

our

NOVEMBER + DECEMBER 2019

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# HEALTH

IN TOUCH  
WITH YOUR  
HEALTH

matters™

## Kindness Makes the World a Better Place

**SPECIAL SECTION**  
DIABETES PREVENTION & CARE  
PAGES 11-15



# Doing Good



compassion purpose CARE  
GRACE responsibility selfless  
sincere benevolence  
**Kindness** friendship NOW  
LOVE intention genuine attitude  
connect SHARE charitable  
blessings unconditional ALTRUISTIC



This time of year, many communities burst with “acts of kindness.” Our attention turns to helping people, spreading cheer and making a difference in the lives of people and families with limited resources. What is more notable is that all year long, there are people and organizations constantly making a difference. Learn how they impact the lives of young people and meet some vital day-to-day needs of families — from food to housing assistance.

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# KINDNESS MATTERS

**W**hen I was a child I was reminded often to be thankful for what people did for me. My grandma, Mamie would tell me, “say thank you,” then she’d remind me that “people don’t have to do anything for you.” She was teaching a lifelong lesson about being grateful and kind-hearted.

I’ve always wondered why some people find it hard to be kind and show empathy. I believe it’s always better to make someone’s day rather than do something that might cause them to be sad and disappointed. In this edition, we share the importance of showing kindness and how resilience is achieved when people receive support to overcome challenges they face in everyday life.

We are approaching the end of 2019. Many of us will bubble over with excitement as we plan for holiday celebrations — Thanksgiving, Christmas and New Year’s. Now is a perfect time to reflect, focus and be more intentional in building stronger and harmonious relationships with our family, friends and business associates.

Resolve to be the best and healthiest YOU in 2020 and beyond.

Email [ruthramsey@kcourhealthmatters.com](mailto:ruthramsey@kcourhealthmatters.com) to let me know of acts of kindness you received and what it has meant to you.



*Ruth Ramsey*

**Ruth Ramsey**, Publisher and CEO



Mamie Pearson 1900-1972

**our**  
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# HOPE HAPPENS

## Safehome

### At Safehome, 91 Cents of Every Dollar Donated Goes Toward Helping Domestic Violence Survivors...

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For more than 40 years, Safehome, a shelter for victims of domestic violence and partner abuse, has been dedicated to restoring the lives of survivors and their children. In 1979 an abused woman living in Johnson County, Kansas, found the courage to escape her abusive husband and fled to a nearby neighbor's house. With the help of the neighbor, the victim found hope. Martha Hunt is the neighbor who helped. She and other like-minded people went on to start Safehome, an organization that is restoring the lives of women, men and children.

#### Making more than a difference

Safehome is the only domestic violence shelter in Kansas with a full-time attorney on staff to advocate for clients, free of charge. Services are free to anyone in the community, not just to shelter residents. Those served experience a confidential, safe and healing atmosphere where they gain inner strength, build self-esteem, and heal.

#### Safehome services include:

- 24-hour crisis hotline
- Counseling with licensed therapists
- Healthcare referrals
- Transitional housing assistance
- Financial management
- Children's services
- Legal services
- 60 bed emergency shelter
- 24 hour emergency hotline
- Hospital Advocacy

Safehome knows that the right amount of resources coupled with a willingness to listen goes a long way toward helping someone get back on their feet.

#### How you can help:

Safehome welcomes donations and in-kind donations. They also need volunteers to assist with administrative duties, childcare, court advocacy, event planning and more. For more information contact Brielle Kratz, Communications Coordinator, (913) 378-1551, [Brielle.Kratz@safehome-ks.org](mailto:Brielle.Kratz@safehome-ks.org).

**[WWW.SAFEHOME-KS.ORG](http://WWW.SAFEHOME-KS.ORG)**

# Sometimes You Have to Drive a Little Farther

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Stroke Rehabilitation







Kansas City

# QUALITY CARE LEADS TO BETTER HEALTH OUTCOMES

At Blue KC, we recognize that factors like education, income and environmental resources lead to alarming differences in health outcomes.

In the last edition of *Our Health Matters*, I detailed the work Blue KC has done with our diabetes-related products and programs, like our Diabetes Prevention Program, and how it is benefiting the Kansas City community. In this edition, we continue to share how we are committing ourselves to the betterment of our community — particularly through our **MEDICAL HOME PROGRAM AND PARTNERSHIP WITH BIONEXUS KC.**

**By Qiana Thomason, MSW, LCSW**

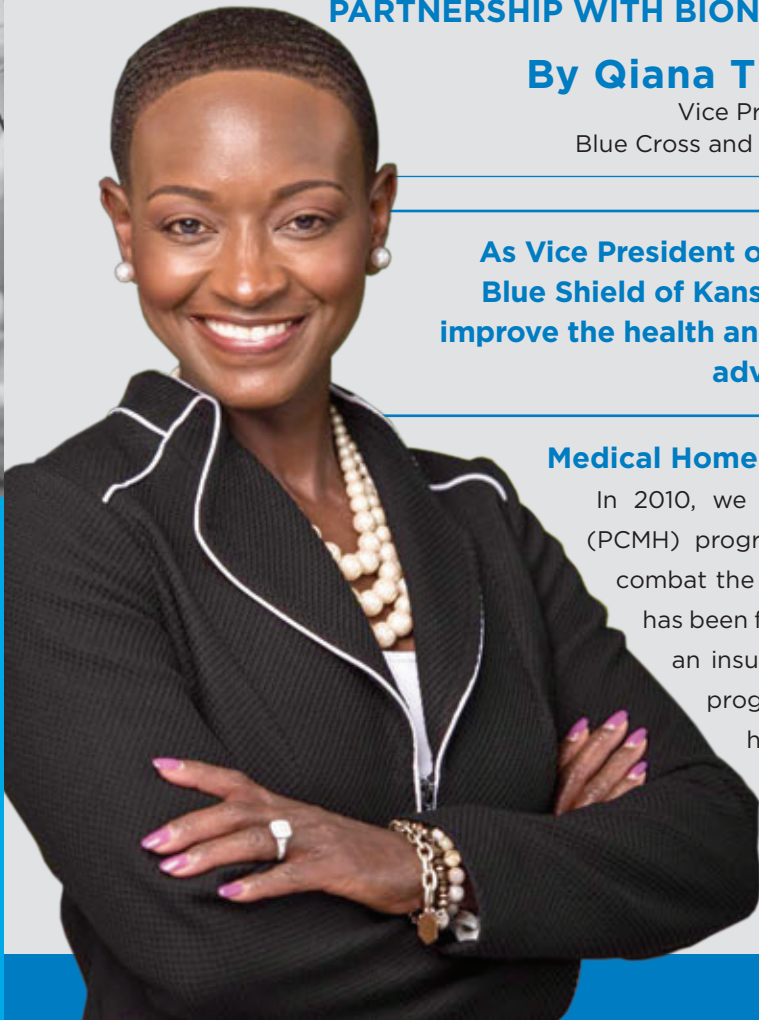
Vice President, Community Health  
Blue Cross and Blue Shield of Kansas City (Blue KC)

**As Vice President of Community Health at Blue Cross and Blue Shield of Kansas City (Blue KC), my top priority is to improve the health and wellness of Blue KC members and to advocate for the health of Kansas Citians.**

## Medical Home Program Performance

In 2010, we introduced our Patient Centered Medical Home (PCMH) program to improve the health of our members and combat the rising cost of health care. Since then, the program has been foundational to our mission and evolution as not just an insurer, but a healthcare company. Our Medical Home program continues to grow to be inclusive of community health by understanding and acting upon needs specific to the social determinants of health and behavioral health.

**TURN PAGE FOR MORE INFO**





# Kansas City

For those not familiar, Medical Homes are a primary care value-based model designed to:

- Improve quality in care.
- Cultivate more engaging provider-patient relationships.
- Capture savings through expanded access and delivery options that align with patient preferences.

The program helps encourage providers to consistently strive for high-quality patient outcomes by capturing enhanced access to care and information, establishing coordinated care across the medical neighborhood and meeting population needs.

When patients receive care from a Medical Home, they can expect their care to be accessible, personal and family-centered, comprehensive and high value. Blue KC's Medical Home program currently comprises 854 physicians practicing at more than 200 different locations throughout urban and rural areas in and around Kansas City. These dedicated providers care for over 370,000 Blue KC members.



Anthony Murdock and Noelle King-Whitlow of Blue KC and Karen Johnson accept the CPC+ Payer of the Year award in Baltimore.

The program clearly demonstrates there are ways to slow the growth of costs that are compatible with high-quality care. As primary care physicians and their care teams in the region have embraced the program, the patients who are touched by it have been highly satisfied with the care they receive.

Over the years, we've been intentional in applying an equity lens to our Medical Home quality incentive programs. We approach these programs with keen attention to factors and conditions that disproportionately affect

people of color or those who live in poverty, understanding that socioeconomic status is the dominant determinant of health. Since our Medical Home program was launched nine years ago, our members who receive care through a Medical Home continually outperform non-Medical Home members and show improvement year over year in diabetes care, major depression and asthma. The program has also consistently seen improvement in cancer screening results.

**Here is a preview of Blue KC's 2018 results:**

Diabetes	Major Depression	Asthma	Cancer Screenings
25.5% better overall diabetes control	7% better management of ongoing treatment for depression based on continuous phase medication management	12.1% better Asthma care management for 5-11-year-olds	17% better Colorectal Cancer Screenings
19% better eye exams		7.4% better Asthma care management for 12-18-year-olds	9.9% better Breast Cancer Screenings
6.7% better screenings for kidney disease		7.2% better Asthma care management for 50-64-year-olds	9.8% better Cervical Cancer Screenings
4% better blood sugar testing (75th percentile in national benchmark)			

Blue KC continues to invest considerable resources behind the Medical Home program and its partnerships with local primary care providers. Our early adoption of this advanced care model has also helped to further solidify our relationship with the Center for Medicare and Medicaid Innovation (CMMI). In turn, this partnership has brought additional funding to accelerate the transformation of primary care in Kansas City.

Our commitment to strengthen primary care resulted in Blue KC's receipt of the 2019 Comprehensive Primary Care Plus (CPC+) Payer Award by CMMI. CPC+ is a unique public-private partnership which spans 55 aligned payers in 18 regions across the U.S. Blue KC's partnership with CMMI brought primary care practices in Kansas City additional financial resources and flexibility to make investments that improve quality of care, and reduce the number of unnecessary services their patients receive.

Stay tuned to learn how Blue KC will evolve our Medical Home program to align with this new national





model. We look forward to the inclusion of the social determinants of health and behavioral health to actively improve health outcomes.

## Transforming KC Health Research Grant

Since 2012, Blue KC has awarded over \$1 million to local health outcomes research funding. For eight years, we have partnered with BioNexus KC, the regional convener of life sciences research, to fund several ground-breaking research projects, many of which have received National Institute of Health (NIH) funding as a result of Blue KC's initial investment. Last year, Blue KC realigned the Health Outcomes Research Grant Award with our Well Stocked corporate responsibility initiative and Community Health strategy which prioritizes food and nutrition access throughout Kansas City.

The Transforming KC Health Research Grant focuses on partnerships that aim to address socioeconomic and environmental barriers to health, specifically through research on improving access to nutritious foods in nutritionally insecure communities.

**Food insecurity is associated with multiple unfavorable health outcomes among adults, including a host of preventable chronic conditions such as heart disease, diabetes, hypertension, high cholesterol, poor mental health and depression and higher medical cost.**

## Grants Support Partnerships Focused on Better Health Outcomes

On September 24, 2019 we awarded the 2019-2020 grant to the partnership between **The Community Health Council of Wyandotte County (CHC), the University of Kansas Medical Center Research Institute (KUMC) and Vibrant Health**. This partnership will receive \$400,000 over two years to help combat food and nutritional insecurity in the Kansas City area through their research proposal.

## Food Rx + Community Health Workers (CHW)

The joint research proposal, *"Food Rx + CHW: Investigating the Role of a Community Health Workers*



Qiana Thomason and Jerry Jones of Blue KC, along with BioNexus KC, award the 2019 Transforming KC Health Research Grant to the Community Health Council of Wyandotte County, University of Kansas Medical Center and Vibrant Health for their combined efforts to improve health outcomes of food insecure Kansas Citians.

*(CHW) to Close the Food Insecurity Gap in Chronic Disease,"* aligns with BlueKC's goal for aspirational nutritional prescribing programs with our clinical partners. It also utilizes Community Health Workers, a role of increasing healthcare value, to support individuals with poorly controlled diabetes and frequent inpatient and emergency department care.

Food Insecurity, defined as a lack of access to food of sufficient quality or quantity due to financial constraints, affects 14% of the U.S. population. In Kansas City, 364,090 people are food insecure, including 1 in 6 children.

Many Kansas Citians with the highest chronic disease burden have the least access to healthy foods and therefore the least capacity to improve their health and overall quality of life. Through this project, we look forward to local outcomes which support increased focus on nutrition within medical care models.

As always, we are grateful that our partnership with BioNexus KC continues to promote and improve the health and wellness of our community, particularly within the context of the social determinants of health. We are also excited about the inevitable success of the 2019 Transforming KC Health Grant recipients.

For more from Qiana Thomason, follow her at [LinkedIn.com/in/Qiana-Thomason](https://www.linkedin.com/in/Qiana-Thomason), or on Twitter at [Twitter.com/Qiana\\_Thomason](https://twitter.com/Qiana_Thomason). •

# Protect Yourself and Loved Ones from the Flu

Getting a flu shot is important to you and those around you.

By **Lisa Cox**, Chief, Office of Public Information  
Missouri DHSS of Health and Senior Services



Dr. Randall Williams, DHSS Director, received his flu shot on September 18 at the Cole County Health Department.

Getting a flu shot is likely not on your radar right now. A California public health system has already reported a flu-associated death of a 4-year-old who had underlying health issues. While seasonal flu viruses are detected year-round in the United States, the Centers for Disease Control and Prevention (CDC) says flu activity typically begins to increase in October and peak between December and February. Activity can last as late as May.

Flu is a contagious respiratory illness caused by influenza viruses, and can cause mild to severe illness. Serious outcomes can result in hospitalization or death. Some people, such as older people, young children, and people with certain health conditions, are at high risk of serious flu complications. The single best way to prevent the flu is to get a flu vaccine every year.

“While it is extremely important for every Missourian to get their flu shot, it is especially important that those in high-risk groups receive their vaccination,” said Dr. Randall Williams, DHSS Director. “And while we were encouraged last year by lower incidence rates of flu in Missouri, we cannot let down our guard and skip flu shots, or we may see increased rates of incidence and flu-related deaths in the state.”

Haley Sullivan received her flu vaccination on Sept. 18 to protect herself and her unborn child she is expecting in January.

The groups considered high-risk are:

- Adults 65 years and older
- Pregnant women
- Young children
- Children with neurologic conditions
- And individuals with these conditions: asthma, heart disease or stroke, diabetes, HIV/AIDS and/or cancer.

All Missourians are encouraged to get their flu shot before the end of November, as it can take two weeks for an individual to be protected against the flu.

The flu vaccine prevents millions of illnesses and flu-related doctor’s visits each year. According to the CDC, flu vaccination in the 2017-2018 flu season prevented an estimated 7 million illnesses and more than 100,000 influenza-related hospitalizations nationwide.

Don’t put off getting vaccinated this year. To find a flu shot clinic near you, contact one of the following local health departments:

**Kansas City, MO • 816-513-6008**

**Kansas City, KS/Wyandotte County • 913-573-8855**

**Johnson County Department of Health & Environment • 913-826-1200.**





# JUMPSTART 2020 DIABETES PREVENTION & CARE

Make this the year to learn how diet, lifestyle and family medical history might place you at risk for developing diabetes.

If you are living with diabetes, follow your doctor's orders to keep your diabetes under control. Heart and kidney disease, strokes and vision problems are common problems for many people who don't have their diabetes under control.

According to the Centers for Disease and Prevention Center (CDC)...

- 29.1 million people in the United States have diabetes, but 8.1 million may be undiagnosed and unaware of their condition.
- About 1.4 million new cases of diabetes are diagnosed in the United States every year.





# Insulin Medication is Vital in Controlling Diabetes

What is it and how does it work?



**By Jordan M. Rowe,  
PharmD, BCACP**

Clinical Assistant Professor  
and Clinical Pharmacist  
Division of Pharmacy Practice  
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Truman Medical Centers:  
The Diabetes Center

**E**veryone needs insulin to control blood sugar. However, some people with diabetes cannot produce enough insulin naturally to meet their bodies' needs, and additional insulin must be provided from an outside source. Usually, this means insulin is given by injection.

## What Is Insulin and Why Is It Necessary?

Insulin is a hormone made in the pancreas that regulates blood sugar. When we eat, food is turned into sugars within the bloodstream. Insulin helps move

those sugars from our blood into muscle and fat tissues to eventually be used as energy. Insulin also signals the liver to store sugars instead of releasing more into the blood. In people without diabetes, when sugar levels in the blood start to drop, insulin levels will also drop, which alerts the liver to release stored sugars to meet the body's energy needs.

## Insulin Needs in Type 1 Diabetes

For people with type 1 diabetes, the pancreas' ability to make insulin is damaged, so external sources of insulin are required. The amount of insulin needed for people with type 1 diabetes

will vary from person to person and is impacted by average blood sugars, length of diabetes diagnosis, and lifestyle factors such as activity level and diet. Insulin doses must be monitored carefully since too much insulin can cause blood sugar to drop dangerously low, increasing risk of harm due to fainting or even coma.

## Insulin Needs in Type 2 Diabetes

For people with type 2 diabetes, the pancreas is usually still able to produce insulin. However, when blood sugar remains high over long periods of time, the pancreas generates greater amounts of insulin to compensate. Over time, body tissues become less responsive to insulin, a condition called insulin resistance. This cycle persists until the pancreas can no longer keep up with the amount of insulin necessary to overcome the tissue's resistance. When this happens, blood sugar will remain high despite what otherwise would have been appropriate levels of insulin in the blood.

## Insulin's Effects on Daily Life

While insulin injections can complicate people's routines, most people with diabetes are able to navigate the challenge while maintaining a healthy, active lifestyle. Injecting insulin has a considerable impact on a person's daily routine. People with diabetes who need insulin must plan ahead for injections throughout the day. Many are required to keep insulin, injection, and testing supplies with them at all times. Insulin cannot get too hot or too cold without becoming inactive.



## What About People With Diabetes Who Don't Use Insulin?

Not all people with type 2 diabetes require insulin. Although taking medications by mouth to control diabetes is common, many can manage their diabetes through diet and exercise alone. Of the non-insulin treatment options for diabetes, metformin is the most common and is recommended first for most people with type 2 diabetes. It is also often used in people with prediabetes to help control blood sugar and prevent the progression of disease.

Metformin is not insulin, and it does not cause the pancreas to produce more insulin. Instead, metformin helps prevent high blood sugars by regulating the amount of sugar released from the liver, controlling how quickly food is turned into sugar in the gut, and improving insulin sensitivity. Since it does not act directly on the pancreas, metformin does not cause blood sugars to be too low as may happen with insulin when not dosed appropriately. Metformin is generally a well-tolerated medication, but the most common side effect is stomach upset or diarrhea. For many, these side effects can be avoided if metformin is taken with meals and the dose is started low and slowly increased.

Depending on the type and severity of diabetes, some patients with diabetes can be successfully managed by their primary care providers, while others may require the additional expertise and care of an endocrinology specialist. Endocrinologists are specialized physicians who treat disorders related to hormonal system dysfunction, one of which is diabetes.



Dr. Rowe discusses treatment plan options with a student in an in-clinic experiential rotation where they learn about providing care to patients with diabetes, before going to meet with a patient. The UMKC PharmD program is a 4 year program. The entire last year is all experiential rotations in various healthcare settings.

If you are experiencing any of the signs or symptoms of diabetes listed below, or if you are concerned you may be at risk for diabetes, talk to your healthcare provider about getting your blood sugar tested.

### Signs and Symptoms of Diabetes:

- Frequently urinating
- Constantly thirsty and/or hungry
- Losing weight without trying
- Blurry vision
- Numbness or tingling in hands or feet
- Very dry skin
- Slowly healing sores or frequent infections

### Common Risk Factors for Developing Prediabetes or Diabetes:

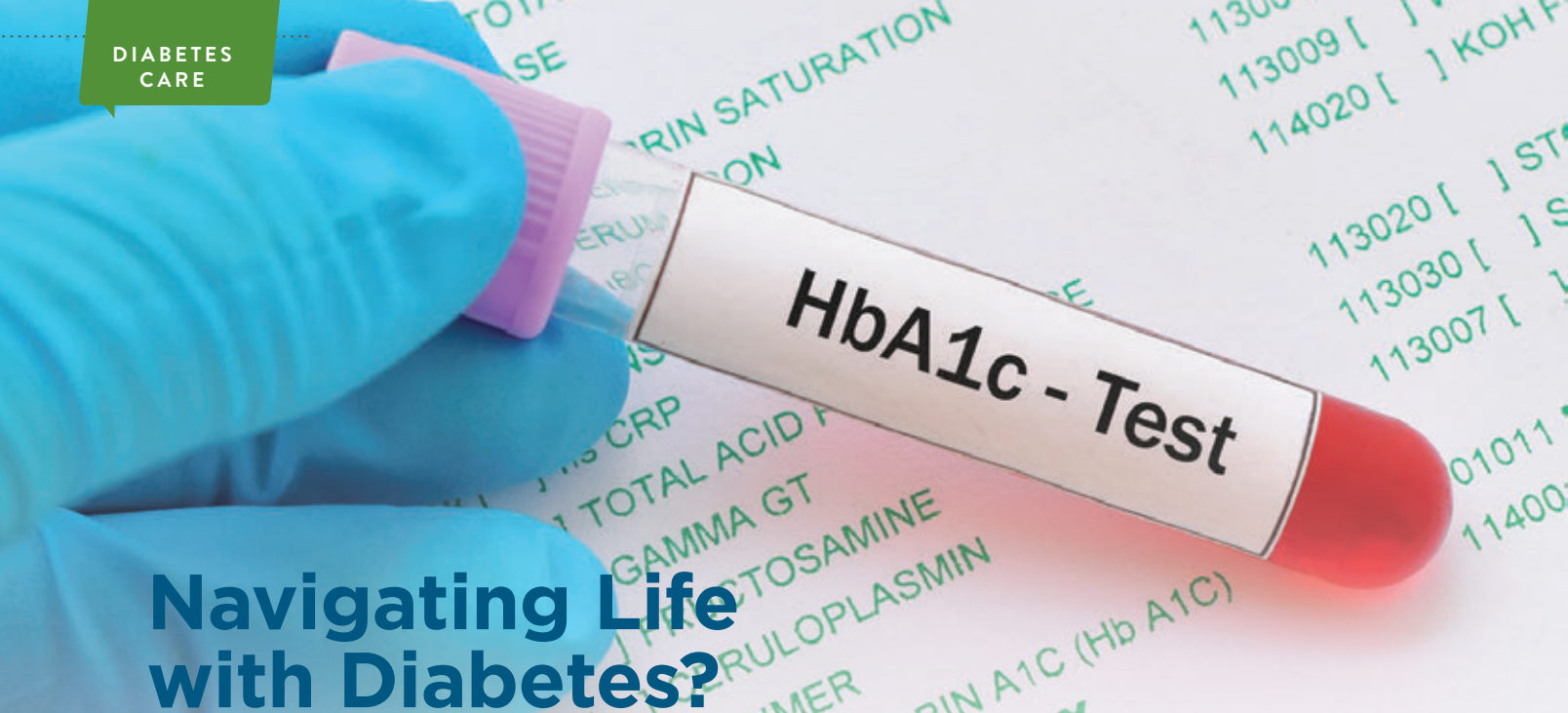
- Overweight
- Greater than 45 year old
- Close family member with diabetes
- Exercise less than 3 times a week
- History of gestational diabetes
- African American, Hispanic/Latino American, American Indian, or Alaska Native descent (some Pacific Islanders and Asian Americans are also at higher risk)

For people who are newly diagnosed with prediabetes or diabetes, learning more about the disease is a key part of maintaining good health. In fact, diabetes education classes are recommended for all people with any form of diabetes. One of the major teaching points is how you can reduce your risk of developing diabetes or prevent your diabetes from becoming more severe by implementing lifestyle and diet changes.

Dr. Jordan Rowe, PharmD, BCACP, also serves as a clinic embedded pharmacist within the endocrinology and internal medicine clinics at TMC Diabetes Centers. Other affiliations include: Division of Pharmacy Practice and Administration, University of Missouri-Kansas City School of Pharmacy.

Dr. Jordan works with 3rd and 4th year pharmacy students on their experiential rotations. The UMKC PharmD program is a 4 year program. The entire last year of the curriculum is all experiential rotations in various healthcare settings. •

**Sources: The Centers for Disease Control and Prevention ([www.cdc.gov/diabetes](http://www.cdc.gov/diabetes)); The American Diabetes Association Standards of Medical Care in Diabetes 2019.**



## HbA1c - Test

# Navigating Life with Diabetes?

## Here's a Powerful Tip — Get to Know Your A1c

**L**et's face it. Managing type 2 diabetes is like driving on a long-distance journey: you analyze the foods you eat, you work out until you sweat, you check your blood glucose (sugar)—but still you wonder, are you there yet? If you are one of the 1.5 million Americans diagnosed this year, measuring your A1c could provide you with the powerful numbers you need to reduce the risks of long-term complications. To understand the benefits of A1c testing, we will discuss what it is, how it differs from daily glucose monitoring, and why it is an essential tool to prevent the complications of diabetes.

complications related to a long history of diabetes are linked to having repeated A1c levels that are above the recommended average of 7%. This is a key reason the American Diabetes Association recommends testing for A1c at least twice yearly to help your doctor map out a long-term plan for your glucose level.



**By Tenille L. Lawson**  
PharmD, BCPS

### What are the long-term benefits of knowing your A1c?

The American Heart Association warns, “every 80 seconds an adult with diabetes is hospitalized for heart disease.” Studies show risks of congestive heart failure, for example, occur more frequently with each 1% increase in A1c. Research also shows high A1c levels directly correlate to high cholesterol levels, so maintaining low A1c levels decreases risks of stroke and heart attack. In addition to helping you reduce the harm of life-threatening diseases, this one blood test gives you the opportunity to lower your chances of vision loss, kidney failure and nerve damage—consequences that may be delayed or prevented if detected early.

Living with unwanted consequences can be avoided, even if you have diabetes. Knowing your A1c empowers you to improve your numbers—and your life's journey.

Visit [diabetes.org](http://diabetes.org) for more about the power of A1c! •

**The American Heart Association warns, “every 80 seconds an adult with diabetes is hospitalized for heart disease.”**

### What is A1c?

Your A1c blood test measures the amount of hemoglobin in your red blood cells that is attached to glucose. As the amount of glucose in your blood goes up, so will your A1c reading. Red blood cells generally live for about 3 months; therefore, A1c testing provides your average glucose over the last 2 to 3 months.

### What is the difference between A1c testing and home glucose monitoring?

Unlike testing your blood glucose at home, A1c tells you how well you have maintained your glucose in the past, not your day-to-day levels. Although monitoring at home is essential, multiple





# Exercise is IMPORTANT for People with Diabetes

Try 30 minutes a day of moderate activity.

By Candace Williams, RN CDE EP-C

**R**eceiving a diagnosis of type 2 diabetes can be scary. You may fear the changes it can bring. Along with recommendations about food, you've likely heard you should include physical activity or exercise in your daily routine.

Though responses may vary, people with type 2 diabetes who engage in regular physical activity may see improvements in the following areas:

- blood sugar
- insulin action
- blood pressure
- mood
- cholesterol
- activities of daily living
- weight control

For more comprehensive support for starting an exercise routine, ask your medical provider to place you in contact with a diabetes educator or physical therapy department at your local hospital or healthcare facility. Connect with a personal fitness specialist who is knowledgeable about chronic disease management as it relates to exercise.

Some people look at physical activity as different from exercise. While physical activity can be any physical

movement, exercise can be more clearly understood as that which raises resting heart rate, builds muscles, or increases flexibility. Regardless, the point is to individualize your plan to meet your specific needs.

## CONNECT WITH A PERSONAL FITNESS SPECIALIST WHO IS KNOWLEDGEABLE ABOUT CHRONIC DISEASE MANAGEMENT

Most Americans are aware of the benefits of exercise as well as the general recommendation of 150 minutes a week, or 30 minutes a day of moderate intensity. What isn't quite so clear is how to exercise properly to avoid injury or discouragement.

Know your body and your limitations. Start slow and progress steadily. Give your routine some time to settle. Stay consistent for the first month to avoid injury or burnout. Don't jump ahead in leaps and bounds. Your body will love you for it!

A Physical Activity Guidelines for Americans can be found at [www.health.gov/paguidelines/](http://www.health.gov/paguidelines/). •

Candace Williams is a diabetes educator and exercise physiologist specializing in prevention services for cardiac and pulmonary rehab.



No act  
 of kindness,  
no matter  
how small,  
is ever wasted.  
Aesop

In light of everything that's going on, one might tend to think more along the lines of self-preservation, which is completely understandable. But what about the homeless man on the corner? What about the family who just lost everything? What about the child who needs food because they lost all of their food during a storm? Being kind to someone in need doesn't have to mean that you neglect your own needs. In fact, it means just the opposite. It means thinking about what you might need if you experienced a similar situation. If you have had some hardships, what act of kindness do you remember? Who are the kindest people you know?



# Kindness Makes the World a Better Place

Practicing kindness can change your life and others'.

**T**hink about what being kind looks like to you and simply pay it forward. It is in times like these that we are able to draw on strength we didn't even know we had. When we give out of our own need, we are helping others reclaim their hope in humanity. After all, we could all use a little more hope right now.

According to a new study from the University of Otago in New Zealand, small acts of kindness intended to benefit victims after a tragedy also appear to strengthen the resilience and well-being of the person performing the act of kindness.

**Being kind to someone in need doesn't have to mean that you neglect your own needs.**

In a world where school shootings, suicide and natural disasters have become all too frequent events, trauma is all around us. The average American can't help but be affected by these unfortunate occurrences in some way, often leaving us to wonder what can we do to help the victims, protect ourselves and our families, or just make it stop. As a nation, we have inadvertently become a picture of resilience. Resilience is defined as the capacity to recover quickly from difficulties. It simply means to "bounce back." Resilience varies from one person to the next. It can have cultural roots and generational influences.

## SELF-CARE AND COMPASSION

During these trying times, self-care and self-compassion are essential to building your own resilience which has been prov-

en to reduce stress and promote healing. This is also a time to practice being kind to one another. As cliché as it may seem, you feel good about yourself when you are able to help someone else. The American Psychological Association's "Road to Resilience" suggests that one of the top ten ways to foster resilience is to make connections. Read the full article, <https://www.apa.org/helpcenter/road-resilience>.



**By Shantai McCray, MA, LPC**  
Life's Work Counseling and Consulting

Shantai McCray is a licensed professional counselor and owner of Life's Work Counseling and Consulting. Her mission is to improve access to culturally-competent services while reducing the stigma surrounding mental health issues. [www.lifesworkkcc.com](http://www.lifesworkkcc.com). •

## Children need to be taught how to be kind and how to be resilient:

- 1. Help them make connections.** Research proves that the single most important factor in building resilience in children is connection to a caring adult.
- 2. Teach them gratitude.** Acknowledge their feelings while helping them to focus on what they do have versus what they lost. It's all about perspective.
- 3. Model resilience.** Allow yourself to be vulnerable in the process of healing. They need to know it's okay to not be okay and how to work through it.

# Johnny Waller: “Mr. Kindness!”

**J**ohnny Waller is the kind of person you’d want to bring home to meet your family at holiday times, or for a birthday party, or just for dinner on a mundane midweek evening. He’s the sort of exemplary individual you’d want as a colleague, or in a partnership for community betterment, or just to hang with as a friend.

What makes Johnny Waller so exemplary? In a word, kindness. Johnny is kind and generous, sensitive and compassionate, beyond what you’d normally expect in another human being.

It wasn’t always so in Johnny’s life. A scrape with the law when he was a teenager landed him behind bars.

But after that experience, Johnny made a series of commitments: love his family with all his heart and soul, pursue education, and help other formerly incarcerated folks become their best selves.

Johnny’s inner resilience, strength of character, and courage guided him to fulfill those commitments, as he achieved an

associate’s degree from Johnson County Community College, a B.A. degree and a Master’s degree, both from Rockhurst University, and became Community Outreach Manager for Choose Your Passion, a community development organization. Most recently, he became partners with Kyle Smith in the start-up Determination, Incorporated, using entrepreneurship to create new opportunities for formerly incarcerated people.

Johnny’s kindness is dependable, especially in endeavors for systemic change. As an example, Johnny made repeated trips to



**By Robert Lee Hill**  
Community Consultant,  
Minister Emeritus—  
Community Christian  
Church

**JOHNNY IS KIND AND GENEROUS,  
SENSITIVE AND COMPASSIONATE, BEYOND  
WHAT YOU’D NORMALLY EXPECT IN  
ANOTHER HUMAN BEING.**

the Missouri state capitol, at his own expense, which eventually contributed to the passing of six laws assisting ex-felons in their re-entry programs. Kindness is his main rubric when he declares, “Perpetual punishment is not good for anyone.”

Sometimes Johnny’s kindness is as simple and straightforward as being present. As one of Johnny’s colleagues put it succinctly, “Johnny has a marvelous capacity for showing up, even when you don’t expect him to, at exactly the right time.”

Kindness suffuses all of Johnny’s relationships, but especially as he advocates for a more peaceful community and for safety and security for teenagers tragically touched by gun violence.

In the end, Johnny’s kindness is generative. When he greets you at a coffee shop, as he participates in a community meeting, or when he’s leading a training session, his kindness inspires people to be kinder toward others in their own lives.

A kindness marked by resilience, dependability, presence, empathy, and generativity. This is who Johnny Waller is. And this is what makes many of us call him “Mr. Kindness.” •





## Every Child Deserves a Healthy Smile

Miles of Smiles has had 17 years of experience of increasing access and improving health for low income children in the Northland. Miles of Smiles offers both school-based dental services and a fixed office dental clinic to be the dental home for families. The accessible service has been improving health outcomes for over 25,000 children since 2002. With a proven business model and outcomes such as reduced cavities, finished treatment plans and high patient satisfaction surveys, Miles of Smiles has expanded the organization capacity to provide more services.

## New Name, Expanded Services

As Northland families' needs have grown, so has **Miles of Smiles** desire to meet those needs. **Their name has changed to LevelUp Kids** and the mission has grown beyond dental care. LevelUp Kids mission is to provide access to services that empower families and create opportunities for low-income children to succeed in school and life. Starting in January 2020, LevelUp Kids will partner with area schools to offer state-of-the-art vision screenings, free eye exams and eye glasses for qualifying children. The name of the vision program is **ICare4Kids**.



*"The key to our success is the relationships we have in the community with our school districts, other nonprofits, businesses and health care providers."*

— Christy May, MPA,  
Executive Director

**LEVELUP  
KIDS**



## How you can help:

**LevelUp Kids** welcomes donations of adult and child toothbrushes, toothpaste and dental floss. They are also in need of a new vehicle for the mobile vision program. They are a 501(c)(3) tax-exempt organization, ID # 20-3664224. For more information, contact: Christy May, MPA, Executive Director, [christy@levelupkidsinc.org](mailto:christy@levelupkidsinc.org) or call at 816-413-9009. Visit the website to learn more about their services.

The background of the page is a photograph of a sunset over a field. The sun is low on the horizon, creating a warm orange and yellow glow. Silhouettes of trees and distant buildings are visible against the bright sky. The title 'The Heart and Sc' is written in a large, blue, serif font across the middle of the image.

# The Heart and Sc

## **Kindness starts with being kind to yourself**

Ever notice how much better you treat others when you've taken care of yourself? In a pressure-filled environment it's easy to work through lunch, work through dinner, and respond to emails at 11 pm. But the world often rights itself when we take a moment to breathe, assess what we need, and seek it. (Sleep? A relaxed meal, anyone?)

Be kind to yourself when you misstep, which happens to everybody. Setting upon ourselves may cause collateral damage, making others the target of the anger or frustration or disappointment that we really feel about ourselves. It can feel good to direct these upsetting emotions away from ourselves and onto others, but for how long, really?

## **Lead with compassion, follow with kindness**

Everyone has challenges, many hidden from sight. If you knew that your coworker delivering the curt response to a question or the snarky critique of a project had recently learned of a serious illness in their family, wouldn't you cut them some slack? And better yet, might you then want to reach out with support? When we are compassionate, we are recognizing our shared

human condition. Compassion can guide us to acts of kindness. Maybe we keep our mouth shut instead of calling out the misdemeanor. Or we find a private time to ask if everything is okay. Sometimes kindness is offering to get coffee, or bringing back a cookie from a lunchtime workshop just because.

## **We feel happier when we act in service to others**

A recent study reported on how people felt after performing or observing kind acts every day for seven days. Participants were randomly assigned to carry out at least one more kind act than usual for someone close to them, an acquaintance or stranger, or themselves, or to try to actively observe kind acts. Happiness was measured before and after the seven days of kindness. The researchers found that being kind to ourselves or to anyone else — yes, even a stranger — or actively observing kindness around us boosted happiness.

## **Choose kindness**

While we may not have control over another person, we do have control over ourselves. What does it mean to be our best selves? Isn't being kind in the mix of choices we have each and every





# Science of Kindness

day? We can't make anyone else be kind, but that doesn't have to stop us from aspiring to be kind, no matter what.

## **Give to give, not to receive**

The purest form of kindness may have no audience and offer no credit. Kindness to accumulate thanks is self-serving at best. Some may even say it's an effort to control or make the recipient feel indebted. But when we are kind even if — maybe especially if — there's no such payback, the rewards may be all the sweeter. I heard a story about someone who learned that a child from a family with very little money really wanted a bicycle. This fairy godparent bought a super nice bike and asked the shopkeeper to write a highly discounted receipt for an amount the family could afford. The family reimbursed the fairy godparent for the receipt price without knowing it cost far more. Now that's kindness!

## **We become kinder with practice**

So, practice. Aesop, the ancient Greek storyteller, once said, "No act of kindness, no matter how small, is ever wasted." If random acts of kindness don't come easily to you, try this challenge: do one small, kind thing each day for someone. Then pay attention

to the impact on you. Does it become easier the more you do it? Do you start to notice and act on more opportunities to be kind in your world? Do you start to feel lighter? Kinder?

## **Kindness begets kindness**

Just as a bully of a boss can foster a culture of bullying and fear down the hierarchical line, so can kindness from one help to foster kindness in others. We often take our cues from leaders, coworkers, lab mates, and others we live with many hours a day. Why not be the kind person from whom others take their cues? The one who helps people turn to one another in small and big ways that illustrate a spirit of generosity?

## **Kindness is lasting**

When I was a terribly insecure and shy misfit of a college freshman, I was going through the cafeteria line by myself one fall day. When I got to the checkout, the woman at the cash register said, "You have such a pretty face." Now, over 40 years later, I still remember that unexpected moment of kindness from a stranger. Who do you remember most? And how do you want to be remembered?

Melissa Brodrick, MEd, is an author at [Harvard Health Blog](https://www.health.harvard.edu/blog).



# Lessons in Kindness All Year-Round

Students learn healthy ways to be kind to others and themselves.

By John McKinney, Ed.D, Shawnee Mission School District

**W**hile the “official” Random Acts of Kindness Week is a few months away, Shawnee Mission School District (SMSD) administrators, teachers, counselors and social workers find ways to encourage and recognize kindness throughout the year. Here are examples of social-emotional health programs in some of our district schools.

**John Diemer Elementary.** Monday mornings are dedicated to an all-school “meeting,” where the focus is on developing social and emotional skills, including how to greet one another with kindness. Throughout the year, community members and local organizations, including representatives from local fire and police departments, visit the school and interact with the students, who in turn are able to practice their interpersonal greeting skills!

**Brookridge Elementary.** Social worker, Tina Clark focuses on developing students’ conflict resolution skills. “Students often struggle with how to resolve problems without being hurtful or just “wishing them away.”

Clark uses a Conscious Discipline tool called “The Time Machine” that teaches students to use step-by-step instructions to:

- calm their brains,
- wish the other person well,
- commit to solving the problem,
- listen to the other person,
- say what they feel and think,
- agree to make a positive change.

**Indian Hills Middle School.** Uses weekly Second Step to teach lessons around kindness and the school partners with MOCSA (Metropolitan Organization to Counter Sexual Assault) to implement the Green Dot Violence Prevention Program throughout the year.

All five SMSD middle schools participate in Bully Prevention Week, Kindness Week and Suicide Prevention/Awareness Week.

**Hocker Grove Middle School** even has its own Kindness website: [www.youtube.com/watch?v=Pvxm6zPMmw0&feature=youtu.be](https://www.youtube.com/watch?v=Pvxm6zPMmw0&feature=youtu.be)

**Prairie Elementary.** Social worker, Stacy Bell reads *The Bucket Book* by Carol McCloud, in each class to set the tone for the school year. Bell uses the figurative language of “filling” a bucket to remind students to be kind to themselves and others.

**Rushton Elementary.** A kindergarten teacher has found a fun way to promote positive outcomes between home and school. Mrs. Smith sends students to the principal’s office with a pass that reads, “I was sent to the principal because...” She writes a note on the back telling something positive that the student has done in class to build community and help others. The principal then calls home and “brags” about the student. Parents love getting this kind of call from the principal and it promotes healthy, open communication between home and the school. •

[Dr. John McKinney](#) is director of Student and Family Services for the Shawnee Mission School District.





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[www.healthforward.org](http://www.healthforward.org)

# Many Good Reasons to be Counted in the 2020 Census

**E**very ten years, the U.S. Constitution requires a population count of every individual and household. This count helps to determine the number of seats the state gets in Congress, and guides how more than \$675 billion in federal funding is distributed to our community.

## ***The 2020 Census Benefits You, Your Family and the Communities in Which We Live***

A complete and accurate population count ensures that our community receives a fair share of federal funding that supports job creation, public housing, city emergency preparation, and building schools, roads and hospitals, to name a few.

### ***Some specific examples include:***

**HOUSING** – Census data helps determine the allocation of Section 8 vouchers which are the nation's leading source of housing assistance for low-income seniors, people with disabilities and families with children.

**HEALTHCARE** – Census data is used to ensure we have access to Medicare and Medicaid. An undercount will change the level of services our communities receive.

**EDUCATION** – Census data determines financial assistance to educational agencies and schools with large percentages of children from low-income families.

***There are many good reasons to participate. To learn more about  
COUNT ME IN KC visit [www.census2020kc](http://www.census2020kc).***



# Resilience: Deborah's Hidden Strength

By Father Justin Mathews

Executive Director, Reconciliation Services

**“We** *are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed.” - 2 Cor 4:8-9*

Deborah could have been crushed by the weight of trauma that she experienced at a young age. When she was 12, her mother was frequently absent from the home, and she found herself taking care of her younger siblings. “I cooked, cleaned house, washed their clothes and took them to the bus stop every day.”

When Deborah turned 14, she was raped by a family member, became pregnant and gave birth to twins who died five months later. “I eventually drifted to the streets and started using alcohol and other drugs,” she continues. “When I was high, I didn’t have to think about anything or anyone.”

Deborah started coming to Reconciliation Services (RS) for help getting her ID card, and for meals. “The staff didn’t judge me,” she says. “I felt encouraged and I felt like I was somebody.” She soon joined the RS REVEAL trauma therapy program where she received even more encouragement and learned about healthy relationships.

What Deborah was missing for most of her life was not resilience, but healthy relationships that would enable her to reveal her resilience and thrive.

Resilience is revealed through challenges and healthy relationships. At Reconciliation Services, we think of resilience as

hidden strength within us all, waiting to be revealed through healthy relationships. Resilience is not something one possesses or doesn’t. It is the measure of a moment of souls in motion, reacting to stress and strain, friction and noise, trauma and tragedy. Having just one close, healthy relationship in your life may have more to do with revealing resilience and thriving in spite of adversity than any other factor.

**“...resilience is a hidden strength within us all, waiting to be revealed through healthy relationships.”**

Deborah’s survival skills, her navigation of complex social welfare systems to secure the most primitive of human needs every day, is a manifestation of her hidden strength. But this strength only became clear to her and was able to be leveraged to get ahead through healthy relationships like those Deborah made in the RS REVEAL program.

Trauma always impacts more than the one suffering. The resilience needed to survive can be found inside any of us through the co-suffering love in healthy relationships.

To read more of Deborah’s story visit: [www.RS3101.org/deborah](http://www.RS3101.org/deborah). To learn more about Reconciliation Services, visit [www.RS3101.org](http://www.RS3101.org). •

Father Justin Mathews is the executive director of Reconciliation Services.



# Join the Great American Smokeout and Commit to Quit!

In November, the American Cancer Society will host their annual Great American Smokeout®. People across the country will join together for these events and begin their journey committing to a smoke-free life. Partnering together with others helps many smokers deal with the long-term struggle of nicotine addiction. The effects of nicotine are powerful enough to cause physical dependence, which limits the ability of most people to be successful alone. Even those who have a strong desire to quit feel anxious, irritable, and overwhelmed when nicotine cravings begin to cause withdrawal symptoms.

Once you make the decision to quit, having a plan and date will help you stay strong even when the battle is tough. Start by recognizing committing to quit takes time, support, and often medication to help you reach your goal.

Here are a few suggestions to help ensure your commitment to quit is successful.

First, commit one day at a time. Living a smoke-free life is possible, but for many people, it does not happen overnight. Remind yourself regularly that you are not alone. The Centers for Disease Control and Prevention states nearly 70% of adult cigarette smokers want to quit. You can stand strong knowing your commitment is supported by many people who are also choosing to quit, every single day.

Second, expand your support group. Share your commitment with others

who will support you in your journey to a healthier life. Declaring your decision reinforces your mindset and helps others acknowledge your resolution. Try to locate a quit smoking program in your area or contact 1-800-QUIT NOW on days when you need encouragement to help you stay committed.

Finally, the American Cancer Society reports only 4% to 7% of people who try to quit are able to do it without medications. Nicotine patches, gum, lozenges, and nasal sprays are effective treatments to include in your plan to quit. Depending on which product you choose, you may need to start using it before the day you quit. Talk to your doctor now as you prepare for your quit date.

You can commit to quit. For over 40 years, the Great American Smokeout® has been supporting people who want to start living smoke-free lives and it can help you, too. Visit [www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html](http://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html) for more information!

## Missouri Quit Line

Sponsored by the Missouri Department of Health and Senior Services, this quit line offers free information, consultations, counseling and an intensive telephone-based cessation program. Services include specialized materials, a quit kit and three additional calls with a dedicated specialist and are offered in any language.

Open 24 hours a day, seven days a week.  
Call 1-800-QUIT NOW.

## Kansas Quit Line

Sponsored by the Kansas Department of Health and Environment and provided by the American Cancer Society, this quit line offers screening, counseling, support materials and



**By Tenille L. Lawson**  
PharmD, BCPS

referrals for tobacco cessation assistance (based on an individual's readiness to quit). Services are offered in both English and Spanish. Open 24 hours a day, seven days a week. Call 1-866-KAN-STOP. •

## NATIONAL PROGRAMS

**National Cancer Institute**  
Free telephone support is offered  
9 a.m. to 4:30 p.m.,  
Monday through Friday  
1-877-44U-QUIT  
[www.smokefree.gov](http://www.smokefree.gov)

**American Lung Association**  
7 a.m. to 9 p.m. CST,  
Monday through Friday  
Lung Help Line 1-800-LUNGUSA  
[www.ffsonline.org](http://www.ffsonline.org)

# ARE YOU READY TO QUIT?

Follow these simple steps.

## “Kick this desk over and trash this place!”

That’s what my shoulder devil screamed in my ear as he urged me to reenact the scene from the 1989 classic *Lean On Me* in which Mr. Darnell pushed over Principal Clark’s desk. I slowly and carefully thought over how satisfying it would feel to tear up something and give this company a piece of my mind, but my heart would not allow me to destroy the company furniture — or more importantly, the respected professional image I’d built for 20 years.

## LEAVING A JOB DOES NOT NECESSARILY MEAN FAILURE.

## “Breathe. Think,” my shoulder angel finally whispered.

Although my head spun and adrenaline prodded me to rip something to shreds, I listened to my shoulder angel, and I’m glad I did. After catching my breath and a glimpse of my grimaced face in the reflection of my office window, I thought, “So what if I lose this salary and position? I can’t enjoy either if my health snaps under this pressure.”

People leave jobs all the time, so uttering “I quit” shouldn’t be a big deal — right? Wrong. For executives who link their career success to their identity, quitting is a very big deal. They work long hours, travel frequently and may find themselves eating unhealthy foods all in the name of earning big money. While some workplace stress is normal, excessive stress can interfere with your productivity and performance, impact your physical and emotional health, and affect your relationships and home life. It may be time to say, “I Quit!” A well thought out plan will make the transition more effective. Here are a few tips to implement a Quit Plan.

**1. Identify your support squad.** Make a list of people who will advise and help you in making your decision. They can help you make rational decisions and keep you abreast of new career opportunities.

**2. Set a date.** Select a date to make the decision whether to go or stay on your job. Once you’ve made a decision, it’s time to prepare a letter of resignation.

**3. Resignation letter:** Draft a proper resignation letter and determine a date you will submit it.

**4. Manage the Message.** Be open with your staff and colleagues that you are leaving. Express gratitude for their service and ask them to assist in the transition.

Leaving a job does not necessarily mean failure. It allows you to reprioritize what is important in your career. It may be time to try something new. Find a smart way to exit and build the healthier, more productive life you deserve.



By Dionne King, CEO  
DMK Consults

## COMMON CAUSES OF WORKPLACE STRESS INCLUDE:

- Fear of being laid off
- More overtime due to staff cutbacks.
- Pressure to perform to meet rising expectations, but with no increase in job satisfaction.
- Pressure to work at optimum levels — all the time!
- Lack of control over how you do your work.

Dionne King is the CEO and Strategic Consultant of DMK Consults. She is the creator of The Quit Plan for effective exit strategies. [www.dmkconsults.com](http://www.dmkconsults.com).





# Volunteering for Fun and Fulfillment

Compiled by **Teresa Gerard, Guardian Group, LLC**

**F**inding time for volunteering can be rewarding not only for people in need, worthwhile causes, and the community, but also for you and your family.

There are many benefits to be gained from volunteering, such as making new friends and contacts, building community connections, learning new skills, exploring career paths, and discovering people, places, and causes to support in your retirement.

Volunteering can make you happier and healthier by: reducing stress, anger, and anxiety; combating depression; increasing self-confidence; providing a sense of purpose; and staying physically active. Volunteer Opportunity Examples:

- **Advocacy and human rights**—causes, political campaigns
- **Animals**—local animal shelters, rescue organizations
- **Business**—mentoring, leadership, board development
- **Children and youth**—youth organizations, sports teams, classroom and out-of-school time programs
- **Community**—neighborhood and service organizations
- **Computers and technology**—teaching tasks and programs
- **Disabilities**—assisting people with disabilities
- **Education and literacy**—libraries, tutoring
- **Health and medicine**—hospitals, retirement homes, helplines
- **Seniors**—senior centers, home social visits and meal delivery
- **Social needs**—crisis support, Habitat for Humanity, food pantry or soup kitchen, transportation
- **Veterans and military families**—connections to resources

## Where to Look:

There are many online resources available to find potential volunteer matches to meet your goals, interests, and passions. Research a variety of organizations. Contact them to ask questions and get an understanding of their expectations. This way you can determine if their mission, work, staff and schedules are a good match. Key words to search online are: volunteer opportunities in (insert type of interest) and (insert your city/location).

### VolunteerMatch.org and UnitedWay.org

Helps individuals and companies connect with nonprofits needing pro bono and skilled volunteers.

### AllforGood.org:

#### A Service of Points of Light

Helps individuals, including families and remote workers find volunteer projects and lets organizations and groups post projects.

### AARP Matching Tool

<https://sweeps.aarp.org/volunteerwizard/>

Provides questions to match your preferences to volunteer opportunities.

### Volunteer.gov

Helps individuals find environmental volunteer opportunities for America's natural and cultural resources.

Remember giving your time is a priceless contribution to your health and wellness, and your community. •

# Enjoy Your Holiday...Avoid Scams

**T**his is the most wonderful time of the year! With all of the holiday parties and events, the giving and receiving of gifts and much needed travel, the holidays are an exciting time. However, all of the preparation that goes into planning your perfect holiday can leave you frazzled. The holiday season is when you really need to be on alert, because cyber-criminal grinchers are out to rob you of your hard-earned money.

One of the first steps in protecting yourself from holiday scams is to understand that most forms of cybercrime require user interaction. This means criminals will work to trick you out of your personal information, rather than attempting to break into your devices. Don't answer scam phone calls and shop only at secure websites. Look for the padlock in the address bar that indicates it's safe.

Here are scams to watch out for:

**1. Counterfeit items.** Counterfeit and resold items from major retailers have become very popular. Online shoppers can't hold an object and assess its quality, and cybercriminals love to sell fake products with big markups.

**How to Avoid it:** Counterfeit items are hard to spot. If a store's "REVIEWS" has a 55% approval rating and has only made 30 transactions, that's a very bad sign. Customers are usually quick to criticize a bogus company and report faulty products.

**2. Data breaches.** When cybercriminals create fake websites, they are trying to steal your identity. If a website is asking for more information than you would normally enter, you should stop your purchase. When you hear of a data breach from a site you have done business with, contact them immediately and ask what you should do.

**How to Avoid it:** You can avoid bogus websites, but you can't avoid a data breach.

To find out if your information was leaked in a data breach, visit [www.fightingidentitycrimes.com](http://www.fightingidentitycrimes.com). Their breach

table section lists almost every data breach since 2012, giving you information such as who was breached, what information was leaked and what steps you need to take to protect yourself. Visit [www.havebeenpwned.com](http://www.havebeenpwned.com) to see which of your email accounts was part of a data breach. If you find out you have been "pwned," change the passwords for any of your online accounts that use the same password as your email address.

**3. Porch Pirates.** Porch Pirates sail down streets and neighborhoods daily. But during the holiday season, their numbers increase, which means the gifts you ordered from Amazon or other online retailers are at risk of being stolen.

**How to Avoid it:** Request to have items shipped to your workplace. You also have the option to have your items from Amazon shipped to an Amazon locker (Locker locations can be found when selecting a shipping address during the checkout process or when adding a new address in your account), or require a signature for your packages. Another option is to install a smart doorbell with a video app, as a deterrent.

Have a wonderful holiday season, but don't get so distracted that you're not paying attention to the latest scams and threats out there. Make sure you pass these tips on to your friends and family members to prevent them being scammed, as well.

Burton Kelso is President of Integral Computer Solutions which specializes in: Computer Repair, Computer Networking, Backup & Recovery Systems, Home Networking and IT Consulting. [www.callintegralnow.com](http://www.callintegralnow.com).



**By Burton Kelso**  
President, Integral  
Computer Consultants



# LET'S TALK ABOUT YOUR HEALTH



Jim "Granddad" Nunnelly

Janice "Nana" Nunnelly

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*Wishing You and Yours  
a Merry Christmas and  
Happy Healthy New Year*



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# Let's Start

# 2020

## WHAT'S NEXT JANUARY-FEBRUARY 2020 Whole Health & Wellness Edition

Forget trying to make “resolutions” that have a short life. Instead, jumpstart the New Year with a real commitment to adopt a lifestyle that improves the whole YOU—physically, financially and relationally. In January, discover a whole-wellness approach to maintaining optimum health. *Our Health Matters* enlightens you with a checklist of annual checkups based on gender, age, family history and medical conditions.



Are you curious about plant-based diets? We'll break down what this is all about and provide insights that may at least help you to understand and explore it as a dietary alternative.

### NEED A DESTINATION FOR YOUR PRODUCT OR SERVICE MARKETING MESSAGE?

Contact the team at *Our Health Matters*.

For nearly 15 years, we've helped business leaders reach the right people at the right time and all at the right price. Let us introduce you.

To reserve your space, call 816.361.6400 or email your request to [info@kcourhealthmatters.com](mailto:info@kcourhealthmatters.com)



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