



**KANSAS CITY CHRONIC DISEASE COALITION MEETING
FEBRUARY 21, 2008
5-7 PM
PIONEER COLLEGE AUDITORIUM**

Food and Fellowship start at 5 pm
PLEASE PHONE 816-920-6840 IF YOU ARE ATTENDING

The Coalition thanks **Truman Medical Centers-Hospital Hill** and
Hy-Vee Grocery, 1525 East 23rd St.
for all of their assistance in helping with the February Coalition meeting.

Come to Learn More About Heart Health Month and Black History Month

Heather Craig, United Way and 211 – Free Services You’ll Need to Know About
Truman's Cardiology Department Staff Presentation - Service Enhancements For Us All
Ella Tolbert, KC-CDC – Understanding Our Heritage and What That Can Mean For You
Guest Vocalists

**Next Coalition Meeting
Thursday, April 10, 2008**

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WONDERFUL NEWS - SIGN UP NOW FOR 2008 PICK 6 ACTIVITIES

Thanks to the Health Care Foundation of Greater Kansas City, KC-CDC has been awarded an applicant-defined grant to strengthen and sustain community partnerships through the Pick 6 process. This means that we will be able to offer the services of Myron Frye and Maria L. Boudreaux and Associates to neighborhood groups participating in Pick 6. The KU Work Group will help with our evaluation and Kathy Hanis will work with the media to increase understanding of our mission.

Thanks also needs to go to the **Missouri Department of Health and Senior Services**, which has awarded KC-CDC/MPCA funding to develop a community plan for diabetes management while evaluating diabetes planning tools for use with communities and to promote the self-management of risk factors and conditions associated with heart attack and stroke.

This funding will provide staff to carry out the activities. Ella Tolbert is the Pick 6 Coordinator; Jackie Madison is KC-CDC Office Assistant; and Marianne Ronan will be the Program Manager.

In addition, KC-CDC should shortly be its own 501c3 organization. Forms have been submitted to the IRS and a big “thank you” goes to **Frances Robinson** for helping us with the paper work.

Finally, a big round of applause has to go to the **Friends of the KC-CDC**. Your hard work, dedication, and faith in the Coalition have helped to make all of this possible. Our pledge drive is now over \$118,000 in time, resources, and cash. The Steering and Executive Committees are grateful for your efforts and look forward to all of the exciting new things that will happen in 2008 to help make our community a healthier place for healthier people.



GOOD NEWS FOR THE KC-CDC COALITION

From Ella's Desk - Today, all we are hearing about in this political climate is change, change, change. Here at KC-CDC, change has always been our aim. We need to change from self-destructive habits that lead to chronic disease and begin a lifestyle of healthy habits. We are still on course for those changes with the help of our committed volunteers.

On Thursday, January 10th, eight Friends of KC-CDC gathered to start their tenure as KC-CDC Pick 6 Volunteers. Present were **Tonya Williamson, Rotha Perkins, Linda Williams, Barbara Cox, Linda Worley, Shirley Lowe, Kathleen Davis, and Connie Farakhan**. Others that will be joining later are **Karla Canada** and **Doris Harper**. Even though they all have busy schedules and some still work daily, they are willing to help sign up our Pick 6 partners and guide them to better health. Without their commitment to aid in the activities that our work calls upon us to perform, we would not be able to move forward as easily. Each Pick 6 Volunteer has been given a contact list, a reporting sheet for contacts, a list of available resources from our Resource Room, and information about areas where groups of individuals can participate in walking as a form of exercise. Our Pick 6 Volunteers will be contacting you shortly to work with your schedules for physical activity and nutrition classes as well as work on other Pick 6 choices. An added emphasis in policy development to promote Healthy Habits will also be included this year. We will have even more information for you in the coming weeks.

I will serve as the Pick 6 Coordinator and will generally be in the office from Monday through Thursday from noon to 4 pm. While volunteers have always helped the Coalition to carry out our mission, our new volunteer system will be invaluable as the Coalition carries on with fewer office staff who will be working less hours. If you are interesting in helping with our inventory count or working on our Coalition meetings, please give me a call at 816-920-6840.

So – to our new Pick 6 Volunteers, give a cheer!!! And let's keep practicing healthy habits!!!



EVEN MORE GOOD NEWS FOR THE KC-CDC COALITION Did you check out Myron Frye on Fox 4 at noon with Mark Alford, Fox 4's news anchor? These shows were taped at the Palestine Senior Center and were featured for 4 weeks in January. The phones were ringing off the hook at the Coalition office and new groups should be joining because of all the publicity. Congratulations again to **Myron Frye** from Bodyworks and **Kathy Hanis** from Entertainment Plus for their commitment to KC-CDC and Healthy Habits. And a great big special thanks to **Fox 4** for their continuing efforts to improve the health of their viewing audience.



DID YOU KNOW THE GOOD NEWS ABOUT HEART DISEASE AND STROKE?

You are probably less likely to die from heart disease and stroke than ever before. According to the American Heart Association (AHA), there were 160,000 fewer deaths from those diseases in 2005 compared to 1999. The AHA predicts that, by the end of this year, 240,000 lives will be saved. This is all a product of new technology, new devices, and new drugs that literally were not available twenty years ago. About half the improvement comes from reduction in risk factors like cholesterol, blood pressure, and smoking. The other half comes from better surgery and procedures. Please go to www.cbsnews.com/stories/2008/01/22/eveningnews/main3740247.shtml for more information.



NEW OFFICE HOURS: The office will be open from 8 am to 4 pm Monday through Thursday and 8 am to noon on Fridays. But it is always best to call before you come, particularly if you have some items you want to pick up. We want to have them ready for you when you arrive. Please call Jackie Madison at 816-920-6840 and let us know when you want to drop by. We'll be there to help you when you need us.



DID YOU KNOW???

February 22, 2008– The UMKC School of Medicine, Office of Cultural Enhancement and Diversity is sponsoring a Lecture on Health Disparities at the Gem Theater, 1615 E. 18th St. The evening opens with a reception at 6 p.m. and the program begins at 7 p.m. The guest speaker is Gloria Wider Brathwaite, MD, MPH. She is the President/CEO of Core Health and Founder of Justice Speaks in Washington, DC. You won't want to miss this important event. There is no admission fee and no RSVP is required. Contact 816-235-1780 for more information.

February 29, 2008– The African Chamber of Commerce of Greater Kansas City invites all medical, business, charitable, and roots' enthusiasts to join a Nigeria Medical/Humanitarian Mission in December, 2008. A \$500 deposit is required for this trip by February 29, 2008 in order to attend. Please phone Rev. John Akinwale at 816-753-3219 or Dr. Wanda Nelson at 816-765-1986 for more information and to make your reservation.

March 25, 2008 – This is American Diabetes Alert Day, a day devoted to raising awareness about diabetes, spreading the word about who is at risk and identifying those who may be at risk but don't know it. The National Diabetes Education Program will recognize the day by promoting the "Small Steps, Big Rewards: Prevent Type 2 Diabetes" campaign, helping those with pre-diabetes take steps to lose weight and lower their risk for developing Type 2 diabetes while there is still time to prevent it from developing. For additional information, log on to the website at: www.ndep.nih.gov/campaigns/SmallSteps/SmallSteps_index.htm <http://www.ndep.nih.gov/campaigns/SmallSteps/SmallSteps_index.htm>.

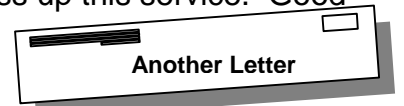
March 31 – April 1 – The Kansas Department of Health and Environment will hold a Health Disparities Conference in Topeka at the Capitol Plaza Hotel/Maner Conference Center. Free health screenings will be provided in the Conference Wellness Center. For more information, go to www.minorityhealthks.org.

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Dear KC-CDC: I am an individual with a medical disability and am unable to drive. I have a hard time finding transportation to and from my doctor's appointments and for simple daily tasks such as going to the grocery store. Is there any help out there in securing transportation for those with medical disabilities? Needing a Ride

Dear Needing a Ride: So many citizens of our community are in the same position as you. They find it increasingly difficult to secure transportation around the city for doctor's appointments, to go to church, and for simple shopping trips. There are resources out there to offer you help with your transportation. If you call United Way (dial 2-1-1), a call specialist can provide you with referrals to programs and agencies that offer medical transportation. You shouldn't pass up this service. Good luck with your endeavors and with your health.



Dear KC-CDC: I have diabetes. Somebody told me I need to be worried about heart disease. Should I be talking with my doctor about my concerns? Anxious

Dear Anxious: Evidence shows that untreated diabetes carries great risks, particularly for heart disease and stroke. In addition, diabetes carries an increased risk for kidney disease as well as eye complications, which may lead to blindness. One of the most common complications of diabetes is diabetic nerve damage. This nerve damage runs throughout the body, connecting the spinal cord to muscles, skin, and blood vessels as well as the heart. So, please do contact your health care provider to help you understand the many complications of diabetes. You can also go to <http://www.diabetes.org/type-2-diabetes/complications.jsp> for more information. P.S. Now is a good time to "Take a Loved One for a Check Up" this month. If you have friends who needs to see a health care provider, please make sure they make an appointment and then offer them a ride. Sometimes, just having a friend to go with makes all the difference in the world.



EAT RIGHT NUTRITION CORNER

Chicken and black bean chili makes 8 servings

Chili is usually made with beef, so this chicken chili is a nice change. This dish is a good source of thiamine, niacin, iron and B vitamins. You can serve it on its own or over brown rice.

Ingredients

2 lb ground chicken	1 tbsp olive oil	1 tsp pepper	1 tbsp Worcestershire sauce
5 cloves of garlic, finely chopped		1 medium onion, chopped	
2 to 4 oz of mild green chilies, rinsed, drained and chopped			
2 tbsp chili powder	1 tbsp cumin	1 cup water	1-14 oz can dices tomatoes 2 cups tomato sauce
2-15 oz cans black beans, rinsed and drained		1 cup grated cheddar cheese, low fat (optional)	

Heat oil in a large, deep, non-stick pot. Cook ground chicken thoroughly over high heat about 5 minutes, stirring frequently. Add salt, pepper, and Worcestershire sauce. Combine well. Reduce to medium high; add garlic, chopped onion, and chilies. Combine well. Add chili powder and cumin. Cook 5 minutes. Add stock, tomatoes, tomato sauce and black beans. Bring mixture to a boil. Reduce heat to a simmer and cook for 5 to 10 minutes. Taste and adjust seasonings if necessary. To serve, transfer hot chili to serving bowls, top with grated cheese (optional).

Nutrition Analysis (per serving) Calories 366; Total Fat 18 g); Cholesterol 0 mg; Sodium 812 mg; Carbohydrates 25 g; Protein 27g

The Heart and Stroke Foundation gratefully acknowledges Campbell Company of Canada as the sponsor of our recipe.



2700 East 18th, Room 203
Kansas City, MO 64127

<p>Mail To:</p>

This newsletter and the postage was generously donated to KC-CD through pledges from Friends of KC-CDC.