



# Volunteer Update

Jan. 1, 2007

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## New Year's Resolution Tips

*Have a happy, healthy New Year!*

- Create a plan that lists realistic goals—set yourself up to succeed, not fail

- Think year round, not just the month of January

- Track your progress—keeping tabs on your small accomplishments will keep you motivated for the larger goal

- Reward yourself for success. Treat yourself to something you enjoy for each small accomplishment

- Keep trying. Don't give up even if you get a little off track

## UMKC honors KC Free volunteer NP for his courage and commitment

The Kansas City Free Health Clinic long ago understood just how valuable Obie Austin, a former employee and current volunteer, is to our organization. A dedicated citizen of Kansas City, Obie has recently received a much deserved honor from the University of Missouri-Kansas City for his work at the school.

The Alumni association announced plans to present Obie, a nurse practitioner at the UMKC Student Health and Wellness Clinic, with the “Defying the Odds Award” at their Alumni Awards Dinner April 14.

Sheri Wood, Executive Director of the Kansas City Free Health Clinic, said the award is not surprising given his determination under pressure. “(Obie) is well loved and respected by our patients and staff,” Wood said. “His life's story has always been an inspiration to me as his has not always been an easy journey.”

Growing up in a difficult Kansas City neighborhood, Obie's family struggled

to make ends meet. Obie, however, jumped at the chance to attend Missouri Western State University and thrived under the tutelage of its then recruiter, Mel Tyler, currently the vice chancellor of Student Affairs and Enrollment Management at UMKC. Obie eventually completed his undergraduate degree and earned his master's degree in nursing from UMKC.

An Iraq war veteran, Obie kept the Kansas City Free Health Clinic up to date with e-mails and photos from his time abroad.

When he returned,

Obie gave the clinic a flag that had flown in its honor above a hospital in Iraq.

The Alumni Awards Dinner is April 14, 2007 in the Swinney Recreation Center on the UMKC campus. For more information about the Alumni Awards dinner or for tickets, call 816.235.1563.



## Thanks from the Kansas City Free Health Clinical Director Craig Dietz

It has been quite busy, as you all are aware, and you have helped us to see more patients this year than ever. The Dispensary continues to fill in excess of 22,000 prescriptions and that number is rising quickly.

Everyone has been doing a wonderful job of helping not only seeing patients, but seeing them with quality. Also, you have been helping me and the clinic train future volunteer physicians by your work with our medical students. They truly love rotating here and have benefited more than we can imagine from your breadth and depth of experience.

We have had 3<sup>rd</sup> and 4<sup>th</sup> year medical students from KCUMB, KU, Des Moines University, Kirksville, Michigan State, a PA student from

Emory, and PharmD students from UMKC, Chiropractic Students from Cleveland College, Family Medicine Residents from Goppert, Dental Students from UMKC and Masters/PhD level Psychology interns from a variety of universities.

Once again, thanks for your gift of knowledge and time. Even on those days when there is bad weather or very few patients show up, what you do for that ONE person may be the *life changing* moment they had been hoping for.

And for you, it only takes ONE grateful patient to remind us why we volunteer and why continuing this mission is so critical.

Happy New Year to you and your families!!

### Are you traveling over the holidays or later this winter?

Please consider gathering up the small containers of soap, shampoo, lotion, and/or toothpaste from your hotels and bringing them to the clinic.

*Many of our clients will be so grateful!*

*"Finish each day and be done with it. You have done what you could; some blunders and absurdities have crept in; forget them as soon as you can. Tomorrow is a new day; you shall begin it serenely and with too high a spirit to be encumbered with your old nonsense."*

—Ralph Waldo Emerson

## January Calendar

January 1	Clinic Closed for New Year's Day
January 15	Clinic closed for Martin Luther King Jr Day
January 1-31	National Glaucoma Awareness Month
January 1-31	National Cervical Health Awareness Month