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JULY + AUGUST 2016

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HEALTH

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HEALTH

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U.S. CONGRESSMAN EMANUEL CLEAVER, II AND WIFE DIANNE

Demonstrating Life Balance Publicly and Privately

+Plus:

4 Keys to Balancing Nutrition

Caregivers Display Faith, Love and Strength

OUR KIDS MATTER
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Preventing Sports Injuries from the Sidelines

Learn best ways to protect your athletic child from sports injuries.



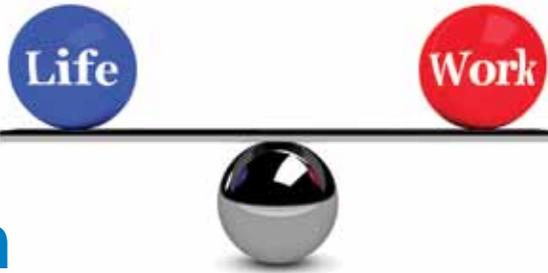
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Life is a Balancing Act

Have you ever watched a juggling act and wondered, “how on earth can they do that?” What you see with the natural eye is fascinating, yet the person who performs this skillful art sees accomplishment. It may have taken years and many hours of commitment for them to succeed, but they were determined that this would bring them ultimate satisfaction. Compare this analogy to everyday life. Imagine someone who works, manages a business, attends school, is responsible for immediate and extended family’s needs—as a mother, father, daughter, son, grandparent, caregiver, counselor, the go-to person to fix whatever is broken in the family. Add to this the complexities of managing household expenses, nurturing friendships, volunteering and supporting local organizations—this and more plays out for many people in our community who may also be bombarded with internal and external messages about taking better care of themselves!”

In this edition of **Our Health Matters™** we introduce some amazing people; our esteemed U.S. Congressman Emanuel Cleaver, II and his wife Dianne who are a picture of faith, strength and sacrifice. And Gary and Anita Maltbia, who together, are quietly making an impact on the lives of talented and disciplined young people. Read two heartwarming stories of caregivers’ Vanessa and Barbara, and discover what spiritual balance can add to your life.

I applaud people who strive to give the best of themselves amid challenges they may be facing. Look around, there are many more who sacrifice their time, energy and resources to help others succeed. Personal satisfaction sometimes is the best reward.

I also take this time to congratulate my son, George Ramsey, III on his retirement from the U.S. Army (see Page 11.) We are all very proud of him. He has served well and with honor.

**Enjoy the summer,
be healthy and be safe!**

Ruth Ramsey, Publisher and CEO



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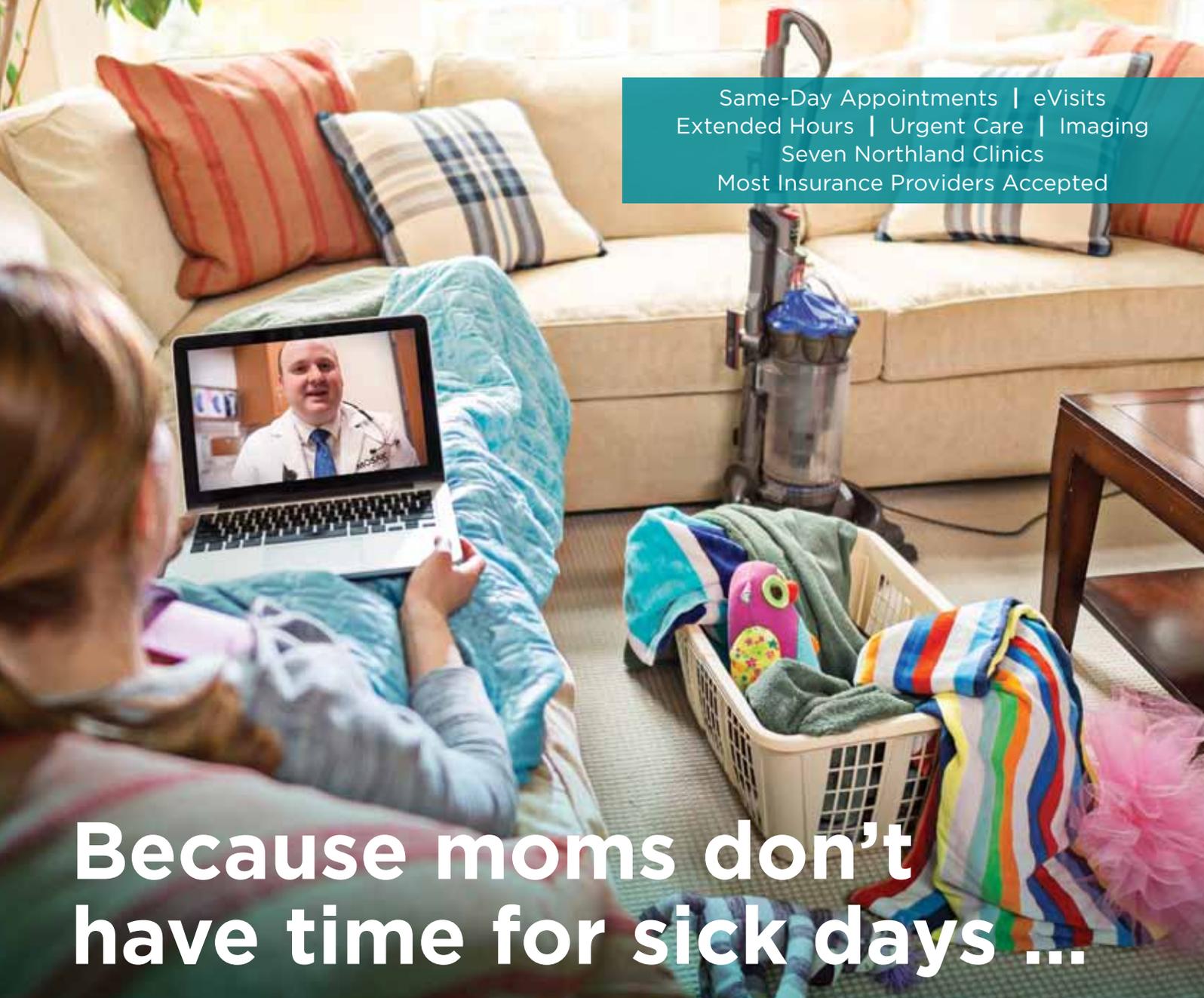
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- Dianne Cleaver
 - U.S. Congressman Emanuel Cleaver, II
 - Sarah Lewis, RD, LD, MDA
 - Vanessa Liddell
 - Gary and Anita Maltbia
 - Barbara Powell
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 - Rev. Dr. Rodney Williams

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BAKED PARMESAN FISH



SERVES 4

Parmesan-crusting fish can be topped with mushrooms, green onions and garlic.



INGREDIENTS

- > 1/3 cup parmesan cheese, non-fat (grated)
- > 1/3 tablespoon flour, all-purpose (1 teaspoon)
- > 1 teaspoon thyme sprigs (leaves removed and crushed)
- > 4 fish fillets (white fish, 6 ounces each)
- > 1 medium onion (chopped)
- > 1 cup halved mushroom caps
- > 1/2 cup green onions (finely sliced)
- > 1 cloves garlic (crushed)

COOKING INSTRUCTIONS

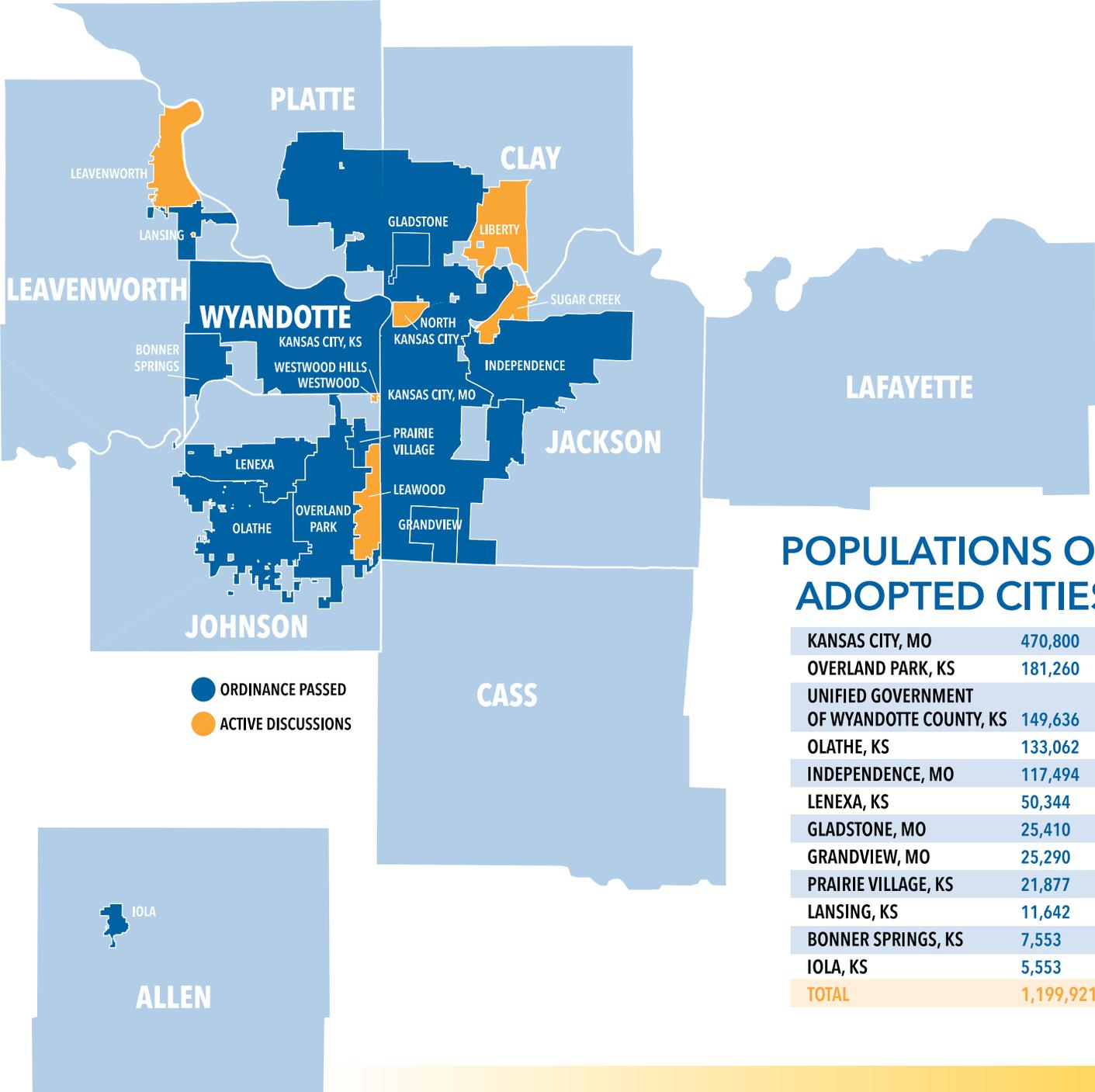
- > Preheat oven to 350°F. Place cheese, flour and thyme in paper bag.
- > Individually coat fish by gently shaking in bag; discard coating ingredients.
- > Place fillets in baking pan on rack. Bake for 20 minutes or until fish flakes easily when tested with fork.
- > Heat skillet over medium-high heat. Add onion, mushrooms, green onions, and garlic. Cook, stirring frequently, until onions are tender. Season with ground black pepper.
- > Serve baked fish topped with mushroom mixture.

KEY NUTRIENTS	AMOUNT	% DAILY VALUE*
Total Calories	239	
Total Fat	2 g	3%
Protein.....	45 g	
Carbohydrates.....	8 g	3%
Dietary Fiber	1 g.....	4%
Saturated Fat.....	1 g.....	5%
Sodium	249 mg	10%
Sugar	6g	
Protein.....	25g	

*Percent Daily Values are based on a 2,000 calorie diet.

SOURCE: ONIE Project (Oklahoma Nutrition Information and Education)

TOBACCO 21 CITIES



POPULATIONS OF ADOPTED CITIES

KANSAS CITY, MO	470,800
OVERLAND PARK, KS	181,260
UNIFIED GOVERNMENT OF WYANDOTTE COUNTY, KS	149,636
OLATHE, KS	133,062
INDEPENDENCE, MO	117,494
LENEXA, KS	50,344
GLADSTONE, MO	25,410
GRANDVIEW, MO	25,290
PRAIRIE VILLAGE, KS	21,877
LANSING, KS	11,642
BONNER SPRINGS, KS	7,553
IOLA, KS	5,553
TOTAL	1,199,921

Featured are cities that have agreed to raise the minimum legal age for buying tobacco products from 18 to 21.

Living a Spiritually Balanced Life

How can we get in touch with our mind, body and spirit.

MANY OF US CAN GET CAUGHT UP IN THE PURSUIT OF HAPPINESS THROUGH PROFESSIONAL SUCCESS.

If you are striving to achieve spiritual balance, one thing that you must do is deliberately separate your professional and personal life.

In the Christian faith, we believe that one can fully experience the abundant life that Jesus offers by living a life that is spiritually balanced. There is a notable Bible passage in John 10:10 (NRSV), that reads, "... The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly." In today's world, amidst all of the chaos, it is possible to find the balance you seek.

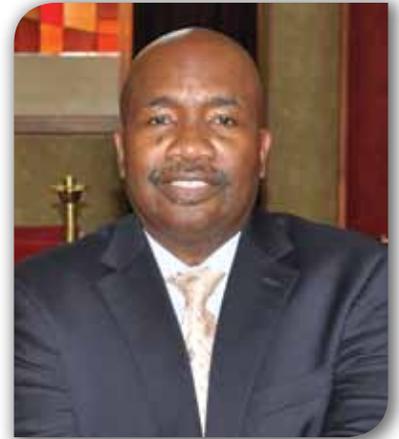
Here are some tips to help you achieve spiritual balance in your own life.

First, practice disconnecting from everyday pressures and distractions by connecting with something positive that you enjoy doing. Imagine how balanced a person could become if they devoted

a day entirely to the needs of the soul. On that day, you do no work. Take a brisk walk and have good conversation with a loved one or close friend. Talk only about things that really matter. Take time to read a book or article that speaks to your soul.

Second, rediscover the Sabbath, which helps people of faith put everything back into the proper perspective. This can only be done when we pause from the pursuit of material gains and success. In achieving a life that is well-balanced, we must ask the question, "What life-fulfilling things do I enjoy doing?" Then, you must go out and do them.

Rev. Dr Rodney Williams co-chairs the Metro Organization for Racial and Economic Equity (MORE²). He has a Master of Divinity degree from Virginia Union University, and a Doctor of Divinity from Colgate Rochester Crozer Divinity School.



**By Rev. Dr. Rodney Williams,
Senior Pastor**

Swope Parkway
United Christian Church

Connect with something positive that you enjoy doing.

Baddha Utthita Parsvakonasana.
This pose took me nearly 14 years of shoulder opening to accomplish. Baby steps.

Getting from THERE to HERE

One man's journey to achieving balance.

Jeanene Dunn, *OHM Staff*

LIKE MANY OF US, Tim Glover has a lot going on. He's juggling his job and family responsibilities, and helping to care for his ailing mother. Oh, and he also practices yoga regularly and teaches yoga classes twice a week at Core Balance Yoga Center, in Lee's Summit, Mo.

Glover was introduced to yoga 14 years ago when a coworker invited him to try bikram yoga. "I didn't go into it initially for fitness," Glover explains. "My beginning experience with yoga was that it was just something to do. I had no expectation that this would evolve the way it has." He has been teaching yoga classes for five years.

He had no idea that yoga would completely change the way he lived his life. "I was operating at a very high stress level," he says. "I have been an air traffic controller for 30 years, and it

is a high-stress job where the work hours change every day." Glover first had to find physical balance to be able to manage working day hours one day and overnight hours the next.

One thing that concerned Glover was his family history of diabetes. His doctor had already told him that he was borderline and that there was a strong possibility that he would have to eventually take insulin. He knew he had to find a way to manage the stress and lose the extra weight he was carrying. "I wanted to have the energy to play with my grandchildren!," he laughs.

He found both of those things and more when he became devoted to the practice of yoga. Eventually, he adopted healthier eating habits, too – he and his wife, Deb are vegetarians. She also practices yoga.

Glover explained that yoga has helped him to slow down and be more focused. "I find that I am more self-aware," he says. "My thought process is more focused and centered."

Glover's advice for anyone wanting to explore yoga is that there are different types. He tried several

**"IT IS IMPORTANT TO KNOW
YOUR PHYSICAL LIMITATIONS AND BE SAFE.
YOU ARE NOT THERE TO INJURE YOURSELF."**

before he settled on what worked for him. "Beginners should start slow and work their way up," he says. "It is important to know your physical limitations and be safe. You are not there to injure yourself."

Meditation is also a part of Glover's quest for balance. "For me, the meditation and the yoga go hand in hand," he explains. "I am still centering my thoughts and my mind."

Since practicing yoga, he has lost the extra weight and has received an excellent bill of health from his doctor. He also found a healthy way to deal with the stressors in his life. And he can keep up with those grandkids.



Acroyoga, Double bird with my acro partners.



Flag, acro with my daughter.

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"HOOAH!"

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4 KEYS

To Balanced Nutrition

By Sarah Lewis, RD, LD, MDA,
Clinical Dietitian, Vibrant America Clinical Lab

WITH A SEEMINGLY UNLIMITED NUMBER OF OPTIONS FOR DIETS, theories and plans, figuring out what to eat can definitely be confusing. It is easy to get caught up in the flash and gimmicks of many of these diets. But, following a balanced nutrition plan has been shown through research to be the best long term strategy.

What is balanced nutrition?

1. IT TAKES INTO CONSIDERATION YOUR FOOD PREFERENCES. Any plan you follow should allow for you to include foods you enjoy without cutting out food groups or drastically limiting certain foods. There is no diet that is 'the best' for everyone.

2. IT FOCUSES ON REDUCING INTAKE THROUGH PORTION CONTROL, NOT UNNECESSARY RESTRICTION.

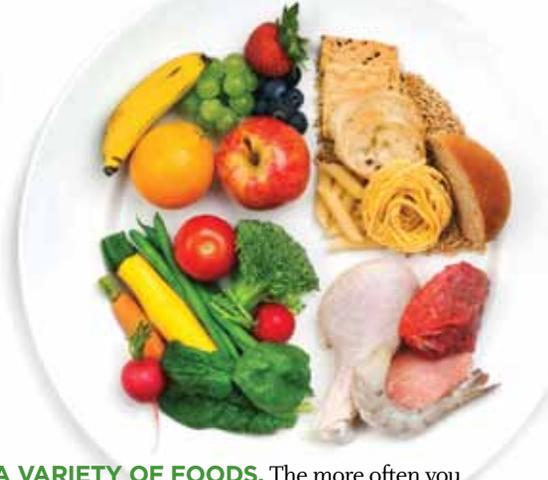
Decades of research supporting calorie reduction for weight loss or weight maintenance shows that eating less food will always work. Cutting out entire food groups usually leads to bingeing and weight regain.

3. IT PROVIDES A VARIETY OF FOODS. The more often you eat different foods, the more variety of nutrients you will get in your diet. Eating the same foods over and over can seem easy to follow, but will limit you to only certain vitamins or minerals. Try at least one new food every week.

4. IT PROMOTES A HEALTHY RELATIONSHIP WITH FOOD. Any diet or plan that encourages you to think of certain foods as 'good' or 'bad' is doomed to fail. Instead, all foods should be available to you. You may need to limit how much you eat of some compared to others.

Take Action

When you're ready to make some nutrition changes, start with one or two small things that you know you can do every day. The most important factor in changing your diet is consistency. Doing the same behaviors repeatedly will produce the best results.



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Cooling centers offer relief from the heat. To find a cooling center near you, go to health.mo.gov/coolingcenters.

Call 1-800-392-0210 to report anyone needing assistance from the heat. The hotline operates 7:00 a.m. to 12:00 a.m. seven days a week.



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Bigger and Unhealthier Was Not Acceptable

A Weight Loss Journey

As told to *Our Health Matters* by Robin Royals

Last year when Robin Royals celebrated a milestone birthday, he started to seriously consider his health; specifically, his weight. Even though, he did not have any significant health issues, he knew he needed to tame his ever-expanding waistline.

Royals also considered his family history of cancer, diabetes, hypertension and heart disease. His older brother and his mother suffer from diabetes, and his father died from cancer at the age of 42. “My brother and I thought for a long

“I DISCOVERED CERTAIN FOODS WE EAT ACTUALLY MAKE US HUNGRIER, THIRSTIER OR FEED OUR FOOD ADDICTIONS...”

– ROBIN ROYALS

time that we would not live past 42,” says Royals. “We are especially grateful that we are both living well beyond 42 years.”

As the years passed, Royals’ weight increased, peaking at 272 pounds. In addition to his concern about his family history, he also examined trends toward eating unhealthy in the African-American community. “The problems lie in how we prepare our food – frying and grilling – as well as high sugar content in some of the foods we eat.”

Everybody knows how to lose weight – right?

Royals had always believed that he and others who struggled with weight could lose the pounds by limiting the number of calories they took in. He also thought burning those extra calories would also result in bringing the weight off. What Royals discovered after tracking his weight over many years, was that he would lose a few pounds, only to gain back what he lost and more.

“I learned that all calories are not created equal,” Royals explains. “I discovered certain foods we eat actually make us hungrier, thirstier or feed our addictions to some of these foods.”

Is exercise enough?

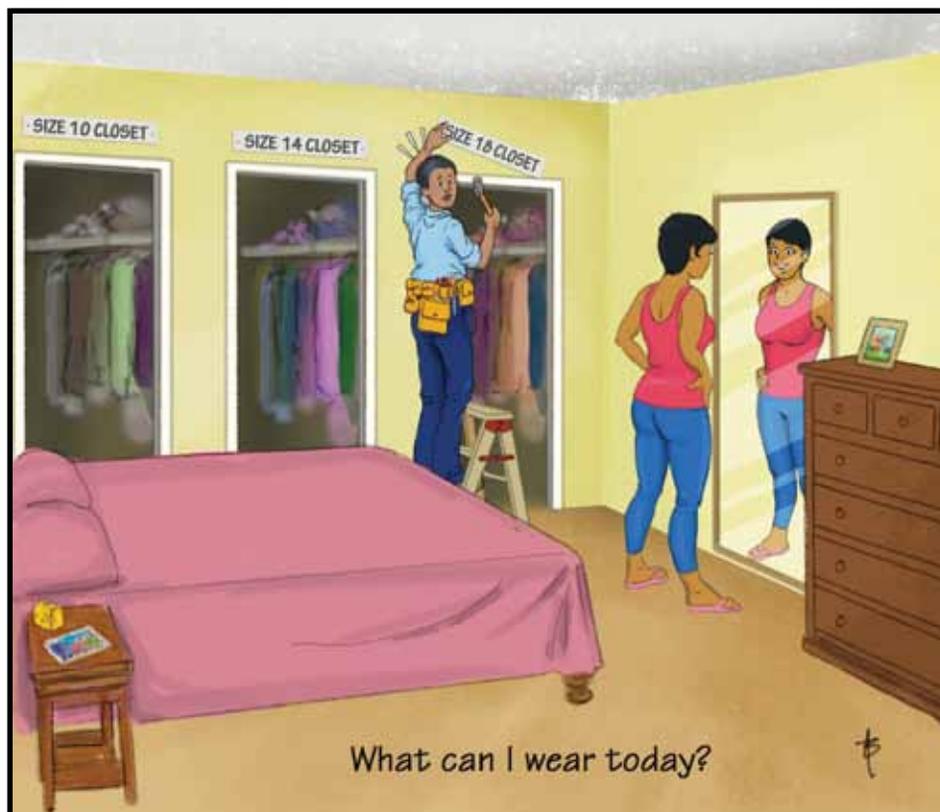
During Royals research into how to keep his weight off, he came across information published by Dr. Robert Lustig, a pediatric endocrinologist who has written extensively about the dangers of sugar. As Royals continued on his weight loss journey, he made a conscious decision to significantly reduce his sugar intake.



Royals found that for him, once he made a conscious effort to reduce his sugar intake, combined with daily exercise, he was able to better maintain his weight loss.

Robin Royals is a local business owner and consultant in the Kansas City metro area.

Just Say’n



The Center for Conflict Resolution Stops Violence Before It Starts



Center for Conflict Resolution
Prevent · Educate · Restore

According to the Centers for Disease Control and Prevention, violence, like smoking, is a public health problem. Fortunately, like lung cancer, violence can be prevented, and prevention is the goal of the Center for Conflict Resolution.

Serving the Kansas City area since 2000, CCR provides mediation as well as conflict resolution training and education to more than 5,000 people each year. Often, those receiving CCR's mediation help are neighbors and family members facing custody and landlord/tenant issues. CCR does not turn away anyone seeking mediation because of inability to pay.

The power of restorative justice

Restorative justice is the foundation of CCR's approach to mediation. "Restorative justice isn't criminal justice," said Annette Lantz-Simmons, M.A., CCR's executive director. "It isn't about punishment. It's about bringing victims, offenders and their communities together to put things as right as possible after harm occurs."

With funding from the United Way, the Health Care Foundation of Greater Kansas City and Jackson County COMBAT,

CCR has applied its methods in communities, schools and the courts. Three full-time and seven part-time staff, along with 40 trained volunteers, put the principles of restorative justice to work to resolve disputes without violence. They also teach young people how to use conflict resolution tools to defuse problems, such as bullying, in their early stages.

Toward a less violent future

With the strong support of community leaders, such as Kansas City, Missouri, Mayor Sly James and Police Chief Darryl Forté, and financial support from organizations and individuals, CCR will increase its positive impact on the community. More and more of the people who experience the success of its programs will echo the words of a client named Colin: "Thank you so much for the opportunity to resolve my case through your service. You were flexible and kind. The process took a huge weight off of my shoulders."

**A 501(c)3 non-profit organization,
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Center for Conflict Resolution
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Left to right: Marcia Grieg, Jackie Buyeks,
Don Ivans and Annette Lantz-Simmons, Executive Director

Achieving Success Against the Odds

Remaining strong when faced with obstacles take determination.

Shared by **Vanessa Liddell, BSN**

When you are caring for the two most important people in your life and trying to pursue your dreams, balance is not an easy feat. When Vanessa Liddell was a teenager, both of her parents suffered debilitating health challenges, and she became their caregiver.

Liddell knew early in her life that she wanted to work in health care. She found that she was drawn to helping people and pursued every opportunity she could through volunteer work and health-related extracurricular activities. After all, she wanted to become a doctor and own a hospital.

Throughout her college years at UMKC, Liddell juggled caregiving and academic responsibilities. “As a nursing student, I had a rigorous and challenging academic journey, but I was determined to finish school,” she says. In 2015, she graduated from the University of Missouri-Kansas City with a Bachelor of Science degree in Nursing.

Liddell’s life journey has taught her a lot about finding balance. This story continues in her own words.

Vanessa’s perspective on balance

Every community has something in common — individuals from families who use what is accessible to them in order to thrive and flourish. Everyone is doing their best to overcome daily challenges in order to achieve balance. Unfortunately, most of us struggle to achieve a satisfactory sense of balance.

I started wondering about balance. How is it achieved and is it the



I HAVE LEARNED TO TREAT MYSELF AND NOT CHEAT MYSELF.

same for everybody? Personally, I believe balance begins with the individual. As I continue to gain knowledge and wisdom, I have learned to treat myself and not cheat myself. Essentially, I had to get to know me and observe my influence in each role I played.

We all have responsibilities, whether we are aware of them or not and it is important to consider all of who we are in our various roles. Once we know who we are, we can address what is lacking and work to improve ourselves.

To me, balance is the feeling of peace when facing turbulent situations; it is the universal acceptance of life. Balance is achieved by “dealing

with life on life’s terms” — in other words, taking it one day, one task, one moment and one emotion at a time.

What works for one doesn’t necessarily work for someone else. To me, balance means being yourself and operating with the utmost authenticity and integrity. When you do this, you treat yourself instead of cheating yourself.

I repeat these words to encourage myself: “Do your best, that is all that’s required.” A lot of life’s circumstances are out of our control. So give what you can and let life unfold as it may. Take heart that you have made it this far despite circumstances, so imagine how much farther you can go.



*"I didn't start out overcommitting.
I gradually took on projects I knew I could
commit to and manage."*

— Dianne Cleaver

Demonstrating Life Balance Publicly and Privately

The Cleavers excel at managing multiple priorities and maintaining a healthy lifestyle.

THERE ARE A FEW HIGH PROFILE NAMES IN KANSAS CITY THAT EVOKE CIVIC PRIDE FOR THEIR CONTRIBUTIONS TO THIS COMMUNITY. Congressman Emanuel Cleaver, II and his wife, Dianne are in that group. They also manage to find balance in their lives despite having very busy schedules and crazy demands on their time.

The Cleavers operate at a higher level than most of us. They are public people, but yet very family-oriented, down-to-

earth, and private. Dianne is very intelligent, soft-spoken, patient, an excellent listener, and coalition builder. He is ... well, just about all of that, too, except for soft-spoken. Together, they are a force, and have spent most of their adult lives working to make life better for others.

That is a tall order and one they do not take lightly. They both know that they have to reenergize and recharge themselves in order to keep moving forward.

The Cleaver family during Christmas gathering in 2015.



Dianne is currently the executive director of the Urban Neighborhood Initiative (UNI) — a position she has held since 2012. In four short years, she has assembled a coalition of neighborhood and business leaders, residents, business owners, volunteers, and other stakeholders to help transform a large swath of the urban core from blight to productive and vibrant. And she is overseeing the opening of the Kansas City Neighborhood Academy — a charter school partnership between the UNI and the Kansas City Public Schools. The pre-K through second grade school is scheduled to open on Aug. 2.

Her husband is currently a six-term congressman serving the 5th Congressional District in Missouri, he was a two-term mayor of Kansas City, Missouri, and served as the senior pastor of St. James United Methodist Church. Those are only a few of the titles he has held over more than 40 years, and he remains one of Kansas City's most influential members in the clergy community.

In his current role, the congressman maintains a very active schedule - commuting between his home district and Washington, D.C. He meets regularly with advocates and constituents to make sure that his work aligns with their needs and interests. At the end of his informal constituent meetings, he sets aside time to meet one-on-one with those who wish to meet with him to discuss questions and concerns.

Rep. Cleaver recently joined in a sit-in on the floor of Congress, along with other colleagues to press for action on the issue of continuing gun violence in this country. Cleaver is also a longtime advocate for civil rights.

ACHIEVING BALANCE IS A PROCESS

From the outside looking in, they make it look so easy, especially when there are multiple commitments, and they are seemingly everywhere. They both admit that it has not been easy, but a process. A process

that took time. “I had to build up mental, physical and spiritual stamina,” says Dianne. “I didn’t start out over-committing. I gradually took on projects I knew I could commit to and manage.” After all, she was raising four children, working full-time and serving as first lady at a growing church.

Congressman Cleaver agrees that building stamina to take on more is important, but he defines stamina as mustering the energy to soldier on.

He talked about continuing to lead St. James while he was the mayor. “It was the hardest thing I ever did,” he recalls. “I preached two services every Sunday and rarely missed Wednesday prayer meeting. Those are days I look back on and wonder how I did it.”

TAKE TIME TO RETOOL

After a long day, Dianne appreciates quiet time and reflection, or a good book. Her children and grandchildren also give her much joy. She says, though, that it is the quiet time that allows her to clear her mind and relax.

For all of his work on the Hill, he most looks forward to coming home. “I try to come home as much as possible,”

“We have learned to relax and refresh even when time is limited to do so.”
— Dianne Cleaver

he explains. “When my work in Washington is done, I am on a plane home to my wife. Coming home allows me to stay grounded and focused.” It also allows him to spend precious time with his beloved grandchildren. Those who have heard him speak formally and informally, know that he always has a story about his grandchildren. “I cherish my time with them,” he says. “They truly are my pride and joy.”

The Cleavers are also excellent time managers. Although, the congressman has staff who closely manage his schedule, Dianne is extremely organized and makes it a point to begin and end meetings on time.



Photo: Flickr

KEEP IT HEALTHY

Dianne says she and her husband have always been nutrition-conscious. “My husband is a pescetarian (a person who abstains from all meat, except for fish) and eats a lot of fruit and nuts.” For her part, Dianne watches her caloric intake, and mostly eats baked chicken or fish, a generous portion of vegetables, and drinks lots of water.

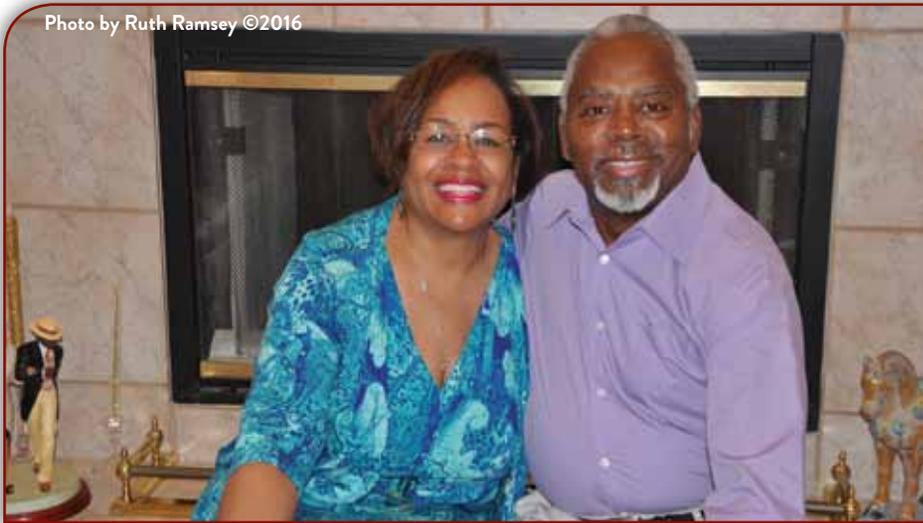
She admits they both struggle to maintain a consistent exercise regimen, she says that while the desire is there, the time isn’t always possible. “We have learned to relax and refresh even when time is limited to do so.”

Over the years, the Cleavers have managed to create a well-rounded balance in their lives, all while helping to build up the community where they live and serve.

A Firm Foundation Brings Balance to Relationships

Shared values, commitment and down time are key.
As Told by Gary and Anita Maltbia

Photo by Ruth Ramsey ©2016



When Gary and Anita Maltbia married 31 years ago, it wasn't just the two of them. The blended family grew to seven with the addition of their five children. Add to that mix, their individual careers and personal aspirations.

Early on, they decided what was really important to them as a couple and as a family. "We began with some important ground rules, like always being courteous to each other, labeling any out-of-sorts feelings so your mate doesn't feel responsible for them," Anita explains. "We always seek to give 100 percent to the marriage — the old adage of 50-50 does not apply. These became the standards we set for our relationship," she continues. "In our view, it established a great foundation for us to work together to prioritize the activities and commitments of two busy lives."

The Maltbias met at Bethel AME Church, in Kansas City, Mo., where both were members. Gary was a trustee and the sound man for the choirs. Anita was a church steward and soloist in the gospel choir. When they were still dating, they shared with each other that their faith and belief in God was first. They believe that

this faith made them resolute to live out their sacred vows to become one.

Gary was a counselor at the General Motors plant in Kansas City, Kan., and went on to be one of the originators of the Employee Assistance Program (EAP), now a standard employee benefit throughout the United States and several foreign countries. Anita was a mid-level public sector manager who rose to the rank of assistant city manager for the City of Kansas City, Missouri.

Make time for down time

One thing that the Maltbias did to insure they would have quality family time was to buy a property located at the Lake of the Ozarks. "Many Friday nights, between April and October, we loaded up the kids headed away for time away from life's daily demands," says Gary.

Now, they are retired, and are as busy as ever. "Just because we are retired, we still work to have balance in our lives," says Anita. "We support each other's endeavors and work together. When people see my husband, they see me, too." And they spend quality time with their 5 children and 16 grandchildren.

Some of their special projects and affiliations:

- Anita: High Aspirations, Board Member 10 years
- Gary: High Aspirations, Mentor 10 years
- Anita: Women's Employment Network (WEN) 15 years Advisory Board
- Gary: Women's Employment Network, Advisory Board
- Anita: Founder Eagle's Nest, young professional women's support group
- Gary: Founder, Man Talk, men's mentoring and support group (ages 18-70 years)
- Anita: newly-elected Board Chairman, American Jazz Museum
- Anita and Gary: Active members, Citadel Homeowners Association
- Anita and Gary: Active members, St. James United Methodist Church
- Gary: Member of Midwesterners Men's Social Club (founded 60 years ago)

The Maltbias remain very active in their community. Most importantly, they have found the right balance that works for their lives.

Gary and Anita's Words of Wisdom

1. Strengthen your faith walk.
2. Find your passion. Do something other than your work life that you are passionate about that nurtures your soul. (i.e., helping others, volunteering, supporting a caregiver, mentoring a child, etc.)
3. Discover recreation. Find and take time to step away, to see new sights, sounds and experiences. Put yourself in an environment where you can re-create.



WORK/LIFE Balance

Achieving balance between work life and home life is not just a lofty goal for us to aspire to. The article excerpt from Mental Health America underscores the importance of maintaining a healthy work/life balance for overall health, and offers some practical and actionable tips for managing stress.

“For a lot of people, the pursuit of a healthy work/life balance seems like an impossible goal.”

With so many of us torn between juggling heavy workloads, managing relationships and family responsibilities, and squeezing in outside interests, it’s no surprise that more than one in four Americans describe themselves as “super stressed.” And that’s not balanced — or healthy.

In our rush to “get it all done” at the office and at home, it’s easy to forget that as our stress levels spike, our productivity plummets. Stress can zap our concentration, make us irritable or depressed, and harm our personal and professional relationships.

Over time, stress also weakens our immune systems, and makes us susceptible to a variety of ailments from colds to backaches to heart disease. The newest research shows that chronic stress can actually double our risk of having a heart attack. That statistic alone is enough to raise your blood pressure!

While we all need a certain amount of stress to spur us on and help us perform at our best, the key to managing stress lies in that one magic word: balance. Not only is achieving a healthy work/life balance an attainable goal but workers and businesses alike see the rewards. When workers are balanced and happy, they are more productive, take fewer sick days, and are more likely to stay in their jobs.”

Go to www.mentalhealthamerica.net/work-life-balance to read the full article and discover a few practical steps we can all take to reclaim balance in our lives.

SOURCE: Mental Health America

Did You Know?

In one year, on average, over 17,000 (17,499) American children and teens (ages 0-19) are shot in murders, assaults, suicides and suicide attempts, unintentional shootings, or by police intervention.

2,677 KIDS DIE FROM GUN VIOLENCE

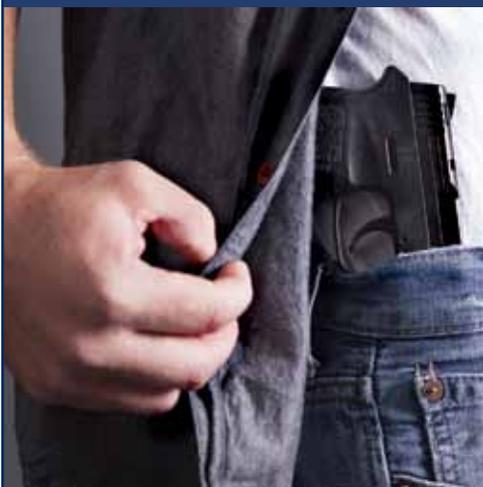
- 1,671 children and teens are murdered
- 827 children and teens kill themselves
- 124 children and teens killed unintentionally
- 24 are killed by police intervention
- 30 die, but the intent was unknown

14,822 KIDS SURVIVE GUN INJURIES

- 11,420 are injured in an attack
- 280 survive a suicide attempt
- 3,061 are shot unintentionally
- 62 are shot in a police intervention

In America, 1 out of 3 homes with kids have guns and nearly 1.7 million children live in a home with an unlocked, loaded gun. Talking to children about the dangers of firearms is not enough.

SOURCE: www.bradycampaign.org



Youth Need Guidance!

In 2015, one-third of Missouri high school males carried a weapon on one or more of the past 30 days.*

Help adolescents build skills to resolve conflict peacefully.

The Kansas City Health Department has educational tools to help teach youth about the importance of making healthy choices.

Some Relationship Building Topics Include:

- Character building
- Intentional injury and violence prevention
- Drug use prevention
- Stress management
- Healthy dating
- Nutrition and fitness
- Teen parenting
- Social media safety
- Issues faced by boys as they grow into men



Public Health

For a full list of titles, or to request a staff presenter, call us at 816-513-6209
Follow us on @KCMOHealthDept or look for #MCHKC

*Source: Missouri Youth Risk Behavior Surveillance System, 2013.

Did You Know?



Aside from in-person flirting, social media is the most common way teens express interest in someone they have a crush on.

Although most teen romantic relationships do not start online, digital platforms serve as an important tool for flirting and showing romantic inter-

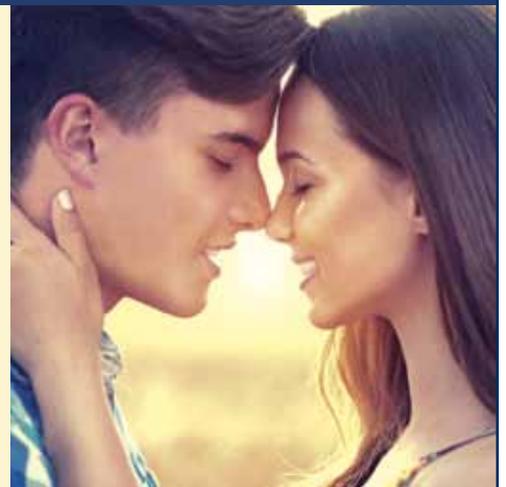
est. Half of teens (50%) say they have friended someone on Facebook or another social media site as a way to show romantic interest, while 47% have expressed attraction by liking, commenting on or interacting with that person on social media.

Additionally, 55% of teens say they show interest in someone by flirting with them in person. Teens also flirt by sharing something funny or interesting with their crush online (46%) or sending flirtatious messages (31%). Less popular flirting tactics include making their crush a music playlist (11%), sending flirty or sexy pictures or videos of themselves (10%) or making a video (7%).

SOURCE: Pew Research Institute

Youth Need Guidance!

At the time of a youth behavior survey,* 27.4% of Missouri high school students reported they had sexual intercourse with one or more people during the past three months. Help our youth to understand the consequences of their choices. Only 56.4% used condoms.



The Kansas City Health Department has educational tools to help teach youth about the importance of making healthy choices.

Some Relationship Building Topics Include:

- Character building
- Stress management
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*Source: Missouri Youth Risk Behavior Surveillance System, 2013.

Caring for Mom

Balancing Life, One Day at a Time

By Barbara Powell

Since she began taking care of her ailing mother six years ago, Barbara Powell's life has been turned on its head. Caring for a loved one suffering from Alzheimer's disease is a tough and stressful road, especially while holding down a full-time job. In sharing her story with **Our Health Matters**, Powell details her journey of how she is trying to balance the needs of her family, the demands of her job and take care of herself.

In April 2010, my father passed and Mom was showing signs of Alzheimer's disease. My carefree life as I knew it would forever be changed. Mom moved in with my husband and I. I had no idea how this disease would affect my family. I always saw Mom as a tower of strength, the backbone of our family and the go-to person for any small or major issues. The mom now living with me is disoriented, moody and confused.

In order to continue working full-time in my demanding position as an IT specialist for a major corporation, I had to find a safe place for mom during the day. Her behavior changes; confusion about people, things and places; and inability to get her thoughts together made her unable to stay at home alone.

Caring for Mom has been a challenge. Each day is a different challenge. I never know if I will get a good night's sleep or endure a sleepless night dealing with her confused thoughts and mood swings.

Working full-time and caring for Mom is stressful, but I keep going. It is not easy as I struggle to make it work, but I have to continue. The mom I knew would never give up on me or anyone. She made many sacrifices in her life for others.

A typical day

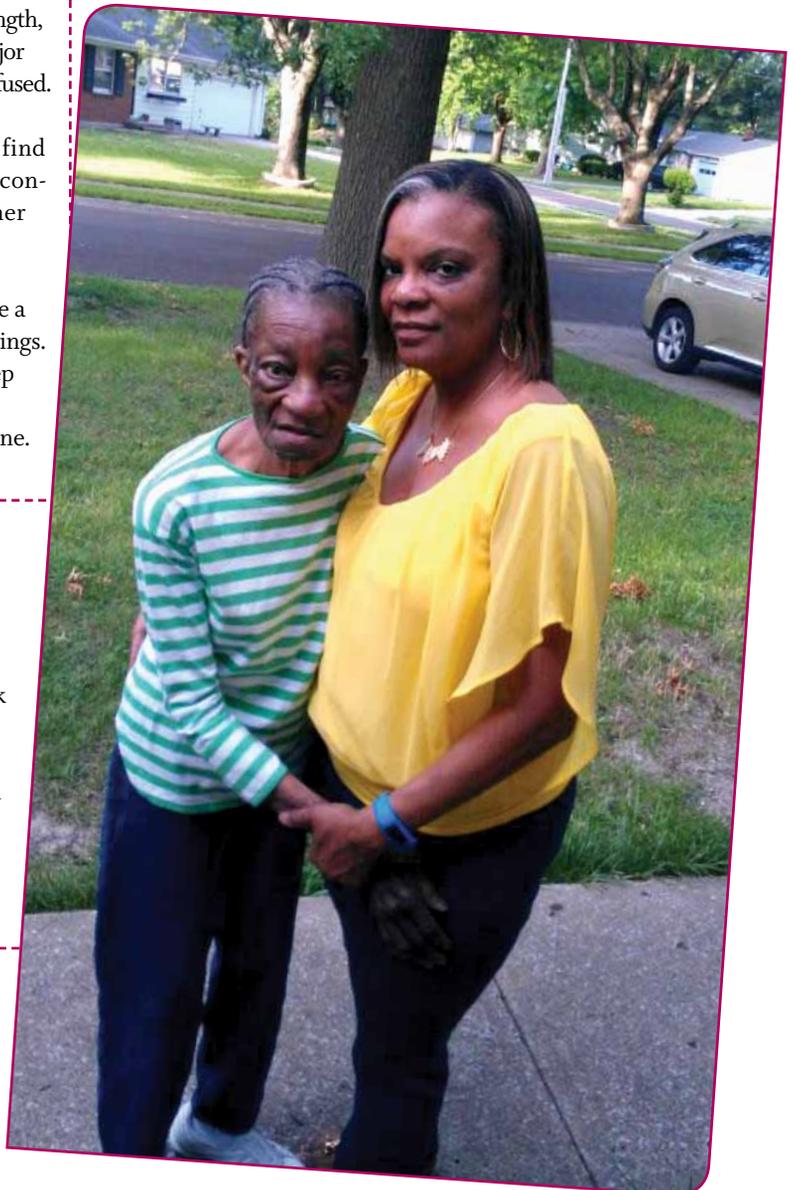
My workday starts at 5:30 a.m. I get up, get ready and then wake Mom at 6:45 a.m. Some mornings run smoothly, others, not so much. On a good morning, we get out of the house by 7:15 a.m. If she is not having a good morning, we don't get out the door until after 8. I drop Mom off at adult day care and pick her up between 6:15 and 6:30 p.m. We get home, I give her a bath and get her ready for bed. She may or may not be ready. If not, the struggle could go on until after 10 p.m. I lay down in bed around 11 p.m., exhausted and mentally drained from my day job and caring for Mom. On the weekends she is with me and I can only focus on her. I struggle with weekends because there is little time for myself.

The struggle to care for self

My husband and I planned to travel the world after our youngest son graduated, but my life has become consumed with work and taking care of my mom.

My husband asked me what I was waiting for to continue to live. He said that if I don't take care of myself, Mom will be burying me. After thinking about what he said, I realized that I will have to release my mom into respite care more so that I can try to relax, enjoy myself and take the time I need to recharge.

I try to eat healthy and walk two miles a day. Attending the Alzheimer's Association monthly breakfast meeting for caregivers is extremely helpful. It helps to hear that I am not alone in this struggle and that others are making it work while caring for a loved one.



TOP 10

“EASY SUMMER LEARNING TIPS” FOR PARENTS

1 Read. Read. Read.

Summer reading should be FUN reading! Help your child read ANYTHING AND EVERYTHING that interests him or her. A great way to get started is by celebrating the end of the school year with a special trip to the library or a bookstore. Help your child set-up a comfortable and quiet space with good lighting for summer reading. Encourage your child to create a schedule for daily reading and set an example by letting your child see you read every day.

2 Have Fun with Numbers.

Find creative ways to practice math: ask your child to help you tally the bill at the grocery store, calculate time, or follow a recipe. Some children enjoy math workbooks or online worksheets – there are lots of free ones.

3 Turn off the TV! Turn off the screens!

A little bit of screen time is ok – but too much screen time is not healthy. Monitor (and limit) screen time in the summertime just as you would during the school year.

4 Make Art!

Kids love art projects of every kind – but they rarely have enough time during the school year to draw and paint and construct as much as they’d like. Picasso said, “Every child is an artist. The problem is how to remain one once we grow up.” Let the summer months be the time when your child discovers that he or she has the amazing ability to create through art.

5 Experiment! Do Science!

Watch an ice cube melt. Grow grass. Play with magnets. Collect rocks. Collect leaves. Summer is a great time to experiment with science.

6 Eat smart. Eat healthy.

It’s ok to eat ice cream on a hot summer day – but don’t eat only ice cream. Kids need help eating healthy. Without the structure of the school day, some kids tend to eat tons of junk food during the summer. Keep plenty of fresh fruits and veggies at the ready, like carrot and celery sticks with hummus, ranch dressing or peanut butter for “skinny dipping”. Process watermelon in your blender and freeze it in popsicle forms for an icy, refreshing treat.

7 Get outside. Take a hike. Play in the sun. Go for a bike ride or a run. Visit a park.

Some children experience unhealthy levels of weight gain during the summer months because they get less exercise when schools are closed. It’s important to help your child stay physically active all summer long.

8 Go to a museum – again and again.

For every child with an interest, there is a museum with a special collection. Insects? Space travel? The ocean? Art? History? Find a museum and visit it – whether in person or online.

9 Read a poem.

Here’s the start of a silly, ridiculous, funny, poem by Shel Silverstein:

*Millie McDeevit screamed a scream
So loud it make her eyebrows steam.
She screamed so loud her jawbone broke,
Her tongue caught fire, her nostrils smoked...*

This is just one of a thousand wonderful poems for children. Google “funny poems for children” and see which ones your child enjoys. Read them aloud. Memorize a line or two. Substitute words to make your own rhymes. Ask your child to describe the poem in their own words means and what it means.

10 Finally... go to sleep!

Keep a bedtime routine. It’s ok for your child to stay up a bit later in the summer but it’s still very important to maintain a regular bedtime and routine. For example, if you read a bedtime story to your child during the school year, then read a bedtime story during the summer.

SUMMERS
MATTER

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TEACHERS AND FAMILIES

Author: Matthew Boulay

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**national summer
learning association**

www.SummerLearning.org

Preventing Sports Injuries from the Sidelines

As your child trains for and returns to fall sports, learn the best ways to avoid sports injuries.

The calendar says it's summer. Kids are out of school, but believe it or not, fall sports and all those practices and competitions are just around the corner. And whether a young athlete plays soccer, football, volleyball or golf or runs cross country — there's a chance he or she could get hurt. So it's important to know what types of injuries are common, what you can do to try to prevent them and, if needed, how to treat them.

Risks of Repetition

Playing any sport over a long period of time can lead to a repetitive stress injury or overuse injury. These injuries often involve the ankle or knee. Strength training, allowing proper time to recover and knowing the recommendations for returning to play are key to avoiding repetitive stress or overuse injuries.

“For adolescents and kids, I would say that the biggest thing I focus on is making sure that, if you have an injury, you give yourself adequate time to recover,” said Dr. Greg Canty, MD, Medical Director at the Center for Sports Medicine at Children's Mercy. “Your biggest risk when you return from an injury is getting reinjured.”

“The last thing you want to do is to push through your injury, only to make it worse.”



Dr. Greg Canty, Medical Director for Children's Mercy Center for Sports Medicine.

Avoiding Acute Injuries

Acute injuries typically are caused by sudden trauma, such as a hit or fall. Injuries like broken bones, sprains, strains, cuts and bruises are all acute sports injuries. To prevent them, Dr. Canty advises your child be in his or her best physical shape before taking the field.



“Sports injuries are common in student athletes. If you're having pain, you need to address it.”

DR. CANTY

“They should stay in good shape throughout the year and gradually reintroduce a sport when the season starts,” Dr. Canty says.

He also says one of the best ways to prevent injuries is to play fair and within the rules of the sports.

When Injuries Happen

When a young player is injured in practice or during a game, use first aid to immediately treat an acute injury. Look for the signs of repetitive injuries, including unexplained pain or swelling, throughout the season. An athletic trainer or physician should evaluate these types of injuries.

The Center for Sports Medicine at Children’s Mercy provides specialized care for young athletes.

“Our clinics have experts who are trained specifically in managing pediatric sports injuries and getting kids back in the game safely,” says Dr. Canty.

Center for Sports Medicine at Children’s Mercy is specifically focused on caring for student-age athletes. Its sports medicine specialists understand the growing bodies of student athletes. Injuries to children and adolescents can be different from those experienced by older patients and Children’s Mercy’s specialists are able to provide care that meets these unique needs.

“Sports injuries are common in student athletes. If you’re having pain, you need to address it. Pushing through pain is never a wise choice.”

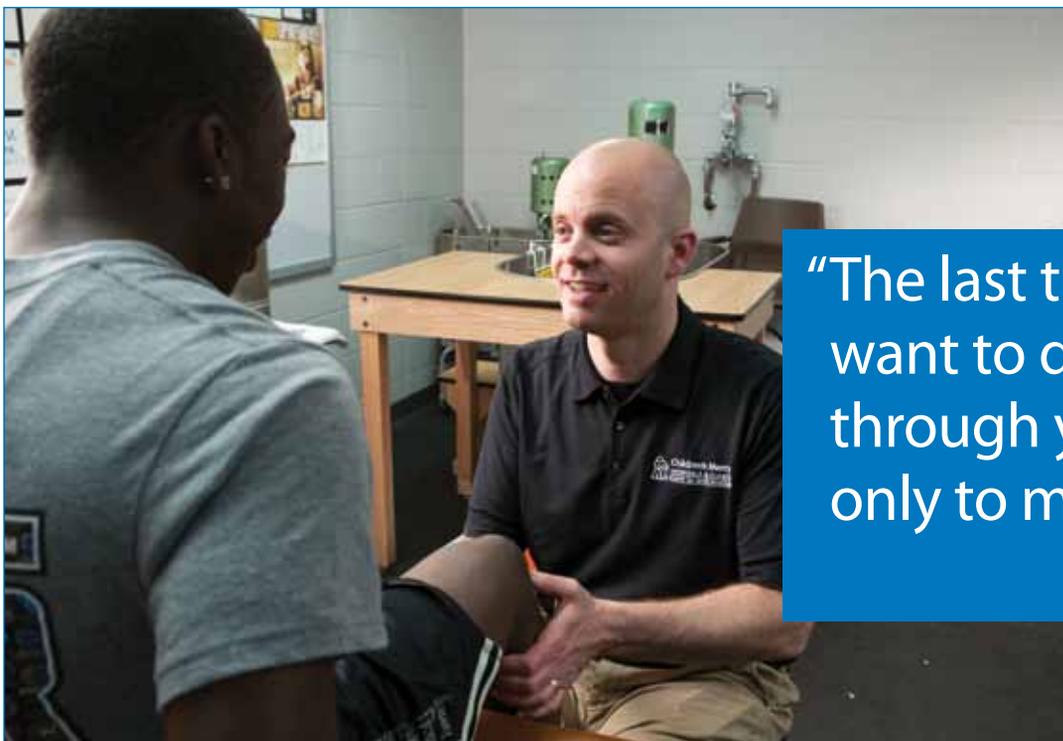


Dr. Canty with Jason Yoder, Clinic Coordinator for Sports Rehab and Nicole Fillingame, Manager of Children’s Mercy Sports Medicine Program.

To learn more about Children’s Mercy’s sports medicine clinical services, visit childrensmercy.org/SportsMedicine.

 [Facebook.com/ChildrensMercy](https://www.facebook.com/ChildrensMercy)

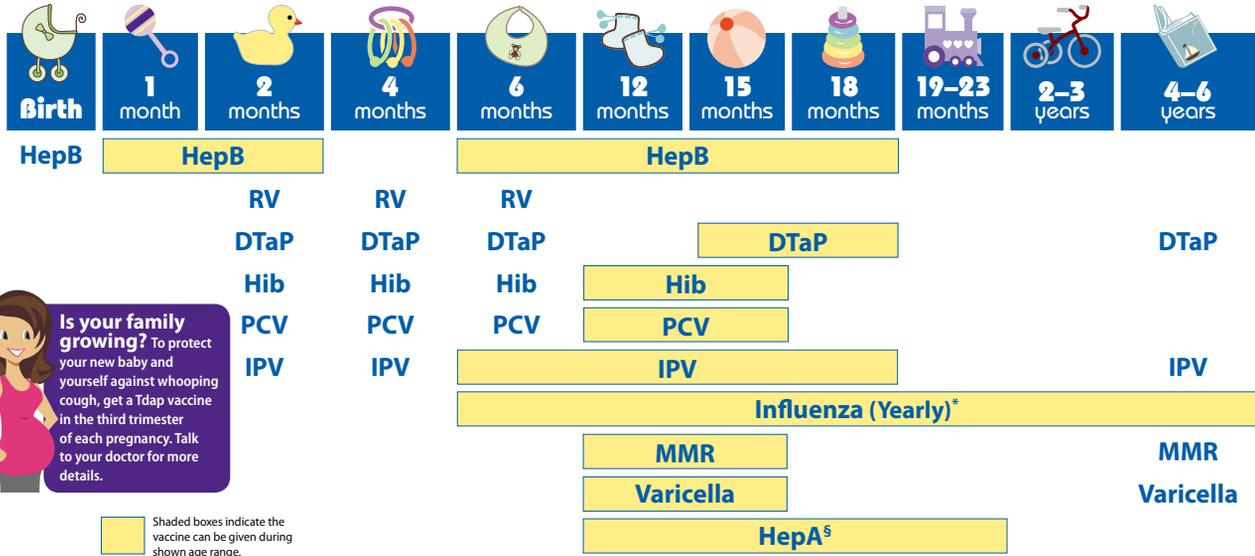
 [@CMHsportsmed](https://twitter.com/CMHsportsmed)



“The last thing you want to do is to push through your injury, only to make it worse.”

DR. CANTY

2016 Recommended Immunizations for Children from Birth Through 6 Years Old



Is your family growing? To protect your new baby and yourself against whooping cough, get a Tdap vaccine in the third trimester of each pregnancy. Talk to your doctor for more details.

Shaded boxes indicate the vaccine can be given during shown age range.

NOTE: If your child misses a shot, you don't need to start over, just go back to your child's doctor for the next shot. Talk with your child's doctor if you have questions about vaccines.

FOOTNOTES: * Two doses given at least four weeks apart are recommended for children aged 6 months through 8 years of age who are getting an influenza (flu) vaccine for the first time and for some other children in this age group.
[§] Two doses of HepA vaccine are needed for lasting protection. The first dose of HepA vaccine should be given between 12 months and 23 months of age. The second dose should be given 6 to 18 months later. HepA vaccination may be given to any child 12 months and older to protect against HepA. Children and adolescents who did not receive the HepA vaccine and are at high-risk, should be vaccinated against HepA.

If your child has any medical conditions that put him at risk for infection or is traveling outside the United States, talk to your child's doctor about additional vaccines that he may need.



SEE BACK PAGE FOR MORE INFORMATION ON VACCINE-PREVENTABLE DISEASES AND THE VACCINES THAT PREVENT THEM.

For more information, call toll free **1-800-CDC-INFO (1-800-232-4636)** or visit <http://www.cdc.gov/vaccines>



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TEL-LINK is a toll-free information and referral line for maternal and child health services. Making sure you and your family members are healthy is a huge responsibility. It's also one of the most important things you can do.

TEL-LINK provides referrals on:

- Healthy births and babies
- WIC (Women, Infants and Children) services
- Immunizations
- Mental health services including alcohol and drug abuse prevention and treatment services
- Child care resources and referrals
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- Many other services

Call 800-TEL-LINK

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Biking & Walking are Fun – Safety is More Important

Making bike riding and walking fun, safe and more common is the goal of BikeWalkKC which was started approximately five years ago, to encourage the benefits of safe and fun cycling and walking for people of all ages. Youth programs are a flagship of their mission, however they have similar educational programs for adults as well.

With the arrival of summer many children and their families take to the streets on their bikes to enjoy the ride, as well as casual walks to community parks and around the neighborhood.



If you are interested in learning more about BikeWalkKC's education programs, visit www.bikewalkkc.org

You can also contact our education programs team directly at education@bikewalkkc.org.

Ad Sponsored By:



BIKEWALKKC OFFERS THESE TIPS:

GETTING STARTED

Start with riding or walking places that allow you to do so at a comfortable speed such as your neighborhood streets, a nearby parking lot or on a park trail. Then, as you get more comfortable, start to use your safety skills on more difficult areas.

WEAR YOUR HELMETS, TUNE UP YOUR BIKES AND WEAR COMFORTABLE CLOTHING

Helmets are not required for adults in many jurisdictions, but they are always required for children. Wearing one will set a good example for your child and protect your most valuable organ. Also make sure it fits properly and doesn't have any damaged parts. Wear seasonably appropriate clothing and sunscreen, as well as comfortable and safe shoes. Drink plenty of water.

BE AWARE OF YOUR SURROUNDINGS

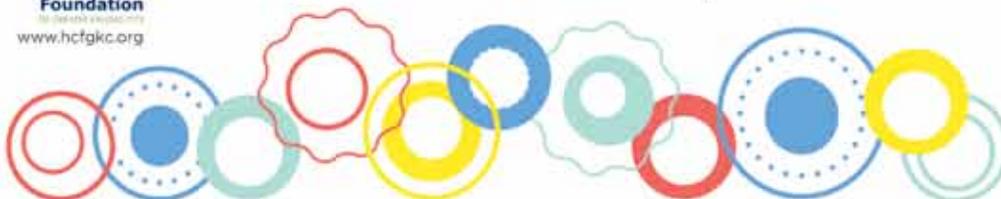
Unlike being inside your car, you are exposed to all the elements, both natural and human on the roads and sidewalks. Prior to going out with your child, you may want to walk, ride or drive the neighborhood or park area to see if there are any hostile animals or humans. If you do drive to scope out the route, hop out and make sure the sidewalks and roads are free of hazards. If you do encounter unexpected hazards, slow down and walk around them cautiously.

SIGNAL YOUR STOPS AND TURNS

To turn right on a bike, extend out your right arm. To turn left, extend your left hand out. To signal a stop, hold either hand straight down. Be sure to turn your head and body slightly to let drivers and pedestrians know you are about to make a turn. When walking, use crosswalks and utilize traffic signals such as the HAWK, which functions much like a traffic light, for select crosswalks in the region.

HAVE FUN!

Use this time to strike up fun conversations with your child and help reinforce the things they are learning in school. Track your miles and other health metrics using popular health apps and devices such as a FitBit. And cherish these memories. Kids grow up fast!



THE COMMUNITY NEEDS YOUR SUPPORT

Last year, the Kansas City Health Department released its Center for Disease Control (CDC) required condom distribution campaign **"I Got Mine"**. The campaign was created as a means to inform community members where they can access free condoms in their area. When an individual sees the "I Got Mine" logo at a place of business, non-profits, or clinics in the city, they know that the organization provides free condoms to the community. When community organizations agree to participate in the "I Got Mine," they agree to display a box with the logo, filled with free condoms.

For further information on accessing sites or if your organization is interested in becoming a condom distribution site, contact the agencies below.

Kansas City Health Department
2400 Troost Avenue, Suite 1200
Kansas City, MO 64108
816.513.6328

KCCARE
3515 Broadway Avenue
Kansas City, MO 64111
816.753.5144

Good Samaritan Project
3030 Walnut Street
Kansas City, MO 64108
816.516. 8784

HIV PREVENTION CAMPAIGN

EVEN WITH NEW MEDICATION, INDIVIDUALS ARE STILL BEING INFECTED, PARTICULARLY IN COMMUNITIES OF COLOR.

Treatments for HIV have improved greatly over the past 35 years. Even with new medication, individuals are still being infected, particularly in communities of color. Although African Americans make up 12% of the population they account for 44% of new HIV cases. As we continue to work to prevent new HIV infections, condoms still serve as one of our most powerful tools.

POWERFUL TOOL FIGHTS HIV INFECTIONS

Free condom distribution sites can be found on the social media site condomfinder.org. When people enter their zip code, the app automatically provides them with a list of condom sites available in their area.





Chronic pain

COMING IN THE SEPTEMBER-OCTOBER 2016 EDITION

Understanding Chronic Conditions

You may have heard the words chronic illness used many times. But do you understand what that means? Chronic illnesses affect a person's health over a long period of time — possibly their entire life. For example, diabetes, rheumatoid arthritis, asthma, heart disease, high blood pressure or fibromyalgia, to name a few.

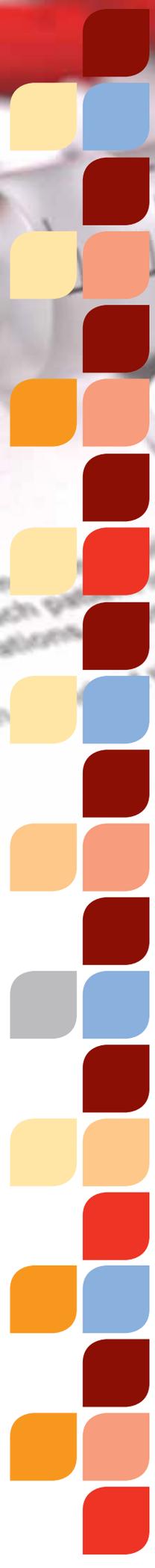
Increase your knowledge about self-management of chronic conditions and learn how to lend support to someone who may be suffering from a chronic condition.

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