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NOVEMBER + DECEMBER 2018

HEALTH

IN TOUCH
WITH YOUR
HEALTH

matters™

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MD, FACEP, CDM
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The Greatest Gift is Serving Others

Making the Most of the Holiday Season



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DID YOU KNOW...

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ONLINE ARTICLES

Capture Children's Holiday Travel

Holiday travel can be a lot of fun for children. Visiting family and new places are memories they will keep in their hearts for years to come. Visit kcourhealthmatters.com to learn simple projects you can do.



Tips for Parenting In the Digital Age By Burton Kelso, Integral Computer Consultants

Children of all ages are making a list and checking it twice. Topping their list might be a new video game system, laptop, smartphone or tablet. Visit kcourhealthmatters.com to learn about apps parents can use to monitor their child's activities.

Real Facts About the Flu and Why You Should Care

The Centers for Disease Control estimates that during the 2017-2018 flu season 48.8 million people became ill with influenza and there were nearly 80,000 deaths. Visit kcourhealthmatters.com to learn why you should consider getting your flu shot this year.



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Faith, Hope and Love of Family and Community

According to Pew Research, a nonpartisan fact tank that informs the public about the issues, attitudes and trends shaping the world, more than 2 billion people in over 160 countries consider Christmas to be the most important holiday of the year. In the United States, 9 in 10 people celebrate the holiday—even if they are not Christian. About a third of people in the US view it as a cultural holiday rather than a religious one.

Activities planned around Thanksgiving, Christmas and New Year's become the central focus of many individuals as invitations are sent to enlist family and friends to come together for fellowship, food and fun. Some people struggle to make it through the holidays because of the stressful activities that come with it: the loss of a loved one, or circumstances that have changed the family dynamics, such as divorce or separations. Or, it may be that a family member or friend is scheduled to work on the holidays, causing the family to make adjustments so they can enjoy celebrations together.

In this edition of *Our Health Matters*, we offer tips to keep you from over-spending on gifts. We also share the heart-warming stories of medical director of forensics, Dr. Michael Weaver; EMS paramedic, Tara Hill; registered nurse, Cori Tharp; and Police Captain, Lionel Colon. They are professionals who make sacrifices of time away from family to work on some of the most popular holidays of the year. I applaud them and so many others who are there for us.



Whether we are connecting with family or nurturing friendships, this is the time of year to spread cheer and consider ways in which we can serve others.

Wishing you a holiday season filled with faith, hope and love.

Ruth Ramsey, Publisher and CEO

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Sometimes You Have to Drive a Little Farther

TO SPEND MORE TIME WITH THOSE YOU LOVE

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The Biggest Gift You Can Give Is Your Time

You Could Be Helping Your Health, Too.

The Salvation Army Kansas Western Missouri Division



DOING THE MOST GOOD

Between the turkey, the sweet potatoes, and the pie... okay, pies, you might find yourself looking for a way to burn off those additional calories this holiday season. Well, The Salvation Army is always in need of a few good bell ringers.

Donating your time raising money at a Red Kettle will help The Salvation Army assist thousands of people here in Kansas City struggling with crisis. Whether a personal moment of struggle or a region-wide disaster, we stand ready to help wherever the need is greatest. You'll also be doing yourself a favor. The Mayo Clinic says volunteering can help reduce stress, boost self-esteem, even contribute to a longer life. And, volunteers can work up a decent sweat ringing a bell!

"Volunteers are what make the work of The Salvation Army possible," Divisional Commander Major David Harvey said. "Their dedication to our cause allows us to reach and help more people than we could do on our own."

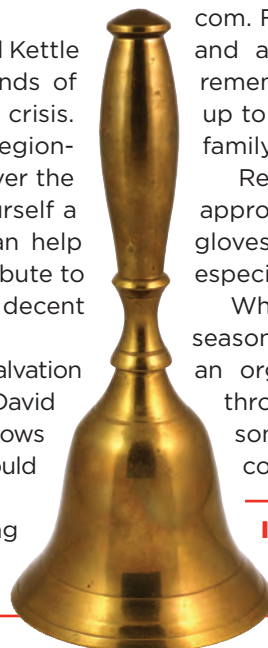
By spending even one shift bell-ringing at any of the more than 250 Red Kettle

locations around the Kansas City metro area, you'll help The Salvation Army help someone in need every 70 seconds. That's more than 450,000 people every year.

Here's how you can get started. Just visit RingKC.com. From there, you can find a Red Kettle location and available shifts near you. Just sign up and remember to show up for your shift. You can sign-up to ring by yourself or with a group of friends or family. The more the merrier.

Remember to check the weather and dress appropriately, because you'll be standing. Coats, gloves, and hats are all good to have on hand, especially if you're ringing later in the evening.

When you volunteer your time this holiday season for The Salvation Army, you'll be supporting an organization that helps thousands of people throughout the year in Kansas City, while spreading some holiday cheer to everyone you see. What could be better for the heart than that?



If you need help signing up to ring, please call Mindia McManness at 816-968-0372.

EIGHT STEPS FOR A DEBT-FREE HOLIDAY!

Stores across America have set up their festive seasonal displays. Carols are on a loop over the loud speaker—and giant signs are boasting stellar deals. Have you begun planning your holiday budget? Here are some smart spending tips for a debt-free holiday:

1. Set a budget—and stick to it.

Your holiday budget should start like every good budget: by looking at how much you have left over after paying for essentials. How much can you reasonably spend without getting into trouble? Take a look at your monthly expenses, and set a holiday spending amount that won't put a strain on your wallet. From there, make a list of gifts you need, and set a reasonable amount per person based on your spending limit. (Don't forget about Hanukkah gifts, stocking stuffers, as well as small gifts for people like teachers, coworkers, the mailman, etc.)

2. Budget for hidden expenses.

Wrapping paper. Shipping costs. Holiday travel. A higher electric bill (for those twinkling lights). Those unexpected expenses can add up quickly. When you're accounting for your holiday budget, make sure to account for any extra costs.

3. Find the right price.

Not every seller will offer the same product for the same price, and prices may fluctuate throughout the holiday season. Once you find the product you want, do some online research to compare prices between sellers.

4. Avoid impulse shopping.

You already bought your partner, child, parent, or best friend their big gift. It's perfect, wrapped, and sitting in your closet. But then you stumble upon something else you just know they would love. What's an extra \$45 to give your loved one a perfect present?

Resist the urge! Those extra dollars add up. Once you meet the set budget for each person on your list, cross them off and be done.

5. Avoid self-gifting.

The National Retail Federation has found that 57 percent of Americans spend almost \$127 each holiday season buying gifts for

themselves.

That's a lot of extra

cash. Pass on treating yourself this

holiday, and leave it to your loved ones to buy you gifts during the season. If there's something you desperately want or need, re-evaluate the purchase post-holidays, when the January sales kick in.

6. Go in on a gift.

If you know someone on your list is specifically lusting after a big-ticket item this holiday season, consider whom you can get to go in on the purchase with you. Mom wants the latest smartphone? Ask your siblings to make it a joint venture.

7. Set up a gift exchange.

It's unlikely you're the only one on a budget this season. Everyone wants to save money. Consider pitching the idea of a secret Santa or gift exchange to your friends, family, or coworkers. That way, you only have to worry about one gift instead of several.

8. Give a "priceless" gift.

On a tight budget? Try going DIY (Doing It Yourself) with your gift-giving. Are you crafty? Knit a scarf. Good at baking? Make a cookie basket. Have a knack for photography? Have an original print framed. If you can't think of anything, Google has endless ideas for DIY gift giving.

Don't overthink your gift-giving strategy. Trust that your friends and family love you and respect your need to budget this holiday season, and simply enjoy your time together.

SOURCE: Smart About Money

[Any reference to a specific company, commercial product, process or service does not constitute or imply an endorsement of recommendation by Smart About Money.]





Make the Most of Family Holiday Time

By **Mary Foston-English, MFT**

Assistant Director, Stanford Faculty and Staff Help Center

When it comes to family gatherings during the holidays, do you find yourself expressing overwhelming joy about the pending celebrations or shying away from them? Be proactive this season. Think about how you would like to spend the holidays. Will you celebrate the same as in past years, or do you have a desire to do something different?

Family relationships are complicated because of the expectation that “we are all the same” because we’re part of the same family. The expectations we have of each other can make it difficult to “be ourselves,” especially if we have different values and goals than those of other family members. Because of pre-established roles of who we are supposed to be and how we are supposed to act (based on gender, birth order, family rules, family rituals), family systems do not always give us the space to be who we are.

Families are “systems,” so when change occurs, the balance is disrupted. Keeping that balance is complicated because change is inevitable; people do change and grow despite the pressure to conform and keep the balance.

It’s More Challenging During the Holidays

Expectations are higher during the holidays because of family rituals and assumptions about “how the holidays are supposed to be.” Some of the assumptions we have about the holidays include:

- “Holidays are supposed to be joyous and happy.”
- “I don’t have family, so there’s no reason to celebrate.”
- “The bigger the gift and/or the more we spend, the better.”

Being with family when one has changed and when one’s values/expectations about the holidays are now different, can be stressful. It’s easier sometimes to just go along with the way it’s always been than to rock the boat. This desire to belong or feel connected can be so strong that we overextend ourselves emotionally, physically and financially. For example:

- Spending money to travel or buying gifts one cannot afford.
- Attending social/family functions because we “have to” or “should.”
- Preparing an elaborate, “perfect” meal or celebration.

Dealing With That Difficult Relative

Most families have one difficult relative. The expectation of being together during the holidays creates pressure to “put up” with someone you’d rather avoid. If you are comfortable with contacting that relative before the family gathering, do so. Reaching out beforehand will help minimize the stress and awkwardness. But remember that just because you want to resolve an issue, the other person may not want to do the same. Be realistic.

How to Make a Positive Change

Consider these tips to have an enjoyable holiday season:

1. Keep your expectations of yourself and others realistic.
2. Prioritize what needs to be done and try to involve others with the preparation.
3. Don’t worry about how things should be; instead, do what you can do and more importantly, what you want to do.
4. Take control over the holidays and have self-compassion; take timeouts and accept your limitations. Notice when you’re feeling stress, and use this as an indicator that you need to remove yourself from the stressful situation to regroup.
5. Use humor and limit your use of food and alcohol to cope with stress.
6. Try to accept family members and friends as they are, even if they don’t live up to your expectations. It’s not a good idea to use the holidays to “confront.”
7. Establish healthy boundaries for yourself. It’s okay to say “no.”

Closing Thoughts

In a 12-step recovery program, there’s an acronym, HALT, which stands for Hungry, Angry, Lonely, Tired. It indicates the risks for relapse. These feelings can apply to anyone at any time, but especially during the holidays. When you feel one of these, take time to stop, breathe, and take care of yourself. The holidays are meant to bring people together. You can make the most of the holidays by expressing love, joy and appreciation for family. •



M. L. Wauer, M.D.
Emergency Dept.

MLW

Giving and the Joy it Brings, Makes all the Difference

By **Michael L. Weaver, MD, FACEP, CDM**

Clinical Professor Emergency Medicine

UMKC School of Medicine

Saint Luke's Health System, Kansas City, MO

Christmas is one of my favorite times of the year. As an emergency room physician for more than 35 years and one of the few single guys in my group, I always volunteered to work Thanksgiving and Christmas shifts. I enjoyed filling in for physician colleagues who had children and large extended families. It allowed them time to share in family celebrations and eliminated their challenges of coordinating family get-togethers and preparing children for the surprise of their young lives. This was especially true for the younger docs in my group who needed to help Santa Claus on Christmas Eve or early Christmas morning to complete delivery of goodies to curious little ones.

Dr. Weaver is Medical Director of Clinical Diversity. He provides oversight of St. Luke's Health System's patient-focused diversity, equity and inclusion processes. In addition, as System Medical Director of the Clinical Forensics Program, he advises clinicians on the treatment of patients who are victims of crimes, such as child or elderly abuse, sexual assault, interpersonal violence, or strangulation.

My family is small, so we were flexible around those times. We were able to move our dinner time to earlier or later in the day. Plus, working on a holiday was actually fun for me! It gave me the opportunity to wear one of the many holiday-themed ties I had accumulated over the years. You know, those ties with a large turkey or pictures of Santa Claus on them that you can only wear during the holiday season. My favorite was a

holly bow tie that lit up. I loved wearing the red Santa hat or a gold bell around my neck. It seemed to always make the children smile. We also would give out candy canes to everyone – except those with gastrointestinal problems!

It became somewhat of an annual ritual to see my Jewish or Muslim colleagues (most of whom had celebrations different from Christmas) also working the night shift. Sometimes the emergency room would slow down after 11:00 p.m. It was then that we had a chance to share stories, catch up with each other, and be grateful that we were there to help patients who came through our doors.

In the emergency room, you never know who's going to come in and with what injury or illness. That kind of event during a holiday increases the impact for both the patient and their family. We must be prepared, compassionate and understanding, knowing the emergency room is the last place patients want to be, especially during the holidays.

At the end of my shifts when I had the opportunity to spend holiday time with my family and significant other, I felt an even greater sense of gratitude that I'd been able to give back and provide healthcare at a very special time to those in need. Deep down, we experienced a touch of holiday spirit and gratitude—and most of all, appreciation for what we do.

Wishing you a healthy and enjoyable holiday season. •

Balancing Family Life and Commitment to the Community

By Tara Hill, Paramedic

Kansas City MO Fire Department, Station 39

I have worked in Emergency Medical Services (EMS) as a paramedic for almost 20 years and with the Kansas City, Missouri Fire Department for 8 years. It is a position that requires alternating 24-hour shifts. Both I and my husband, Geoff, who is a firefighter, work 24-hour shifts. We have four daughters ranging from age 2 to 12 who have grown up with our non-traditional work schedules and have adjusted well. Family time is a premium, so we treasure every moment together. Our schedules in any given week are complicated, not to mention holidays like Thanksgiving, Christmas and New Year's Eve.

The first year Geoff and I were married, he was scheduled to work Christmas day. My family had moved out of state the previous year, and it was my first Christmas without them. Geoff and I celebrated with his family on Christmas Eve, so I thought I would be fine by myself on Christmas day. I was wrong. I spent the day alone and crying. Since then, we have made Christmas day the one holiday that we

Family time is a premium, so we treasure every moment together.

prioritize every year. He generally schedules a vacation day, and I trade with other medics who choose a different holiday priority (e.g., Thanksgiving or New Year's Eve).

We celebrate Christmas Eve with my husband's family if he is on duty that day. I get the girls dressed up to visit their dad at the station. We also take homemade treats for the fire crew. Then we head to my mother-in-law's house to exchange gifts. Once we are home, they snuggle in their jammies for an annual storytelling of "The Night Before Christmas." We leave milk and cookies out for Santa, then it's off to bed. My husband arranges for someone to relieve him early, so he can try to get home before the girls wake up. It takes some planning, but it is worth every minute that we get to spend together.



The Easter Bunny doesn't always deliver baskets and get into our flower pot every Easter Sunday. Sometimes the Fourth of July is a two-day celebration. Thanksgiving doesn't always fall on a Thursday, and we often ring in the New Year via video chat. I have learned that most holidays are not tied to a specific date and that the occasion of bringing the family together and celebrating is just as special the day before, or sometimes two days after.

We love our work and our community, realizing that on any given day we will be called on to rescue or help someone who also has family that cares about them. We are glad to be of service. •



Guadalupe Centers

Focused on Families, Culture and Community, While Embracing Progress

Enriched in cultural heritage and a compassion to help families succeed, is the driving force behind the Guadalupe Centers' sustained relationship with the community it serves.

For more than 99 years the Guadalupe Centers have exhibited the hallmark of extraordinary skill to connect

PROVIDING VALUABLE SERVICES

Annually, Guadalupe serves approximately 10,000 individuals and their families. Offering a broad range of services to individuals of all ages, Guadalupe connects families to social services and resources; provides early childhood education and entry into workforce training programs. They also operate a comprehensive charter school system serving Pre K through 12th grade, with over 1,300 students enrolled for the 2018/2019 school year. The organization has expanded its mission to embrace the diverse community it serves.



“We remain one of the best-kept secrets in Kansas City. We’re proud of our nearly 100 years of accomplishments and remain committed to making a difference, as we enter our next 100 years.”

— Cris Medina, CEO

Latino families with life-enriching educational, social and life-skills support. Additionally, Guadalupe Centers is recognized as a hub for collaboration on the arts and social events focused on Latino culture. Primary service areas include the Westside, Westport, Eastside and Northeast parts of Kansas City, Mo.

Qualifications to receive services vary by program. Many are income-based and have no overarching requirements to participate, however, each program has its own set of requirements to receive services.

HOW YOU CAN HELP

Guadalupe Centers accepts donations to support programming and welcomes volunteers to help with the growing needs of the community. Each program has specific needs to remain viable. For more information about programs and services, contact Ms. Alyx Bartrom, Director of Fund Development & Marketing, 816-421-1015 x 181.

Work and Family — Making the Most of What Matters

By Cori Tharp, RN

Cardiovascular Services Charge Nurse
St. Joseph Medical Center

I have been a Registered Nurse (RN) since 1993 and currently work as a Cardiovascular Services Charge Nurse at St. Joseph Medical Center. Most of my work over the last 25 years has been in the Operating Room/Procedural area or ICU/Long-Term Care. Medical teams in these areas work around the clock. I'm also a Perioperative Nurse in the United States Navy Reserve and a Lieutenant Commander (Select) with the Navy.

As a nurse I expect to work holiday shifts that require me to be on call for a 12- or 24-hour shift. Some might wonder why I have been working holidays like this for more than 25 years. It works for me because I know it's expected and needed. People don't schedule to be sick and need us to be there when they are in the most need. There are some jobs in nursing in which you



don't ever have to work on a holiday — such as school nurse. I have always said if you're sad, unhappy or angry in your job, it's time to get a different job than nursing.

My husband Dennis and my family are always supportive. I have two children, Monica (13) and Nick (11), and a large extended family. Even though I work on these special days, we still plan celebrations. However, if I'm on call, we adjust our plans to attend family celebrations and take both cars in case I have to leave. And, of course Santa always come to our house no matter if I'm working or on call. Santa is pretty flexible that way. No matter what, at home we make holidays special. I still prepare a side dish and dessert (brownies are the favorite) to take over to whoever is having the family dinner. When the kids are sad because I may not be there, we tell them "This is real life and sometimes we have to do things that take us away from you guys, but we will have fun, no matter what." It's also important for children to see that you work for a greater good — for a bigger goal — and it's not all about you and how happy you are, it's about giving back and serving others.

My advice to people who have to work on a holiday is, "Make the best of it, don't be angry or sad." Working on a holiday may be God's way of showing you what it's like to really serve others who need cheering up — you may be the person "picked" for the job. •

Cori pictured with Stephanie Kolesar, MSN, RN, Nurse Manager Cardiovascular Services & Interventional Radiology.



Congratulations to Cori Tharp, Charge Nurse; Cath Lab, EP Lab, and IR. Winner of the 2018 Janet Rees Nurses Award for extraordinary contributions to patient satisfaction and staff support.



HEALTHY HOMES HAPPY FAMILIES

In 1999, in response to concerns about child environmental health, the US Department of Housing and Urban Development launched the Healthy Homes Initiative to protect children and their families from housing-related health and safety hazards. The Community Action Agency of Greater Kansas City is responsible for administering the Healthy Homes Initiative. They target multiple housing hazards, rather than addressing them one at a time.

“Funding from supporters enhances our efforts to improve the healthiness of low-income families of Clay, Jackson, and Platte counties.”

— Lamont Hale, Program Director/COO,
Community Action Agency of Greater Kansas City

The goal of the Healthy Homes program is to address problems such as mold, lead, allergens, asthma, carbon monoxide, home safety, pests, radon, and more.

To qualify for the Healthy Homes program residents must meet the following requirements:

- Be a resident of Jackson, Platte, or Clay County in Missouri.
- Show proof of homeownership or a signed waiver from your landlord.
- Provide copies of identification for everyone 18 years and older.
- Provide copies of social security cards for all members of the household.
- Submit proof of income for household residents 18 years and older unless the resident is included in an active food stamp case. Verify income with award letters from SSA, SSI, Disability, Pension, check stub or unemployment letter. Persons with no household income may provide a Certification of Zero Income Form. Household incomes may not exceed 185% of the federal poverty guidelines, which varies according to household size (e.g., \$49,840 annual income for a family of four).

Families also receive the Healthy Homes educational materials that cover information such as:

- Pest control.
- Improving home air quality.
- Ways to maintain asthma and allergy safe homes.
- Using Green cleaning recipes to eliminate toxins
- Prevention and removal of moisture, mold and much more.



Whether someone rents or own their home they may qualify to have a contractor assess and create a healthy and hazard free home environment.



**FOR MORE INFORMATION VISIT:
www.caagkc.org/programs/healthy-homes or call 816-358-6868**

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The logo for the Health Care Foundation of Greater Kansas City. It features a stylized 'HCF' monogram in a dark blue color. Below the monogram, the text "Health Care Foundation" is written in a bold, sans-serif font, followed by "OF GREATER KANSAS CITY" in a smaller, sans-serif font, and the website "www.hcfkc.org" at the bottom.

Serving Others — That's What We Do

By **Captain Lionel Colon**

Commander of the Media Unit, Kansas City, MO Police Department

I have been a police officer with the Kansas City, Missouri Police Department (KCPD) for 21 years. I've spent the better part of eleven years as a sergeant and detective. My current rank is captain. I'm the proud husband of Michele, who is an Internal Medicine and Bariatric medicine doctor at a local hospital. We have two beautiful sons, ages 6 and 8.

My father was also a KCPD police officer. My mom, brother and I grew accustomed to my father working evening shifts and most holidays. Our celebrations had to be in the early morning hours before lunchtime, or when he got home in the evening after 11:30 p.m. I'm use to celebrating Thanksgiving early in the day. It never bothered us as a family, because we were happy just to be together.

I don't typically get holidays off unless it happens to fall on a rotation that allows me to be off. I have worked just about every holiday for most of my 21 years on the police force.

I remember working every calendar holiday during my first year as a sergeant in the violent crimes division, special victims unit—the Fourth of July, Memorial Day, Labor Day, Thanksgiving, Christmas, and everything in between. This was not disappointing, because at that point in time I was the new guy and I wanted to “pay my dues.” I was also single with no children, and I wanted other officers to experience uninterrupted celebrations. I always made it a point to send my detectives home even if it was for a short period of time. I knew how important family was. That's what we do.

My wife works in the medical field so her schedule is just as demanding as mine. We do our best to make holidays special for our family. We shower our kids with as much love and affection as possible. Sometimes I've had to celebrate while I was in uniform and she as well. When we do have time together, we make the most of it. A lot of our celebrations center around food, prayer, and giving to people who are less fortunate.

Those of us who benefit from the services of professionals who work on the holidays shouldn't take them for granted. We all need to show appreciation. Once I was in the hospital on Christmas, unable to make it home or to work, and the doctors, along with their families, came in and played music for me. I was blown



Captain Colon and his family.

away. So whether you're at home or at work, you can always find opportunity to make it special for whoever it is that you're serving. That's something people never forget.

I know I'm not in this job for the pay check. I know sometimes it is an inconvenience, but I see it as “a calling.” I'm going to miss out on a few things—but there's a greater cause, so it's worth it. •

Continue reading **PART TWO** of Captain Lionel Colon's heart-warming story at kcourhealthmatters.com. It's a testament to the great people who live and work in our community and especially those who make great sacrifices for our safety.



TAKE ACTION AGAINST GERMS YOUR HANDS DEPEND ON IT!

Imagine this. It's holiday picture day at your child's school, and you have volunteered to be a "proud parent" helper. Your main job is to keep noses clean for those beautiful pictures that parents will cherish forever. Before you had a child, it was a no-brainer, if soap and water were not an option, the response was simple...RUN! Now that you have a child, and these occasions are commonplace, you have to be more practical. The little noses and germs are everywhere, so you must be prepared. After each nose cleaning,

If you are unable to use soap and water, use an alcohol-based hand sanitizer where the label shows the contents are at least 60% alcohol.

do you dash to the nearest sink to destroy any germs, or do you resort to the publicly displayed liquid hand sanitizer?

According to the CDC, if you have soap and water, use it! This method is the best way to reduce germ spread. If you are unable to use soap and water, use an alcohol-based hand sanitizer where the label shows the contents are at least 60% alcohol.

In 2004 Medscape Medical News emphasized that one reason parents of daycare children should use alcohol-based hand sanitizer is because it reduces the germs carried home. One virus called Rotavirus, for example, is passed from one person to another by hand to mouth contact. It can cause severe diarrhea that may lead to life-threatening dehydration. According to many studies, using an alcohol-based

sanitizer is one of the best ways to fight this infection especially if soap and water are unavailable. Additionally, users don't develop resistance to alcohol.

Here are some things to remember if using hand sanitizer in place of good old soap and water:

1. Soap and water should always be used if it is an option, especially if dirt is involved.
2. Hand sanitizer must be used properly to be effective. It works when it remains on the skin about 15 seconds. After applying to hands, do not wash or wipe it off. Allow it to dry naturally.
3. Use at least a nickel or quarter size dollop of liquid to cover hands entirely.
4. Also be aware that hand sanitizer looks and often smells yummy to kids. Because of the alcohol contained in each bottle it may be harmful if ingested, especially in large quantities. Manufacturers such as Purell, create products with a bitter taste intentionally. Keep all hand sanitizers out of the reach of children.



By Tenille L. Lawson
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For more information, visit
[www.cdc.gov/handwashing/
show-me-the-science-hand-sanitizer.html](http://www.cdc.gov/handwashing/show-me-the-science-hand-sanitizer.html)



Celebrate Fitness and the Holidays

By Estelle Brooks

Fitness Four U

Many of you may be thinking, “What can I do to stay motivated to work out during the holidays?” I say, “Just stay focused, and don’t quit working out!”

Remind yourself of how well you’ve been doing with your workouts up to this point. Don’t let holiday parties, family gatherings and other events sabotage the progress you’ve made. Don’t lose sight of your goals and commitment to get healthy and stay healthy.

For most healthy adults, the Department of Health and Human Services recommends walking for at least 30 minutes, five days a week. If you haven’t exercised in a while, a short-term goal might be to walk 10 minutes a day, five days a week. A long-term goal might be to complete a 5K walk.

Set realistic goals

Start with simple goals such as losing weight or preparing healthier meals. Remember to make

your goals realistic and achievable. It’s easy to get frustrated and give up if your goals are too ambitious.

Make physical activity part of your daily routine

Don’t make excuses for not exercising. Schedule workouts as you would any other important activity. For example, at work, take a walk during your break and take the stairs instead of an elevator.

Always consult with your medical provider to make sure the exercise routines you have selected are right for you. Remember, everything from eating healthy to living an active life matters.

Have a great holiday healthy season! •

Estelle Brooks holds a Master’s degree in Social Work and is a certified fitness trainer and instructor for step aerobics, Zumba, group cycling and Silver Sneakers classes at the Linwood YMCA and other locations throughout the city.



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What's Next January - February 2019 Edition

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