

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 – Wednesday, December 18, 2013

A very special treat awaits us at this year's KaPeRs' Holiday Luncheon! Co-Directors of the Portland Interfaith Gospel Choir, LaRhonda Steele, Ron Shoals, and Janice Scroggins; and guest singer MaryEtta Callier-Wells, will bring their incomparable vocal and musical talents to inspire us with their traditional and contemporary Black Gospel music!

LaRhonda is a multi-talented Portland Soul, R&B and Gospel artist; Ron, another powerhouse vocalist, has directed church choirs for many years (and he's a KP employee!), Janice is a well-known local keyboardist who won a Grammy in 2011 for her work on the Esperanza Spaulding/Thara Memory song "City of Roses," and MaryEtta is known for her soulful vocal stylings.

Get into the spirit of the holiday season and join us for this very special event. Seating is limited so make your reservation early.

Dates to Remember

GENERAL MEETING

Wednesday, December 18, 2013
12:00 noon Town Hall

PROGRAM

Members of the Portland Interfaith Gospel Choir

2014 MEETING DATES

General Meeting

February 20
May 28
September 24
December 11

Board of Directors

January 2
April 3
August 7
November 6

See page 7 for KaPeRs luncheon invitation

President's Corner

Marci Clark

We headed in late August to Portugal, eager for our travel adventure to begin. Unlike our usual post-retirement international travel with Habitat for Humanity, my husband and I left our hard hats and hammers at home and set out for a 3-week "just for fun" holiday. Our travel style is short on advance planning, but we were armed with 2 great travel books, maps, inn reservations upon arrival in country (and night of departure back to PDX), a shiny black Fiat for travel, and - very important - a new iPhone to stay in touch with the rest of the world.

A narrow strip of a country the size of Indiana, Portugal has a long history of seafaring exploration and trade with Africa, Brazil, India and China. Bordered on its western and southern coasts by the Atlantic Ocean, today Portugal boasts a rich immigrant population descended from conquerors and settlers attracted by the lucrative trade routes. As travelers and foreigners, we were uncommonly comfortable in this welcoming country.

We began and ended our trip in Lisbon, the capital and largest city in Portugal. Lisbon is modern with 40 museums, great ethnic restaurants and — best of all — an expansive “old town” near the ocean front where we spent most of our time exploring the music scene, Portugal’s famous pottery shops and the colorful food/fish markets. But much of the lure of Portugal lies in its small towns and villages, the gentleness of its people and the beauty of the country itself.



Our trusty Fiat took us along the beautiful western coastline where we climbed hilltop castles in Sintra, wandered the cobblestone streets of Nazare, and took in a village parade in Pias complete with thundering fireworks. We traveled north to the lush Douro Valley where vineyards cover the countryside

and wine museums celebrate the deep history of winemaking in Portugal. (Oenophiles take note: the wine was good, plentiful and inexpensive). We hiked to the phenomenal Devil’s Bridge near Geres and stayed in an ancient convent-turned-inn near Redondo. Maybe most spectacular were the white sandy beaches of southern Portugal and Cape Sagres at the most southwestern tip of Portugal and continental Europe.

Our overnight accommodations were always a discovery; they ranged from a small room over a café in the middle of the village square to an old inn perched on a mountainside in a picturesque skiing village to a modern hotel overlooking the Douro River. *Hotels.com* was our resource for the next night’s lodging throughout the trip. *Google Maps* was also an indispensable companion as we traveled the country.

From North to South and East to West, Portugal is an enchanting and easy-to-travel country. It has my high recommendation for your next trip to far-off lands.

Keeping in Touch

In an e-mail, **Carol O’Connor** writes: “Thank you for the email attachment of the newsletter. I appreciated learning about new retirees, like who has joined me in the great “world” of retirement. Actually I am only part-time retired because I am teaching Practical Nursing students part-time at a local community college. I miss being in Portland but still visit at least once a year. Keep

the news coming - I do enjoy keeping up to date on happenings “up there”. (She lives in AZ)

Kaye Harris Whitmer reports, “My husband and I enjoy a mutual love of outdoor music; so in April/May we attended the Jazz Festival in New Orleans, and in July we spent five days at the Portland Waterfront Blues Festival. In late June we travelled to Santa Cruz to spend a week at the beach with family, which included a visit to the boardwalk and the obligatory ride on the Giant Dipper Roller Coaster!”

David Ushman, MD, “continues to take ballroom dancing lessons at the Arthur Murray Studio in Beaverton”. He says he plays golf, badly, once per week! He’s taking his daughter, Meghan, to college for the first time at Walla Walla University.”

Georgene Smith reports she’s a member of the Gresham Community Choir, and the Merry Makers Kazoo Kitchen Band.

Since retiring in April 2011, **Deborah McLaughlin** has had two surgeries — bilateral hip replacement and right shoulder replacement. “Now that I am all healed up, pain-free, and mobile again I’ve been traveling — in New England for a school reunion and visit with family, and to South Carolina for a wonderful time with my son and granddaughter. I am enjoying retirement — gardening, my two Maine Coon Cats, friends, reading, crossword puzzles, and, soon, bike riding. All keep me nicely occupied.”

Ray Noel, MD “just retired from NW Permanente on June 30th, after a long career in Family Medicine. I joined NWP 1973-1985; left for private practice and returned 1990-2013. I’m still in a bit of shock in early full retirement - am active in church choir and vestry activity, a grandson who keeps us young, gardening, and a big increase in actually completing BOOKS I’ve read!”

Jim Hibbard reports “I retired from KP Pharmacy Dept. in 1999. I started at KSMC in Inpatient Director, then to Rockwood Medical Office, then involved with the closing of Bess Kaiser. I retired while supervising Central Interstate Pharmacy and Surgicare Pharmacy. I lost my wife two years ago. I have been involved in training dogs in the sport of Dog Agility.”

Connie Harris writes, “We went on a six-week camping tour of the Southwest parts of Utah, Arizona, Nevada and California. Now I’m trying to get organized for the upcoming winter.”

Michelle Hathaway decided it was time to retire when her daughter announced that she was pregnant. Since then, Michelle has provided day care for her three grandchildren. She also became a volunteer

with the SMART program (a reading program for second graders) at the Verne Duncan School where her grandson is a kindergarten student. Michelle says "I am very busy, but loving every minute."

Dee Shaw reports "I am enjoying my first grandchild, a girl. They live 40 minutes away. I belong to the Lady Elkettes doing a lot of work for those not as fortunate as I am."

Helen Fetherston writes, "I retired from Kaiser Sunnyside 10 years ago. I worked in Surgery Prep Unit for 25+ years. My husband, Wayne and I did extensive travel for eight years, and he passed away while visiting Japan in 2010. The last three years have been slowly moving on. I have a friend, Dwayne, who stays with me. It has been a blessing to have a companion to share lives. I'm attending the Sept. luncheon as I'm very interested in how they treat knee and hip pain."

Oregon Food Bank thanks our generous KaPeRs contributors

Once again, KaPeRs' 2013 Community Giving Campaign contributed generously to the Oregon Food Bank which serves families in Oregon and Southwest Washington. At the KaPeRs September quarterly luncheon, Marci Clark presented Karen Schartman, OFB Board Member and Vice President and CFO, KFHP of the Northwest, with a cash donation of \$3,906.00. This amount represents 10,000 meals for families struggling with hunger in our communities. In addition to the cash, over 160 pounds of food was also contributed and taken to the OFB distribution center. A HUGE THANK YOU to all who contributed to this very worthwhile cause.

Volunteer Opportunity North Portland

- Job: SMART program: Read with Kindergarten through 2nd graders 1 on 1 for 30" each; 1 hour commitment
- Where: Peninsula Elementary School
8125 N. Emerald Ave Portland
- When: Tuesdays and Thursdays
Biggest need is Tuesday from 1:10 to 2:10and secondly from 12:40 to 1:40 on both days
- Apply: www.getsmartoregon.org or call 971-631-1634

Please e-mail Rita Sheldrake at www.peninsula@getsmartoregon.org, or at rita_arden@hotmail.com, to let her know you've applied so she can ensure you are placed at Peninsula. It's very rewarding!

Rita Sheldrake is coordinator of SMART (Start Making A Reader Today) at Peninsula Elementary School in

Portland. Reading with the kindergartners through the 2nd grade started the week of Oct. 14th, and there is a desperate need for more readers. Over 50 children signed up for the SMART program at Peninsula School.

KaPeRs is looking for a few good people

Election of your new officers will take place in December 2014. Your Board of Directors is actively seeking members who are interested in leading your organization, specifically the positions of president, vice president, secretary and treasurer. An appointed position, Special Events Chair, is also open. To express your interest, please contact a board member listed elsewhere in this newsletter.

Volunteers caring and sharing

Retired from her position as a physician assistant in Kaiser's internal medicine department several years ago, **Liz Julee** has worked, both during her practice years, and since then, as a volunteer promoting gun safety.

Her interest in gun safety resulted from five deaths in her extended family. She says, "There was one hunting accident, a murder from domestic violence and most tragic, my mother's suicide by gun." Liz was already an adult when this occurred. However, she recalls that guns in her mother's home were unsecured, as was ammunition. "I do this work in honor of my mother's memory. I believe everyone needs to know how to store guns and use them safely."

Currently, Liz coordinates volunteers at an annual event at the zoo. Approximately 5,000 children come by various tables, sponsored by many different organizations. Children are asked what they should do if they found a gun. The correct answer, "don't touch it and let an adult know" is rewarded with a sticker or prize. They also teach water safety, appropriate seat belt and car seat use, as well as many other topics.

Thank you Liz, for sharing your personal story and for showing us how tragedy and grief can be turned to positive outlets.

KaPeRs going green

KaPeRs members number approximately 2,700 with only 334 of those receiving their newsletter via e-mail. We would like to increase the e-mail 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.



In Memorium

Norma Carter
Helen Knight
Joseph Leimert, MD

Lesta Strange
Marlene Walch

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
Ted Colombo, vice president..... tjclmb@comcast.net
Janeene Siler, secretary..... janeene@comcast.net
Kathryn Holt, treasurer..... tosca230@gmail.com
503-223-0311

Standing Committees

Patsy VandeVenter, newsletter editor..... gvpats@aol.com
503-245-2821
Ian MacMillan, MD, historian..... ismacm@comcast.net
Judy Parmenter, programs, special events..... parmenter.judy@gmail.com

Members at Large

Gail Clark..... gailclark@comcast.net
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Medical Group Representatives

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

Dental Group Representative

Kathryn Holt..... tosca230@gmail.com

Members Emeritus

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

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 a note 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.

September Luncheon Raffle Winners

These lucky persons received gift cards to local area restaurants. The cards were donated by KaiPerm Credit Union and KaPeRs: David Boardman, MD, Sherilene Bates, Connie Clemmens, Lenecia Wilgus, Marge Clemmens, Ferenc Gabor, MD, Inga Gloekler, and Georjean Wilkerson.

The Poet's Corner

Many of our KaPeRs' members are talented poets and we hope you will share your poetry in our newsletter. (We know you're out there!!) Submissions may be made via e-mail to gvpats@aol.com.

Graveyard Shift

Jan Weerts

I am the monotone page who drones
code blue, ICU, code blue, then echoes
a string of code clears like the muffled
clatter of a distant train. I am the cursor
who pulses sixty beats per minute, my
spiked P&T waves etched on rhythm
strips of cardiac terrain. I am the film
pinched in the metal jaws of the X-Ray
view box. Silver-laced shadows stretched
supine, cat-napping — I wait to be read.
I am the Chief Resident who is hooked
on Ambien asleep in the chaplain's chair
snoring like a band of sea lions.

I am the nurse on the graveyard shift
who quietly sits on the toilet waiting
for the next stall's flush — so no one
hears me pee.

Social Security Statements Go Online

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

To open an account, go to socialsecurity.gov/mystatement and answer a series of questions to verify your identity, then create a user name and password.

KP News Roundup

Our focus on quality helps keep you thriving.

For the third year in a row, Kaiser Foundation Health Plan of the Northwest is the top-ranked Medicare HMO in Oregon and Washington in the NCQA Medicare Health Insurance Plan Rankings 2013-2014.* In addition, the Centers for Medicare & Medicaid Services rated Kaiser Permanente 5 out of 5 Stars in Oregon and Washington in 2012-2014**, Medicare's highest possible rating, 3 years in a row.

*NCQA is a private, non-profit organization dedicated to improving health care quality. NCQA accredits and certifies a wide range of health care organizations. It also recognizes clinicians and practices in key areas of performance. NCQA's Healthcare Effectiveness Data and Information Set (HEDIS®) is the most widely used performance measurement tool in health care.

**Medicare evaluates plans based on a 5-Star rating system. Star Ratings are calculated each year and may change from one year to the next.

Say hello. We're in the mall.

A day of retail therapy doesn't usually include a stop to browse health care plans. But now, visitors to Washington Square Mall can take a healthy step toward a life of affordable, comprehensive care by signing up for a Kaiser Permanente health plan.

KPNW's new retail information center which opened in the Tigard, Oregon, mall in October, is designed to educate our community on the sometimes confusing choices that come with selecting a health care plan. As more Americans become eligible for coverage, Kaiser Permanente is committed to finding new ways to help our community thrive with honest, authoritative answers to their questions.

In addition to requesting quotes and signing up for health care plans, shoppers can scroll through information about the complexities of health care on a tablet or talk to a Kaiser Permanente representative about the benefits of our integrated care. Shoppers can also delve deeper into their own health by using a biometric screening device to figure out their body mass index.

And remember, if you have a friend or family member who is interested in health plan options, they can learn more at buykp.org.

Welcome New Retirees

Nancy Avey	Barbara Jenkins
Teddi Bainbridge	Sheila Jiroch
Lane Barton, MD	Yolanda Leonor Klingner
Paula Beers	Kim Kuechler
Janis Bickle-McMahan	Janelle LaRue
Anne Biller	Clee Lloyd, MD
Nancy Boehler	Mari Maras
Adrienne Borders	Linda McLaughlin
Marcella Brady	Sharon Michel
Zoann Brown	Michel Morgan
Allison Burgett	Edward Mulder, OD
Karen Cahill, OD	W. Michael Myers
William Cangle	Roger Osborn, MD
Lesley Carmody	Marina Kay Palo
Linda Carnley	Robertta Pilip-Hutchinson
Paul Cheek	Gregory Potter, MD
Gayle Chesley	Evelyn Rake
Rebel Clarke	Carolyn Ray
Maureen Conley	Deborah Robison
Sue Crownover	David Ruud, MD
Colleen Cunningham	Brenda Rush
James Dennis, MD	Stephanie Schoap
Mary Engel	David Scott, MD
Nancy Fasilis	Paul Shirey
Jeanell Flaherty	Muriel Silliau
Katherine Foidel	Linda Snyder
Cheryl Gabriel	Barbara Strunk
Marla Gardner, MD	Barbara Swatman
Priscilla Ann Giammalva	Dixie Sweo
Fredrick Gill, MD	Dorothy Terwilliger
Sara Grant	Janet Upham
Janice Guziec, MD	Kathryn VanBeeck
Pat Harrington	Linda Versteeg
Jean Hartman	Stephanie Volk, CRNA
Gene Hatch	Jane Wageman
Deborah Hedges	Janet Weller
Margie Howard	Barbara E. West
Michele Kathleen Howard	Janie White
Gordon Hull	Toni Willey
Connie Ivie	Theopolis Williams, MD
Joyce Jaques	

New Gateway facility is a model of sustainability.

In Southeast Portland, we've been busy transforming a former big box store into a modern medical facility.

KP's new Gateway Medical Office, which is scheduled to open in December for patient care, is on track to be one of only three medical facilities in the country to

earn Gold-level LEED designation for Healthcare, The unique design of the Gateway Medical Office reused and repurposed a former retail space, transforming it into a modern care facility designed to promote total health. The facility will be the new home for staff, physicians, and members from the nearby Division Medical Office.

In addition to the facility's green design, visitors to Gateway Medical Office will find healthy, patient-friendly touches, including open spaces with windows to maximize exposure to natural light, larger exam rooms built for noise reduction and patient privacy, and closer proximity to public transit. And of course, because this is Portland, there will also be ample room for bike parking.

Board of Directors Actions

October 31, 2013

- Treasury - \$2,555.00
- Members donated \$3,096 in cash to Oregon Food Bank & 160 pounds of food.
- Webmaster, Rob Perry, presented future upgrades to website.
- Discussion of recruitment for 2015 slate of officers, including President, Newsletter Editor & Special Events chair positions. Shadow opportunities are available.
- Discussed ideas for 2014 programs and outings.

KaiPerm CU News

Need some Green???

When you're a KaiPerm Northwest Credit Union Member, there's always a surcharge-free ATM nearby. The MoneyPass network offers hundreds of surcharge-free ATMs coast to coast located where you live, work & travel. Check out MoneyPass.com for an ATM in your area.

Use KaiPerm Northwest Credit Union ATMs located inside the following Kaiser facilities:

- Sunnyside Hospital*
- Central Interstate Medical Office*
- Westside Medical Office*
- Beaverton Medical Office**
- Salmon Creek Medical Office**
- Skyline Medical Office**
- Kaiser Permanente Building**

**Deposits and Withdrawals*

***Withdrawals only*

For even more convenience, if you have a KaiPerm checking account with a debit card you can get cash back when you make a purchase at most merchants. Just ask for cash back when you enter your PIN into the point of sale machine. There is no charge and the transaction comes right out of your checking account.

Need to make a deposit? Deposits and withdrawals can be made at US Bank ATMs located at the bank branches. These are surcharge-free and often are drive-up ATMs.

If you have more questions, please contact a Friendly Member Service Representative at 503.813.3242. They will be happy to help!

Life Can Be Overwhelming...

Let KaiPerm help you enjoy life by helping you consolidate debt or refinance your car for a lower interest rate. We have loan products to help you become more financially stress free. And with our Direct Advantage Checking product you get low loan rates, higher dividend rates and other free products and services to help simplify your financial situation. Let our Loan Officers help get you on track. Call our Loan Department at 503.813.3249 or 503.813.3248. We will be 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.

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.

KaPeRs Newsletter is published four times a year for retirees of Kaiser Permanente NW Region. Your news and comments are welcome. Please include them with your luncheon reservation. Or send items for the newsletter to:

Patsy VandeVenter, 7520 SW Ashdale Court, Portland, OR 97223, or to gypats@aol.com

You are invited to the KaPeRs luncheon
Wednesday, December 18 at 12 p.m.
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, December 11:
Kathryn Holt, P.O. Box 4543, Portland, OR 97208

If you must cancel, please phone Kathryn at 503-223-0311 before Friday, December 13, 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, December 18 at 12 p.m.
 - This is my first time attending a KaPeRs luncheon.
 - I prefer a vegetarian lunch.
 - I need transportation to the luncheon.
 - I am able to provide transportation to the luncheon for someone who lives nearby.
- I am enclosing \$10 for my luncheon, payable to KaPeRs. My Name _____
- I am enclosing \$22 for my guest and me. My guest's name _____
- Yes, I want to support KaPeRs. My check includes a contribution in the amount of \$ _____ (Our sincere thanks to those of you who have already contributed!)

Is the address label on the reverse correct? If not please write in any changes (including phone number) below the label and return this form to Kathryn Holt at the address above.

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 _____ 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)

PO Box 4543
Portland OR 97227

Place address label here.

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Have You Moved Recently?

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

Online Newsletter

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