



The Care Connection

Notes from Dr. Lee

Southwest Boulevard Family Health Care

Volume 9 Number 1

Our Mission

To provide health care and support services to all, including the medically indigent, in a nondiscriminatory manner and setting, dedicated to continuity with quality medical care.

FHC Values— Equality

We believe in the inherent worth of each individual and strive to interact respectfully and fairly with each person, particularly those who are most vulnerable by approaching each individual with compassion and caring.

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MOM—Maternal Options that Matter

It seems we are growing by leaps and bounds these days! Through a joint effort of the University of Kansas Family Medicine Department, the Kansas University Health Partners Certified Nurse-Midwifery Program and Southwest Boulevard Family Health Care, we have created a prenatal and delivery organization aimed at two primary goals:

- * To promote and deliver the highest quality medical care services for mothers and their children in Wyandotte County.
- * To train Family Medicine Resident Physicians and Certified Nurse-Midwives in the clinical care of mothers and young children.

At **MOM's** heart is our belief in family centered care. We believe health care staff and family are partners, who work together. Excellence in health care happens when we work together and honor the expertise each of us brings to every health encounter. Family centered care is a continual effort to be responsive to the needs and choices of each family.

Maternal Options that Matter will provide fiscal and operational support for exemplary outpatient prenatal care and deliveries for women who reside in Wyandotte County, Kansas. **MOM** will maintain a teaching environment to enable the training of family physicians (including fellows with an emphasis on family medicine obstetrics) and nurse mid-midwives. By developing and utilizing research in best practices, **MOM** will maintain a high quality of services aimed at a healthier County. The in-patient care will be provided by family medicine residents and certified nurse-midwives and their faculty with strong support of obstetrics specialists, nursing and ancillary staff.

The State of Kansas and Wyandotte County have significant gaps in providing optimal outcomes for mothers and babies.

- * Kansas ranks at the bottom of the 50 states for infant deaths among African American mothers.
- * Kansas is 40th for overall infant deaths.
- * Wyandotte County has a greater infant mortality rate than the State average (per 1,000 live births).

Effectively caring for mothers and their children in the most concentrated pocket of poverty in the State of Kansas requires expertise in handling the direct medical needs and complex social conditions of the population served. The goal of **MOM** is to lower the infant mortality rate in Wyandotte County, Kansas through proven interventions.

Preconception education: *Increased maternal folic acid use *Optimal birth spacing *Improved care and education between births

Optimal prenatal care: *Early (first trimester) start of prenatal care *Reduced maternal alcohol, tobacco, or illegal drug use *Appropriate prenatal weight gain and nutrition *Increased care and support for high-risk pregnancies and deliveries

Postpartum Care and Education: *Safe sleep position and safe sleep environments for infant *Adequately immunized mothers and infants *Increased breastfeeding *Social supports to improve mental health *Parenting instruction and support

Through an established non-profit corporation the **MOM** project will collaborate with stakeholders and contract with specific entities to provide the services necessary to meet the goals. This will include contracts with the University of Kansas Medicine Department, Kansas University Health Partners and others. Funding through educational grants as well as service grants will be utilized to supplement fees from patients and third party providers.

Together we can make a difference!



Family Health Care began about a quarter century ago with the goal of providing access to needed health services for uninsured low-income people in our community. Kansas City, Kansas was intentionally chosen because there was such a limited healthcare safety net. The only health services that were available for low-income people when we started in KCK were at the Health Department and were limited to pediatrics (immunizations), a TB clinic and a sexually transmitted diseases clinic. We began with the idea that we could help weave a closer knit safety net to catch more of the people who were falling through the holes and gaps in care.

Over the years I have been privileged to meet and work with many individuals who have helped people in need through Family Health Care and other organizations. The safety net has filled in with more services, mostly due to the kindness of those who have skills and/or resources and are willing to share. Many people have resources; some individuals stand out in their readiness to serve, their willingness to be kind to others and their sharing.

Adele Hall, a good friend and benefactor of Family Health Care and strong supporter of our on-going work was one of these people. She died in late January this year. We will greatly miss her and the wisdom she shared such as when she said that: "Kindness knows no barriers whatsoever. It's out there for all to give, all to share, to catch and to pass along."

Family Health Care renews our commitment and with the help of our neighbors we will continue to pass along our services with compassion, caring and kindness.

Kindness has no real cost, only real value.

**WE THANK OUR WONDERFUL DONORS!
CAPACITY EXPANSION 2012**



Answering the Call to Service

The students at Summit Lakes Middle School in Lee's Summit answered the call to community service last month. SLMS sponsored a "Reading Week" book drive benefiting Southwest Blvd. Family Health Care's literacy program.

During the week-long book drive students collected and donated more than 2,800 books to those in need! Christie Brown, Library Media Specialist, expressed her pride in the student body for their commitment to community service. FHC Literacy Coordinator Punky Thomas was overwhelmed by the outpouring of support from these young people. Many of the books collected will be used to start a library for our patients at "The Q".

Many thanks to Dr. David Carlson, SLMS Principal, students and teachers for a job well done!



- Andrews McMeel Universal Foundation
- Bill and June Beaver Family Fund
- Ira and Florita M. Brady Foundation
- Curry Family Foundation
- Gary Dickinson Family Charitable Trust
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- Jill and Tom Turner
- Thomas A. and Heather J. Vrabac
- Bob and Tracey Weatherly
- Homer Webb
- Dr. and Mrs. Thomas Whittaker
- Lori and Sergio Zaderenko

***We deeply regret the omission of any donor names

Save the date for **TACOS & BEER ON THE BOULEVARD**

an event benefiting Southwest Boulevard Family Health Care



Thursday, June 20th 6-10pm

Boulevard Brewing Co. Muehlebach Suite

2501 Southwest Boulevard

Kansas City, Missouri

Brew with a view! Join us for cold beer on a hot night! Great food, live music from hot local band ThreeMinutes Since, and an amazing silent auction! Reservations are limited, \$50 per person, tickets must be purchased prior to event. For tickets contact Shari Webster at 913.722.3100, ext. 272 or shariwebster@swbfhcs.org

***Purchase tickets via PayPal at swbfhcs.org, and click on events.

We're Thankful For...

- ▶ Kady and John Gillen for donating a strength training machine, stepper and rowing machine to the FHC Fitness Center.
- ▶ Amanda Lambright and the Clothesline Committee at Pembroke Hill for their generous donation of books to our Literacy Program.
- ▶ The Graap & Donovan families for their donation of books for our Literacy Program.
- ▶ Kathy Hanis for all of her help with the Fitness Center.
- ▶ Mary Wetzel, Theresa Alcazar and the Girl Scouts at St. Paul's Episcopal Day School for their efforts in collecting books for our Literacy Program.
- ▶ Society of St. Andrew and Karin Page for their continuous efforts to feed the hungry. Their donations of fresh fruits and vegetables are greatly appreciated!

Big Changes Produces First Graduate!

At 503 pounds and in failing health Adam Bounds knew he had to make changes in his life if he wanted to live. Bounds enrolled in the Big Changes Program at Family Health Care. A year later he is 100 pounds lighter and still losing weight. Adam is the first graduate of the program!

His transformation started with at least three weekly workouts coupled with nutrition classes at FHC's Fitness Center. It has been a slow and steady process but has produced amazing results! Adam feels better than ever as well as breathing and sleeping better. He's also learned to reduce the sizes of his portions and eat more fruits and vegetables. Adam wants to inspire other extremely overweight people to seek help and begin losing weight.

Make a commitment to change your life today!

News & Notes

*The Fitness Center has been bustling with activity these past few months. Keep up the good work on all of those New Year's resolutions!

*Total Body Fitness, Yoga, cardio kickboxing, active stretch, all these classes and more available at the Fitness Center. Follow them on Facebook @ SW Blvd Family Fitness!

*Follow Southwest Boulevard Family Health Care on Facebook for the latest updates on our exciting upcoming events!

4 Big Changes Members Run Groundhog 5K

On Sunday, January 27th, Priscilla Allen and 4 members of the Big Changes Program were winding their way through the Hunt Midwest SubTropolis on a 3.1 mile certified course. Congratulations to them all on a job well run!





Non-profit Org.
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FHC Wish List

- *Bulk/multi page scanner for legal
- *Hand sanitizer, Lysol spray & Clorox wipes
- *Large commercial color copy machine
- *Spirometer w/printer
- *Ambulatory oximeter w/ printer
- *Doppler for PN visits
- *Baby scale & table w/height bar
- *Digital scale w/height bar & 500 lb. capacity
- *10 Wireless mice

Join us for a **Happy Birthday Happy Hour** celebrating
24 years at FHC!
Friday, March 29
4-7pm

**Cake
&
Karaoke**

**Drinks
&
Hors d'oeuvres**



HAPPY BIRTHDAY!