



**HAPPY FATHER'S DAY!!**

**Live Like Your Life Depends on It. You are loved.**

**KANSAS CITY CHRONIC DISEASE COALITION MEETING**

**June 12, 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 Friends of KC-CDC  
for making contributions to support this evening's meal.

Come to the Meeting to Learn More About:

Clay Berry, Alphapointe – Learn about services for those with vision loss

Carol Edwards, Oak Park – “Journey Beyond Broken “

Marianne Ronan, KC-CDC – Getting Help When Someone's Having a Stroke is Critical

Patrick Ayers, American Stroke Foundation – “Had a Stroke? There is hope right here in KC.”

Guest Entertainment

**Next Coalition Meeting**

**Thursday, August 14, 2008**

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**FROM THE PRESIDENT'S CORNER** – KC-CDC was previously funded by the Centers for Disease Control and Prevention. We have offered many services since 2001 at no cost to reduce the high rates of diabetes and heart disease affecting those living here in Kansas City, MO and Kansas City, KS. As a not-for-profit agency, we must now rely on the community to help support this great mission. As a community person who wants to see KC-CDC continue its activities, I am asking you to become a Friend of KC-CDC and to make a donation at any level to keep our office opened.

Fundraising letters, a Fact Sheet, and a Program Overview will be distributed at our Coalition meeting. Be an Ambassador and get the word out about our fundraising drive. In the meantime, don't forget to drink some water and wear your pedometer. Take Care of Yourself and Practice Healthy Habits –

Linda Escareno-Williams, KC-CDC Chair

**GOOD NEWS FOR THE KC-CDC COALITION**

Please welcome Tonya Williamson, as our latest addition to KC-CDC. Ms. Williamson, a former Steering Committee Member, is now the KC-CDC Initiative Manager. She brings a wealth of experience and knowledge in working with community groups and her enthusiasm for the program is infectious! Give her a call at 816-920-6840 to become acquainted. She'd love to hear from you and visit with your organization. Marianne Ronan is now the Grant Administrator and will generally be in the office on Thursdays and Fridays or by appointment.

## MORE WONDERFUL NEWS FOR THE KC-CDC COALITION

KC-CDC now has its own website. Please go to [www.kc-cdc.org](http://www.kc-cdc.org). You can find out about the Coalition, how to become a partner, download one of our 33 health walks, or read one of our success stories. Mark this as one of your favorites! Let us know if you have any ideas for more information to go up on the website. After all, this website is for you.

## EVEN MORE WONDERFUL NEWS FOR THE KC-CDC COALITION

Ella Tolbert, Tonya Williamson, and Marianne Ronan have all received training to present the “Live Like Your Life Depends on It - Chronic Disease Self-Management Course.” This six week course (2 ½ hours/week) is an invaluable tool to help people suffering from a chronic disease(s) or who are helping someone who has such a disease. It will teach people to overcome the physical and emotional problems caused by disease. The goal is to have the greatest possible physical capability and pleasure from life. You will get hundreds of tips and ideas to make your life easier. The course and its materials are free to any Pick 6 partner. Call Ms. Ella at 816-920-6840 and sign up today. This is a great opportunity to assure “good health for all!”



### DID YOU KNOW?

There's good news to improve your heart health. A healthy heart is within everyone's reach. You already know some of the rules: Eat less fat; eat more fruits and vegetables; and keep blood pressure and blood cholesterol levels in check. However, there are more ways to boost heart health: **DON'T SKIP BREAKFAST**; **LIGHTEN UP** when faced with stressful situations; **KICK TOBACCO**; **GET OFF THE COUCH**; and **TALK WITH YOUR HEALTH CARE PROVIDER ABOUT VITAMINS** – particularly vitamins A, C and E as well as beta-carotene which appear to slow plaque formation in the arteries.



**DID YOU KNOW?** The American Stroke Foundation is here for those in the community who have fallen victim to a stroke. If you would like more information, go to [www.americanstroke.org](http://www.americanstroke.org) or phone 913-649-1776.



**DID YOU KNOW?** The American Heart Association has a free heart-healthy cookbook for you. A few months ago, Dione Banks brought some Pledge Cards for Stroke. If you completed one but still have not received your Soul Food Cookbook, please contact Karlease Bradford with the American Heart and Stroke Association at 913-652-1930. She'll get one in the mail to you quickly.



**From Ella's Desk** – Thanks to the many partners and friends of KC-CDC, we are still continuing with our “Pick 6” activities. In order to re-start your partnership or to begin brand new ones, please contact our office at 816-920-6840 between the hours of 8:00 a.m. – 4:00 p.m. Monday through Thursday and 8:00 a.m. to 12:00 p.m. on Fridays to set up a time to meet with our Pick 6 Coordinator, Ella Tolbert. You'll be glad you did. PS: Myron Frye and Maria Boudreaux are still offering no-cost physical activity and nutrition classes. You don't want to miss those!!!

## SAVE THE DATE

**June 1** – The 23<sup>rd</sup> Annual Kansas City Celebration of Life – National Cancer Survivor’s Day will be held at 1 p.m. in the Bloch Cancer Survivors Park, 48<sup>th</sup> and Roanoke. For more information, phone 816-854-5050 or go to [www.blochcancer.org](http://www.blochcancer.org).

**June 5** – The Kansas City Quality Improvement Consortium (KC-QIC) and the Robert Wood Johnson Foundation invite you to a meeting from 10:00 to noon at the Truman Forum Auditorium-Plaza Library Branch, 4801 Main St., KCMO. They are announcing efforts to make over health care in 14 communities across the nation. Here in Kansas City, KC-QIC is teaming up with those who get care, give care and pay for care to deliver lasting change across entire communities. KC-QIC will also launch its "KC Kick it up a Notch-Improving Health Care Together" campaign. Lunch will be provided. RSVP by calling 816-453-4424.

**July 22-24** - Please attend the National Medicare Training Program to receive the latest Medicare Program updates; Get the official CMS training materials; Learn tips from the experts on improving your communication skills. This program will be held at the Hampton Inn & Suites; 4600 Summit, Kansas City-Country Club Plaza. For more information call 816-448-4600.

Don't forget- If your organization has an event you want us to publicize, please send the information to Jackie Madison at [jmadison@mo-pca.org](mailto:jmadison@mo-pca.org). We are looking for those events happening in August or September. The last submission date for the next newsletter is July 15<sup>th</sup>.



Dear KC-CDC: My Dad recently had a stroke. Thanks to the information we received from you, we were able to identify the signs of my father’s unusual behavior and get him to the hospital in time. After some months, Dad returned home, but his behavior is strange. He has a hard time swallowing and seems to be unaware of one side of his body. Is this an aftereffect of the stroke? Devoted Daughter

Dear Devoted Daughter: Do talk to your Dad's doctor, but according to the American Stroke Association, your Dad may have a problem with chewing and swallowing food due to the muscles on one or both sides of his mouth becoming weak. Your Dad’s loss of awareness is called “neglect.” “Neglect” occurs after a stroke. People often lose mobility and/or feeling in an arm or leg and tend to ignore the weaker side or affected side of their bodies. Many of these problems can improve over time. In some patients, the problems will go away completely. For more information, go to <http://www.strokeassociation.org>.

Dear KC-CDC: I read somewhere that thousands of people die needlessly each year due to a lack of organ donors. I made up my mind and want to be an organ donor. I need to know what I need to do and which organs I can donate. Signed: Save A Life

Dear Save A Life: This is a commendable thing you have decided to do. According to the Missouri Department of Health and Senior Services, nine out of ten Americans support organ and tissue donation. Yet many do not know the proper steps for making that commitment. Help ensure your life-saving decision is fulfilled. To become an organ donor, you simply let your family know that this is your wish and complete an Organ Donor form on the back of your driver’s license with a permanent marker. The Organ Donor Form is provided through the Missouri Organ Donor Registry and can be obtained by calling 1-888-497-4564. The organs that can be donated are heart, kidneys, pancreas, lungs, liver, and intestines. Tissues may also be donated and include the eyes, skin, bone, heart valves, and tendons. To learn more about this please go to <http://www.dhss.mo.gov/OrganDonor/>.

## EAT RIGHT NUTRITION CORNER



### GRILLED VEGETABLE SKEWERS

**Grilling vegetables is fun, easy to do, and delicious to eat! Enjoy!!!!**

- 1 medium ear fresh or frozen sweet corn, thawed and quartered
- 1 small zucchini, quartered
- 4 cherry tomatoes
- 1/4 teaspoon dried rosemary, crushed
- 1/8 teaspoon garlic powder
- 1/8 teaspoon pepper
- 1/4 small red onion, halved
- 1/4 teaspoon dried basil
- 1/4 teaspoon dried thyme
- 1/8 teaspoon salt

Place the corn on a microwave-safe plate. Cover with waxed paper. Microwave on high for 2 minutes. Coat the grill rack with nonstick cooking spray before starting the grill. On two metal or soaked wooden skewers, alternately thread the corn, zucchini, onion and tomatoes. Lightly coat vegetables with nonstick cooking spray. In a small bowl, combine the seasonings; sprinkle over vegetables. Grill, covered, over medium heat for 3 minutes on each side or until vegetables are tender, turning three times.

YIELD: 2 Servings Nutrition Facts: 1 kabob equals 69 calories; 1 g fat; 0 cholesterol; 131 mg sodium; 16 g carbohydrate; ;3 g fiber; 3 g protein.

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**Mail To:**

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