

Volunteer Update

Volunteer Spotlight – Alisha Adams

At KC Free we love to see and showcase the talent of our volunteers. Alisha Adams, a volunteer for Behavioral Health, has finished her practicum for her Ph.D. in psychology with us, and we are so grateful for all of her service. Alisha has been helping the Clinic for fifteen months, and she has continuously impressed us with her volunteer spirit. After just one month, she took over the Women's Mental Health Group, led by Sara Nelson-Johns, and she did a fantastic job helping the group grow!



Alisha really went “above and beyond” during her practicum – she was finished with her hours, but she still came in to help. She also proved to be an incredible resource for both staff and other students. During the Fall 2009, Spring 2010, and Summer 2010 semesters, Alisha trained new students and volunteers in Behavioral Health, displaying how the giving spirit can multiply and strengthen when you volunteer with others.

Additionally, the Behavioral Health team now has new and revised paperwork thanks to Alisha's hard work. Throughout her time at KC Free, Alisha has been innovative and incredibly motivated to help. Thank you so much, Alisha, for all that you have done – we really appreciate how you have helped the clinic develop during your time here. We wish you good luck at your next internship with Children's Mercy!

KC Free Volunteers Respond to Emergency!

At 9 am on Monday, July 12, Suzanne Lammert sent the following email: “The heavy rains yesterday deposited WATER in the Clinic's basement. If you could help for an hour or two today, you would get an extra-special star in your halo!!!”

Within 30 minutes, **Al S.** was here. Half hour later, **Paul T.** arrived. Another “mystery” volunteer helped with the basement clean-up, and the job was completed within 3 hours. **Lynda M.** came dressed for mopping that afternoon, and instead, she was put to work in medical records. **Cindy T.** found the basement door locked when she arrived later, so she used her extra time to donate blood.

Several more of you emailed to ask about helping out on Tuesday, but the job was finished. Thank you ALL for responding so quickly in your own ways to GET THE JOB DONE. You ALL wear shiny halos in my book! And, Mystery Volunteer, please tell me who you are; all I know is that you are here a lot and you drive a red motorcycle.....

SERVICE ANNIVERSARIES

Congratulations to these volunteers who have service anniversaries in August.

7 Years

Dr. Gazala Parvin,
Gen Med Physician
Norma Spear,
Gen Med RN
Dr. John Yeast,
Gen Med Physician

4 Years

Ashley Dunbar,
Gen Med Dietician
Dr. Charles Singleton,
Gen Med Physician

3 Years

Sue Stewart,
Medical Records Expert

1 Year

Gary Garten,
Gen Med RN Student
Stephanie Mall,
Gen Med Acupuncturist

Thanks to ALL for your service to our patients!

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



Volunteer Updates

- Congratulations to **Kieu T**, volunteer Patient Assistant, for being accepted to medical school in Salt Lake City.
- **Kate P**, started volunteering at the Clinic 4 years ago as a Front Office assistant. She quickly moved into the Patient Assistant role and also helped with special events and outreach. This is from a recent email from Kate:

“I just wanted to let you know that I'm headed to Georgetown for med school in a few weeks, so you won't hear from me for a few years! The plan is always to end up back in KC, so hopefully the next time I volunteer I can be a provider :) Thanks for everything. My experience at the Free Health Clinic has been so important in my journey to medical school. I will hopefully get to be a part of Georgetown's Health Rights and Social Justice track as well . . . inspired by my time at the clinic. Kate
- Congratulations to **Tamara W**, who has volunteered over 100 hours as a Patient Assistant in the past 2 years. This is from a recent email from Tamara:

“I have been accepted to the University of South Florida in Tampa where I will be getting my 2nd bachelor's in Microbiology in aims of Medical School. My time at the clinic has been very special to me; not only did I learn a great deal but I enjoyed every second of help I gave to all of the wonderful patients of the clinic! This was an experience I'll never forget. Hopefully this experience will continue in Tampa because there is a clinic I found that gives somewhat of the same care KC Free gives! Thanks for everything! Tamara

Our Sympathies

The Clinic staff was saddened to learn that two of our volunteers lost parents this summer.

Jeff M, former Front Office volunteer and current Patient Assistant, lost his mother to breast cancer in May.

Katie S, Development and Patient Assistant volunteer, lost her father. Katie and Jeff this is for you:

Perhaps they are not stars
But rather openings in heaven
Where the love of our lost ones
Pours down through
And shines upon us
To let us know they are happy

AIDS Bicycle Challenge 2010 - September 12, 2010

Join the sixth annual AIDS Bicycle Challenge beginning and ending in the Richard L. Berkley Riverfront Park along the scenic Missouri River. You can choose from four different routes and enjoy a festive Post Ride Celebration after the event!

WHAT IS IT ALL ABOUT? www.aidsbicyclechallenge.org/

The AIDS Bicycle Challenge is a non-competitive charity ride through vibrant downtown Kansas City, along the beautiful Missouri River and beyond to benefit those living with HIV/AIDS in Kansas City. We welcome individuals and families to come make a difference for those living with HIV/AIDS while experiencing a thrilling tour of downtown Kansas City and the scenic Muddy MO!

ME? RIDE A BIKE FOR AIDS SERVICE FOUNDATION?

Sure! ABC features routes for all ages and skill levels, including approximate 50, 30, 10 and 2 mile routes. Training Rides will be held every Monday until the event. Rides begin at 6:30 pm beginning and ending at Family Bicycles, located at 7140 Wornall Road, Kansas City, MO.

You can find a route of the training ride on the right hand side of this webpage under "Resources".

We hope to see you at AIDS Bicycle Challenge 2010!

More Info: Questions? Feel free to call at 816-931-0959 or email ride@aidsbicyclechallenge.org