

Feb. 1, 2007

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# Volunteer Update

## KC Magazine honors clinic volunteer and board member Dr. Al Biggs

### Heart Healthy Tips

*Have a happy, healthy holiday!*

■ Remember to eat foods rich in soluble fiber, Omega-3 fatty acids, monounsaturated fats and whole fruits and vegetables

■ Treat yourself this Valentine's day with a glass of red wine and a piece of dark chocolate—both shown to be good for your heart in moderate quantities

■ Cherish your family and friends—some studies have shown that healthy relationships can help prevent plaque buildup in the arteries, protect against heart disease, boost antibody levels, and reduce stress chemicals

Kansas City Magazine gave Dr. Al Biggs, a long-time clinic volunteer, their Humanitarian Doctor of the Year Award in a ceremony January 25.

Dr. Biggs began volunteering at Kansas City Free Health Clinic in 2000 as a physician for the Village Presbyterian Church Saturday clinics. In 2002, Dr. Biggs began holding one clinic a week at the Clinic in addition to the one-Saturday-a-month Village Pres clinics. Dr. Biggs has cared for hundreds of patients in his more than 500 hours of volunteer service. Dr. Biggs serves on the Board of Directors of Kansas City Free Health Clinic.

Dr. Biggs has been a key member of the governing Board of Kansas City Hospice and Palliative Care as well. His contributions have taken many forms including serving as both Treasurer and Vice Chair of the Board, where his guidance has been invaluable. He served as a member of the Capital Campaign Committee, giving many, many hours to the fund raising effort which was needed to build Kansas City Hospice House.

He has represented Hospice with physician groups and to the philanthropic community.

Suzanne Lamert, Clinic Volunteer Coordinator, Described Dr. Biggs' contributions. "His lifelong commitment to serving humanity has shown itself in so many ways in the Kansas City community," she wrote. "He is a man of great skill and integrity and is held in enormous esteem by those of us in Kansas City who have had the privilege of working with him."



Dr. Biggs accepting his award at the ceremony Jan. 25 in Overland Park.

Many other Kansas City Free Health Clinic doctors were honored that night including: Alan D. Forker, Cardiology; John C. Hall, Dermatology; Todd E. Fristo, General Family Practice; John O. Stanley, General Family Practice; Elizabeth A. Andes, Internal Medicine; and John D. Yeast, Obstetrics/Gynecology. Congratulations to all!

# Clinic Couple gives 500+ hours

Dr. Bob Ayres and Dr. Jean Ayres, husband and wife, began volunteering at Kansas City Free Health Clinic in July, 2003, and have given over 250 hours each of volunteer service to our patients. They usually hold clinics two or three Friday mornings each month, unless the ice and snow prevent them from getting up their driveway. They are both retired from St. Luke's Hospital.

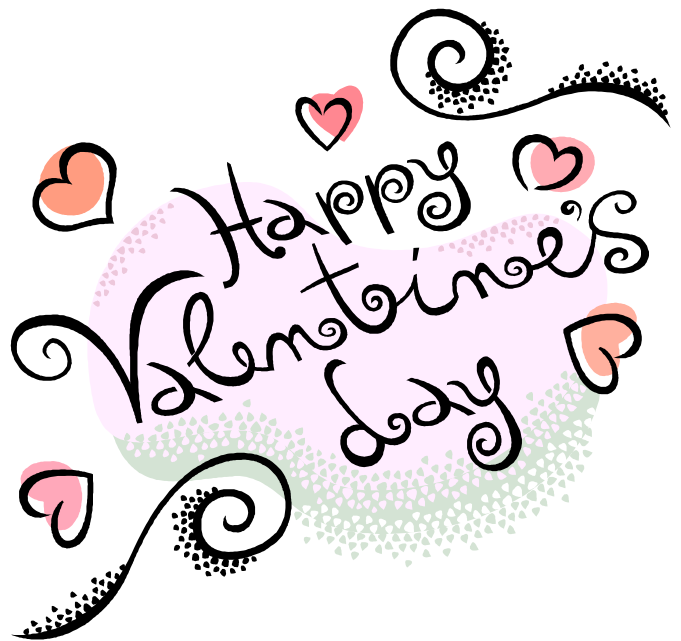
The staff looks forward to the Ayres' clinics because they are always happy and friendly to everyone. "They are both fun. They have their own individual personalities, but they fit well together," says Christa, who remembers being called "Phyllis" until Jean learned her real name!

Dr. Jean Ayres belongs to a quilting club and travels to quilt shows all over the country. Dr. Bob Ayres is an avid GO! player and has competed in local and national tournaments. They are both crazy about their Pomeranian, Harriett, and entertain everyone with stories about her.

Thank you, Drs. Ayres, for your kindness and generosity to our patients!



Drs. Ayres while on duty.



## TB Health Alert issued for Area Homeless Shelters

The Kansas City Missouri Health Department is currently investigating two active tuberculosis cases in patients that stayed at the same shelter.

The Department issued recommendations for assessing homeless patients that includes any individual with a fever and productive cough of more than 1-3 weeks duration, performing chest X-rays, and collecting sputum samples if possible.

The Department said other possible symptoms include: hemoptysis, chills, night sweats, and unexplained weight loss. The Department urges testing for HIV as well.

-Courtesy of the Kansas City Missouri Health Dept.

## February Calendar

February 12-17

National Wear a Condom Month

February 14

National Donor Day

February 16

National Women's Heart Day

February 25-March 3

National Eating Disorders Awareness Week