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Armour Oaks is the oldest continuously operating, not-for-profit corporation of Kansas City and managed by a volunteer board of directors. The board, along with Armour staff, share a commitment toward providing person-centered care to meet the physical, mental, psycho-social, and spiritual needs of our residents.

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January 2017

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YOUR GIFT TO YOURSELF –
the Best Year Ever!

Treat yourself to 365 days of feeling good and looking great.

The holidays are over and decorations put away. The presents you so carefully chose for family and friends were greeted—as always—with “You give the best gifts!” and “How did you know it’s just what I wanted?”

Now it’s time to think about the coming year—and to put yourself at the top of the resolution list. Are you looking forward to 2017 or are you less than sure about how you feel and look?

Perhaps this is the year you give yourself the best present of all: the peak of energy and health and self-confidence in your appearance.

“SHOPPING” ALL IN ONE PLACE!
Just like the department stores you visited for holiday gifts, Mirabile M.D. Beauty, Health and Wellness is a convenient one-stop shop where patients can achieve optimum lives, whether it’s to have a glowing complexion, lose weight, take care of well-woman needs or balance hormones.

“That was my intention when I opened our Beauty, Health and Wellness center,” says James Mirabile, M.D., FACOG, an award-winning Super Doc and well-known gynecologist in the region. “Women—and men—are so busy today they often feel they can’t find time to take care of themselves; not just for health issues, but the very important element of feeling better about your appearance.”

“FACING” 2017 WITH CONFIDENCE
Dr. Mirabile founded MedCosmetic in 1999. Since then he and his team of highly trained registered nurses and licensed estheticians have treated many conditions, including fine lines and wrinkles, sun damage, unwanted tattoos, rosacea, acne, leg veins and more through the most advanced lasers on the market. Cosmetic injectables can also help turn back the clock, providing lasting, natural

ONLY THE BEST
“We offer convenience here, but beyond that we give our patients a trust level,” Dr. Mirabile continues. “They know we have carefully vetted each and every treatment and technique within our entire group of beauty and wellness programs. In fact, over the years we’ve rejected a number of tools, techniques and procedures we didn’t feel would give our patients great results at a good value.”

Mirabile M.D. is always searching for the latest breakthrough, cutting-edge treatments that can make patients’ lives better. One example is ThermiVa®, a non-invasive yet truly remarkable vaginal rejuvenation procedure. And as with every treatment, it is supervised or approved by Dr. Mirabile, a board-certified physician who is at the practice every day.
Treat yourself to 365 days of feeling good and looking great.

BE OPEN TO A “NEW” YOU IN 2017!
Join us at our Open House:
Jan. 26, 2017
5:00 to 8:00 p.m.
4550 W. 109th St., Suite 130 (I-435 & Roe),
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The evening is a free event with big bonuses: Register to win great products and services and take advantage of exclusive discounts. The first 40 attendees will receive a lavish swag bag.

While you’re here, be sure to enter the SafeHome drawing! For every $5 donation to SafeHome, enter to win one of our amazing beauty, health and wellness packages. Enter to win hundreds of dollars in products and services from MedCosmetic, Medi-Weightloss or SottoPelle bio-identical hormone replacement.

IF LOSING WEIGHT IS YOUR NEW YEAR’S GOAL
Dr. Mirabile, as the onsite physician at Mirabile M.D., and the Medi-Weightloss nutrition team, work closely with patients to help determine the ideal weight loss goal, individualize the approach and motivate them to stay on track. Since adding this program to his practice, patients have lost a total of over 38,000 pounds by eating real food purchased at the grocery store or enjoyed at restaurants—not packaged or powdered meals.

IF YOU WOULD LIKE TO DISCONTINUE A DERMAL FILLER
If skin laxity is your primary problem, Ultherapy—a minimally invasive technique—can lift and tighten skin on the body, neck and chest, achieving remarkable results without going under the knife. Like many of the Mirabile M.D. treatments, there’s little or no downtime so you can enjoy a freshened, rejuvenated appearance without altering your busy life. It’s an ideal treatment if 2017 holds an important event such as a wedding, class reunion—or a big birthday!

Whether you’re looking for a small tweak or you’ve decided you want a more dramatic, yet non-invasive transformation, Medi-Weightloss provides a free assessment to discuss your needs.

YOU’RE INVITED TO OUR OPEN HOUSE
In fact, guests at our Open House on Thursday, Jan. 26, 2017, will have a chance to talk to our team about products and treatments, watch procedures in real time—including our popular HydraFacial MD®—and ask questions. Bring a friend to make the evening even more fun while you enjoy cocktails and a buffet.

JANUARY PROMOTIONS
• Medi-Weightloss Get Started Promotion! Join Medi-Weightloss for only $99, with the purchase of a $76 Super Starter Kit.
• Be wrinkle-free for the New Year! Get 55 units of Dysport and receive 15 units free.
• Got pigment problems? Treat sun damage, rosacea, vessels and more with an excel V treatment. This month, get $75 off.

Cannot be combined with other discounts. Offers valid 1/1/17 – 1/31/17. Other restrictions apply. Call for full details.

For more information about Mirabile M.D. Beauty, Health and Wellness and its spectrum of services, visit mirabilemd.com or call (913) 888-7546.
Non-Surgical Root Canal Therapy Relieves Pain

By Valencia Endodontic Associates

What is Endodontics?
Endodontics, or Root Canal Therapy, is a branch of dentistry recognized by the American Dental Association involving treatment of the center of the tooth, the pulp, and surrounding tissues of the tooth. A root canal is one of the most common dental procedures performed to relieve the pain of toothaches caused by inflammation or infection of the pulp tissue.

Root Canal Therapy Relieves Pain
The very words “Root Canal” can conjure up images of pain. In fact, root canal treatment relieves dental pain. Trained in the latest techniques and state-of-the-art technology, our expert team led by respected Endodontic specialists, Dr. Ronald Wollard and Dr. Chad Wollard, will ensure you receive the best possible Endodontic care, from the simplest to the most complicated case.

Symptoms Requiring Root Canal Therapy
There are numerous symptoms associated with a tooth that needs root canal treatment. Signs of infection and inflammation can be identified as pain in the tooth and gums, including: swelling or tenderness, prolonged sensitivity to heat or cold, or discoloration of the tooth. The inflammation or infection may be a result of tooth decay, periodontal disease, repeated dental procedures on a tooth, or a crack or chip in the tooth. In addition, a sharp blow to a tooth may cause pulpal damage even if the tooth has no visible chips or cracks. If left untreated, it can cause pain or lead to an abscess.

Step 1 - The Endodontist examines and x-rays the tooth to determine whether or not Root Canal Therapy is warranted to resolve the symptoms. Local anesthetic is administered to numb the tooth. After the tooth is numb, the Endodontist places a small protective sheet called a "dental dam" over the area to isolate the tooth and keep it clean and free of saliva during the procedure.

Step 2 - The Endodontist makes an opening in the crown of the tooth. Very small instruments are used to clean the pulp from the pulp chamber and root canals and to shape the space for the filling material.

Step 3 - After the space is cleaned and shaped, the Endodontist fills the root canals with a rubber-like material called "gutta-percha." The gutta-percha is placed with an adhesive cement to ensure complete sealing of the root canal spaces.

Step 4 - After the visit with your Endodontist, your dentist will have a crown or other restoration placed on the tooth to protect and restore it to full function. You will be able to drive home after your treatment. Post-operative discomfort may vary, but is typically alleviated by over the counter medication such as Ibuprofen or Tylenol.

Generally, a root canal is all that is needed to save teeth with inflamed or infected pulp tissue from extraction. Occasionally, this non-surgical procedure will not be sufficient to heal the surrounding tissues and your Endodontist will recommend surgery. The most common surgery used to save damaged teeth is an apicoectomy or root-end resection.

Expertise. Skill. Compassion.
Setting the standard for excellence, Valencia Endodontic Associates specializes in non-surgical and surgical Endodontics procedures. As a patient-centered practice, our primary goal is to make our patient's experience before, during, and after the procedure as enjoyable as possible, providing the highest standard of professionalism in a caring and comfortable environment. Endodontists must complete dental school and an additional two or more years of advanced training in Endodontics. In addition to Endodontics, we are experienced at finding the cause of orofacial pain that can be very difficult to diagnose.

To learn more or to schedule an appointment, please call 816-561-9666, or visit us online at www.valenciaendodontics.com.

Dr. Ronald Wollard
Doctor Ronald Wollard graduated from the University of Missouri in 1967. He graduated with a D.D.S. in 1971 from the University of Missouri-Kansas City and completed his Post-Doctoral training in Endodontics at Temple University in 1973. Ron served as Director of Endodontics from 1973-1975 while in the Army at Fort Carson in Colorado Springs, Colorado. Ron is a member of the American Association of Endodontists and the American Dental Association.

Dr. Chad Wollard
Doctor Chad Wollard attended Trinity College in Hartford, Connecticut and graduated with a B.A. in public policy in 1994. He graduated Magna Cum Laude from Tufts University School of Dental Medicine in Boston, Massachusetts in 2000 receiving a D.M.D. Chad received his Certificate in Endodontics from Tufts University's Post-Doctoral Program in Endodontics in 2002. Chad is a member of the American Association of Endodontists and the American Dental Association.
When Is It Time to Move Your Loved One to a Care Facility?

By Clare Absher, RN, BSN

A family is often faced with the difficult decision of when it is the right time to move a loved one to a care facility such as an assistive living or possibly a nursing home. Each family situation is very different and it may help you to answer some of the following questions when considering this decision:

1. Can your loved one move about safely in the home including negotiating stairs, getting in and out of the bathroom and narrow doorways?

2. Have frequent falls become a problem recently and if so is she/he willing and able to use an assistive device such as a walker or quad cane?

3. Does your loved one have and use necessary safety equipment such as raised toilet frames, bath tub seats, and personal emergency devices?

4. Have any accidents occurred recently with appliances in the home, such as the stove or forgetting to turn it off properly?

5. If a loved one smokes, has she or he had any accidents such as burn holes in clothing or bedding?

6. In the event of a fire, do you feel your loved one would follow appropriate emergency measures including calling 911 and leaving the premises?

7. Is your loved one bathing regularly and able to maintain adequate hygiene including grooming such as hair washing, shaving and oral care?

8. Is your loved one changing clothes daily or has he or she developed the habit of wearing the same dirty ones over and over again?

9. Has your loved one become progressively dependent with more ADLs recently? (eating, dressing, bathing)

10. Does your loved one allow outside help when needed to come in and help with personal care, housekeeping chores, and meal preparation?

11. Are you able to find qualified home care assistants in your area to relieve you of some caregiving responsibilities?

12. Has he or she or become easily threatened or suspicious of others, taking medications, or eating certain foods?

13. Is your loved one eating properly, suffered recent weight loss, dehydration or simply refusing to eat?

14. Is your loved one taking medications on schedule, following correct dosages, and willing to use an organizer/reminder device if necessary?

15. Has your loved one gotten lost or unable to remember personal information such as address, phone number, and contacts that enable them to return home?

16. Are your caregiver duties causing you to be sleep deprived, miss a lot of work, or be unable to manage other household responsibilities?

17. Is the amount of home care assistance needed likely to become so great that it is not an affordable option for your family?

18. Is your loved one willing to participate in an adult day care program to relieve some of the family caregiving responsibilities?

19. As a primary caregiver, is your health at risk or is neglect of other family matters causing serious problems?

20. As a primary caregiver, do you have the support you need and are others in your family willing to help out?

Answering yes to some of these questions does not necessarily mean that your loved one must be relocated to a care facility. However, if you determine that many of your answers are yes, then it is possible that having your loved one remain at home is no longer a viable option.

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HURRY, SPACE IS VERY LIMITED
4 NUTRITION TIPS TO START THE NEW YEAR OFF RIGHT

By Abby Stanley, MS, RDN, LD

We’ve all been there – the holiday season flew by, January is here and you are struggling with the post-holiday food hangover. You immediately start searching for the latest quick-fix program to get you started on the right track – the latest diet, pill or “detox” program that promises instant results. “Lose 10 pounds in the first week.” “Feel better and more energized instantly.” The claims go on and on.

Although some may report feeling better or losing weight post-cleanse, this is likely due to a placebo effect or a large amount of water loss. Once the detox is complete, the fatigue, tiredness and weight all return. For some, the level of restriction found in these programs can even be dangerous and lead to serious side effects.

The truth is, our bodies are equipped with systems that help get rid of toxins and waste products naturally. These systems include: the liver, kidneys, beneficial bacteria in the large intestines, digestive acids and enzymes, and other support systems.

Here are four tips to help you reboot your system the healthy way:

1. CLEAN UP YOUR DIET.
The first step is to focus on consuming whole foods as close to their natural state as possible. Aim to include five or more servings of vegetables a day to provide the nutrients and antioxidants necessary to support the body’s natural detoxification systems. Additionally, you may want to consider removing potentially allergenic foods, via a comprehensive elimination diet or lab tests which are available and can help identify specific foods you may be reacting to.

2. SUPPORT YOUR DIGESTIVE TRACT.
Give your digestive tract a boost with probiotics and prebiotics. Probiotics are foods with live and active beneficial bacteria in them and include yogurt, kefir, kombucha, sauerkraut and other fermented vegetables. Prebiotics include any fiber-rich foods, making vegetables an important component to emphasize in your diet. Sometimes a probiotic or prebiotic supplement may be beneficial to get you on the right track. Check with your integrative or functional medicine professional for personalized recommendations.

3. DO NOT RESTRICT CALORIES.
This is the worst time to deprive your body of the energy and nutrients it needs to support your metabolism. Excessive calorie restriction, often found in quick-fix detox/cleanses can actually hurt your metabolism by depressing thyroid function. Instead, focus on the nutrition quality of food versus quantity of calories. Choosing whole foods that provide the nutrients to support metabolism and detoxification will help support weight loss and improve energy well into the new year.

4. TAKE THE RIGHT SUPPLEMENTS.
For some individuals, a whole foods diet may not be enough to support their natural detoxification systems. This may be due to common genetic variants in detoxification or metabolic pathways, their unique health history or other individual biochemical differences. In these cases, specific supplements may be necessary to help your natural detoxification systems function optimally. See your integrative

HELPING YOU ACHIEVE OPTIMAL WELLNESS
At the Healthy Living Clinic, we help clients achieve optimal wellness through personalized nutrition and lifestyle recommendations. Our clients receive individualized assessments, recommendations, tools and the support they need to be successful.

Our providers spend significant time with you, truly listening to your personal story and health history, then tailor a treatment plan to fit your individual needs and lifestyle. Additionally, we offer functional lab tests to help determine the root cause of your health issues and pharmaceutical grade supplements to help give your body the extra support it may need.

Give us a call today at 816.569.1480 or visit us online at myMosaicJourney.com.

Abby Stanley, MS, RDN, LD
As an integrative and functional nutritionist, Abby Stanley practices a team approach to health care that works to identify and treat the root cause of illness. Her focus is on a whole foods diet along with targeted nutrient supplementation based on individual biochemical make up that can assist clients in healing naturally and achieving optimal health. Her nutrition plans address the mind, body and spirit of the individual to assist the client in living a balanced, healthy lifestyle. Although lifestyle changes can be difficult, Abby provides tailored support to each client helping him/her find a personalized plan that works. She specializes in working with individuals affected by chronic disease, autoimmune conditions and food sensitivities.

Abby is a Registered, Licensed Dietitian with a diverse educational background. She received her BA in psychology from the University of Missouri in 2011 and continued her education in Nutrition and Dietetics at Northwest Missouri State University. She graduated from the University of Kansas Medical Center with a Master’s in Nutrition and Dietetics in May 2016, and will soon complete a graduate certificate in Dietetics and Integrative Medicine. While at KUMC, Abby completed a fellowship with the Dietetics and Integrative Medicine program at the University of Kansas Hospital Integrative Medicine Clinic, where she developed her passion for providing individualized, whole food focused nutrition therapy to clients.

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Why Does My Jaw Seem To Pop When It Opens?

By Larry Pribyl, DDS

Forty four million people in North America suffer from symptoms of TMD (temporomandibular joint disorder). This can be characterized by jaw pain, ear pain, headaches, ear stuffiness, popping and/or clicking when eating and/or talking, an inability to open your mouth wide or an inability to close your mouth completely.

Understanding How the Jaw Joint Works
To help you understand how the jaw joint works, gently place your little fingers in each ear canal while you open and close your mouth. You will be able to feel the motion created. Is it a smooth movement you feel or is there a popping, grating or cracking feeling? Open your mouth slightly. Move your jaw from side to side and experience a different movement. Now see how wide you can open your mouth without pain. Can you place 3 fingers (one on top of another) into your mouth without hurting? Do not force the opening. If you cannot open your mouth this wide without pain, it could be a sign of TMD.

If you hear a clicking or popping noise in your jaw, it more than likely means the cartilage disc in your jaw is slipping in and out of place. Sometimes it is a result of trauma, like whiplash from a car accident or from falling and bumping your jaw. If the traumatic incident is strong enough, it can cause a dislocation of the disc. It is very common that popping will start immediately after an accident. If you experience popping while chewing, and the popping goes away, you may notice an increase in pain and a decrease in your ability to open your mouth. If your jaw feels "stuck" or "stiff" in the morning, it may also mean that you have a displaced disc. If the disc returns to its original position, then the popping will stop. However, the popping also stops if the disc loses its ability to go back into its original home position. At this point, you will notice a sudden decrease in your ability to open. Some people cannot open enough to get a spoon in their mouth. It can affect anyone and to varying degrees.

Treatment Options
If you find yourself in this position, moist heat, muscle relaxants, anti-inflammatories, soft diet and making a conscious effort to keep your "lips together and your teeth apart" can give you some relief. After several days, if you continue to notice a limited ability to open your mouth, I would encourage you to call our office so we can offer some assistance. Sometimes we do a manual manipulation that can help restore your range of motion. There are times too that we need to custom make an oral appliance so the disc can be repositioned back to its normal position.

We see many patients who have the cartilage displaced. Just a bit of advice: the longer you wait before you seek treatment for this, the more difficult it can be to get complete repositioning of the disc.

To learn more or to schedule an appointment for an evaluation, please call our office at 816-795-1000, or visit us online at www.tmjsleepapnea.com. You may also email questions to Cetta in our office at: CAdkisson@tmjsleepapnea.com.

Larry Pribyl, DDS, has been in private practice over thirty five years. He has his Master of Excellence: American Academy of Craniofacial Pain, he is a Diplomate: American Board of Dental Sleep Medicine, and a Diplomate: Academy of Clinical Sleep Disorders Disciplines. He specializes in treating head, neck, and facial pain as well as dental sleep medicine. His training comes from experts in these fields where he has acquired hundreds of continuing education hours in post graduate studies.
Is Rehabilitation Right for You?

Find Out in the Comforts of Home

It can happen in the blink of an eye. One minute you’re fine, and the next your arm is numb, concentration turns foggy, and words slur. Could it be a stroke? Possibly.

So, you do the right thing. You get the medical attention you need. But, your stroke leaves your memory faded, your arm and hand weakened, and your balance off track. You think it’s temporary; it will slowly improve.

You try to carry on as usual at home, but it’s not the same. You yearn for your old life, but you don’t know how to get it back.

If this scenario mirrors you or a loved one in any way, it may be time for an assessment to see if you or he/she could benefit from rehabilitation services. These assessments can be done in your own home, keeping you safe and comfortable. MidAmerica Rehabilitation Hospital in Overland Park, Kansas, offers a Home Admission Program, assessing you at home to see if inpatient acute rehabilitation is right for you.

MANY CONDITIONS QUALIFY
Like stroke, many conditions are accepted by MidAmerica’s referral program for admission, including general debilitation with limited mobility and/or deficits in self-care activities, such as bathing, dressing or eating.

Parkinson’s disease and multiple sclerosis patients with functional decline are also prospects. And if you have had a back, pelvis or lower extremity fracture not requiring surgery, but causing loss of function, an assessment may be just what you need.

MEETING ADMISSION CRITERIA
Before anyone can qualify for a referral to MidAmerica, a few factors must be met.
• A clearly established rehabilitation diagnosis and goals
• Patient’s needs or co-morbidities require a physician for monitoring
• Expectations that the patient will tolerate and benefit from comprehensive therapy, and can return home after a short rehabilitation stay
• Medicare approves admission

Also, patients are not required to have had a three-day acute hospital stay, as some may believe.

UNDERSTANDING THE REFERRAL PROCESS
One of the advantages of having a home admission referral is that it keeps time-consuming paperwork to a minimum, speeding up the entire admission process to benefit everyone’s best interest.

To begin the process, a clinical rehabilitation liaison evaluates a patient at home to see whether a person meets the criteria. If medically approved, MidAmerica verifies the insurance and gets precertification if needed, prior to admission.

WHAT YOU CAN EXPECT
Once at MidAmerica, a comprehensive rehabilitation plan of action is created. This includes at least 15 hours of therapy a week, 24-hour registered nurses specializing in rehabilitation and the most advanced technologies.

For more information, contact MidAmerica Rehabilitation Hospital at 913 491-2400.

MidAmerica REHABILITATION HOSPITAL
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Overland Park, KS 66211
midamericarehabhospital.com
Helping Clients Win Social Security Disability Cases

It is a frustrating feeling to work hard your whole life to support yourself and your family only to suffer a debilitating injury or illness that cuts your career short. It’s even more frustrating when Social Security, the government safety-net that you have been contributing to for years, denies your claim to collect Social Security Disability benefits.

At the Law Offices of Sharon J. Meyers, in Kansas City, Missouri, we understand how the frustration caused by not being able to go to work is compounded by the stress of facing mounting bills and not having sufficient income to pay them.

Our first message is not to panic if your initial application for Social Security Disability Insurance (SSDI) or Supplemental Security Income (SSI) has been denied. Some 80 percent of first-time applicants are denied benefits by the Social Security Administration.

Our Compensation Hinges Upon Your Success. We take all SSDI and SSI cases on a contingency fee basis, which means you do not pay attorney fees unless your claim is approved.

It is common and important to appeal a denial of an initial SSDI or SSI claim. The key is to be persistent. And it helps to enlist the services of an experienced Social Security disability lawyer who understands the complex application process.

Our experienced legal team — and it truly is a team effort at the Law Offices of Sharon J. Meyers — has helped thousands of Missouri and Kansas residents obtain the benefits they have earned. The first step to receiving your benefits is providing us with the opportunity to review the facts of your case during a free consultation, so we can recommend the best steps to take.

To talk with a Social Security disability lawyer serving Kansas and Missouri, call 816-753-3929 and schedule a free consultation. You can also contact us online at www.SharonMeyersLaw.com and someone from our legal team will get in touch with you.

We know what sort of information wins Social Security disability cases. Once you select us to represent you, we take the lead in gathering all of the medical records and additional information that is necessary to support your claim. We handle all communication with your doctors, submit all forms to the Social Security Administration and monitor every deadline for you. We present your strongest legal arguments to the decision-makers who will approve your claim, including the administrative law judge (ALJ), if your case reaches that level.

The Importance Of Treating Each Case Individually
Although we have seen every sort of situation imaginable in more than 30 years of practicing Social Security disability law, we still review each case on its own merit. We use the best practices, but we don't follow formulaic approaches. Bringing your unique story to life for those who will review — and ultimately approve — your claim is the best way to ensure success.

It is our mission to help hard-working Kansas and Missouri residents obtain the benefits they have earned. The first step to receiving your benefits is providing us with the opportunity to review the facts of your case during a free consultation, so we can recommend the best steps to take.

To talk with a Social Security disability lawyer serving Kansas and Missouri, call 816-753-3929 and schedule a free consultation. You can also contact us online at www.SharonMeyersLaw.com and someone from our legal team will get in touch with you.

Attorney Sharon J. Meyers
Attorney Sharon J. Meyers comes from a family of successful lawyers. She received her Juris Doctorate from the University of Missouri-Kansas City School of Law in 1981. She has been in private law practice since 1981, specializing in the area of Social Security disability law. Ms. Meyers has firsthand personal experience with disability benefits, having battled leukemia 25 years ago and relying on disability income to help get her through that fight. She is a sustaining member of the National Organization of Social Security Claimants' Representatives, the Missouri Bar and the National Lawyers Association. She also is a member of the Kansas City Metropolitan Bar Association, and both Kansas and Missouri Federal District Courts. She serves on the board of directors of the National Chronic Fatigue Syndrome and Fibromyalgia Association.
8 Ways to Keep Track of Your Medications and Avoid Dangerous Errors

By Home For Life Solutions and Village Helpers In-Home Care

The US Food & Drug Administration says 1.3 million people are injured due to medication errors each year. Being an active participant of your own health care team can avoid dangerous mistakes. Here are some steps you can take:

1. ASK QUESTIONS.
It may be helpful to keep a single notebook for your health care appointments. Write down your questions before you see the doctor so you stay organized during your visit. Be sure you understand what the doctor is prescribing, what it is supposed to do, how often to take it and when to take it. Take notes on possible side effects to watch for or interactions with foods or other medications.

2. BRING A FRIEND OR FAMILY MEMBER.
If you are easily overwhelmed or aren’t sure you’ll understand it all (it’s OK – health “lingo” doesn’t come naturally to everyone), a second set of ears can be especially helpful.

3. KEEP A LIST.
Not all medications interact well with other medicines. Make a list of all prescription and over-the-counter medications and supplements you are taking – and keep it current. AARP has an easy-to-use chart that you can print out. Search for “My Personal Medication Record.”

4. USE THE SAME PHARMACY.
Unfortunately, communications between doctors’ offices sometimes does not go smoothly, and your cardiologist may not be aware of what your orthopedist prescribed for your hip pain. But your pharmacist knows. If you have all of your prescriptions filled at the same pharmacy, they can keep track of what you are taking and whether any dangerous interactions might take place.

5. READ THE LABELS, WARNINGS, PACKAGING AND INSERTS, AND FOLLOW THE DIRECTIONS.
They contain valuable information about side effects to watch for and possible food or drug interactions. More is not always better. If it says take one – take one, unless your doctor has told you it’s OK to take two.

6. KNOW THE INGREDIENTS.
Especially when you’re taking cold and allergy medication. Be aware of whether that cough/cold/sneezing medicine also contains acetaminophen or ibuprofen. If so, then don’t take Advil or Tylenol, too. You could overdose yourself.

7. MAKE A CHART. USE A PILLBOX. DOWNLOAD AN APP.
If you’re taking drugs with different dosing schedules – perhaps one is twice a day, one is three times a day, and another is every other day – it’s time to find a tool to help you stay on track. Whether you put it in writing, use a pillbox or download a reminder app for your smart phone, find a way to stay organized so you don’t have to ask yourself later, “Did I take that?”

8. STILL NEED HELP?
It may be that you need a helping hand. There are some great medication management machines out there that can be pre-loaded and dispense your medications at the appropriate times, like the MedReady machine available through Home For Life Solutions. Or if the personal touch works better for you, Village Helpers In-Home Care can send someone to your home to remind you to take your medicine, and do a little housekeeping or shopping for you too.

To learn more about Home For Life Solutions or Village Helpers In-Home Care, visit our website at www.JKVHealthServices.org. Call Village Helpers at 816-524-2676 or Home For Life Solutions at 816-347-4590.
Parkinson’s Doesn’t Hold Any Punches... 
Fight Back with Boxing and Exercise!

Rock Steady Boxing Offers an Intense Workout that Has Been Proven to Cause Positive Change in the Brain

By Sarissa Curry, Rock Steady Boxing Kansas City

Why boxing?
Boxing requires all of the things that PD tends to steal away. Balance, agility, speed, hand/eye coordination and reflexiveness, strength, and endurance. In a typical 60 minute class at In Your Corner, boxers will experience warm up drills which include ladder runs, cone drills, shadow boxing, ball pass, and vigorous calisthenics. Mitt drills are a favorite amongst boxers as they work together to move and coordinate punch combinations, footwork, and voice exercises. Bag drills work on right hand/left hand strength, speed, and muscle control. Heavy bags, double end bags, and speed bags offer a variety of stimulus and challenge. Experienced coaches encourage boxers to work hard, push themselves to punch harder, faster, to call out the punches or count down the last moments of the round. It is an intense workout that has been proven to cause positive change in the brain.

Do YOU have a fighting chance?
YES! Whether you just received the diagnosis or you have been fighting PD for 20+ years, there is a place for you at In Your Corner. Rock Steady Boxing Kansas City has 4 levels of classes to ensure those who need high intensity, sweat dripping workouts and those wheelchair bound (and everyone in between) receive the most appropriate and beneficial workout possible. We offer 16 classes a week, including morning, afternoon, evening and weekend classes. We are conveniently located in the lower level of Ranchmart Mall across from the Glenwood Arts Theater. Our facility is designed with wide open safe spaces, easily accessible restrooms and lockers, and with over 20 bags available in our 4,600 square foot gym, you will be hard pressed to find a better boxing experience. We understand that the person with PD is not the only one managing symptoms and care. Our “Fit2care” program offers support for those standing in the place of Cornermen in the lives of their boxers.

If you or someone you know has been diagnosed with Parkinson’s Disease (PD), you likely know that while there are medications and treatments that can relieve the many symptoms of the disease, there is no cure. Over time, neurological function will deteriorate, the body will move slowly, tremor, freeze, stiffen, and weaken. Cognitive function, speech, memory, and mood are also affected. For many, this diagnosis is uncertain and scary.

Need some good news and hope?
There is a drug free regimen that also relieves symptoms, can reverse brain deterioration, restore balance, posture, gait and steadiness, and significantly slow progression. It is called EXERCISE! Specifically, boxing. Overland Park is home to the largest Parkinson's specific non-contact Boxing gym in the greater Kansas City area. In Your Corner hosts the world-recognized boxing program, Rock Steady Boxing (Kansas City), as well as yoga, tai chi, dance, and rhythm classes.
“Right now, I’m not on any medication Rock Steady’s my medication.”

Jeremy Clay: I noticed my hand starting to shake a few years ago. My doctor referred me to Dr. [Rajesh] Pahwa, who confirmed what I’d been fearing, but I didn’t want to believe it. Nobody wants to believe that at all. I flew up to the Mayo Clinic, and I was in and out of there in about three hours. I had to face the music. Dr. Pahwa also recommended deep brain stimulation (DBS). But when I went in to be evaluated for it, I’d been boxing for a couple of months, and my condition had already improved a lot. There may be a day when I need DBS, but I’m not ready for it today. Right now, I’m not on any medication. Rock Steady’s my medication — I do it three or four times a week.

**Rock Steady Boxing: What has your experience at Rock Steady been like?**

Jeremy Clay: The first workout was really intense — I had to go into the bathroom to throw up. But I’m not a quitter. I kept with it, and now it’s making a real difference. You start building and building, and you thrive on it. I’m a very competitive person. There are a lot of guys in class who are older than me, and on the days they outperform me…well, I’m happy for them, but I have to tell myself it’s time to step it up. Even on the days I don’t work out at Rock Steady, I try to do my own workout, even if it’s just 20 or 30 minutes at home, to keep my muscles loose and relaxed.

**Rock Steady Boxing: Do you have any favorite activities?**

Jeremy Clay: Weight Wednesday does me a world of good. If you’d told me a year ago that I’d be doing up to 40 pushups a day within five months, I would’ve bet $100 against myself. I’m there a lot, so it’s hard for me to see the difference it’s made, but I have noticed my arms getting bigger and more muscular. That feels good.

**Rock Steady Boxing: How else has Rock Steady Boxing affected you?**

Jeremy Clay: I’ve met and befriended so many people — I just started in the beginning of July, and we’re all a team now. We’re here to lift each other up, and make the best of the situation. Rock Steady doesn’t just benefit you physically, it benefits you mentally. We all know we’re in for the fight of our lives, but we’re fighting together — which means we do it with smiles on our faces.

This has given me back my confidence. Rock Steady has shown me that Parkinson’s does not define who I am. It’s something I have, not something I am. I’m still in control. I can handle this. As an auctioneer, I have to perform on a daily basis. One of the things you worry about with Parkinson’s is losing your voice — everything weakens. I was worried about that for a while, but now I think Parkinson’s had better be worried what I’m going to do to it. My attitude a year ago would’ve been that I was losing — now I think I’m winning.

**Don’t Wait! Start your Fight NOW!**

You are not alone. In Your Corner has nearly 100 boxers of all stages in life and PD. The youngest boxer is 42, the oldest is 93. It is estimated that 30,000 people in Kansas City are affected by PD. In Your Corner wants to be a place of hope, encouragement and change for the families and individuals who live with PD every day.

**FREE ASSESSMENT**

Call us at 913-276-HOOK (4665) to schedule a free assessment, or visit us online at www.InYourCornerKC.com.
Cherished Transitions FREE Senior Living Community Placement
Bringing Families and Senior Living…Together

Cherished Transitions is a NO COST Senior Living Community Placement and Advocacy Service, serving the residents of The Greater Kansas City Area. We provide one-on-one, face-to-face consultations by Registered Nurses (RNs) at NO COST to seniors or their families to help you find the ideal Senior Living Community including: Independent Living, Assisted Living, Memory Care (Alzheimer’s/Dementia), Respite Care, Residential Care Home/Home Plus, Skilled Nursing Facility and Continuing Care Retirement Community.

With the overwhelming number of Senior Living Communities in the Greater Kansas City Area, let us be your partner in this challenging process. We understand the struggle and uncertainty of answering questions like:

• How am I going to find the BEST Senior Living Community for my loved one?
• Is it affordable?
• What level of care does my loved one actually need?
• Is it time to move Mom or Dad?

CLINICAL EXPERTISE, ADVOCACY & PARTNERSHIP
The purpose of Cherished Transitions is to support and advocate for your loved one every step of the way. We pledge to treat you with compassion, respect and dignity! Our Registered Nurse (RN) staff provides sought-after clinical insight, a unique perspective and a comprehensive understanding of the complex healthcare system to help families fully understand all their options.

We understand this can be an overwhelming time for families. We partner with families to help alleviate stress, save valuable time and simplify the process to allow the focus to be on making the best informed decisions for your loved one.

STRENGTHS & ADVANTAGES OF LOCAL SENIOR LIVING COMMUNITIES
Our Caring Placement Specialists have personally interviewed, toured and inspected many of the Senior Living Communities in The Greater Kansas City Area and know the strengths and advantages of each. They are clinically trained Registered Nurses (RNs) who know the complexities of the Senior Living Communities and can determine if the level of care and services that each community provides is appropriate for your loved one’s needs.

Our dedicated Registered Nurses are evaluating the many crucial factors necessary in determining where your loved one will find the appropriate and compassionate care they deserve. These crucial factors, such as Activities of Daily Living, Lifestyle, Budget and Safety to just name a few, need to be clinically assessed to make sure that the right Senior Living Community can meet or exceed your loved one’s specific needs.

OUR SERVICES:
We specialize in helping families during this difficult, overwhelming and uncertain time by offering:

• No “over the phone” support from a detached stranger in another city or state. Our staff will personally meet with you and take the time to listen, get to know and learn about the specific needs and wishes of each senior and their family so we can provide individualized and compassionate guidance.

• Face-to-Face Support and Guidance. Our compassionate RNs Advocate for your loved one through the entire process.

• We personally tour selected communities with you to ensure each senior adult and their family fully understands all their options to be able to make the best informed decision for their loved one.

LET CHERISHED TRANSITIONS GIVE YOU PEACE OF MIND KNOWING YOU DON’T HAVE TO DO THIS ALONE!
As the premier, personalized Senior Living Placement and Advocacy Service in The Greater Kansas City Area, Cherished Transitions is standing by to assist you with your FREE Senior Living Community Placement Evaluation. Call us at 913.378.4322 or visit us online at www.CherishedTransitions.com.

Get Started With Your FREE Senior Living Community Placement Evaluation Today!
• Alleviate Stress and Uncertainty
• Save Valuable Time
• Face-to-Face Support and Guidance
• Advocate for Your Loved One
• Simplify the Entire Process

913.378.4322
www.CherishedTransitions.com

Our Mission and Values
Preserve Dignity • Empower Choice • Inspire Independence • Encourage Quality of Life

www.kchealthandwellness.com
Age spots are very common in adults older than age 50. But, younger people can get them too, especially if they spend a lot of time in the sun.

Although age spots can look like cancerous growths, true age spots are harmless and don’t need treatment. For cosmetic reasons, age spots can be lightened with skin-bleaching products or removed. However, preventing age spots — by avoiding the sun and using sunscreen — may be the easiest way to maintain your skin's youthful appearance.

Age spots may grow in size and group together, giving the skin a speckled or mottled appearance. They’re very common in areas that get repeated sun exposure, such as on the back of the hand.

WHEN TO SEE A DOCTOR
You may not like the way they look, but age spots are usually harmless and don’t require medical care. However, your doctor should evaluate spots that are dark or have changed in appearance, because these changes can be signs of melanoma, a serious form of skin cancer.

It's best to have any new skin changes evaluated by a doctor, especially if a spot or lesion:
• Is darkly pigmented
• Is rapidly increasing in size
• Has an irregular border
• Has an unusual combination of colors
• Is accompanied by itching, redness, tenderness or bleeding

ABOUT LIVER SPOTS
Lentigines, or liver spots, are benign lesions that occur on the sun-exposed areas of the body. The backs of hands and face are common areas. The lesions tend to increase in number with age, making them common among the middle age and older population. They can vary in size from 0.2 to 2 cm. These flat lesions usually have discrete borders, are dark in color, and have an irregular shape.

These lesions are caused by a marked increase in the number of pigment cells located in the superficial layers of the skin. A biopsy should be considered if a lesion develops a highly irregular border, changes in pigmentation, or changes in the thickness to rule out cancer.

TREATMENT OPTIONS
Lentigines are usually benign, therefore, treatment is not necessary. For cosmetic purposes, some successful treatments include: cryotherapy, hydroquinone preparations (bleaching preparations), retinoid cream, or chemical peels.

Laser and intense pulsed light (IPL) treatments are also used to help minimize the appearance of lentigines. IPL therapy, which KMC offers at our Shawnee location, is a non-ablative (does not cause damage to the epidermis) and non-invasive treatment that uses pulses of visible light to destroy melanin-producing cells and help improve the appearance of age spots. After several treatments, age spots gradually fade over a few weeks or months.

Protective measures should be taken to avoid any excessive sunlight exposure. These include sunscreen and protective clothing, such as hats and long sleeves.

Source: [http://www.mayoclinic.org/diseases-conditions/age-spots/basics/definition/con-20030473](http://www.mayoclinic.org/diseases-conditions/age-spots/basics/definition/con-20030473)
Source: [http://www.aocd.org/?page=Lentigines](http://www.aocd.org/?page=Lentigines)
This Month's American Heart Association
Heart Healthy Recipe

Slow Cooker Minestrone Soup

Perfect for Winter Months!
Any leftover vegetables can be added into the slow cooker to enhance this minestrone soup—think parsnips, cabbage, potatoes, turnips, kale, and more. The more, the merrier when it comes to this soup.

6 Servings

Ingredients:
- 1 medium yellow onion (peeled, finely chopped)
- 2 cups peeled and sliced carrots (around 4 medium carrots)
- 2 cups sliced celery (around 5 to 6 celery stalks)
- 2 cups chopped green beans (trimmed, cut into 1-inch pieces)
- 1 tablespoon salt-free Italian seasoning blend
- 1 1/2 teaspoons garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 (28-ounce) no salt added, diced tomatoes
- 1 (15.5-ounce) can no salt added kidney beans (drained)
- 1 (15.5-ounce) can no salt added garbanzo beans (chickpeas) (drained)

- 3 cups no-sodium, or, low-sodium chicken broth
- 3 bay leaves
- 1 zucchini (finely chopped)
- 1 cup frozen, chopped spinach (thawed)
- 1 cup whole wheat ditalini pasta (or medium shells)
- 2 teaspoons canola oil
- 1 cup chopped parsley, for garnish (optional)

Nutritional Information:
- 2 cups Serving size
- 306 Calories per serving
- 0.3 g Sat. Fat per serving
- 244 mg Sodium per serving

Directions:
1. Prepare the vegetables: peel and finely chop the onion; peel and slice carrots; chop the celery; and trim and cut green beans into 1-inch pieces.
2. Add all the chopped vegetables into the bowl of 4 quart or larger slow cooker. Stir in Italian blend, garlic powder, salt, and pepper. Top vegetables with canned tomatoes, kidney beans, garbanzo beans, chicken broth, and bay leaves. Do not stir. (This makes sure the vegetables—which need the most cooking time—are closest to the heat source of the slow cooker.) Cover with lid and cook 5 hours on high or 10 hours on low.
3. Thirty minutes before serving, use tongs to remove bay leaves, discarding them. Stir soup with a spoon. Finely chop zucchini and add to the slow cooker bowl, along with the spinach. Cover and let cook on high heat, if not already on the setting.
4. Prepare the ditalini pasta according to package directions. Drain and add oil into pasta so it doesn’t stick together.
5. When the soup is finished cooking, ladle into bowls, topping with a few spoonfuls of pasta and (optional) parsley.

Quick Tips:
Cooking Tip: While ditalini pasta is the one most commonly used for minestrone soup, any small pasta will do, like macaroni or orzo.

Keep it Healthy: Enjoy your soup on the thicker side? Pureeing 1 to 2 cups of the soup and then adding it back into the mix is a great way to thicken soup without adding any calories.

Tip: When storing soup leftovers, make sure to store the pasta separately from the soup. Otherwise, the pasta will soak up all the liquid.

Recipe copyright © 2016 American Heart Association. This recipe is brought to you by the American Heart Association’s Simple Cooking with Heart® Program. For more simple, quick and affordable recipes, visit heart.org/simpecooking.
MAKING YOUR NEW YEAR’S RESOLUTIONS STICK


It can be daunting when your list of New Year’s Resolutions is as long as your holiday shopping list. In addition to the post-holiday slump, not being able to keep your resolutions by February, March or even late January may increase your anxiety. When your holiday decorations are packed up and stored away, the frustration of an unused gym membership or other reminders of failed resolutions can make the later winter months feel hopeless.

However, it is important to remember that the New Year isn’t meant to serve as a catalyst for sweeping character changes. It is a time for people to reflect on their past year’s behavior and promise to make positive lifestyle changes. “Setting small, attainable goals throughout the year, instead of a singular, overwhelming goal on January 1 can help you reach whatever it is you strive for,” says psychologist Lynn Bufka, PhD. “Remember, it is not the extent of the change that matters, but rather the act of recognizing that lifestyle change is important and working toward it, one step at a time.”

By making your resolutions realistic, there is a greater chance that you will keep them throughout the year, incorporating healthy behavior into your everyday life. APA offers these tips when thinking about a New Year’s resolution:

**Start small**
Make resolutions that you think you can keep. If, for example, your aim is to exercise more frequently, schedule three or four days a week at the gym instead of seven. If you would like to eat healthier, try replacing dessert with something else you enjoy, like fruit or yogurt, instead of seeing your diet as a form of punishment.

**Change one behavior at a time**
Unhealthy behaviors develop over the course of time. Thus, replacing unhealthy behaviors with healthy ones requires time. Don’t get overwhelmed and think that you have to reassess everything in your life. Instead, work toward changing one thing at a time.

**Talk about it**
Share your experiences with family and friends. Consider joining a support group to reach your goals, such as a workout class at your gym or a group of coworkers quitting smoking. Having someone to share your struggles and successes with makes your journey to a healthier lifestyle that much easier and less intimidating.

**Don’t beat yourself up**
Perfection is unattainable. Remember that minor missteps when reaching your goals are completely normal and OK. Don’t give up completely because you ate a brownie and broke your diet, or skipped the gym for a week because you were busy. Everyone has ups and downs; resolve to recover from your mistakes and get back on track.

**Ask for support**
Accepting help from those who care about you and will listen strengthens your resilience and ability to manage stress caused by your resolution. If you feel overwhelmed or unable to meet your goals on your own, consider seeking professional help. Psychologists are uniquely trained to understand the connection between the mind and body. They can offer strategies as to how to adjust your goals so that they are attainable, as well as help you change unhealthy behaviors and address emotional issues.

Source: American Psychological Association
Flying effortlessly down a snow-covered slope, feeling the wind in your face, and soaking up the beautiful mountain scenery — there’s a lot to love about skiing. It’s a sport that you can learn at a young age and continue doing for the rest of your life, and it can take you to some of the most spectacular places on Earth.

But skiing can also present some very real dangers, from frostbite and sunburn to blown knees and head injuries. Follow these safety tips to learn how to stay safe on the slopes.

**Wear Plenty of Warm Clothing**

As anyone who has skied on a cold day can tell you, it’s no fun if you don’t have enough warm clothing. Likewise, on hot days having too many clothes can make you sweat, which will lead to you getting cold when the sun dips behind a cloud or the mountains. The best way to tackle this situation is to dress in layers that you can shed or put on depending on the temperature.

Here’s a rundown on what sort of clothes you should wear when you ski to avoid hypothermia and frostbite:

- **Gloves or mittens**: Ski gloves should allow your fingers to move freely to grip your poles, but their most important job is to keep your fingers warm. With that in mind, many gloves include pockets for hand warmers. If you’re still worried about your hands getting cold, however, it’s a good idea to wear mittens, which are generally warmer than gloves.

- **Thermal underwear**: As with all ski clothing, long underwear should be made of wool or a synthetic fabric such as polypropylene rather than cotton, which will stay wet and cold if it gets wet. The best long johns will fit snugly against your skin to form a warm base layer that your outer layers can fit over easily.

- **Thermal socks**: Thicker is not necessarily better when it comes to socks. A sock that is too thick will make your boots too tight, which will make your feet uncomfortable and cold. Choose socks that are the right thickness for your boots and reach up your leg to just below your knees.
• **Intermediate layers:** Fleeces or sweaters made from wool or synthetic fabrics work best. Try to find ones that aren't too bulky to fit under your jacket.

• **Ski pants:** These should be the right size while allowing your legs to move freely. Be sure to get a pair of pants that are windproof and waterproof or water-resistant.

• **Jacket:** The best jackets will have plenty of pockets to store your gear. Many people like to use down jackets, which tend to be the warmest kind, but thin shells with extra intermediate layers can work just as well. As with ski pants, all ski jackets should protect against the elements and be wind-proof and waterproof or water-resistant.

• **Neck gaiter:** On really cold days, you'll want to have a gaiter that covers your neck and can be pulled up to cover your face. The best ones will also have a hood to go under your helmet.

• **Hat:** Remember, you lose a lot of heat through the top of your head, so keeping your head warm is the first step to keeping the rest of your body warm. When not wearing a helmet, a ski hat will help keep your head warm.

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**Protect your Eyes and Head!**

• **Helmet:** As is the case with many sports, a helmet is the most important piece of equipment when it comes to preventing life-threatening injuries. You should wear one any time you go skiing. Get a helmet that fits properly and keep the chin strap fastened to keep it securely in place. Also, make sure to get a real ski helmet (not a football or bike helmet) that allows space for your goggles and ventilation on warm days.

• **Goggles and sunglasses:** The sun's rays are considerably stronger at high altitudes than they are at sea level, and when they bounce off the gleaming white snow, they can be a serious threat to your eyes. Sunglasses are the best way to protect your eyes from the sun's rays, but you should also always bring a pair of goggles that are the right size in case it gets cold or begins to snow. Goggles are also better at protecting your eyes from tree branches and other hazards.

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**Additional Items**

In addition to the gear and clothing previously mentioned, other items you might want to bring with you when you ski include:

• **Hand warmers:** These inexpensive packets are available at almost every ski shop and will help keep your fingers warm for hours.

• **Boot warmers:** Battery-operated and great for keeping your toes warm, boot warmers can be installed quickly at most ski shops.

• **Walkie-talkies:** These are great for keeping in touch with your family and friends if you head off to ski different trails, and if you get lost, a walkie-talkie will make it much easier for people to locate you.

• **Sunscreen:** Even on cloudy days it's possible to get a bad sunburn while skiing. Always rub sunscreen on exposed skin if you plan to be outside for any length of time.

• **Lip balm:** Protect your lips from sun and wind by using a lip balm with SPF.

• **Water and food:** While it may look like gravity is doing all the work, skiing is actually a very strenuous activity. You can get fatigued and dehydrated easily, particularly at higher altitudes, so it's always a good idea to bring water with you, and a quick snack will help you get some energy back if you find you're getting tired.

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**Be Smart on the Slopes**

• **Always ski with a friend:** No matter how good a skier you are, it's possible to have a bad fall and be unable to continue skiing. Having a friend to look out for you and, if necessary, summon the ski patrol is much safer than skiing alone.

• **Know your limits:** Be honest with yourself when it comes to your skiing ability. If you're a beginner, stick to the beginner slopes until you feel comfortable enough to move up to something steeper. Most ski trails are clearly marked as green circles (beginner terrain), blue squares (intermediate terrain), or black diamonds (advanced terrain). If a trail says it's for experts only, it means just that. Skiing terrain that is beyond your ability is not only no fun, it's also a good way to get hurt.

• **Follow the rules:** Never venture past the ski area boundary or ski into a closed area. These areas are off-limits for a reason. They're not patrolled by the ski patrol, and they usually contain hazards that you don't want to deal with. Also, pay attention to any warning signs you might see. If a sign says, "Slow skiing area," you'll want to go slow to avoid other skiers. If a sign says, "Cliff," you'll want to go another way or stop before you go over the edge.

• **Practice skier etiquette:** Remember that skiers in front of you or below you on the trail have the right of way. You can see them, but they probably can't see you, so it's up to you to avoid them. Never stop in the middle of a trail or anywhere where you can't be seen from above, such as below a dropoff. Look uphill to make sure no one is coming toward you before you start down a trail or merge onto a new trail. If you're passing another skier on a catwalk or narrow trail, call out "On your right" or "On your left" to let them know you're coming up behind them.

Skiing is fun. Lots of fun. And while there are risks involved, this shouldn't keep you from having a blast on the slopes. So grab a friend and get out there!

Source: kidshealth.com
National Drug and Alcohol Facts Week is January 23rd - 29th

WHAT TO DO IF YOUR TEEN OR YOUNG ADULT HAS A PROBLEM WITH DRUGS

How do I know if my teen or young adult has a substance use disorder?
Addiction can happen at any age, but it usually starts when a person is young. If your teen continues to use drugs despite harmful consequences, he or she may be addicted.

Anyone Can Become Addicted to Drugs
If an adolescent starts behaving differently for no apparent reason—such as acting withdrawn, frequently tired or depressed, or hostile—it could be a sign he or she is developing a drug-related problem. Parents and others may overlook such signs, believing them to be a normal part of puberty. Other signs include:

- a change in peer group
- carelessness with grooming
- decline in academic performance
- missing classes or skipping school
- loss of interest in favorite activities
- trouble in school or with the law
- changes in eating or sleeping habits
- deteriorating relationships with family members and friends

Through scientific advances, we know more than ever before about how drugs work in the brain. We also know that addiction can be successfully treated to help young people stop abusing drugs and lead productive lives. Intervening early when you first spot signs of drug use in your teen is critical; don’t wait for your teen to become addicted before you seek help. However, if a teen is addicted, treatment is the next step.

If I want help for my teen or young adult, where do I start?

Asking for help from professionals is the first important step.

You can start by bringing your child to a doctor who can screen for signs of drug use and other related health conditions. You might want to ask in advance if he or she is comfortable screening for drug use with standard assessment tools and making a referral to an appropriate treatment provider. If not, ask for a referral to another provider skilled in these issues.

You can also contact an addiction specialist directly. There are 3,500 board-certified physicians who specialize in addiction in the United States. The American Society of Addiction Medicine website has a Find a Physician feature on its homepage, and the American Academy of Child & Adolescent Psychiatry has a Child and Adolescent Psychiatrist Finder on its website. You and the physician can decide if your teen or young adult should be referred to treatment.

It takes a lot of courage to seek help for a child with a possible drug problem because there is a lot of hard work ahead for both of you, and it interrupts academic, personal, and possibly athletic milestones expected during the teen years. However, treatment works, and teens can recover from addiction, although it may take time and patience.

Treatment enables young people to counteract addiction's powerful disruptive effects on their brain and behavior so they can regain control of their lives. You want to be sure your teen is healthy before venturing into the world with more independence, and where drugs are more easily available.
Who will provide treatment to my child?
Different kinds of addiction specialists will work together in your teen’s care, including doctors, nurses, therapists, social workers, and others.

If my teen or young adult confides in his or her doctor, will I be able to find out what’s going on?
If your child talks to a doctor or other medical expert, privacy laws might prevent that expert from sharing the information with you. However, you can speak to the doctor before your child’s appointment and express your concerns, so the doctor knows the importance of a drug use screening in your child’s situation. In addition, most health care providers that specialize in addiction treatment can’t share your information with anyone (even other providers) without your written permission. In certain cases when health professionals believe your child might be a danger to him- or herself or to others, the provider may be able to share relevant information with family members.

How will I pay for treatment?
If your child has health insurance, it may cover substance abuse treatment services. Many insurance plans offer inpatient stays. When setting up appointments with treatment centers, you can ask about payment options and what insurance plans they take. They can also advise you on low-cost options.

The Behavioral Health Treatment Services Locator provided by the Substance Abuse and Mental Health Services Administration provides payment information for each of the treatment services listed, including information on sliding fee scales and payment assistance. Its "Frequently Asked Questions" section addresses cost of treatment. In addition, you can also call the treatment helpline at 1-800-662-HELP (1-800-662-4357) or 1-800-487-4889 (TTY) to ask about treatment centers that offer low-or no-cost treatment. You can also contact your state substance abuse agency—many states offer help with payment for substance abuse treatment.

Note that the new The Mental Health Parity and Addiction Equity Act ensures that co-pays, deductibles, and visit limits are generally not more restrictive for mental health and substance abuse disorder benefits than they are for medical and surgical benefits. The Affordable Care Act builds on this law and requires coverage of mental health and substance use disorder services as one of ten essential health benefits categories. Under the essential health benefits rule, individual and small group health plans are required to comply with these parity regulations. For more information on the Affordable Care Act, you can call 1-800-318-2596 or go to: https://www.healthcare.gov/.

When you research payment options, be sure you are speaking to people familiar with the new rules (old websites and pamphlets will not necessarily be accurate).

Other services available for teens include recovery high schools (where teens attend school with others in recovery and apart from potentially harmful peer influences) and peer recovery support services. There are other groups in the private sector that can provide a lot of support.

How do we keep things stable in our home until my teen is in treatment?
First, talk to your teen. There are ways to have a conversation about drugs or other sensitive issues that will prevent escalation into an argument. NIDA’s Family Checkup tool gives science-based techniques for communicating with your child effectively without emotions getting in the way, as well as ways for setting limits and supervising your teen. Videos demonstrate the techniques discussed.

Acknowledge your child’s opinions but know that many people with substance abuse problems are afraid and ashamed and might not always tell the truth. This is why it is important to involve medical professionals who have experience working with people struggling with substance abuse issues.

Second, if your teen has a driver’s license, and you suspect drug use, you should take away your child’s driving privileges. This could cause an inconvenience for the family, but could prevent a tragic accident. This could also be used as an incentive to get your child to agree to be evaluated by a medical professional.

Source: National Institute on Drug Abuse
The Health & Wellmobile, made possible by several local sponsor partners, is a massive consumer health education and wellness screening program designed to promote healthier living among local community residents while providing an opportunity for consumers to receive basic health screenings, scans and education where they work, live and play. Our goal is simple, to drive consumers to do the health & wellness proactive care they all should be doing. We want to reach consumers where they are, with simple screenings, scans and education to ultimately drive consumers to their physician, healthcare, eye care and dental professional, etc.

The Health & Wellmobile is proud to announce that we are now accepting sponsor partner applications for 2017. We are looking for sponsor partners in a variety of categories of business such as vein clinics, dental, healthcare, wellness, healthy food, spa’s, private physician groups, eye care, grocery, health clubs, chiropractic, and many more.

Our Health & Wellness Partners
The Health & Wellmobile program is made possible in partnership with Rawxies Healthy Snacks, PRA Health Sciences, McCarthy Auto Group, Lauren Wants To Know, Neighborhood Hearing Aid Centers, Athlete Testing Solutions – ATS Heart Check, Mirabile M.D. Beauty, Health & Wellness, Kansas City Pediatrics, Preps KC, Mid America Coalition on Health Care, Steel City Media, Key Dynamics Chiropractic and Kansas City Health & Wellness Magazine.

FREE and LOW-COST SERVICES OFFERED:
- Blood Pressure Screening
- Blood Glucose Screening
- Biometric Screening
- Vision Screening
- Hearing Screening
- Heel Scan Bone Density Screening
- Concussion Screening
- Sports Injury Assessments
- BMI Screening...and many more!

The Health & Wellmobile travels daily across the Kansas City Metro, providing its services to both employers and the general public. Free and low-cost health screenings, scans, education, wellness screenings and sports physicals are provided by licensed medical sponsor partners as the Health & Wellmobile travels around the Kansas City metro. There are multiple ways to interact with the Health & Wellmobile:

- Local Community Events
- Sponsor Partner Locations
- Charity Events
- Health Fairs – at local employers and in the community
- Sports Physicats (Middle School through professional athletes)

If your business, event or school would like to schedule the Health & Wellmobile at your next event, please call 913-274-8008 or email us at info@healthwellmobile.com.

Our Dream and Mission
In the end, our dream and mission is to motivate all consumers, insured or not, to proactively take charge of their health and overall wellness in partnership with local businesses, charities, schools and local events. To find a Health & Wellmobile tour stop near you, please visit www.healthwellmobile.com.

To learn more about our services, partnership opportunities available, or to schedule the Health & Wellmobile at your next event, please call us at 913-274-8008 or email us at info@healthwellmobile.com.
Kansas City Rescue Mission

Freedom from the Past and Hope for the Future

A Message from Executive Director, Joe Colaizzi

Each year, more than 1,400 men seek services at Kansas City Rescue Mission’s Men’s Center. Often we find that once a man has received basic care such as food and shelter, he will consider making more transformative choices such as joining Kansas City Rescue Mission’s recovery community — a program that offers freedom from the past and hope for the future!

Food, Sleep and Love
We have learned, there is nothing more meaningful to the homeless than food, sleep and love.

At Kansas City Rescue Mission (KCRM), we offer an atmosphere of home, at both our Women’s Center and Men’s Center. Home is delicious food, made with care and skill. Home is peaceful sleep, a comfortable bed behind safe walls, on the warm side of the window. And mostly, home is love — the kind of love that accepts you just the way you are but offers freedom from the past and hope for the future.

Our Relief Services
Emergency shelter and showers, Balanced daily meals, Healthcare and recuperative care, Clean clothing and laundry service, Chaplaincy, Bible study and support groups, Case management and referrals.

Our Recovery Services
Christian Community of Recovery (C-COR) is a six-month residential recovery program offering Bible-based life skills classes, GED preparation, adult high school, and addiction recovery through one-on-one counseling, support groups and Bible study. Residents meet with their counselors weekly to complete a list of agreed-upon objectives and requirements before graduation.

Our Reentry Services
Graduates of C-COR may enter KCRM’s Transitional Living Program and stay for up to two years while completing schooling, seeking jobs, building careers and saving toward permanent housing. Residents continue to meet with their counselors, have access to onsite adult education, are active in their churches and abide by C-COR rules as residents in this program.

Our Women’s Center
Each year, the Hotline for the Homeless records thousands of calls from single, homeless women; yet only around 75 beds are available in Kansas City. In response, KCRM has opened the KCRM Women’s Center, a 20-bed facility specifically designed and staffed to minister to single, homeless women, providing a safe, homelike environment where traumatized women can find hope, peace and security as they work to overcome life-challenging barriers to stability and success. Most of the Women’s Center’s residents were sexually abused as children and have coped with their pain through drugs, alcohol, gambling, hoarding and other addictions. Many have spent time behind bars, prostituted for money, food or shelter, and have suffered continued physical and sexual abuse as adults. Ongoing addiction recovery with support, a sustainable mental health treatment plan, a reliable stream of income, a productive lifestyle through volunteerism or a paying job, a support network that includes a doctor or clinic, and appropriate housing.

Immediate Needs Items
Hundreds of people in need turn to KCRM each week, and keeping up with even the everyday supplies can be a challenge. Here are some of our more pressing needs.

KCRM Food Needs*
Turkeys, ham, honey, milk, skinless/boneless chicken, cans of vegetables, food handling gloves (*please do not donate spoiled or expired food).

KCRM Medical Needs
Robitussin DM, Robitussin CF, Tylenol Cold and Flu, DayQuil in pill form, NyQuil in pill form, Clorox wipes, Personal Kleenex, Ibuprofen, Cough Drops.

Women’s Center Clothing
Winter pajamas, all sizes up to 4X; Bras, 34C-40DD (new, please).

Men’s Center Clothing
Jeans, all sizes; Underwear, all sizes; undershirts, all sizes (new or gently used only, please).

Housekeeping Supplies
Hand sanitizer, refill bottles, Lysol wipes, Disinfectant spray, Bleach, Pinesol, Glass cleaner, Toilet bowl cleaner, Boxed rags, XL exam gloves.

Items We CANNOT Use
Old, outdated electronic equipment (please call the Mission before donating any computer-related item), Televisions, Beds, Mattresses, Bed frames, Sofa sleepers, Stoves, Refrigerators, Dish washers, Clothes washers and dryers, Used underwear, Used socks, Children’s items (clothing, toys, etc.), Spoiled or expired food.

You are Changing Lives!
As we start off a New Year, know that all of us at KCRM are so grateful to you for helping us provide food, sleep and love through your generosity. YOU are changing lives! The truth is, we can’t do this without your help, so please consider making a gift today. To give online, go to www.kcrm.org/mygift to securely make your gift. Donations of the Immediate Needs listed can be dropped off at KCRM’s Main Office, 1520 Cherry Street, Kansas City, MO, where we can assist you with your donation and provide you with a receipt.

For more information, contact Julie Larocco at (816) 421-7643, ext 141, or email her at jlarocco@kcrm.org.

Thank you and Happy New Year!

Kansas City Rescue Mission
1520 Cherry Street
Kansas City, MO 64108
(816) 421-7643
www.KCRM.org

www.kchealthandwellness.com
GOAL SETTING TIPS for the New Year

By Rachel Lewis

A New Year brings new beginnings, fresh starts, and many New Year’s resolutions. People choose this time to set new goals and plans for the next year. With the time of New Year’s resolutions upon us, I encourage you to reflect on the past, the present, and to prepare for a bigger and brighter future.

Unfortunately, most New Year’s resolutions fail due to the lack of planning and turning them into actions. Habits are hard to change especially without a plan, and without reinforcement. Goal setting, also known as resolution making, is a skill that really isn’t being taught anymore, so we have come up with some quick tips to get you started:

1. Pick a resolution that means something to you. Don’t just choose something for the sake of having one. Choose something that will fit with your values and definitions of success rather than something someone else may tell you. The more meaningful the resolution is to you, the more likely you will be to really stick to it.

2. Be very specific when you make your goal. It needs to be measurable and attainable. Set times for your goal. For example, instead of saying that you want to get better grades, say that you will study at 5:30 for two hours each day. Write it in a way that will help you create a plan for achieving your goal.

3. Once you have your specific resolution, create a plan in smaller steps that will help you attain it. Smaller steps seem less daunting and also inspire a feeling of confidence in yourself once they are completed.

4. Be prepared to change your habits. While working on your resolution, you may find that you need to change how you do things, especially if you have habits that will sabotage your goal. Evaluate your life and find habits that may cause your resolution to fail. You can then actively work to change those habits and instill new ones to keep your resolution going. Remember that it takes 21 days to create a new habit, and that changing a habit loop can take even longer.

5. Tell someone who will hold you accountable to your goal. Choose someone who will help support you throughout working toward your resolution and not someone who will naysay or tear you down.

DREAM BIGGER AND ACHIEVE MORE

This is the year to dream bigger and achieve more. You can make sure that happens by really thinking through your resolutions and sticking to the plan you create. Another great idea is to make a resolution with a friend so that you can both achieve your goals while holding the other person responsible.

Please email us at info@successskillsweekly.com if you have any questions or comments about the best way to create a New Years’ resolution.

Happy New Year!

Rachel Lewis

Rachel Lewis graduated with honors from the University of Kansas in just three and a half years in December, 2010, and has already written a book and started her second business. She has been interviewed by the New York Times, USA Today, Fox Business and has been cited in an article in Forbes on successful businesses. She has worked with students from middle school through college helping with goal setting, confidence building, study skills, and getting ready for "the real world." She launched Success Skills Weekly with her mother and brother to assist students with critical skills that are needed for success, but not being taught anywhere. Rachel is a member of the Junior League of Kansas City, and was selected as a Belle of the American Royal in 2011 and has been an active volunteer for the BOTAR and the American Royal organizations. She is also the Head Cheer Coach at her high school alma mater.

1-877-872-5019

www.SuccessSkillsWeekly.com

If you would like more information about a success skills program for your middle school, high school or college age student, please visit www.SuccessSkillsWeekly.com, email Rachel directly at rachel@successskillsweekly.com or call 1-877-872-5019.
KC PET PROJECT
Passionate About Saving Lives!

Kansas City Pet Project is the largest No Kill animal shelter in Kansas City, MO and the 3rd largest open-admission shelter in the United States to achieve No Kill status. We are here for nearly 10,000 pets a year and find homes or other placement for over 90% of the pets who come to our shelter. KC Pet Project is creating a No Kill Kansas City – we’re passionate about lifesaving!

Bannister
Bannister the Yorkie’s life was saved in 2016 after he was found running in frigid temperatures by a caring Kansas City, MO police officer. Bannister’s mouth had been bound tightly with a restraint, like a rubber band, and that restraint had been left around his mouth for a very long time. Bannister recovered for a time in a foster home before finding a lovely family to call his own in February 2016. Thanks to donations to our Roadrunner Medical Fund, we are able to save thousands of ill and injured pets a year that come to us at KC Pet Project.

Photo Credit: Kaye Ness Photography

Peanut
Peanut is one of the nearly 1,000 kittens that were fostered through KC Pet Project in 2016. KC Pet Project saves adult cats, kittens, and neonatal kittens through this program.

Photo Credit: Photography by Jill Renee

Free Ride Home Program
Licensing your pet increases the chance that you will be reunited with your pet in the unfortunate event he or she is lost. Kansas City Missouri has recently launched their new pet licensing “Free Ride Home” program. Licensing a pet in Kansas City, Missouri is only $10, plus a $2 administrative fee.

TIVOL
Doggie Tags
Cushion-shaped sterling silver doggie tag with a satin finish on a textured background, stamped with “TIVOL,” with one round diamond set within the ‘O.’ These limited-edition doggie tags have been specially designed for man’s best friend by TIVOL in partnership with KC Pet Project. The price of each tag includes the engraving of your pet’s first name and phone number.* For each dog tag purchased, TIVOL will donate $20 toward KC Pet Project. Purchase yours online today or visit their Country Club Plaza or Hawthorne Plaza locations.

Volunteer
Make 1,000 new friends in one day. Volunteer at KC Pet Project!

Volunteers are the heart of KC Pet Project. They share time, talents, and resources to help us care for shelter animals and place them in permanent, loving homes. Whether you have plenty of spare time, or an occasional hour after work, there is a place for you at KC Pet Project.

Please Give
Please consider a gift to support our lifesaving work as we begin a new year. You can start your own fundraiser to help the pets at our shelter, sign up for monthly gifts, or give a tax-deductible donation to support KC Pet Project’s work. Please call one of our three shelter locations listed below, or visit us online at www.KCPetProject.org to learn more.

www.KCPetProject.org

KCMO Shelter
4400 Raytown Rd
Kansas City, MO 64129
816-513-9821

Zona Rosa
7351 NW 87th Terrace
Kansas City, MO 64153
816-587-0224

Petco
11620 W. 95th St.
Overland Park, KS 66214
913-438-9740
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<tr>
<th>Directory of Doctors and Health &amp; Wellness Partners</th>
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<tr>
<td>Adjust to Health</td>
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<tr>
<td>8724 Bourgade Avenue</td>
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<td>Lenexa, KS 66219</td>
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<tr>
<td>913-299-6000, AdjustToHealth.net</td>
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<td>Armour Oaks</td>
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<td>Senior Living Community</td>
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<tr>
<td>8100 Wornall Road</td>
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<tr>
<td>Kansas City, MO 64114</td>
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<tr>
<td>816-363-5141, ArmourOaks.org</td>
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<td>Advanced Surgical Associates</td>
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<tr>
<td>3460 NE Ralph Powell Road</td>
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<td>Lee’s Summit, MO 64064</td>
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<tr>
<td>816-246-0800, ASAKC.com</td>
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<td>Athletic Testing Solutions</td>
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<tr>
<td>13725 Metcalf Avenue, Suite 331</td>
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<tr>
<td>Overland Park, KS 66223</td>
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<tr>
<td>913-735-5760, AthleticTestingSolutions.com</td>
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<tr>
<td>Center for TMJ &amp; Sleep Apnea</td>
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<tr>
<td>4801 South Cliff Avenue, Suite 212</td>
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<tr>
<td>Independence, MO 64055</td>
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<tr>
<td>816-795-1000, TMJSleepApnea.com</td>
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<tr>
<td>Hammond Chiropractic</td>
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<tr>
<td>10610 Shawnee Mission Parkway, #210</td>
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<tr>
<td>Shawnee, KS 66203</td>
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<tr>
<td>913-248-9500, HammondChiro.com</td>
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<td>Health &amp; Wellmobile</td>
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<td>Rachel Garrison</td>
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<td>913-274-8008, HealthWellmobile.com</td>
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<td>KC Health &amp; Wellness Magazine</td>
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<td>Lorrie Ritchie</td>
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<td>913-963-7703, <a href="mailto:lorrie@kchealthandwellness.com">lorrie@kchealthandwellness.com</a></td>
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<td>KCHEalthandWellness.com</td>
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<tr>
<td>Key Dynamics Chiropractic</td>
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<tr>
<td>153 West 151st Street, Suite 150</td>
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<tr>
<td>Olathe, KS 66061</td>
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<tr>
<td>913-390-9355, KeyDynamicsChiropractic.com</td>
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<tr>
<td>KC Foot Care</td>
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<tr>
<td>4 Locations: Kansas City South, Overland Park,</td>
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<tr>
<td>Kansas City on Barry Road, Independence</td>
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<tr>
<td>816-461-7755, KCFootCare.com</td>
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<tr>
<td>KMC Dermatology &amp; Hair Center</td>
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<tr>
<td>6333 Long Avenue, Shawnee, KS</td>
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<tr>
<td>11301 Nall Avenue, Leawood, KS</td>
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<tr>
<td>KMCDermatology.com</td>
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<tr>
<td>844-562-3376, KMCHairCenter.com</td>
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<tr>
<td>913-631-6330</td>
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<td>Lauren Wants To Know</td>
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<td>Straight Answers for Buying a Car and Other Great</td>
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<tr>
<td>Information, LaurenWantsToKnow.com</td>
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<tr>
<td>Law Offices of Sharon J. Meyers</td>
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<tr>
<td>4050 Pennsylvania Avenue, Suite 210</td>
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<tr>
<td>Kansas City, MO 64111</td>
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<tr>
<td>816-753-3929, SharonMeyersLaw.com</td>
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<td>McCarthy Auto Group</td>
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<td>9 Locations in KS and MO</td>
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<td>McCarthyAutoGroup.com</td>
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<tr>
<td>MidAmerica Coalition on Health Care</td>
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<tr>
<td>6901 Shawnee Mission Pkwy, Suite 216</td>
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<tr>
<td>Overland Park, KS 66202</td>
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<tr>
<td>913-671-7122, MACHC.org</td>
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<tr>
<td>MidAmerica Rehabilitation Hospital</td>
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<tr>
<td>5701 West 110th Street, Overland Park, KS 66211</td>
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<tr>
<td>913-491-2400, MidAmericaRehabHospital.com</td>
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<tr>
<td>Mirabile M.D. Beauty, Health &amp; Wellness</td>
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<tr>
<td>4550 West 109th Street, Suite 130</td>
</tr>
<tr>
<td>Overland Park, KS 66211</td>
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<tr>
<td>913-888-7546, MirabileMD.com</td>
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<tr>
<td>Mosaic Life Care Journey</td>
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<tr>
<td>Healthy Living Clinic</td>
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<tr>
<td>6185 Jefferson Avenue, Parkville, MO 64152</td>
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<tr>
<td>816-569-1480, myMosaicJourney.com</td>
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<tr>
<td>Neighborhood Hearing Aid Centers</td>
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<tr>
<td>5 Locations: Overland Park, Kansas City, Lee’s</td>
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<tr>
<td>Summit, Manhattan, Leavenworth</td>
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<td>HearKC.com</td>
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<td>PRA Health Sciences</td>
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<td>Recruiting Volunteers for our Lenexa Research</td>
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<tr>
<td>Center Studies</td>
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<tr>
<td>9755 Ridge Drive, Lenexa, KS 66219</td>
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<td>Volunteers.PRAHS.com</td>
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<td>Preps KC</td>
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<td>The Info Source for KC</td>
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<td>High School Football</td>
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<td><a href="mailto:brian@prepskc.com">brian@prepskc.com</a>, PrepsKC.com</td>
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<tr>
<td>Pristine Hearing Aid Solutions</td>
</tr>
<tr>
<td>13610 Washington Street</td>
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<tr>
<td>Kansas City, MO 64145</td>
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<tr>
<td>913-278-1200, PristineHearingAids.com</td>
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<td>Rawxies</td>
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<tr>
<td>Nutritionally Balanced Snacks</td>
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<tr>
<td>816-231-0486, Rawxies.com</td>
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<td>Steel City Media</td>
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<tr>
<td>Country 94.1, KC 102.1, Mix 93.3, Q 104</td>
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<tr>
<td>412-316-3342, SteelCityMedia.com</td>
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<td>Success Skills Weekly</td>
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<tr>
<td>877-872-5019, SuccessSkillsWeekly.com</td>
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<tr>
<td>SunPoint Fitness</td>
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<tr>
<td>15280 South Keeler Street</td>
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<tr>
<td>Olathe, KS 66062</td>
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<tr>
<td>913-267-5348, SunPointFitness.com</td>
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<tr>
<td>Tallgrass Creek</td>
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<tr>
<td>13800 Metcalf Avenue</td>
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<tr>
<td>Overland Park, KS 66223</td>
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<tr>
<td>913-738-4935, EricksonLiving.com/Tallgrass-Creek</td>
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<tr>
<td>Valencia Endodontic Associates</td>
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<tr>
<td>444 West 47th Street, Suite 210</td>
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<tr>
<td>Kansas City, MO 64112</td>
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<tr>
<td>816-561-9666, ValenciaEndodontics.com</td>
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<td>Village Home Health</td>
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<tr>
<td>In KS: 6600 College Blvd., Suite 300</td>
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<tr>
<td>Overland Park, KS 66211</td>
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<tr>
<td>913-403-8343, In MO: 1001 N.W. Chipman Road</td>
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<td>Lee’s Summit, MO 64081</td>
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<td>816-524-1133, JKVHealthServices.org</td>
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<td>Whole Life Chiropractic</td>
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<tr>
<td>11604 Metcalf Avenue</td>
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The Champion’s Mindset

By Jimmy Page, Fellowship of Christian Athletes

“Nothing is impossible for God.”
– Luke 1:37 (CEB)

Developing the champion’s mindset starts with two things – how you see it and what you believe.

YOU HAVE TO SEE IT TO BELIEVE IT.
Our vision is a picture of our desired future. It has to be clear, big and wide. You have to be able to describe it in detail, painting the picture in your mind. It should be big enough that you have to stretch to get it. The bigger the “why” behind your “what,” the more challenges you can overcome along the way. Finally, it has to be wide enough to involve others. Selfish pursuits never fully satisfy. The best visions involve making others better, too.

In sports, visualization is an extremely powerful tool that can lead to high performance, and that was never proven better than by Dr. Judd Biasiotto at the University of Chicago in 1996. Biasiotto had a random group of students shoot some free throws, tallied the results, and then split them up into three groups and asked them to perform separate tasks over the next 30 days.

- The first group couldn’t touch a basketball; no practicing allowed.
- The second group had to practice shooting free throws for a half-hour per day.
- The third group had to come to the gym every day and spend that same half-hour with their eyes closed, visualizing hitting every free throw.

After 30 days, all three groups came back and took the same number of free throws. The results:

- The first group of students who did not practice at all showed no improvement.
- The second group had practiced every day and showed a 24-percent improvement.
- The third group, which had simply visualized successful free throws without even touching a basketball, showed a 23-percent improvement.

Think about the implications these results have on the power of our minds! Vision and visualization are key components of a champion’s mindset. Champions have a very clear and compelling vision of their goal.

YOU HAVE TO BELIEVE IT TO SEE IT.
Sometimes you have to believe something can happen before you see it. If you listen to all the naysayers, eventually you’ll give up. But the champion’s belief in their vision propels them to overcome incredible obstacles and disappointments. They are able to maintain optimism and hope in the midst of setbacks. What you believe about your situation always affects how you see it.

“Nothing is impossible for God.” – Luke 1:37 (CEB)
Those with the mind of a champion train their brain to reject doubt, discouragement and defeat. They “take out the trash” and “take in the truth.” They keep their eyes on the prize and the goal in their minds. They reject negative thinking and refuse to make excuses.

“Do not conform to this world, but be transformed by the renewing of your mind.” – Romans 12:2
Faith overcomes fear. Unwavering belief separates champions from all the rest. The combination of a clear and compelling vision and unwavering faith form the foundation of a champion’s mindset. And it’s necessary for every aspect of life.

If you’re not where you want to be with your health, create a clear picture of what you will look like, how you’ll feel and the energy you’ll have. You’ll need enough faith to believe your vision is possible before you actually see it happen. Remind yourself how far you’ve come instead of how far you have to go. Focus on what’s possible instead of being discouraged by past failures.

Develop a champion’s mindset, and get on the road to extraordinary health. You can do this!

What is your vision for your health?
How do you look and feel?
What is preventing you from believing that good health is possible?

About the Author
Jimmy Page serves as the Mid-Atlantic Vice President of Field Ministry for FCA. As a 20-year medical fitness leader and former National Director of FCA Health and Fitness, he hosts Fit Fridays on 95.1 SHINE FM. Jimmy is an author of several best-selling books: True Competitor, WisdomWalks, and One Word That Will Change Your Life. He and his wife, Ivelisse, started a cancer foundation called believebig.org following her victory over cancer. They reside in Maryland with their four children. You can email Jimmy at jpage@fca.org.

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