



**April 10 – 16, 2011: National Volunteer Week!**

The Gardens of Kindness Never Fade  
(author unknown)

A garden is measured  
Not by its withered leaves,  
But by each budding flower  
And the smiles that it receives.

A day is measured  
Not by hours that have flown,  
But by how much we've done  
And the compassion that we've shown.

Our lives are measured  
Not by what we have or take,  
But by what we give back  
And the difference that we make.



**Domestic Violence and Sexual Assault**

*KC Free Health Clinic Response*

*Thursday, April 21st*

*1pm – 4pm*

*Conference Room D*

Volunteers! If you have not attended a DV/SA seminar, you are invited to attend this orientation to the KC Free response to domestic violence and sexual assault

Service Anniversaries

April, 2011

Thank you to all of our volunteers for their years of service!

**18 Years**

**Dr Todd Fristo,**  
Gen Med Physician

**9 Years**

**Dr Michael Weaver,**  
Gen Med Physician

**8 Years**

**Linda Hanway,**  
Gen Med RN

**5 Years**

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

**3 Years**

**Nancy Buchmann,**  
Gen Med RN

**2 Years**

**Melicent McCain,**  
Patient Assistant

**Beth Shepard,**  
Patient Assistant

**1-Year**

**Michael McClanahan,**  
Patient Assistant



## Notes from volunteers---

- \* Did you know that I got accepted to medical school? I will be leaving for school in Columbia (MU) this fall. I am *really* going to miss volunteering - and I know I have such a leg up for school because of all my great experiences at KCFree. So, thank *you!* Merryl
- \* I just wanted to let you know that I am graduating in May and unfortunately Monday, May 2nd will be the last Monday that I will be volunteering. It has really been a lot of fun working at KC Free. I have learned a lot! Thanks so much for everything!

## Note from a Patient---

- \* I went to the KC free clinic today. I had pneumonia or severe bronchitis with asthma and the nurse that saw and prescribed antibiotics and inhaler was probably the best doctor I've seen. KC Free Clinic was the best experience I've ever had at a doctors office and of course I gave a donation. If people want to give to KC free clinic should they simply send a check to the mailing address payable to KC Free Clinic? Thanks for telling me about it and your service. I feel so much better already and I have an important interview tomorrow I have to be well for. Thanks!!”

## The Kansas City Free Health Clinic Cell Phone Recycling Contest!

Turn in old cell phones (with cords if possible) to a staff member from now until May 20<sup>th</sup>.

KC Free receives rebates on qualifying cell phones, if the phone does not qualify for rebate, it will be donated to Rose Brooks.\*

\*KC Free collects cell phones, toner/ink cartridges, mp3 players, digital cameras, and laptops year round. These items can be given to a staff member at any time for recycling.

## 40 Years of Serving Kansas City!

The Westport Free Health Clinic was opened on April 5, 1971, with the name changed to Kansas City Free Health Clinic in the '90's. To celebrate our 40th anniversary, this year Tibotec Therapeutics, Merck & Co., and Bristol-Myers Squibb provided treats on April 5th. Several Clinic Founders stopped by to eat, reminisce, and swap stories with present staff, students, and volunteers. Other celebrations are planned throughout the year, so watch for more FUN.



For **Forty** Years, the Clinic has been creating healthy solutions in Kansas City by providing **Free** care to those in need.

Join us as we look **Forward** with stability, soundness, and energy for as long as we are needed

Interested in volunteering?

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