

August 1, 2007

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Summer Heat Safety Tips:

- ✦ Remember to drink lots of water. Carry a water bottle with you and drink throughout the day even if you don't feel thirsty. Avoid alcohol and caffeine which can be dehydrating.
- ✦ Dress for the Heat. Wear lightweight, light-colored clothing. It's a good idea to wear a hat and use an umbrella as well.
- ✦ Eat small meals throughout the day. Avoid high protein meals that will increase metabolic heat.
- ✦ Stay indoors when possible.
- ✦ Check on your elderly neighbors during very hot days.
- ✦ Take regular breaks throughout the day when engaged in outside activities to avoid exhaustion.
- ✦ Slow down and avoid strenuous activity outside during the hottest hours of the day. If you must work outside, try to do so during the coolest hours of the day between 4 a.m. and 7 a.m.
- ✦ If you do experience heat-related illness, remember to cool the body, give fluids, and minimize shock. See a doctor as soon as possible if you experience the following symptoms: headache, dizziness, nausea, or increased body temperature.

KC Free Health Clinic first in HIV Oral Testing

The Kansas City Free Health Clinic is currently receiving technical assistance from Health Resources and Services Administration (HRSA) – HIV AIDS Bureau, a branch of the federal government, to initiate rapid HIV testing as a routine part of dental care. The Rapid Testing in our dental clinic is the first initiative of its kind in the country.

In 2006, the Centers for Disease Control issued new guidelines for HIV testing.

The CDC now recommends routine HIV testing and that everyone between the ages of 13 and 65 should be tested at least once for HIV. Individuals with risk behaviors should be tested annually.

Many people who do not feel a need to visit a medical doctor annually will still keep their annual dental appointment which makes HIV testing in a dental clinic benefi-

cial.

Dr. David Reznik, a dentist from Grady Memorial Hospital in Atlanta and member of the President's Advisory Council on HIV/AIDS, is providing us with our HRSA sponsored technical assistance.

HRSA and the Clinic hope that dentists, dental assistants, and hygienists serving high risk populations will someday learn from our experiences and follow our lead.

Our Dental Clinic serves roughly 600+ unduplicated clients per year, of which we intend to screen for HIV annually or more often depending on individual client risk factors.

Dr. Bob Claassen, President of the Clinic Board and long time dentist volunteer, will be the first to pilot the initiative.

Volunteers needed for event in Oct.

Kansas City Free Health Clinic is planning a new fund-raising event for the fall—KC Beerfest, on October 20th, from 1-5 pm at the Legends at Village West Shopping Center in Kansas City, Kansas.

KC Beerfest visitors will receive a commemorative sampling glass and enjoy four-ounce beer samples

from participating breweries.

Each brewery will have their own booth and many of the booths will be staffed by the brewers themselves.

Over 3,000 beer connoisseurs and first-timers are expected to attend this first-year event.

Come join us for some excellent craft brews, live music and great food!

Volunteers will be needed on Friday, Oct 19 from 12 – 6 pm for set-up. On Saturday, volunteers will be needed again for set-up, registration, and possibly for tap pouring. Volunteers must be at least 21 years of age. Please contact Suzanne Lammert if you are interested.

Lunch 'N Learn

Friday, August 17 12 – 1 pm
Third Floor Conference Room "D"

KC Free Health Clinic

How to Identify Victims of Domestic Violence

Do you know what to say to a patient of the Clinic to determine if she (or he!) is being abused at home?

Would you know how to help this patient and what resources are available for her/him?

A representative from Rose Brooks Center will be here to provide information and answer questions.

This program is open to Clinic volunteers and staff.

Please notify Suzanne Lammert if you plan to attend.

Please Remember!

When you volunteer for an evening clinic, please be sure to notify the Front Office staff at the end of your shift that you are leaving. The front office staff wait to hear from you that all of your patients/clients have left before she locks up the building. Remember, too, as the days get shorter, it's a safe idea to leave the building together.



Three students from Massage Therapy Training Institute smile in front of a Thank You banner made for them by the Summer Sensation Youth Volunteers.



Youth volunteers from Missionpalooza, sponsored by Episcopal Community Services of Kansas City, trimmed hedges, pulled weeds, and picked up trash as some of their outside duties at the KC Free Health Clinic in July.

August Calendar

August 1	National Minority Donor Awareness Day
August 1-7	World Breastfeeding Week
August 1-31	National Immunization Awareness Month
August 1-31	Children's Eye Health and Safety Month
August 1-31	Cataract Awareness Month