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## - FEATURING -

- ♥ Lofty Tours 2005
- ♥ Executive Director's Report
- ♥ Volunteer Appreciation
- ♥ Dental Diaries: Patients and Dentists Tell All
- ♥ Healing Through Art
- ♥ New Grants Awarded
- ♥ Bloom Party 2005-THANKS!

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# The Check Up

FOR A HEALTHY COMMUNITY

Summer 2005

## Raising the Roof! Lofty 2005

Third Annual Exclusive Tour & Celebration of Downtown KC Living

**Date:** Saturday, October 1  
**Tour Hours:** 10 a.m. – 5 p.m.  
**Ticket Prices:** \$50 ( \$75 at Door)  
for Tour, Trolley  
Transportation, and  
Celebration of City Living  
Street Party

River Market and Crossroads businesses will be offering complimentary and/or discounted items (refreshments or food), services and/or attractions to encourage tour-goers to stop in while they are in the neighborhood for the tour.

### *Street Party, 4-8 p.m.*

The tour will end with a good old street party! The Celebration of City Living will give tour-goers the opportunity to meet and mingle with sponsors, local business people, property residents, advertisers, event steering committee members, and event volunteers.

Boulevard Brewing Co. will provide the beer; Chop Inc. will be in charge of the food. Talented jazzman Max Groove, along with guitarist Max Berry, drummer Pete Cole, and Kenny Hudson on bass, will provide the smooth jazz.

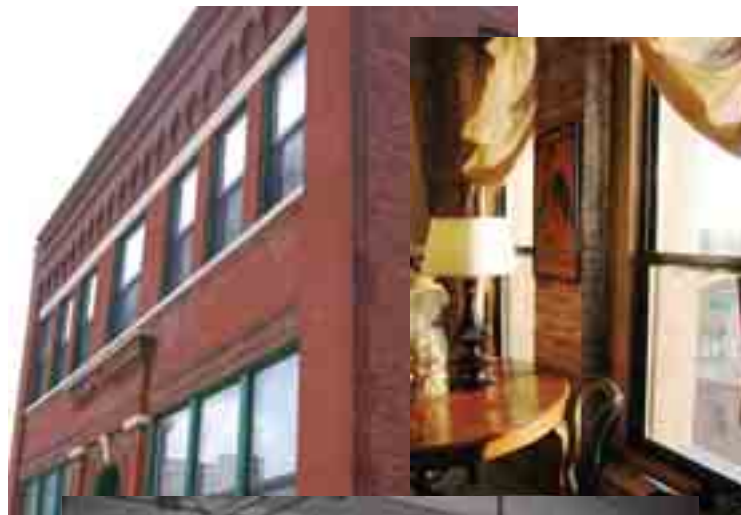
### *A Tour of Privately Owned and Occupied Manhattan-Style Lofts*

Six to eight privately owned and occupied lofts in The River Market District and The Crossroads Art District will be open for tour-goers to visit.

The tour will be exclusively of “Manhattan style” lofts, lofts that start out originally as empty, open shells with high ceilings, expansive windows creating light-filled rooms, and exposed ductwork. Many have exposed brick walls; some have concrete floors. Most urban loft dwellers shun the traditional décor; they define space with screens and pillars, arrange furniture to form small rooms in open areas, and incorporate views from outside into the interior design. *Loft Living* magazine describes loft living as the modern dwelling phenomenon that is “the ultimate in cool contemporary living.”

### *Walk or Ride*

There will be several trolley stops in each neighborhood to transport tour-goers who choose to ride; trolleys will go back and forth between neighborhoods. Each trolley stop will feature food and/or drink, entertainment, and volunteers to assist tour-goers.



# Executive Director's Report

The Clinic has received a great deal of recognition recently for the work that our volunteers and staff do to provide care to the uninsured and underinsured in our community.

As the providers in the safety-net discussed the additional funds raised by the community saying YES to Question 1, all agreed that the formula used to divide the funds in 1988 was no longer valid as the Clinic needed to receive a larger portion. To make this happen, everyone gave up "a piece of the pie." This support is unprecedented and once more demonstrates that the Clinic does indeed belong to the community.

The recognition given to the Clinic in April by Katheryn Shields in her State of the County address, followed in May by the Missouri Association of Social Welfare KC Chapter's Pillar Award for Community Service.

My recognition by the Council of Philanthropy on May 11 as the Non Profit Executive of the Year and the comments and support shown around this event was one of the highlights of my career and so humbling as I looked at others chosen in the past to receive this recognition. My thoughts that I shared that day with those present were—

*I want to thank the Council of Philanthropy for this Award and recognition which is really about the phenomenal amount of caring and work that committed volunteers, board members and staff have done for years at the Kansas City Free Health Clinic to ensure that those without access to health care get the services they deserve.*

*I have been privileged to spend my entire career, primarily as an executive director, in the most exciting and rewarding sector there is. There have been so many people who have helped me over the years by not only sending that elevator back down but also getting on it with me to address challenging issues and to use their unique skills to solve problems, providing wise counsel and support. People who have donated countless hours and dollars to strengthen their community and to help people in need—true servant leaders. Non-profits are like four-legged stools—our boards, our volunteers, our financial supporters, our staffs—all working together to improve the community. All legs must be strong to accomplish our missions. If one is weak, the stool will wobble and not be fully rooted.*

*We live in the best town there is, one where Bob and I are choosing to call home when he retires later this year. Each of you in this room today make it the caring, "can do" place that it is. What other community has stepped to the plate to pass an additional property tax to support indigent health care? Thank you for saying YES to Question 1.*

*We have all lived through difficult and challenging economic times and many feel we have weathered the perfect*

*storm and are stronger. However, with what is going on in our nation's capital as well as our state's capital, the most challenging times may yet be in our future. We will be challenged even more to look at how we do business and how we partner and to stretch even further our limited resources. We must make our voices heard.*



Sheridan Y. Wood

*The evolution of the Kansas City Free Health Clinic is a perfect example of what is best in the non profit sector. Our board worked hard to develop a vision and mission statement and strategic plan to guide our future. They established policies and set direction that enabled our staff and volunteers to dream, to risk, and to respond quickly to identified needs and opportunities. The philanthropic community supported us as we created an environment that embraced collaborations and partnerships; an environment where we can risk and even fail; where we celebrate victories and successes and where we are always focused on our clients. Working together we have transformed the Free Health Clinic to one of the largest free health clinics in the nation that is nationally recognized for its cutting edge HIV programs and is viewed as the net beneath the safety net of health care providers in our community providing general medicine, dental and behavioral health services that today even includes art therapy for our patients.*

*It is a joy and a privilege to go to work every day and see that people are cared for with dignity, skill and respect and to work with a team of volunteers and staff that maximizes resources in ways many could not imagine. This award is really for our staff and volunteers who all have a passion to ensure that all have access to health care and to celebrate the years of work they have done. I thank you for the recognition and know you will continue to support our work.*

If you are reading this column, it means you are one of our supporters who understands the critical needs of our community and the Clinic. I thank you for your support of our mission and our work and ask for your continued support as we strive to meet the ever widening health care needs of the community.



**For each bottle of Bloom Wine that is sold, the Lukas Liquor SuperStore at 119th & Metcalf, is making a donation to the Clinic! Although the wine is good, the bottle is attractive enough just to buy to display.**

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## Appreciating Volunteers

Clinic staff and volunteers came together on June 23rd to celebrate the annual Volunteer Appreciation Event at UMKC's Diastole Center.

Five hundred volunteers give over 30,000 hours of service to Clinic patients, providing services to many who would not otherwise have access to quality, affordable care.

The Clinic is, in the truest sense, community mobilization. Volunteers and staff

work tirelessly with our partners in the community as catalysts for change and to promote social justice, all while we provide quality services for the uninsured citizens of Kansas City.

Thank you, Clinic Volunteers, for your unwavering support and dedication to the Clinic's Mission and patients. We truly could not do what we do without you!

*“Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in.” – Anonymous*

## Introducing the new KC “Free Spirit” Bracelet

Custom designed and made by a local artist, the KC “Free Spirit” Bracelet is all sterling silver with Austrian crystals. It comes in 7 inch and 8 inch sizes.

The KC “Free Spirit” Bracelet is the perfect gift, for you or for someone else! It comes boxed and will be mailed within 10-14 business days.

Of the \$40 cost, \$16 of each bracelet sold will be donated to the Clinic. Support the Clinic while treating yourself! To order call (816) 777-2762 or e-mail [pegm@kcfree.org](mailto:pegm@kcfree.org).



# THE DENTAL DIARIES

Because of a shortage of volunteer dentists, as well as a shortage of funds, the Dental Clinic, located at the Clinic's Eastside location at 5119 East 24th Street, cannot treat all the people who call in for appointments. This is such a shame... here is what patients, doctors, and staff have to say about the Dental Clinic and its importance.



## *Annie, Dental Patient*

*Lives in south KC and took a bus to the Clinic. Medicaid was cut.*

"I haven't had insurance for two months because my Medicaid was cut. The Clinic is a life-saver. I don't know where I would go, but I wouldn't be smiling. I don't open my mouth very much and I cover it when I do talk. I used to have good things to say, but I spit on people when I talk because my teeth are bad."

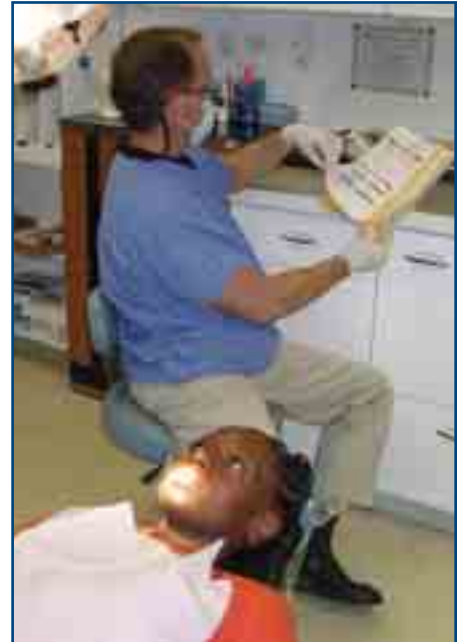
"The Clinic is a blessing."

## *Robert L. Claassen, D.D.S.*

*Member of Board of Directors  
Volunteer Dentist*

"Medicaid has be dropped dental coverage for thousands of adults in Missouri. Many more people will seek dental care from public health clinics and free clinics, such as ours, as a result of these cuts. We as dental professionals have a responsibility, I believe, to reach out into our Kansas City Community and help meet the needs of these uninsured."

We at the Kansas City Free Health Clinic could use your help to try and meet this overwhelming need. If you feel you could donate a few hours a month to treat patients or make a monetary commitment, your contributions can only make our city a better and healthier place to live."



## *Brandon, Dental Patient*

*Lives in Independence*

"I have Blue Cross/Blue Shield through my job, but it doesn't cover dental work. I don't know where I would go if I couldn't come to the Clinic. This is my last hope."

"It means a lot especially for those who don't have insurance that pays for everything."

## *Terry, Dental Patient*

*Lives north of the river*

*Has job with benefits but insurance is not affordable*

"The dental clinic can help a lot of people who are in need of dental care and have a financial need."

"I work at Wal-Mart full-time, but the insurance they offer is not affordable. It has been a few years since I have seen a dentist."



## *Nancy Zaner, FNP, Director of General Medicine*

*Kansas City Free Health Clinic*

"Dental programs serving the uninsured and underinsured are seeing the increased need for their services more than ever before with fewer dentists accepting Medicaid, Medicaid state budget cuts, and increasing numbers of persons without insurance. Dental care is paramount to an individual's overall health and the Kansas City Free Health Clinic continues to strive to do its part with other community safety net providers to meet this overwhelming community need."



## *Clay Sligh, D.D.S*

*Volunteer Dentist*

“The Kansas City Free Clinic gives people who are experiencing difficult financial challenges a chance to receive quality health care. Its value to our citizens cannot be measured in dollars, however, but in the comfort it brings to those in need and in the purpose it gives to the providers of that comfort. It’s more than just a cornerstone of the community; it’s a beacon of hope, where people who need a helping, healing hand can find the services that provide for a better quality of life. A statement over the fireplace at the Diastole Center states, “Happiness is not found in Pleasure, but relief of Pain.”

The Kansas City Free Clinic relieves pain, which in turn gives comfort. What keeps this phenomenal care center going? The strong heart of the volunteer--and that’s YOU! Your chance has come to allow yourself to become a part of this great organization; one that offers challenges like you just wouldn’t believe. As the Samaritan reached out from the bottom of the trenches to help the individual who needed a second chance, you could be that Samaritan for someone TODAY. We all know that giving is important; without it, societies would leave people alone and hurting. If you want to experience the ultimate sensation of a tingling up and down your spine, and a feeling deep down that “I did something that mattered,” well here’s your chance. Working in the trenches, at one of the Clinic’s locations and extending your hand personally, there’s no other experience like it.

To be honest, we need dentists with good clinical skills and a spirit of compassion. Your patients, friends and the community you live in will highly appreciate your humanitarian efforts to provide comfort for the people currently living with misfortune. I hope you will give deep consideration to sharing your God-given talents to someone in need. Remember, there’s nothing stronger than the strong, loving heart of a volunteer.”



## *Geoffrey, Dental Patient*

*Laid off. No car, can't take job if not on bus line.*

“It was hard to get an appointment. They told me I would have to wait until September, but I made an appointment at the Midtown Clinic, and the doctor was able to get me in sooner because my infection was so bad. He also gave me pain medicine and antibiotics. I couldn’t eat and I was losing weight”

“I worked in a KC hospital for 13 years where I had insurance, but I got laid off and the only jobs I can get are in the industrial areas where the bus route doesn’t go, and I don’t have a car.”

## *Lillian, Dental Patient*

*Medical Assistant Student, Pregnant*

In 1972-73, UMKC Dental students provided education classes at what was then the Westport Free Health Clinic at 40th & Baltimore. The Clinic formally expanded its functions to include a Dental Clinic in February of 1974 and it treated 307 patients during the first year. In 1986 the Dental Clinic moved to the Eastside location at 5119 East 24th Street.

In partnership with the UMKC School of Dentistry and Partnership for Smiles, the Dental Clinic is staffed by volunteer dentists, dental students, dental assistants, dental hygienists and Clinic staff. It is funded primarily by private donations.

The growth of the Dental Clinic is dependent upon donations and volunteer workers. With current volunteer staffing and funding, it is impossible to treat all the people who call for appointments.

# You don't have to stay within the lines anymore!

Art Therapy is not an art class but a dynamic therapy that requires a client to participate in his/her own treatment and gives a client another way of expressing him- or herself. Art is an expressive medium. Just remember our childhood days of drawing, painting, and creating—it was one of our first forms of communication.

Clients are not judged on their technical skills, artistic knowledge or talents. Although they may find they have one or more of these talents, the goal is not to produce a beautiful piece of artwork.

Clinic patients have often neglected self-care for years. Not only are they physically in need of care, they have struggled for survival for so long that they are bereft of means to emotionally sustain themselves. The act of making art taps into creativity and basic feelings that people have buried as they have coped with poverty, disease, and other difficulties.

Art therapy is an effective and important method of communication, assessment, and treatment.

Art Therapy is an enhancement to the Clinic's behavioral health program which it launched in 1997.

## *Behavioral Health Services*

- individual and group counseling
- case management
- crisis intervention
- psychiatry
- peer support
- substance abuse counseling
- medication management

Funded by Johnson & Johnson/Society for the Arts in Healthcare and Hallmark Foundation, this is the first year of what is hoped to be an ongoing service of the Clinic. The program is part of the Clinic's team (physicians, psychologists, nurses, counselors, social workers) approach to healthcare. The Clinic is partner with Emporia State University's Art Therapy program.

Meet Yvette...not her real name but one she chose for this interview.

Yvette feels that Art Therapy has saved her life or has given her a life; it has given her a way to show how she is feeling; she can no longer hide. No one in her family knew, but now someone does know. Through her art, Yvette has been able to tell Gretchen Derr Mullins, a registered, master's prepared Art Therapist.

Through her art, Yvette talks about the brick wall she built around herself to hide

her emotions and feelings; she talks about the impact of her mom being gone for over a month has had on herself and the other members of her family; she talks about how she used to wear black to hide, and now she wears pink because she is more comfortable with who she is.

Yvette talks now.



**Clients are not asked to draw what they see in front of them but are asked to draw about what they feel inside.**

## Grants awarded to the Clinic

As a non-profit organization, the Kansas City Free Health Clinic actively seeks grant funding to support the delivery of a range of free health care services to our patients and clients. Thank you to the following for grants that have been awarded in 2005. These grants will enable the Clinic to serve uninsured and underinsured individuals who cannot afford the high cost of care.

Jackson County Mental Health Levy – \$167,770 and \$34,020 to support the delivery of behavioral health services such as individual and group counseling, medication management, crisis intervention, and psychiatry services.

Health Care Foundation of Greater Kansas City – \$150,000 to support implementation of key components of the Chronic

Care Model (a nationally recognized model) in the General Medicine program.

United Way—with the focus on issue-based funding, the Clinic is fortunate to have earned United Way support for two programs: Behavioral Health—\$25,000 and General Medicine—\$25,837. This funding is in addition to the generous support of donors who designate the Clinic as the recipient of their United Way contributions.

Gladys Kelce Charitable Trust (Commerce Bank)—\$30,000 to support the delivery of health care services to individuals with no health insurance.

St. Joseph Health Center Foundation – \$20,000 to support the cost of medication

for patients in the General Medicine program who have been diagnosed with one or more chronic disease(s).

Broadway Cares—\$5,000 to support the Clinic's HIV Prevention program efforts to reduce the incidence of HIV and Hepatitis infection among drug users.

M.A.C. AIDS Fund—\$5,000 to support transportation needs for eligible HIV+ clients.

Bristol Myers Squibb—\$3,000 to support the delivery of health care services to individuals with no health insurance.

# THANKS TO THE FOLLOWING CONTRIBUTORS & SUPPORTERS FOR HELPING CREATE A RECORD-BREAKING EVENT!

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## FOR A **HEALTHY** COMMUNITY

Locations:

**3515 Broadway**

*(M-F 9:00 a.m. to 5:00 p.m. with variable evening hours  
 and 3rd Saturday of each month)*

**5119 East 24th Street**

*(Hours vary)*

*Day and evening appointments available at both locations.*

<b>For Appointments:</b>	<b>816-753-5144</b>
<b>General Medical Nurse Line</b>	<b>816-777-2774</b>
<b>General Medicine Medication Refill Line</b>	<b>816-777-2725</b>
<b>Dental</b>	<b>816-777-2790</b>
<b>HIV Nurse</b>	<b>816-777-2775</b>
<b>Mental Health</b>	<b>816-777-2722</b>

### **Services include:**

- Adult Medicine
- Women's Health
- Laboratory Services
- Medications
- Mammograms
- Pregnancy Testing
- Hypertension Screening and Treatment
- Diabetes Screening and Treatment
- Dental Services
- Social Services
- Mental Health Services
- Substance Abuse Counseling
- Health Education
- TB Testing
- HIV Testing and Counseling
- HIV Rapid Testing
- HIV Primary Care
- HIV Case Management
- HIV Prevention Case Management
- HIV Prevention Interventions
- HIV Peer Adherence Counseling

## **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.