



The Check Up

FOR A HEALTHY COMMUNITY

Winter 2006

For a healthy community

www.kcfree.org
816-753-5144

Visit us often at... www.kcfree.org



If you haven't visited www.kcfree.org recently, please do so today! We are so proud of our updated and upgraded website that launched this past summer.

On average, www.kcfree.org gets 70 visits a day. That would mean over 25,000 a year! These visits could be from any or all of the following Clinic constituencies:

- patients/prospective patients;
- volunteers/prospective volunteers;
- donors/prospective donors;
- funders/prospective funders;
- friends of the Clinic;
- prospective employees;
- members of the community; and/or
- media representatives.

Everything today needs to be quick, easy to use, and interesting yet still be professional and appealing. Visitors to the new www.kcfree.org will be able to

- **Tour the Clinic.** So important in forming new relationships is getting people to the Clinic the first time. Once someone visits, they usually

become close friends. Although we still want face-to-face, heart-to-heart visits, we can now introduce MORE people to the Clinic with the website tour.

- **Make a Donation.** People seem to donate more or donate more often when making a donation is easy and convenient. With www.kcfree.org, donations can be made securely at anytime and from any location.
- **Buy a Ticket.** People want to be able to quickly and simply buy tickets. They don't want to have to travel to do so or to wait in lines. And, they may want to purchase tickets at 2 a.m.!

With this new site, the Clinic is positioned to take its communications to the next level. Information is available with the press of a key, any time during the day or night, and from wherever you want to access the information.

Visit www.kcfree.org and let us know what you think!

(Many thanks go to Barkley, Evergreen & Partners who got the planning for the new website going under its 40/40 Anniversary Celebration, to the Jewish Heritage Foundation for funding, to Brian Merchens at Commotion Design who detailed the site, and to BOLD Internet Solutions who helps maintain the site.)

- FEATURING -

- ♥ New Web Site
- ♥ Executive Director's Report
- ♥ FY 2005-2006 Patients & Encounters
- ♥ Winter Wish List
- ♥ Putting a "Face" on the Clinic
- ♥ Consumer Advisory Council
- ♥ CATS Volunteers Needed
- ♥ FuzzyFotos '07 Voting Starts in Feb.
- ♥ Bloom Goes Vegas May 12, 2007
- ♥ Sheri Wood Incoming ED of NAFC
- ♥ World AIDS Day Poster Display
- ♥ Dia de los Muertos and National Latino AIDS Awareness Day
- ♥ Funding for Documentary Needed
- ♥ Chiropractic Services
- ♥ Donation Form

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3515 Broadway
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Executive Director's Report

How Many Options Do You Have?

It is incomprehensible for me to understand how 46,000,000 people living in the most affluent country in the world are without basic health care...let alone preventative health care to prevent or slow the onset of health challenges.

As you read this newsletter you will meet a few of the 15,000 received care from the Clinic last year. You will hear their stories, stories that our volunteers and staff hear on a daily basis.

The people you will read about represent some of what is best in our community. They are people who work hard, who support their families and friends, who struggle to pay their bills and make ends meet.

Often, when we give tours of the Clinic, people are surprised that our patients are not the homeless and the 'down and out' that they had imagined, but people like us.

Yes, our patients are just like you and me working hard to make a living and to care for their loved ones. It could be you or me sitting in our waiting room wondering how it is that you came to a place like a free health clinic. One patient recently told the Clinic

physician that he was seeing that he had two options, "I can either pay \$500 a month for insurance or pay for my daughter to get an education."



Sheridan Y. Wood

Please take a moment to read the patient stories and then to think how you can join us in helping them and the hundreds of others just like them. The challenge is huge.

As the number we serve increases annually, we continue to turn hundreds away each week. We need you to understand the most hidden crisis in our country and in our community—lack of access to basic health care—and to join us in our work.

How can you help....call us to volunteer or to schedule a tour to learn about the breadth of services we provide, talk to someone about the hidden crisis and the blight of the uninsured, or send a check in a loved one's honor or memory to support the work of our volunteers and staff. We look forward to having your help!

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2005-2006 Patients & Encounters

Over 6500 people came to the Clinic in fiscal year 2005-2006 for health care. Another 6500 or so people received care via the Clinic's activities in the community. The demographics of the people served by the Clinic were:

Male	55%	Caucasian	41%
Female	43%	African American	41%
Other/Undeclared	2%	Hispanic	6%
		Other	12%

Many clinic patients needed care in multiple disciplines—general medicine, dental, behavioral health counseling, mental health case management, testing, HIV primary care and treatment, HIV case management, and/or education. A great number of the patients

came more than once for continuing or follow-up care. Totaling the number of times patients were treated in each and every area, there were over 47,500 patient encounters.

General Medicine	8,336
Dental	818
Behavior Health Counseling	4,363
Mental Health Case Management	4,266
Dispensary Services	21,555
HIV Primary Care	2,561
HIV Treatment Adherence	2,072
HIV Case Management	14,547
HIV Counseling & Testing	2,858
Education and/or Prevention	7,747

Winter Wish List

Over The Counter Medications

(GENERICS ARE ALWAYS FINE, ANY BRAND)

Multivitamins with Iron	5,000 tablets
Ibuprofen/Motrin all strengths	20,000 tablets
Naproxen/ "Aleve" all strengths	10,000 tablets
**Enteric Coated Aspirin 81mg (or Baby Aspirin)	20,000+ tablets
**Loratadine/"Claritin" or "Alavert"	15,000 tablets
**Chlorpheniramine/"Chlor-Trimeton"	5,000 tablets
Fish Oil Capsules or Caplets	10,000 tablets
**Prilosec OTC (omeprazole)	10,000 tablets
Guiafenasin/ "Mucinex"	5,000 tablets
Robitussin DM, CF	150 bottles

Black Cohash (for menopausal treatment)	5,000 tablets
**Estroven (for menopausal treatment)	5,000 Tablets
Preparation H ointment and suppositories	300 boxes
**Clotrimazole Vaginal Cream /"Monistat-7, Gyne-Lotrimin"	300 tubes
Hydrocortisone Cream 1%	200 large tubes
Clotrimazole 1% Cream/ "Miconazole, Lamasil, Lotrimin"	
Neosproin	500 packets and tubes
Visine/Allergy Eyes	100 boxes

Kansas City Free Health Clinic
December 2006

Putting a "Face"
on the Clinic
With Patient Stories

Meet **Mary F**, a very happy person — because as she says “the Clinic is helping her hassle free and without a lot of if, buts, and maybes!” Mary is trying to get her Missouri Day Care License and needed a physical. Because of the changes last year in Missouri Medicaid, she no longer qualified for assistance. She received a pamphlet from United Services that lists the Clinic as a resource. When Mary called the Clinic, she was treated pleasantly and respectfully and was told that “the Clinic can help her!” Mary too feels that the Clinic is “God-Sent.” She is on her way to opening her own daycare in Grandview.



According to Mary, “the Clinic is here for you when you need it.”



Bill Z, in his early 60s, has worked steadily for the last 30 years as a house cleaner. He doesn't miss work because if he does he misses a day of pay! He saves up to go to a doctor and must borrow money from his clients to cover emergencies if and when they happen. Although his tooth ache was excruciating this past summer, he didn't have the cash to see a dentist. Someone told him about the Clinic's dental services and he got an appointment. Two abscessed teeth were removed on his first visit and he didn't miss work that day either!

Sheri W is in her 40s and has worked in sales most of her life. She got caught in job cutbacks earlier this year. Thank goodness, family and friends helped her through the tough months — her wonderful mom and step dad helped her keep her car. And, the Clinic helped her keep her cholesterol under control. Sheri had been on cholesterol meds, but when the job and her income ended she couldn't afford them. With a cholesterol count over 300, medicine was essential. Now that Sheri is back at work, she'll be able to buy her medicine herself but she does appreciate the Clinic being there for her when she needed it!



A patient recently said, “Staff may not remember the thousands of patients seen at the Clinic, but patients never forget the Clinic.”

Anthony is a patient of the Clinic in both General Medicine and Behavioral Health. He is a husband, a father of three daughters, and a proud grandfather of 5. At 47, he is in school to become an alcohol and drug counselor and looks forward to working in the community and helping others. Anthony “loves” the Clinic and feels that it is “heaven sent.”



Two years ago, Anthony was drinking the cheapest booze he could buy (\$3 a bottle) and taking OTC Tylenol PM (that he bought at the dollar store) so that he could live with the pain he had from a severe back injury. He knew he was in serious trouble (his skin had a yellow-tint) and that he desperately needed help. He started calling around to agencies for help ... and found the Clinic and Mental Health Case Worker's Mike Ryan's Men's Support Group. Anthony now gets the health care and medications he needs to be able to function and he gets the emotional support he needs through one-on-one and group counseling at the Clinic.

Justin S is gay, 43, and alive to tell his story. He survived the 1980s and 1990s while watching the majority of his friends and loved ones die — they died one by one at a time when little could be done to help and when there was rampant fear and ignorance about what was going on. He feels that his partner Sam helped him survive by telling him to “get help or get out” in the early 2000s and the Clinic by making him believe that he could live with AIDS and by giving him the tools to do so. After being a patient for many years and then a volunteer, Justin now works for the Clinic as a HIV Medical Assistant and tells his story a lot! As he is now employed, he no longer needs the free services of the Clinic!



Following a stay in the hospital because of high blood pressure, **William** learned about the Clinic from a friend. Being laid off and uninsured, William could not afford the blood pressure medicine that he needed — he called, got an appointment with one of the Clinic providers and now has the medications that he needs. William works in the social service area and has experience working with troubled youth and special needs people — after seeing how the Clinic helps people, he would love to work for the Clinic.



Consumer Advisory Council

Meaningful consumer (patient) input is a core value of the Kansas City Free Health Clinic and assures that programs are culturally competent, target the appropriate populations, and respond to consumer needs. In February 2004, the Clinic established a Consumer Advisory Council (CAC). CAC Members are appointed by and report to the Board of Directors. The goal is to have all Clinic programs represented on the CAC. CAC members provide input into the design, implementation and evaluation of the various Clinic programs as requested by program managers, coordinators and directors. This input includes, but is not limited to:

- Review of patient/client education materials
- Review of all printed materials to be distributed to patients/clients
- Collaboration in the development of patient/client satisfaction surveys/tools
- Collaboration in the determination of community HIV testing sites
- Collaboration in the determination of HIV prevention outreach sites
- Review of quality management indicators and results for individual programs
- Participation in the development of corrective action plans when needed
- Identification of gaps in service and community need



The CAC is a valuable resource to the Clinic and is vital in assuring that we are responsive and responsible to those we serve.

Current CAC members are Fred Boney, Richard Bryant, Derrick Dydell, Jo Pat Free, Grover Gillespie, Meryl Rowan, Ed Shelley and Scott Stevens.

Volunteers Needed to Work Directly with Patients in Counseling and Testing Services (CATS)



Neil Mansuy has volunteered at the Clinic for 7 years and has been a CATS volunteer since 2000. Neil says that "giving back to the community helps to keep my life balanced."

If you want to volunteer in a position that works directly with patients and if you want to feel that you are truly helping people, being a CATS volunteer may be perfect for you!

Committed volunteers are needed to provide quality and caring services for people coming to the Clinic for HIV testing. CATS volunteers counsel clients who request an HIV test and provide prevention education.

Volunteers receive in-depth training to become counselors. The training for HIV rapid testing is one full day on a Saturday and the training for HIV standard testing is two or three evenings. After training, CATS volunteers shadow an experienced counselor five times before counseling alone.

Trained counselors are needed during the daytime on Monday, Tuesday, and Wednesday as well as during the evenings on Monday and Wednesday.

Because of the investment of time and resources in training counselors, CATS volunteers are asked to commit to at least one year of service and to volunteer two or more times a month.


To find out more about this opportunity, contact Suzanne Lammert, volunteer coordinator, at 816-777-2761.

Fuzzy BUZZ all Over the Country!

It started simply with two non-profits brainstorming ideas about working together; there was cross over between the two groups with several people knowing each other. It didn't take long to find a common ground—people who can't afford basic health care for themselves probably can't afford basic health care for their pets.

We weren't totally sure it would work—but work it did! Over 900 people voted in the fun contest with over 16,000 votes being cast. The two groups, the Clinic and No More Homeless Pets Kansas City, had nearly \$80,000 in proceeds to split.

After launching the contest, the calls started coming in, both locally and nationally. Sheri Wood presented the concept at the National Association of Free Clinics Summit—it was so well received that many want to have their own contest. Rescue organizations, some small and some really BIG, called for information. Non-profits in other areas wanted their own FF!




FUZZY FOTOS KC
A photo contest featuring your fuzzy, furbal and furry family members!

The wildly successful and ever popular FuzzyFotosKC will return in 2007!


Voting begins!
February 24th and ends April 2nd!

Contestants as of 11/15/2006

Michael Cipolla	Dina Michaels
Natasha Goellner	Kurt Dettling
Kristie Harbaugh	Amy Paring
Michelle Hutton	Stacy & Dale Smith
Keith King	Steve Stroade
Jane Lowery	Katie Van Luchene
Lori Lober	Kevin Westrope
Colleen Kenedy	Beth Zollers

2006 Winner!

Kristopher Dabner

Thanks to Kristopher and all the fine contestants who helped raise over \$61,000 for the Clinic and No More Homeless Pets KC.

www.fuzzyfotoskc.com 



(l-r) Joe Bellinger, Peg McKee (KC Free Health Clinic), Jami Hepting, Lisa Ashcraft and Emily Dore (No More Homeless Pets Kansas City)

The FuzzyFotosKC fundraiser was submitted to the Kansas City Council on Philanthropy for consideration for a Philly Award. At the 5th Annual Philly Awards Luncheon on Friday, December 8, the Clinic and No More Homeless Pets Kansas City were presented with the First Place Award in the Fundraising Appeals Category!

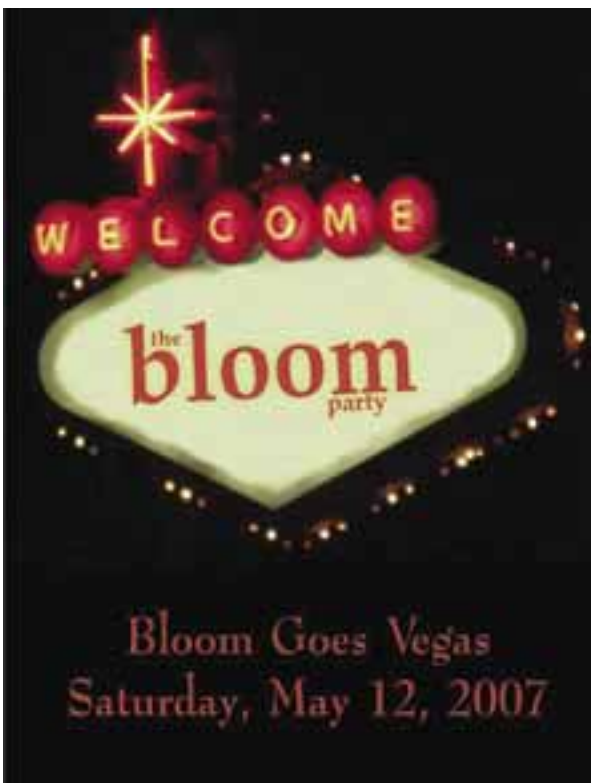
VIVA Bloom 2007!

Bloom Goes Vegas in 2007—get ready for a good time! Just think about bright lights—flashing lights—famous names—great shows—Elvis sightings—ching, ching, ching—coins dropping!

Joining Bloom 2006 co-chair extraordinaire Amy McAnarney Hunt to serve as head tour guides for Bloom 2007 is Kevin Farrell. Kevin, a Financial Advisor with Merrill Lynch, has been very active with Bacchus Foundation and O.E. Ellis and has co-chaired Bacchus Ball in 2001. Kevin says, “He is looking forward to getting involved with an organization so dedicated to the people of Kansas City!

David and Lisa Adkins are the Honorary Chairs for Bloom 2007. David and Lisa have a long history of supporting the Clinic. David has served on the Advisory Council since its inception. Bloom “regulars” will remember that David and Lisa served as chairs for the Free for All the year that Nancy Kassebaum Baker was the Honorary Chair. Active supporters of the Clinic, David and Lisa can be seen at just about every Clinic event and certainly enjoy BJ’s cookies and cupcakes. David is the Vice Chancellor and VP for external affairs for KU Medical Center and Lisa is the Executive Director of Youth Friends.

A strong and talented group of individuals will be joining Amy and Kevin in planning Bloom Goes Vegas 2007: Abigail Mayer, Julie Gibson Sally, Lee Page, Mike Wenthe, Jonathan Bowyer, Melanie Shepard, Carmen Gramajo, Sandra Spencer, Guy Walker, Dan Nilsen, Merrily Jackson, Phil Kinen, Tammy Breitenbach, Stacey Lukas, BJ Shondell, David Wiley, Leslie Stullken, Jeannie Wilcox, James Kirkland, and Beth Reintjes.



Sheri Wood Elected President of National Association of Free Clinics



Shown in photo from the left: Nancy Pallesen, Arlington Free Clinic; M. Jean Serafy, Free Clinics of the Western Region; Karen Gottlieb, AmeriCares Free Clinics, Inc.; Sheri Wood, Kansas City Free Health Clinic and incoming NAFC Executive Director; Jenny Williams, Mission East Dallas; Marty Hiller, Cleveland, Ohio; Pat White, West Virginia Health Right; Sonja Olson, Vermont Coalition of Clinics for the Uninsured; Mark Cruise, Virginia Association of Free Clinics, and Bonnie Beavers, Past NAFC Executive Director

Sheri Wood will serve as President of the National Association of Free Clinics (NAFC) for calendar year 2007!

Sheri and other representatives from free health clinics established the National Association in 2001 to enable free health clinics nationwide to have strong and clear representation on legislative issues and to form collaborations to benefit all free health clinics.

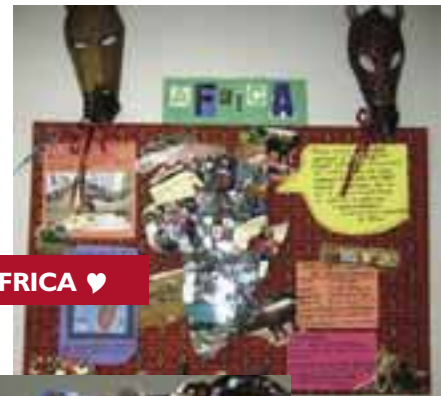
Among its many accomplishments in its short history, the NAFC

- responded to free clinic emergency needs following Hurricanes Katrina and Rita in 2005 by distributing over \$2.5 million in donated medications, supplies and targeted funds from partner relief organizations
- distributed over \$7.5 million in donated pharmaceuticals and supplies to free clinics nationwide

Poster Display in Recognition of World AIDS Day, December 1

To further recognize World AIDS Day 2007 and educate more people about AIDS, Clinic departments have designed creative posters about AIDS in Africa, the USA, Europe, and Asia. The posters are displayed in the waiting room through December. Each country/continent poster gives significant facts about that country, the prevalence of the disease for that country and cultural nuggets about that part of the world (i.e., fun facts, foods, traditions, etc). Music representing each country played on World AIDS Day.

In the front lobby of the Clinic is the traditional and beautiful Remembrance Tree. Red ribbons that have been dedicated in past years in memory of someone who has lost his/her life to HIV/AIDS hang on the tree—individuals wishing to dedicate new ribbons are welcome to come to the Clinic in December to do so. There is no charge for dedicating ribbons.



Kansas City Free Health Clinic Joins Local Groups in Celebrating National Latino AIDS Awareness Day

Knowledge is Power—Get the Facts—Get Tested for HIV was the theme of the fourth-annual observance of National Latino AIDS Awareness Day (NLAAD) on October 15. In an effort to reduce new infections and provide care for Latinos living with the virus, thousands of institutions in over 350 U.S. cities organized and sponsored prevention and education activities in recognition of NLAAD.

As the Latino community in Kansas City continues to grow, the Kansas City Free Health Clinic joined Planned Parenthood, El Centro, Inc., the Kansas City Health Department, the Good Samaritan Project as well as many other community volunteers to create a series of events in honor of NLAAD this year.

Dia de los Muertos NLAAD Altar

Each year, the Mattie Rhodes Center puts together a gallery exhibit in honor of the traditional Mexican holiday, Dia de Los Muertos

(Day of the Dead). This year, artistic affiliates of Planned Parenthood, the Clinic, El Centro, Inc., and MOCOSA created an altar for NLAAD both in memory of those who have past away from AIDS and to raise awareness about how HIV/AIDS has affected the Latino community. The exhibit was on display from October 6–November 17.



NLAAD Health Fair at Northeast Public Library

On October 15th, approximately 70 people gathered to enjoy food and beverages, music, and receive information about HIV/AIDS services. The Clinic along with Planned Parenthood, the Library, and the Kansas CityHealth Department collaborated to provide safe sex materials, bilingual information relating to STDs, HIV, other health issues, rapid HIV testing, and syphilis testing.

Needed: Funding for Documentary About Clinic History



Financial Support is needed to put together a documentary about the history of the Clinic. Until now, the information needed for a documentary wasn't available, but now it is. The Clinic has

- The film that Channel 9 shot and aired about the Westport Free Health Clinic opening on April 5, 1971.
- Taped interviews from a number of the people who played a role in opening and/or keeping the Clinic open in the early days.
- Scrapbooks and photos from a number of the founders.

It is hoped that an hour documentary can be made for historical purposes and perhaps airing on a public broadcasting network and a 5-8 minute shorter version made for showing at conventions, meetings and exhibits.

A generous gift of \$3000-\$5000 will be needed to make the documentary. If you are interested in professionally preserving the Clinic's history and receiving credit for funding the project, please call the Development Office at 816-777-2762.

- *Latinos account for 20% of all people living with AIDS in the United States.*
- *Latino teens in the United States make up 19% of the national teenage population, ages 13-19, but account for 20% of the cumulative AIDS cases.*
- *AIDS is the third leading cause of death for Latinos ages 35-39 compared to the 9th leading cause of death for caucasian women.*

Emerson Park AIDS Memorial

Students from around Kansas City and members of various community groups including El Centro, Inc., the Clinic and Planned Parenthood made tissue paper flowers and signs that were displayed in Emerson Park the weekend of October 15 in remembrance of those who have past away from AIDS. TB Testing at WCAN Dia De Los Muertos Celebration Clinic staff members Isabel Villalobos and Eric Martin held a TB Testing Clinic at a Dia de los Muertos celebration that was held at the Westside Community Action Network (CAN) Center. Nineteen people were tested with three active TB cases being found that are now being treated.

Clinic Now Offers Chiropractic Services to Patients

In partnership with Cleveland Chiropractic College in Kansas City, the Clinic now offers chiropractic services twice a week. Dr. Curt Krause, a clinician and faculty member at Cleveland College, provides services on Tuesday and Thursday morning. Senior interns at the College accompany Dr. Krause to observe. The College was able to secure a chiropractic exam table from the manufacturer for one of the exam rooms in the Clinic. At present, Dr. Krause sees as many as 34 patients a week.





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Yes, I would like to enhance and expand the work of the Kansas City Free Health Clinic 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!