

May 1, 2007

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The Kansas City Free Health Clinic



Spring Health Tips for Parents:

- ◆ **Avoid and Treat Spring Allergies** which can cause your child to have a lot of sneezing, plus a clear runny or stuffy nose, itchy and watery eyes and a cough, especially when he has spent a lot of time outside.
- ◆ **Water Safety** to protect your children when they are swimming or boating. Most importantly, always supervise your children around the water.
- ◆ **Sun Safety** to prevent damage from too much exposure to the sun. Regular use of sunscreen in children can lower their risk of skin cancer by almost 78%. But remember that sunscreen only works if you use it correctly and it does not substitute for limiting too much sun exposure. Many parents make the mistake of using sunscreen and then allowing unlimited sun exposure.
- ◆ **Use Insect Repellents Safely** to prevent bites from mosquitoes, etc. which can make your child miserable.

Local church sponsors clinics

For seven years, the Village Presbyterian Church in Prairie Village, KS, has sponsored a Saturday morning clinic at Kansas City Free Health Clinic once a month.

Members of this church who are doctors, nurses, pharmacists, and administrative assistants care for patients, treat illnesses, and dispense medications.

The Village Pres members look forward to their community project and working together to serve those in need. They have developed a rapport and camaraderie in working together that makes the morning fun and enjoy-

able as well as productive. "It's like going on a medical mission trip and you don't have to pack a suitcase," Mason Ormsby, pharmacist, says. "The patients are so

"It's like going on a medical mission trip and you don't have to pack a suitcase."

grateful to be seen."

Many of these patients work during the week, so a Saturday morning clinic enables them to see a doctor and not have to take time off from work

Some months only one doctor is available to volunteer, and other months three

doctors will volunteer and keep the clinic really busy. There are five Village Pres doctors who take turns holding clinics, and five nurses/Patient Assistants who rotate helping

them. These dedicated volunteers include: Dr. Al Biggs, Dr. Tom Good, Dr. John

C. Hall, Dr. Kathleen MacNaughton-Hance, Dr. Jay Peterson, Cathy Benson, Sue Mahley, Jennifer Kieltyka, Jan Liu, Penny Singer, Mason Ormsby, and Pam Kessler.

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Vital Signs teaches needed skills

Seven KC Free Health Clinic volunteers attended a Vital Signs Class in April. These volunteers have served the clinic as Front Office Assistants, CATS counselors, pharmacy techs, and/or interpreters. They asked for this additional training so that they can now serve as Patient Assistants in the General Medicine Clinic.



Students with their instructor, Norma Spear, RN, (in front).



May Volunteer spotlight on Dr. Bill Brown

The Kansas City Free Health Clinic couldn't survive without its volunteers—and this month we'd like to honor one of them in particular.

Dr. Bill Brown has volunteered with the Dental Clinic once a month for the past three years.

He heard about the clinic's needs through volunteer dentists at a meeting of the

Dental Society of Greater Kansas City. He has supervised dozens of UMKC dental students during his time at the clinic, providing



Dr. Bill Brown at the Eastside Clinic.

care to many patients and providing guidance to future dentists.

He is truly dedicated to serving the uninsured citizens

of Kansas City.

A delegate to the American Dental Association, Dr. Brown hopes to help improve dental care across the country as well.

A native of Kansas City, he is a dentist in the area. He and his wife have two sons.

Thanks again Dr. Brown! The Kansas City Free Health Clinic greatly appreciates all your hard work!

Volunteering for Life!

Volunteering may increase your longevity! Kansas City Free Health Clinic has a volunteer who will celebrate her 90th birthday in May.

An energetic volunteer—She stuffed envelopes, painted several of the flower pots that were given out in April, and hand-addressed all the volunteers' birthday cards in her lovely hand-writing.

Happy Birthday, Miss Mary; you prove to us that volunteering keeps you young!

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Many thanks to Village Presbyterian Church and these dedicated volunteers for recognizing a need in their community and stepping forward to meet that need.

Would your church be interested in hosting a similar clinic? Do you know of another group that might be interested in this project?

If so, please contact Suzanne Lammert at (816) 777-2761 for details. Other Saturday mornings and evening shifts throughout the week are available. One doctor, one nurse, and one receptionist are all that is necessary to host a clinic.

Go on a Medical Mission trip in your own backyard! There are folks right here in Kansas City who need health care assistance. Moms, dads, grandmas, uncles, whose lives might touch your life around the corner, are hoping for your help.



May Calendar

May 1-31	Better Sleep Month
May 1-31	Clean Air Month
May 7	Melanoma Monday
May 12	Bloom Goes to Vegas!
May 18	HIV Vaccine Awareness Day