



# Volunteer Update

## 40th Anniversary for Earth Day April 22, 2010

On April 22nd, we will celebrate Earth Day. This is an important event and one we should all participate in. So how can you participate? Plant a tree in your yard or anywhere in your community in observance of this important day! Below you can make your impact to the Earth in 5 easy steps.

Step 1 - Select a young tree, (from here forward known as Mr. Tree), that can survive our Zone – which is Zone 5 or 6 depending on the map you view. Tree nurseries can classify trees that will survive all four seasons in Missouri/Kansas if you are a first-time planter.

Step 2 - Mark out an area in your yard/community where Mr. Tree can grow unfettered. You should avoid areas surrounded by electrical wires and trees with full foliage – we don't want Mr. Tree to get strangled like constrictive pericarditis can do to our hearts.

Step 3 - Support Earth Day even more by buying a tree to plant through an eco-friendly organization – such as the link below – might even find a free one! (<http://www.arboday.org/shopping/trees/trees.cfm>)

Step 4 – Party! Invite friends and family members to help you plant Mr. Tree on Earth Day. You can use Earth Day as a way to get everyone together for an outdoor activity and say good-bye to those gray weary February cold days.

Step 5 – Don't forget about Mr. Tree! Create a maintenance schedule him before you place a tree in the soil. You can develop a weekly schedule for friends and participants to prune leaves and clean debris away from the tree.

Because trees remove carbon dioxide from the air as they grow, tree planting can be used as a technique to remove Carbon Dioxide from the air so we can all breathe easier!

Join the more than **one billion** people in 190 countries that are taking action for Earth Day.

## SERVICE ANNIVERSARIES

Congratulations to these volunteers who have service anniversaries in April.

### 17 Years

**Dr Todd Fristo,**  
Gen Med Physician

### 8 Years

**Dr Michael Weaver,**  
Gen Med Physician

### 7 Years

**Linda Hanway,**  
Gen Med RN

### 4 Years

**Emily Favaregh-Green,**  
Development Asst.

### 2 Years

**Nancy Buchmann,**  
Gen Med RN

**Ashley Singleton,**  
Prevention Asst.

We do not inherit the earth from our ancestors, we borrow it from our children.

~Native American Proverb

Interested in Volunteering?  
Contact Suzanne Sutton Lammert at  
[suzannel@kcfree.org](mailto:suzannel@kcfree.org) or  
(816) 777-2761



## AIDS WALK 2010 April 24th, 2010



Get Ready. Get Set. WALK..... with your friends, family, co-workers and over 4,000 Kansas Citians in the 22<sup>nd</sup> annual AIDS Walk Kansas City.

### **When:**

Saturday, April 24th, 9:00 AM

### **Where:**

Theis Park

Last year AIDS Walk Kansas City raised over \$435,000 to support care and services for those living with HIV/AIDS. Funds raised support

Kansas City Free Health Clinic, Good Samaritan Project, SAVE, Inc. and Hope Care Center.

Join the Clinic's 2010 Walk Team by going on line to [firstgiving.com](http://firstgiving.com) and search for team kcfree or email [sneville@kcfree.org](mailto:sneville@kcfree.org). You can also sign up at the registration table at the Midtown Clinic.

Watch for more information and join us at Theis Park on April 24<sup>th</sup>!!!

## SERVICE ANNIVERSARIES CONTINUED

Thank you for your dedicated service.

### **1 Year**

**Veronica Conaway,**

Patient Asst.

**Stan Green,**

Front Office

**Melicent McCain,**

Patient Asst.

**Colleen Reilly,**

Lab Tech

**Beth Shepard,**

Patient Asst.

**Paul Taylor,**

Development Asst.

## **World TB Day**

World TB Day was Wednesday, March 24. This annual event commemorated the date in 1882 when Dr. Robert Koch announced his discovery of *Mycobacterium tuberculosis*, the bacteria that cause tuberculosis (TB).

World TB Day provides an opportunity to communicate TB-related problems and solutions and to support worldwide TB-control efforts. CDC and partners are committed to eliminating TB in the United States.

In the United States, the theme for World TB Day 2010 was "TB elimination: Together We Can!"

At Kansas City Free Health Clinic, 74 TB tests were given on March 24! Many thanks to volunteer RN, Linda Hanway, who personally gave all 74 tests!