



KANSAS CITY CHRONIC DISEASE COALITION MEETING

October 9, 2008

5-7 PM

PIONEER COLLEGE AUDITORIUM

Food and Fellowship starts at 5 pm

PLEASE PHONE 816-920-6840 IF YOU ARE ATTENDING

Come to Learn More About

Marilyn White, Kansas City Quality Improvement Consortium (KC-QIC), will speak on the variety of issues that many caregivers face.

Margie E. Peltier, Co-Chair of Local Investment Commission (LINC), will define Respite Care (help for those helping others) and why that's important to us all.

Teresa Gerard of Blue Cross and Blue Shield will talk on the importance of Community Outreach.

Next Coalition Meeting – The KC-CDC AWARDS BANQUET

Thursday, December 11, 2008

www.kc-cdc.org

FROM THE PRESIDENT'S CORNER - Linda Escareno-Williams

Thank you, thank you, thank you to:

The Steering Committee members who participated in the August Strategic Planning Session.

The partners who faithfully send money each month to help keep KC-CDC going.

The Friends who gave donations at our August Coalition Meeting.

Marianne Ronan for being our cornerstone, mascot, and faithful servant; and Ella Tolbert, Tonya Williamson, and Jackie Madison for their encouragement while working on limited funds and going the extra mile—staying late and working beyond the call of duty. You always give your all!

The Volunteers who participated in the Search Your Heart training class. These are the people who go into the community and teach others what they've learned.

Please keep giving. We still need money coming from all directions— public and private—to keep our services in operation. We don't know what the future holds for next year, but we are still maintaining for this year.

On a healthy note, we are coming down to the end of the year and the holiday season is quickly approaching. Eat what you like, but watch your portions, drink plenty of water, exercise, and try to limit your salt intake. When it comes to dessert, share it with a loved one. Don't eat it by yourself!!

KC-CDC SEEKS TO MERGE WITH A LIKE-MINDED ORGANIZATION

KC-CDC has been fortunate in being able to keep its doors open this year because of your generosity and the generosity of those agencies and organizations who have been funding healthy habits activities. The KC-CDC Steering Committee met in August to look at our long-term prospects. It was agreed that KC-CDC should still continue to provide no-cost classes in exercise, nutrition, and chronic disease management. However, because of the tight economic times and because KC-CDC at this point still has many assets to offer, the Steering Committee voted to have staff prepare a Request for Application-Merger Proposal, seeking to unite with a like-minded organization that serves or would begin serving the Kansas City urban core. A copy of the proposal has been sent to a variety of partners in our nine-sector model. The 10-page application is easy to complete and should be returned to KC-CDC no later than October 22nd. The Steering Committee will hold a special meeting no later than November 6th to review all of the proposals and select the Respondent best suited for this merger. If you would like a copy of the proposal or if you would like a staff person to come to your group to discuss the details, please contact the office at 816-920-6840. This is a bold, new step that will help to assure that those most in need are served in the best possible way.

SAVE THE DATE

October and November – In partnership with the Alzheimer's Association, the Tri-County Mental Health Older Adult Program is pleased to host a "Family Series" of educational talks on Mondays, October 6 through November 10, 2008 from 1:30-3:00 pm. Classes will be held at the Tri County Mental Health Services (in the Northland Human Services Center building), Upstairs Conference Room, 3100 NE 83rd Street, Kansas City, MO. To register, please call 913-831-3888

October 4 – The Clean Air Challenge, 5K Run/Walk will be held at the Liberty Memorial, Kansas City, MO. Registration is from 7am until 7:45 am. The Clean Air Challenge is a voluntary pollution reduction awareness campaign to reduce disease and mortality caused by poor air quality. To register, go to www.breathehealthy.org or contact Kelly Heath at 816-842-5242, ext 1112.

October 14 – Join the first ever *Power State of the Union* teleconference and web broadcast. This one hour event will deliver a "Power To End Stroke" campaign update and the 2009 plans. It is for all Power To End Stroke Ambassadors and will be from 11 am to noon. For more information, go to PowerAmbassadors@heart.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 go to <http://som.missouri.edu/CME/healthpolicysummit/2008HPS/08index.shtml>.

November 17 – The 2008 American Indian Symposium will be held at Pierson Auditorium, UMKC University Center from 8 am to 5 pm. The purpose of this conference is to provide a forum where American Indians can share strategies and tools that provide services to urban American Indians to help resolve a variety of issues. For more information or to register, please contact KC American Indian Council at 816-471-4898 or 800-546-4898 or contact them at aicvicky@kc.rr.com.

"FROM ELLA'S DESK"

This month we'd like to welcome the following to our "Pick 6" Partner list. We now have Carter Family Reunion, St. Marks Union Church, The Salvation Army, Swope Parkway Estates, and Swope Parkway Health Center. We also welcome back Washington Wheatley Neighborhood Association and Community Outreach/Barker Memorial Cathedral of Praise. Thank you all for caring about "Practicing Healthy Habits"! Partners, we have more good news for you. There has been an extension on the time in which you can contact and schedule exercise and nutrition classes! You now have until the end of October to complete the classes. AND REMEMBER TO GET THE REPORT OF YOUR ACTIVITIES IN AS SOON AS POSSIBLE!

The first "Train the Trainer" session for the American Heart Association workshop was successful. There were fifteen in attendance and the overview of how to use our training manuals was presented by Ms. Karlease Bradford. Each one of the partners in attendance will now be able to hold classes of their own. In addition, "Live Like Your Life Depends On It" classes about Chronic Disease Self-Management are being held at Samuel U. Rodgers Health Clinic. The six-week sessions are facilitated by Tonya Williamson and Ella Tolbert. If you want to schedule a class, please enlist a minimum of five interested persons. Then give us a call at the office so we can schedule a date and location. Remember, these classes are for persons WITH A CHRONIC DISEASE OR FOR SOMEONE WHO IS CARING FOR OR CONCERNED ABOUT A FAMILY MEMBER OR FRIEND WITH A CHRONIC DISEASE.



DID YOU KNOW???

Alphapointe Association for the Blind serves individuals in the community who are dealing with vision loss. Services are offered to teens through older adults and are tailored to the needs of the individual. A number of programs are available on campus at 75th and Prospect in Kansas City. Also, many people are served in their homes or places of employment. For more information, call 816-421-5848, or go to www.alphapointe.com.



House Bill 1790, sponsored by Rep. Robert Wayne Cooper, creates a "Time Critical Diagnosis System" for stroke and ST-elevation myocardial infarction (STEMI), a particularly fatal type of heart attack. Missouri is the first state in the nation to enact legislation governing a STEMI and stroke statewide system of care. Research shows patients transported to designated stroke centers and STEMI centers, rather than simply the nearest hospital, have higher survival rates. Missouri currently has designated trauma centers, which care for the most severely injured patients in emergencies. The legislation expands the emergency system by developing guidelines for designating stroke and STEMI Centers. Marianne Ronan was part of the task force that developed guidelines for the Time Critical Diagnosis System, which includes a component for educating the public about the signs and symptoms of heart disease.



DID YOU KNOW???

The Center for Health Policy at the University of Missouri has launched a "virtual community" website for anyone in Missouri (or elsewhere) to engage in all things related to health disparities. Here are some of the current options on the site that you can find: community events calendars, minority health and disparities-related publications, and researchers and other health professionals working in health equity issues. To learn more, please visit www.mohec.org



Dear KC-CDC: I am currently a caregiver and am responsible for the day-to-day care of my grandfather. Recently, I have been bothered with on-going headaches and problems with digesting my food. My sister seems to think I am burned out. Is this true and if so, what should I do? I do enjoy helping. Signed Caregiver

Dear Caregiver: It sounds as if you are experiencing health problems related to stress. Try to develop a support system that will give you time off from caregiving when you need it. Exercise daily; take a break when you need one; and seek a support group where you will be able to talk with others in your same situation. Talking to others who understand what you're going through is a definite stress reliever. This will allow your times as a caregiver to continue to be rewarding for you as well as for your grandfather. AARP has a guide entitled "Caring for Your Parents" which you might find helpful right now. Google "AARP respite care" to see a preview of this book.

Dear KC-CDC: I have heard that if a person has high blood pressure and diabetes, they will develop kidney disease. Is this true? Signed At Risk

Dear At Risk: According to Primaris which works to promote the health and safety of older adults, diabetes and high blood pressure are both rough on your kidneys. Ask your doctor to keep an eye on them. Kidney disease worsens over time. Eventually, it can lead to serious kidney failure with little or no warning. It is best to get a urine test at least once a year.

Dear KC-CDC: Two out of three of the women in my family have had breast cancer. Is there any way to lower the risk of getting this disease? Signed Breast Cancer Risk

Dear Breast Cancer Risk: There are certain breast cancer risk factors that are beyond a woman's control such as family history and aging. Fortunately, researchers are finding that certain lifestyle choices may lower these risks. These choices are: cut out high-fat diets, stay active, limit your alcohol intake, and do monthly self-breast exams. These four lifestyle choices have proven to make a substantial difference in the fight against breast cancer. For more information go to: <http://www.cancer.gov/cancertopics/pdq/prevention/breast/Patient>. You can also check out the inset in this newsletter.

EAT RIGHT NUTRITION CORNER



CHICKEN ROMANO

3 tbsp salt free seasoned dried breadcrumbs
4 thin sliced boneless chicken cutlets
1 (14 ½ oz) can diced tomatoes, liquid reserved
2 tbsp sliced pitted olives
1/8 tsp red pepper flakes

3 tbsp grated Romano Cheese
1 tbsp olive oil
3 cloves garlic, peeled and crushed
1 tsp balsamic vinegar
3 tbsp coarsely chopped basil leaves

Combine breadcrumbs and cheese in a shallow dish. Dredge the chicken pieces in crumb mixture, both sides. Heat ½ tsp oil in skillet over medium heat. Add chicken and cook until golden and cooked through. Transfer to plate. Add drained tomatoes, garlic, olives, vinegar, red pepper and 1/3 cup of tomatoes liquid. Cook 2 minutes stirring occasionally until slightly thickened. Remove from heat. Stir in basil. Spoon sauce over cutlets and serve.

Health Check: 280 calories, 16 g carbohydrates, 28 g protein, 2.5 g fat, 70 mg cholesterol, 2 g fiber.



APPLES WITH ONIONS

4 apples, cored and sliced 1 cup sweet yellow onions 1 tbsp whipped light butter
Sauté apples and onions in butter until tender.



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Mail To:

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