

April 1, 2007

Inside this issue:

Health Tips	1
A Big Thanks	1
JCO Volunteers	2
Calendar	2
Vital Signs Class	2

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## The Kansas City Free Health Clinic



# Volunteer Update

### Spring Cleaning Tips:

- Garden and house-cleaning chemicals can be hazardous. Read labels for proper use and wear protective clothing and gloves when you use chemicals. Proper storage is essential for all garden and household chemicals.
- Start at the top level of your home and work your way down.
- Don't forget to change or clean the filters on air conditioners, air purifiers, dehumidifiers or vents so that the incoming air in your home is clean, fresh and breathable.
- Consider non-toxic and environmentally friendly cleaning supplies like non-ammonia window spray and non-toxic bleach. Use re-usable rags instead of disposable wipes.
- Don't forget to clean your refrigerator coils.

## Volunteers make KC Free Work

The Kansas City Free Health Clinic would like to express our deep gratitude to all our volunteers.

With your help, the clinic cares for thousands of patients a year, stocks our shelves with crucial medicines, and keeps the doors

open to a critical community resource.

Everybody can be great.

Because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and your verb agree to serve...You

only need a heart full of grace. A soul generated by love. ~Martin Luther King, Jr.

April 14 – 21 is National Volunteer Week, a time for all agencies around the country to make a dedicated point of saying "THANKS" to their volunteers.

## A "BOATLOAD" of Thanks to our Volunteers

*Taken from Erma Bombeck*

Volunteers are like yachts.

No matter where they are, they arouse your curiosity. Who are they? Where do they come from? Why are they here?

They could stay moored where it's safe and still justify their being, but they choose to cut through the rough waters, ride out the storms, and take chances.

They have style. They're fiercely independent. If you have to ask how much they cost, you can't afford them.

Volunteers and yachts have a lot more in common these days. They're both a part of an aristocratic era that is disappearing from the American scene.

They're both a luxury in a world that

has become very practical.

Volunteers don't contribute to our civilization. They are civilization—at least the only part worth talking about.

They are the only human beings on the face of this earth who reflect the nation's compassion, unselfishness, caring, patience, need, and just plain loving one another.

Their very presence transcends politics, religion, ethnic background, marital status, and sexism.

Maybe, like the yacht, the volunteer is a luxury.

And luxuries are too often taken for granted.

It is frightening to imagine what the world would be like without them.

## Thanks Jackson County Osteopathic Medical Association!

The patients of Kansas City Free Health Clinic have been fortunate to be cared for by members of the Jackson County Osteopathic Medical Association for well over ten years. JCO hosts one evening clinic a month at the Clinic's Eastside facility with members of JCO taking turns hosting these clinics.

The Jackson County Osteopathic Medical Association is a divisional society of the Missouri Association of Osteopathic Physicians and Surgeons (MAOPS). The purpose of the Jackson County Osteopathic Medical Association is to serve as a liaison with MAOPS to promote the osteopathic profession and to provide an opportunity for professional camaraderie and support.

We thank Mary Clark, Administrative Assistant, KCUMB, and Rance McClain, DO, Assistant Professor, FM Dept, KCUMB, for coordinating these clinics. We thank the following doctors for hosting JCO clinics during the last two years:

Dr. Josh Cox	Dr. Susan Dasta
Dr. Gautam Desai	Dr. Elaine Joslyn
Dr. Colin Kao	Dr. Carol Kirila
Dr. Rance McClain	Dr. Rick Ogden
Dr. Katina Rue	Dr. Kevin Treffer
Dr. Joe Yasso	

For more information about the Jackson County Osteopathic Medical Association, visit their website at [www.jcoma.org](http://www.jcoma.org).

## Vital Signs Class

One way the Kansas City Free Health Clinic shows appreciation for our volunteers is to offer further training for volunteers who would like to move into a different job.

Many pre-med students volunteer at the clinic in hopes of getting clinical experience; however, they cannot perform technical jobs until they know how to take vital signs.

The next Vital Signs Class will be offered on Friday, April 20, 2007, 3:00 – 4:30 pm, in Conference Room C. Please bring your own stethoscope and wristwatch. Please notify Suzanne Lammert by April 16 if you plan to attend.



## April Calendar

<b>April 2-8</b>	National Public Health Week
<b>April 21-28</b>	National Infant Immunization Week
<b>April 1-30</b>	National Child Abuse Prevention Month
<b>April 1-30</b>	Foot Health Awareness Month
<b>April 1-30</b>	Women's Eye Health and Safety Month