Jeanette Neuburger
Jean Bradley	Vivian Terrall

**Eric Schuman**, a PA for Kaiser in the neuro department for 24 years retired in 2012. He was an active volunteer both during his work for Kaiser and since his retirement for the Board of Directors of the medical Society in Marion and Polk counties which was established in 1870. In this job he interviews various members of the Society and writes an article about some of their achievements which are published in a professional journal, Chart Notes. He also volunteers as a health care provider at Salem Free Clinics as well as a free clinic in Hillsboro, Oregon.

Eric is an avid photographer and teacher. He is currently teaching a photography class called "Street." You can view Eric's photographs at <http://ericpa3.smug.com/travel>. His other passion is working for Gold Bond reserve in Salem, Oregon and at Homeward Bound Sanctuary in Sacramento, California. These locations are part of a national program which rescues golden retriever dogs. Eric's job is to make a home visit to evaluate how appropriate the adopters are situated before receiving their dog. We might think of Eric as a guardian angel for golden retrievers

## KaPeRs' going green

KaPeRs members number 3,000 with only 450 of those receiving their newsletter via e-mail. We would like to increase the email numbers substantially, and with your



help it can be done. 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 home mail box; or not receiving it due to incorrect address.

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 request along with your name and home address (for our records) to *gvpats@aol.com* Subject line: *KaPeRs*.

## 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.

## Luncheon raffle winners

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Marci Clark and Guest James Dillard from the Oregon Food Bank drew tickets at the September 24th luncheon for gift certificates. There were six \$30 restaurant gift certificates, four sets of two tickets each to the Korean Drum and Dance performance on October 11, 2014 at Jesuit High School (compliments of KaPeRs member Martha Han) and one 'Pack It Up' book written by guest speaker Anne McAlpin.

The winners were: Carol Anderson, Jean Bartholomew, Carolyn Criteser, Margaret Fortsch, Bill Harris, M.D., Carolyn Jeffries, Joy Jesse, Maureen O'Connor, Dianne Philen, Karen Riedlinger, and Nancy Swanson.

## KP Human Resources Business

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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

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### KP Dental celebrates 40th anniversary

For 40 years, we've been giving our Northwest neighbors the power to thrive with clean, healthy smiles.

Recognizing that oral health is a crucial component of total health, Kaiser Permanente Northwest opened its first dental office in October 1974. The seed for Alpine Dental was planted in the late 1960s and nurtured in the early '70s by Dr. Mitch Greenlick, then director of the Center for Health Research and today a state representative. He led a federally funded research demonstration project providing dental care to 1,500 low-income families. This dental group practice model and prepaid system continues to empower Kaiser Permanente members to achieve high-quality, affordable oral health care to this day.

Thank you for trusting us with your smiles. We look forward to the next 40 years.

## Shine on!

Kaiser Permanente's Medicare health plan in Oregon and Washington has again received an overall rating of 5 stars, the highest rating possible from the Centers for Medicare & Medicaid Services.

Through the Medicare Star Quality Ratings system, CMS assigns scores of 1 to 5 stars to Medicare plans based on more than 46 care and service quality measures across nine categories, including staying healthy, managing chronic conditions, member satisfaction, customer service and pharmacy services.

This is the fourth year in a row that Kaiser Permanente's Oregon and Washington Medicare plan has received a 5-star rating.

"This rating reflects the hard work and success of our physicians and care teams, as well as the commitment our members make in partnering with us to stay healthy and active," said Andrew R. McCulloch, regional president, Kaiser Foundation Hospitals and Health Plan of the Northwest. "This dedication combined with cutting-edge technology systems truly makes Kaiser Permanente a model for health care in this country."

In addition to the Medicare star quality ratings, Kaiser Permanente Medicare plans were also recognized by the National Committee for Quality Assurance report — NCQA's Health Insurance Plan Rankings 2014-15 — as the highest-ranked Medicare plans in the nation for the fourth year in a row. The report ranks all seven Kaiser Permanente Medicare health plans No. 1 in the regions or states they serve.

"This prestigious recognition demonstrates that quality has been – and will continue to be – a critical area of focus for all of us at Kaiser Permanente Northwest," said Jeffrey Weisz, MD, president and executive medical director of Northwest Permanente, PC. "Our unwavering focus and commitment to quality allows us to consistently deliver safe and reliable care to our members."

## Board of Directors Actions

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The board met after the deadline for the August newsletter. Actions taken were as follows:

- Dr. Ian MacMillan has completed the 25th Anniversary Edition Publication and it will be distributed at the December luncheon.
- The annual art show has been a huge success, but due to limited space, there will be a maximum on number of attendees in the future. Also, the show is to provide a platform for our retirees to show their work and is limited to members only and is not a venue for selling of artwork. Business cards can be available for members to contact artists after the luncheon.

- Jane Walker was appointed KaPeRs newsletter editor, effective immediately. Thank you to Patsy VandeVenter for her many years as editor.
- An amendment to the By-laws was approved to allow current board members to share in the responsibility of President next year. New retirees are encouraged to step forward to help fill Board positions in the future.
- The President's position next year will be held by Janeene Siler, First Quarter; Judy Parmenter, Second Quarter; Kathryn Holt, Third Quarter; and Marci Clark, Fourth Quarter.
- Mary Ramsey is retiring from the Board at the end of December. Thank you to Mary for all the great work she has done for KaPeRs.
- KaPeRs member, Martha Han, attended and donated tickets to the Korean Drum and Dance performance on October 11, 2014 at Jesuit High School. These will be given out during the raffle at the September luncheon. Thank you, Martha.

At the November Board meeting, the following was discussed:

- It was suggested that we have a talent show at a future luncheon. This will be discussed further in January.
- Ian MacMillan, MD, told the group Kaiser Permanente will be opening both a medical and dental clinic in Eugene next year. Tom Harbor, MD, will be in charge.
- Patsy VandeVenter was presented with a card and gift card from the group in thanks for her many years as KaPeRs Newsletter editor. Thank you for your great service, Patsy.
- There will be a limited number of hard copies available of the 25th Anniversary Special Edition at the December luncheon. It will also be available on the KaPeRs website.
- Increased costs for operations was discussed and donations would be greatly appreciated. Donations may be sent to Kathryn Holt, P.O. Box 4543, Portland, OR 97208.

## KaiPerm CU News

### Financial Wellness Starts Here!

Apply today for a KaiPerm Northwest Credit Union VISA Credit Card at a low 9.95% Direct Advantage interest rate. Transfer a balance from another credit card to your KaiPerm VISA and receive a 1% balance transfer Rebate. **WOW!** If you have several credit card balances



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.

and would like to consolidate that overwhelming debt, you can use your fully paid car title and get a low 5% Direct Advantage rate.

Not familiar with KaiPerm Northwest Credit Union? We are Kaiser Permanente's Credit Union exclusively! We only service Kaiser Permanente and Northwest Permanente employees, family members, Retirees and insurance holders. Why not check us out at [www.kaipermnw.org](http://www.kaipermnw.org) or give us a call. Our Friendly Member Service Reps are happy to help!

### The Holidays are upon us... ...Are you ready?

KaiPerm Credit Union can help! We know that there is a need for an alternative to all those high interest credit cards. KaiPerm Credit Union has a special loan just for you.

### This Holiday Season, why not get a low fixed rate Holiday Loan\*?

- ✓ 3.99% Fixed APR
- ✓ 12 Month term
- ✓ Up to \$3,000 per household

**Call a friendly Member Service Representative at 503.813.3242 for an application or you can apply online at [www.kaipermnw.org](http://www.kaipermnw.org)**

\*Available November 1st, 2014 through January 31st 2015. Holiday Loan cannot be used to refinance an existing KaiPerm loan. Must have 100% net payroll deposit to qualify.

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](mailto:lois246@aol.com)

You are invited to the KaPeRs luncheon

Thursday, December 11 at 12 noon

Town Hall

3704 N. Interstate Avenue

Portland OR 97227

\$12 retirees, \$14 guests

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

Return this RSVP and payment by Thursday, December 4:

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

If you must cancel, please phone Kathryn at 503-223-0311 before Monday, December 8, 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 Thursday, December 11 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 provide your contact information here and someone will get in touch with you.

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.

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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](mailto:gvpats@aol.com). Subject Line: KaPeRs.



## KaPeRs (Kaiser Permanente Retirees Organization)

PO Box 4543  
Portland OR 97227

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](mailto: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](mailto:gvpats@aol.com). Subject Line: KaPeRs. To continue receiving the newsletter on-line, be sure to send e-mail address change to [gvpats](mailto:gvpats).