



**KANSAS CITY CHRONIC DISEASE COALITION MEETING**  
**August 14, 2008**  
**5-7 PM**

**PIONEER COLLEGE AUDITORIUM**

Food and Fellowship start at 5 pm

Please phone **816-920-6840** if you are attending

**Come to Learn More About**

Tarris D. Rosell, Center for Practical Bioethics – Depression and How It Affects Your Health  
Thomas Hernandez, National Association of Mental Illness (NAMI) Kansas and Rita Kay  
Foundation – Youth and Depression

Elizabeth Williams, Samuel U. Rodgers – Services to the Community  
Tonya Tota, Trace's Place – "The Bag Lady"

Alisa J. Smith and the Summer Kids will perform exercises with Myron Frye

**Next Coalition Meeting**  
**Thursday, October 9, 2008**

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**FROM THE PRESIDENT'S CORNER** - As a community person who wants to see KC-CDC continue its activities, I am appointing each and every one of you as Ambassadors to spread the word. Since 2001, KC-CDC has offered many services at no cost to reduce the rates of diabetes and heart disease affecting those living in Kansas City, Missouri and Kansas City, Kansas. We are a not-for-profit agency, who must now rely on the community to help support this great mission. We ask for your support.

Linda Escareno-Williams, KC-CDC Chair

P.S. Remember to walk at least 30 minutes daily, and don't forget to stretch and drink plenty of water!

**The Coalition Thanks our new Friends of KC-CDC.**

Barbara Johnson, Mary Kelly, Alphapointe, Jennie Wallace, Alberta Williams, LeOrris Quarles, Ellaraine Hervey, Artiste Hervey, Sharaine Hervey, Cierica Hervey, Tierica Hervey, Rayonica Hervey, Charlene Adesina, Pat Davis, Rita Kay Foundation, Pastor Eartherline Downs, Levell Sutherlin, Michael & Claire Haynes, St. Stephens Baptist Church - Margaret Ross, Audrey T. Neal, Jackie McFall, Janis E. Eason, Carol L. Edwards, Edwynne Polly Smith, Shirley Lowe, Amelia Chilcoat, Jabez Technology, Patrick Ayers – American Stroke Foundation, and Karlease Bradford – American Heart Association.

**Thank you, Friends, for your generous donations at our last Coalition Dinner Meeting and your commitment to keeping our Coalition healthy.**

## SAVE THE DATE

**July** – July is Arthritis Awareness Month. There are many myths about arthritis. One is that only old people get arthritis and there is not much anyone can do to combat the disease. While many older people do have arthritis, even children can get it. Two-thirds of arthritis patients are younger than 65 and some of the most serious forms of arthritis occur in teenagers or people in their 20's. There is a myth that there is nothing that can be done about arthritis. There are over 100 different forms of arthritis and there are more than 100 different ways to treat it. For more information, contact Orvie Prewitt, Program Coordinator-KC Regional Arthritis Center, Saint Luke's Hospital, 4401 Wornall Rd. at 816-932-2351.

**July 11 – August 1** - Come to a free evening of family entertainment at the Hyde Park Children's Festival every Friday evening at 36<sup>th</sup> and Gillham. Each Friday event features a top-rated family film, a live folk concert, and exciting, supervised activities for the kids. For more information, contact Roger Coleman from the Pilgrim Center at 816-753-6719.

**August Meetings** – The Missouri Department of Social Services, MO HealthNet will hold town hall meetings to discuss the transition from Medicaid to MO HealthNet. They also want public input on the promotion of patient-centered health care homes. Come to the Truman High School Lecture Hall, 3301 S. Noland Road, Independence, MO on Aug 12, 2008 from 4:00 pm - 6:00 pm or to the Bruce Watkins Culture Center, 3700 Blue Parkway, Kansas City, MO on Aug 13, 2008 from 10:00 am to noon.

**August 23** – The KC-CDC Steering Committee will hold a Strategic Planning Session at the Pioneer College Auditorium from 9:30 am until 4:00 pm. The KU Work Group will lead the session. This meeting is open to any Coalition Pick 6 Partner who would like to have input on the future of the Coalition. A salad lunch will be provided. Please contact Tonya Williamson or Jackie Madison at 816-920-6840 if you plan to attend.

**September 11** – You are invited to the 4<sup>th</sup> Annual Resource Fair at Union Station from 9:00 am to 3:00 pm. This event is sponsored by Cornerstones of Care and the Jackson County Missouri Children's Division. For more information, please go to [www.cornerstonesofcare.org](http://www.cornerstonesofcare.org) or phone 816-221-7744.

**September 28** – Come join the 4<sup>th</sup> Annual Whisper Walk to promote ovarian cancer awareness hosted by the Spelman Medical Foundation. Meet at Zona Rosa on Rt. 29 and Barry Road in the square. Registration opens at 7:30 am and the walk begins at 9 o'clock. There is a \$20 entry fee which is tax deductible. For more information on this event or to register, visit [www.spelmanfoundation.org](http://www.spelmanfoundation.org). For more information on ovarian cancer, visit <http://thevickiwellshfund.org/>.

**October 31** – The 6th Annual Missouri Health Policy Summit will be held at the Hilton Garden Inn in Columbia, Missouri. The focus is on Childhood Obesity and Health Literacy. To register for the summit, please visit <http://som.missouri.edu/CME/healthpolicysummit/2008HPS/08index.shtml>.

## GOOD NEWS FOR THE KC-CDC COALITION

Marianne Ronan presented our KC-CDC Success Story at the Academy for Health Equity Conference held in Denver, Colorado on June 26<sup>th</sup> and 27<sup>th</sup>. Marianne was invited by the Centers for Disease Control and Prevention (CDC) to share how the community has adopted the Pick 6 Model and how the Pick 6 partners continue the work of the Coalition even without federal funding. The community's will to keep the Coalition going is an amazing show of strength. Ms. Ronan has also been asked to present the KC-CDC story for REACH US grantees at an August CDC Technical Assistance Meeting in Atlanta, Georgia.

**"FROM ELLA'S DESK"** KC-CDC welcomes back Oak Park, N.O.B.L.E., Women of Excellence, Knoches Park, Cabot Westside Health Center, Motivating Connections, Phi Delta Kappa, the Somali Foundation, and Victorious Life as Pick 6 Partners. We welcome our new Pick 6 Partners: Residence at West Paseo, Guinotte Manor, Jackson County Health, St. Stephen Baptist Church, K. C. League of Muslim Women, and the Salvation Army/LINC and there's a good possibility of signing up five other groups soon.

We are also excited about our newest "Healthy Habits" training. A Chronic Disease Self Management Course is being added to our roster. The training called "Live Like Your Life Depends On It" is an invaluable tool for people suffering from a chronic disease and for those who are helping someone with a chronic disease. Classes begin September 4<sup>th</sup> at Samuel U. Rodgers, 825 Euclid and run for 6 weeks. If you wish to attend these classes, please call us at 816-920-6840.

P.S. Don't forget: Maria L. Boudreaux and Associates offers two classes called "*Diabetes, What's the Big Deal?*" and "*Food - The Fuel for Your Body.*" Myron Frye will be adding sit-down exercises to his routines and offering Physical Activity Part 2 for those that have taken the beginning classes. These trainings are free to any Pick 6 Partner, old or new. So call the office today to schedule a class! You have until September 15, 2008.



**DID YOU KNOW???**

**SYMPTOMS OF A FEMALE HEART ATTACK:** One type of female heart attack is called a Myocardial Infarction (MI). The symptoms are very different from the symptoms men experience. A female may very likely experience an awful sensation of indigestion and, even after drinking water, this feeling does not subside. Next, comes a squeezing motion racing up the spine that spreads under the breastbone and continues into the throat - at last branching out into both jaws. At this point, realize a **HEART ATTACK** is in progress. If possible, call 911 and then lie on the floor in plain view. Time is of the essence. Remember there does not have to be a traumatic event to trigger the symptoms. For more information, phone the American Heart Association at 913-652-1930 or go to [www.medicinenet.com/.heart-attack](http://www.medicinenet.com/.heart-attack).

**DEPRESSION AND DIABETES OR STROKE:** Depression can strike anyone, but people with diabetes and/or stroke may be at greater risk for developing depression. Treatment for depression helps people manage symptoms of both diseases. The symptoms for depression are persistent sad, anxious, or "empty" moods; feelings of hopelessness and guilt; loss of interest in hobbies and activities that were once enjoyed, including sex; decreased energy, or fatigue; difficulty concentrating, remembering, making decisions; insomnia, early-morning awakening, or oversleeping; appetite and/or weight changes; thoughts of death or suicide or suicide attempts; restlessness, or irritability. If five or more of these symptoms are present every day for at least two weeks and interfere with your routine daily activities such as work, self-care, childcare, or social life, seek an evaluation for depression. To learn more go to <http://www.nimh.nih.gov> or phone 913-281-2221.



**DID YOU KNOW???**

**Diabetes** product manufacturers, patient organizations, and medical professionals have organized into a coalition to educate members of Congress about specific legislation that may affect people with diabetes. The coalition is concerned about new Medicare regulations that may limit the types and brands of testing supplies available for patients with diabetes on Medicare. If you would like to learn more about Diabetes Access to Care Coalition's stance, please contact them by phone at 888-248-4958 or by e-mail at [diabetetesaccess@aol.com](mailto:diabetetesaccess@aol.com).

**Skin Cancer:** African-Americans use less sunscreen than Caucasians but are also susceptible to melanoma, a deadly form of skin cancer. Let's protect our skin. Contact the National Cancer Institute at 1-800-4-CANCER. See Ella Tolbert to get your free packet of sunscreen at our August 14 Coalition Meeting.



**Dear KC-CDC:** My best friend was diagnosed with arthritis. She believes she can tell when it is about to rain and wants to move to a dry climate. I wish I could convince her that moving will not solve her problem. Signed Aches and Pains

**Dear Aches and Pains:** It has not been established that people with arthritis can predict the weather and living in a dry climate will not eliminate arthritis. Physical activity and fitness are very important to a person with arthritis. The most important

thing you can do is encourage your friend to stay active and, hopefully, your friend will not feel the need to move away. To obtain more information, phone the Regional Arthritis Center at 816-932-2351 or go to the Missouri Department of Health and Senior Services website at <http://www.dhss.mo.gov/Arthritis/>

**Dear KC-CDC:** Here lately, I have lost interest in activities that were once exciting to me. Also, I have trouble sleeping and don't seem to have an appetite. My friends tell me these are classic symptoms of depression. Is this true? And if so, what should I do? Signed Maybe Depressed

**Dear Maybe Depressed:** Classic signs of depression are loss of appetite, change in sleep patterns, and the loss of interest in life. If you relate to these symptoms, you could be suffering from depression and should seek medical treatment. The Mental Health Association of the Heartland, Kansas City, Kansas offers seminars and workshops for the public. Their Speaker's Bureau matches individual presenters with the needs of various groups. To request a program or schedule a speaker, contact them at 913-281-2221 right away.

**Dear KC-CDC:** I've had diabetes for about ten years, but I feel just great. I keep hearing that many people with diabetes have eye problems but I just had a vision screening at a health fair in my neighborhood and my eyes checked out just fine. Is there anything else I should do? Signed Healthy as Can Be

**Dear Healthy As Can Be:** Anyone with diabetes should have a complete eye exam once a year, unless suggested otherwise by your ophthalmologist, an eye specialist. Your doctor will complete a dilated eye examination which can't be done during a screening. This will allow him or her to get a full view of the retina, the part of the eye most often affected by diabetes. Your doctor may detect changes in the retina before you do, and will recommend the right course of action. If treatment is needed, timing can be critical for stopping the progression of damage to the eye and, ultimately, to your vision. For more information, please call 816-421-5848, or go to [www.alphapointe.com](http://www.alphapointe.com).

## RIGHT NUTRITION CORNER



### LEMON VELVET SMOOTHIE

**2 1/2 cups low fat milk**  
**6 oz or 3/4 cup frozen orange juice concentrate**

**8 oz or 1 cup of lemon yogurt**  
**1 tsp vanilla extract**

**Measure 2 1/2 cups of milk into a jar. Add 8 oz of lemon yogurt. Add 6 oz frozen orange juice concentrate. Add 1 tsp vanilla extract. Put lid on tightly and shake until smooth. Pour into glass and enjoy!!!! Refrigerate leftovers.**

**YIELD: four 8-ounce servings**

### AMBROSIA FRUIT SALAD

**15.25 ounce can pineapple chunks and juice**  
**1 medium apple, cut into bite size pieces**  
**1 tbsp honey**  
**1/4 cup low fat granola**

**11-ounce can mandarin oranges in light syrup**  
**1/2 cup halved green or red grapes**  
**1/4 tsp ground cinnamon**

**Drain the pineapple, reserving 1/3 cup juice. Drain the mandarin oranges. In a medium bowl, stir together the pineapple, oranges, apple, and grapes. In a small bowl, stir together the reserved pineapple juice, honey, and cinnamon. Pour over the fruit mixture, stirring gently to coat. To serve, spoon the fruit into bowls and sprinkle with granola.**

**Calories 114; Total Fat 0.5g; Sodium 17 mg; Carbohydrates 29g; total Sugars 24g; Dietary Fiber 2 g; Protein 1g.**



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**Mail To:**

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