



www.kcfree.org
816-753-5144

The Check Up

FOR A HEALTHY COMMUNITY

Fall 2004

Entrée Selected by Chiefs #83 Kendall Gammon to Benefit KC Free!

Kendall Gammon, Kansas City Chiefs' long snapper and local business owner, is putting his epicurean talents to work for the Kansas City Free Health Clinic!

Working with Hotel Phillips Chop House Executive Chef-Extraordinaire Michael Dunn, the popular and highly respected (meat & potato man) Gammon came up with an entrée that will appeal to those in Kansas City who enjoy good food—medallions of roasted tenderloin in a port reduction sauce, mashed potato profiterole and fresh asparagus.



Michael Dunn working with Kendall Gammon

Kendall and Leslie Gammon as well as other good friends and supporters of the Clinic will have dinner together at the Chop House on Monday, January 10 to "kick off" this fundraiser. All proceeds from this dinner will benefit the Clinic. The dinner is \$60 per person and includes valet parking. The menu is impressive:

- Pan Seared Jumbo Gulf Shore Shrimp with Crawfish Gumbo Sauce paired with Sonoma Cutrer, Russian River Valley, California, 2002 Wine
- Roasted Tenderloin of Beef, Roasted Garlic Red Wine Reduction accompanied by "Mashed Potato Sandwiches" and Asparagus paired with Kiona Cabernet-Merlot, Alexander Valley, 2002 wine
- Granny Smith Apple Wellington, Vanilla Ice Cream, Cherry Bourbon Sauce paired with Royal Tokaii, Hungary wine

This special Monday evening will start with a reception from 6:00 p.m. to 7:00 p.m., with complimentary hors d'oeuvres and cash bar. Dinner, more fun, words from Kendall will begin at 7:00 p.m.

Located at 106 West 12th Street in downtown Kansas City, the sophisticated setting of the Phillips Chop House reflects the 1930s grandeur brought back during the hotel's 2001 restoration.

Call the Chop House today at 816-221-9292 for reservations for January 10 as only 90 guests can have dinner with Kendall and his wife, Leslie.

Kendall's entrée selection will join the Chophouse dinner menu for \$32.00, from January 11 through February 10 with 25% of all orders directly benefiting the clinic. It couldn't be any easier to support the Clinic—Just EAT!

Kendall and his wife, Leslie, are extremely active in the Kansas City community; they are committed to setting a positive example for young people and believe in giving their time and name to causes that they believe in deeply. A humble man, Gammon has been quoted as saying "There's only so much you can say about long snapping. I love it, but it's not going to make Scientific America. Only in America can you snap a ball between your legs and get paid for it. It's a beautiful country."

- FEATURING -

- ♥ Chiefs #83 Helps Raise Funds for Clinic
- ♥ Clinic to Implement Linkages to Care Program
- ♥ Executive Director Report
- ♥ Lofty Ideals 2004, A Great Success
- ♥ Wish List
- ♥ Clinic Staff Visits Azerbaijan
- ♥ Take a Loved One to the Doctor Day
- ♥ 1st Place Award for Bloom '04 Invitation
- ♥ Help the Clinic Help the Uninsured
- ♥ Meet Jill Aberdeen—°KC Free Volunteer
- ♥ New Consumer Advisory Council
- ♥ Bloom 2005 – May 14

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KC Free to Implement Linkages to HIV Care Program

The Kansas City Free Health Clinic is one of only 11 agencies across the country funded by the Centers for Disease Control and Prevention (CDC) to implement Linkages to HIV Care program. The CDC initially targeted this program to agencies in the South and the Clinic is one of only two agencies north of the Mason-Dixon Line to be awarded a grant. The program connects individuals who have recently tested HIV positive with appropriate prevention, care and treatment. The Clinic is partnering with Truman Medical Center, Wyandotte County Health Department, and Kansas City

Health Department in this effort.

According to Amber Rossman, Program Manager, "This program is a community response to alarming trends in the Kansas City area. Of all the individuals who were diagnosed with HIV in 2003, it is estimated that only 43% are enrolled in medical care. We must do better." The Clinic's goal is to increase the rate of enrollment into care within the Kansas City Ryan White service delivery system to the Healthy People 2010 target of 80% over the next two years.

Executive Director Report

As we enter this holiday season, I find myself thinking about the first settlers who journeyed far across the ocean. As they gathered to give thanks for the harvest and to prepare for the winter, they also gave thanks for the health of those who had survived. I find it daunting to realize that here in the Kansas City area this holiday season there will be thousands who gather to give thanks but to also seek support as they face illness and poor health and without health insurance.

Today, there are over 300,000 people without health insurance in our community.

These are people like you and me who work hard, who care for their families, who dream the American dream. They often work two or three jobs to make ends meet, yet are unable to afford

or acquire health insurance. They are faced with the challenges of diabetes, high blood pressure, asthma, HIV, addiction, or mental illness.

Last year, the Clinic provided over 34,000 patient encounters and filled over 15,000 prescriptions for our patients. Outside the Clinic, there were over 14,000 outreach encounters completed. Yet, we still turned hundreds away each week.

Even more so at the holidays, those of us affiliated with the Free Health Clinic give thanks to the community for its support, for the wonderful volunteers who work tirelessly to provide care, and to our donors whose contributions keep the doors open and make the services possible.

We have undergone substantial growth for which we are thankful, but now more than ever



Sheridan Y. Wood

we need your support to ensure that those who seek care from the Clinic receive it. Please think of the Free Health Clinic this holiday season and make a donation and/or call us to volunteer. We have come far from the days when Dr. Goodvibes proclaimed that “A Healthy Hippie is a Happy Hippie,” but our mission of promoting health and wellness by providing quality services, at no charge, to people without access to basic health care, is even more challenging today than it was 30 years ago!

Lofty 2004—Looking Up in Kansas City



Shown is a glimpse of the beautiful loft home of Melissa Stevens that was on the Lofty Ideals 2004 Tour

Months and months of planning, meeting, strategizing and working toward lofty goals finally paid off when the Kansas City Free Health Clinic hosted the Lofty Ideals tour and reception on Oct. 2 & 3, raising nearly \$78,000 in this second-annual event.

It was a beautiful, sunny day for the nearly 300 guests who gathered at the Cadillac Building, a loft project developed by Bob Frye at the corner of Gillham and McGee, to tour the lofts located up and down the Grand Boulevard corridor and on the western bluffs overlooking Bartle Hall.

Guests, volunteers and loft owners enjoyed a fun-filled reception Saturday evening in the old showroom of the Greenlease Cadillac distributorship—a room completely transformed with sheer white draping, dimly lit candles, beautiful flowers, a stage featuring Dan Doran, and banquet tables laden with sumptuous samplings from many of Kansas City’s premier restaurants and food retailers.

2004 Lofty Ideals Committee

Tyler Adkins, Co-Chair
Ed Stevens, Co Chair

John Anderson

Lisa Ashcraft

George Birt

Marsha Bjerkan

Kelli Christmas

David Cooper

John Hall, MD

Sloane Harper

Katie Heschmeyer

Jay Higdon

Woody Kinney

Jenell Loschke

Susan Moehl

Roger Nail

Doug Stockman

Mike Swenson

Pacia Thomas

Amelia Trollinger

Mary Wegener

Jenny Wittenborn

Clinic Wish List—Winter 2004

Because of the shortage of vaccine this flu season, the Clinic’s wish list takes on a unique look....if you can donate the following, please stop by the Clinic with your donation or call 816-777-2762.

Cough drops

Cough syrup

Throat lozenges

Coricidin HBP over-the-counter cold/flu medicine

Any other over-the-counter cold/flu products:

Generic acetaminophen

products

Canned chicken noodle soup

Clinic Staff Members Visit Azerbaijan

This September, Clinic staff members Jamie Stevens, Counseling and Testing Services Coordinator, and David Lein, M.D., HIV Clinical Director, traveled to Azerbaijan to learn more about the linked HIV and intravenous drug use epidemics in that country. The trip was sponsored by the US State Department, was a follow up to a trip made by a group of Azerbaijani physicians to the US in 2003, during which they spent an afternoon at the Clinic. Sites visited included the National AIDS Center, Sungait Refugee Camp, The Humanitarian Foundation for Children, The Institute of Obstetrics and Gynecology, and The Azerbaijan Public Health Association.

Stevens and Lein also toured narcotic addiction treatment and needle exchange programs, and participated in group meetings with a variety of government health officials.

Azerbaijan lies along a major heroin transit route into Russia, the Former Soviet Union States, and Eastern Europe, and has seen a large increase in its IV drug using population in recent years. Combined with an increase in prostitution and the decay of public health infrastructure since the dissolution of the Soviet Union, Azerbaijan has become one of the developing countries now on the leading edge of the AIDS epidemic. As the country now moves into a phase when Azerbaijani cli-



Shown with their Azerbaijani hosts are Jamie Stevens, second from the left, and Dr. Lein, second from the right.

nicians can begin to treat HIV infection, successful implementation of treatment programs for both HIV and substance abuse are critical.

“Be like Buck—Make Healthy Life Choices”

“Take a Loved One to the Doctor Day” was created by the U.S. Department of Health & Human Services (HHS) to encourage individuals who do not normally seek basic health care (a large percentage of whom are in the African American and Hispanic populations) to see a doctor. The 2004 kickoff event in Kansas City was held at the Negro League’s Baseball Museum, at 18th and Vine in the heart of the City’s famous Jazz District, on September 21. The event attracted 1,200 people and 400 people were screened.

The theme for the event honored and recognized ninety-three year old Kansas City baseball hero, Buck O’Neil.

Over 20 community partners provided health screenings, prevention interventions, and health information on-site at the Museum as well as special services at their own clinics. Joining the Clinic in this event were:



Buck O’Neil is shown enjoying the activities of “Take a Loved One to the Doctor Day.”

- Black Health Care Coalition
- Cumulus Radio
- El Centro Inc.
- FM Magic 107.3 (ABC)
- GEM Theatre
- HealthCare USA
- Full Employment Council

- Hy Vee Grocer
- KC – Chronic Disease Coalition
- MC+ Advocacy Project & Legal Aid of Western MO
- Metro Medical Health Foundation
- Negro Leagues Baseball Museum
- Samuel Rodgers Community Health
- Shawnee Mission KIA
- Swope Community Enterprise Services
- Seton Center Family & Health Services
- U.S. Department of Health & Human Services
- Yellow Cab

The Clinic provided Rapid HIV testing for 17 people, three of whom had never been tested before, from the mobile unit at the kickoff event. At the Clinic, 35 walk-in patients were seen in General Medicine for STD screenings, complete check-up, diabetes/thyroid, allergies, digestive problems, and other illnesses.

Philly Awards for Philanthropy Marketing Excellence

1st Place Invitations/Special Event Publications—BLOOM 2004



In writing about charitable events and the invitations that are used to publicize those events, Kansas City Star social columnist Ann Spivak recently wrote, “... charitable organizations are putting more passion, time and money into the first thing their patrons will see —the invitation.”

That truth came to light this fall when the Kansas City Free Health Clinic won a first-place award for

is Bloom Party 2004 invitation at the Midwest Council on Philanthropy’s annual luncheon.

Kudos to committee chair Greg Hugeback, designer Terry Newell, and printing coordinator Kyle Danner. The team of three created a beautiful and very compelling piece that indeed achieved its objectives when the event welcomed more than 1,200 attendees to the April fundraiser—a 300 percent increase over the previous year.



Development Department
3515 Broadway
Kansas City, MO 64111
816-777-2762
www.kcfree.org

Dear Friend:

As the new Director of Development for the Clinic, I am amazed at the quality and scope of free services the Clinic provides and yet, how few people know about us. Those who visit us for the first time are notably impressed by our professional and caring atmosphere.

With about 10,000 of the 300,000 uninsured in Kansas City as patients, the Clinic has over 34,000 encounters with patients annually, providing basic care in the areas of general medicine, dental, mental health, and HIV prevention, care and treatment.

Our patients are people like you and me who have lost their jobs or who work for employers who do not provide insurance as well as people who just cannot afford the high cost of insurance. Our patients come from all walks of life and from all geographical areas of our community—they are not the indigent and they are not lazy!

The Clinic’s vulnerability as a non-profit is its dependence on government funding. The Clinic has the facility, but not the financial resources, to provide more care to the people of Kansas City.

- **In General Medicine Services 200-300 patients are turned away each week as appointments are not available. These are people seeking basic care for common conditions such as colds/sinusitis, high blood pressure, skin ailments, diabetes and other acute or chronic illnesses.**
- **There is a wait list for dental care which is only offered two days a week due to limited funding and volunteers.**
- **There is a waiting list for the mental health program with over 100 turned away each month.**
- **15,000+ prescriptions were dispensed last year but limited funding impacts drug availability.**

I ask that you be as generous as you can during this holiday season to help make Kansas City a healthier place to live and work by making a donation today!

Please come see us. Just give me a call at 816-777-2762, and I’ll give you a tour. Until then, good health and happiness to you this holiday season!

Sincerely,

Peg D. McKee,
Director of Development

We aren’t the biggest and we aren’t the most publicized, but the Kansas City Free Health Clinic has been providing free healthcare services to people in our community for more than 30 years!



Yes, I would like to help make Kansas City a healthier community by donating:

___ \$1000 + ___ \$500 + ___ \$250 + ___ \$100 + ___ \$ _____

Enclosed is a check payable to the Kansas City Free Health Clinic for \$ _____

Or, please charge \$ _____ to my: ___ Visa ___ MC ___ AmEx ___ Disc. Card # _____ Exp. _____

Name (please print) _____

Address City/State/Zip _____

Daytime Phone _____ E-Mail Address _____

Detach and mail to: Development Department, Kansas City Free Health Clinic, 3515 Broadway, Kansas City, MO 64111

Or, call 816-777-2762 or e-mail pegm@kcfree.org **THANK YOU!**

KC Free Volunteers— Commitment and Passion

Meet Jill Aberdeen, RN

When the Kansas City Free Health Clinic was founded by a group of concerned citizens in 1971, the Clinic relied on committed volunteers who created a non-judgmental, compassionate environment to carry out the mission to provide quality health care without charge to those who could not afford such care. Today, with 67 staff members and many more services, we still rely on 450 active physicians, nurses, dentists, counselors, administrative support, and development volunteers to provide quality health care to the uninsured and underinsured citizens in Kansas City. Volunteers provided KC Free with over 30,000 hours of time in 2003-2004.

One of our volunteer nurses, Jill Aberdeen, RN, is a commendable example of such volunteers. Jill has been volunteering at the clinic once a week since August of this year. Since graduating from the University of Missouri in December 2003, Jill has been working at North Kansas City Hospital in the Trauma/Surgical ICU. For Jill, volun-

teering at KC Free is “a lot more relaxed and fun and less stressful than working in the ICU” and allows her to meet new, diverse people in the community. She also feels appreciated by the patients and enjoys the staff and other volunteers.

We want to thank Jill for the commitment and passion she shows each patient, staff and volunteer at KC Free. If you are interested in volunteer opportunities at KC Free, please contact Ginny Ramseyer Winter at 816-777-2761 or ginnyrw@kcfree.org.



Jill Aberdeen, volunteer RN, takes Juanita Dennis' temperature during a general medicine clinic.



Shown is the *Tree of Remembrance* where individuals may dedicate red ribbons in memory of someone who has lost his/her life to HIV/AIDS. The tree is in the lobby of the Clinic and will be up through December. There is no charge to dedicate a ribbon.

Consumer Advisory Council Formed

Listening to those Who Use the Services of the Clinic

How you see the Clinic depends upon your connection to and experience with the Clinic. How a Board Member views the Clinic will likely be different from how an employee views the Clinic and different from how a user of the services views the Clinic. The missing link was the consumers and for this reason, a Consumer Advisory Council has been formed so that Clinic leadership can tap into and use the information that can only come from a consumer.

Members of this Council are or have used the services offered by the Clinic; the makeup of the Council includes consumers from all the various program areas.

The Council meets monthly under the coordination of Sally Neville, M.S.N., R.N., Director of HIV Primary Care. Members give their time, energy, ideas, suggestions, and input so that the Clinic can improve its services!

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The Check Up

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Kansas City, MO 64111
816-753-5144

www.kcfree.org

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FOR A **HEALTHY** COMMUNITY

Schedule of Services offered Monday through Friday:

Adult/Family Medicine
Women's health
TB Testing and readings
Pregnancy Testing
Chiropractic Care
Mental Health Services
Mammograms
Dispensary
HIV Counseling and Testing
HIV Primary Care
HIV Case Management
Physical/Occupational Therapy
Peer to Peer Counseling
Community Outreach Programs

Two Clinic Locations:

Midtown: 3515 Broadway, KC, MO
Eastside: 5119 E. 24th St., KC, MO

Please call 816-753-5144 for a detailed schedule, additional information or to make an appointment.



BLOOM AGAIN

May 14, 2005

at the Fairmont at the Country Club Plaza

Join co-chairs Dan Nilsen and Lee Page as they plan to make this a night to remember.

Enjoy live music to dance to, a silent auction to shop, delicious hors d'oeuvres to sample, drinks to share and a good time for all.

THE BLOOM PARTY

May 14, 2005
Fairmont Hotel

Stay tuned ...

MISSION

The purpose of the Kansas City Free Health Clinic is to promote health and wellness by providing quality services, at no charge, to people without access to basic care.