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

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

Board of Directors
JR Bishop
Jan Cohick
Tim Griffith
Stefan Guerra
Paulette McBride
Mark Redick
Alie Scholes
Robert Simari
Fred Slough

On Thursday, March 14th, our annual Good Morning for Health breakfast kicked off at Quality Hill Playhouse. Kansas Congresswoman Cindy Holscher began our event with a very informative speech on the current state of health care as well as the possibility of Medicaid expansion. Good Morning for Health also featured “Parenting is Healthcare”, a presentation by Barbara Unell and Dr. Jerry Wyckoff, Ph.D., founders of Raised With Love and Limits Foundation and Behavior Checker. Kathryn Ellerbeck, M.D., MPH, FAACP an Associate Professor of Pediatrics and a developmental pediatrician in the Division of Developmental and Behavioral Sciences in Pediatrics at the University of Kansas School of Medicine concluded our program with her analysis regarding the benefits of the Behavior Checker program which was recently implemented at Family Health Care. Thank you so much to all of our speakers for taking time out of their busy schedules! We are very grateful to our event Host Committee: Mariah Chrans, IBCLC, Hannah Fenley Kelsie Kelly, M.D., MPH, University of Kansas Medical Center Matteuzzi and Brooker Law Firm Carla Brown Phipps, M.D., Lawrence Family Practice Center Your commitment to Family Health Care is greatly appreciated.

Proceeds from the event will help to fund Family Health Care’s services, which include, in addition to family medicine, pediatrics, obstetrics, ophthalmology, dentistry, mental health, legal services, literacy training and fitness. Your support helps ensure the work of Family Health Care continues!
Years ago I met Wanda, the daughter of an illicit liaison between her father who had been a slave and her well-off white mother. She was a most amazing woman with inner strength that was far beyond that expected from her slight frame. In the early 1900’s she had survived an orphanage where as a mixed race child she was physically and mentally bullied by all. Although she had seen more than her share of the worst of human behavior, she was always pleasant and grateful to her health providers and her family. Today FHC still provides services to her family. The resilience Wanda passed through shows up in her granddaughter who has suffered from a stack of health issues. First she was diagnosed with colon cancer. She had surgery and chemotherapy and was cancer-free at year five only to have a separate cancer of the breast found seven years later. She is now again five years cancer free after treatment of the breast cancer. Through it all she has remained cheerful and gracious about her lot. Someday perhaps a gene for good spirits will be found and when it is, I imagine it will be next to a gene for good health. While I do not think cranky people are destined to have ill health, there are studies that show a good attitude helps with healing. If only we could find a way to bottle that attitude…Although if we did how much would the bottling company charge for it? (Reference the recent 44-state lawsuit against pharma companies.) Better that it is passed from one grandma to her children and her grandchildren and so on…

Good Morning for Health
We Thank Our Wonderful Sponsors!

**Foundation**
Janssen Pharmaceuticals
Julius and Kay Karash
Dr. Kelsie Kelly
Susan Moehl
Mary and Jeff Morris
Law Office of Fred Slough
Jill and Tom Turner
ViiV Healthcare

**Building Block**
Johnda Boyce
Tim and Cheri Griffith
Trisha Harkness
Peggy Johnson
Jane Murray
Cyndy Price
Mary and Clement Rogers
Dennis Sondker
University of Kansas Medical Center

**Special thanks to:**
Kathy Courington, Logo design
John Gilbert, Emcee/Photographer
Show-Me Audio Visual

We are grateful to our event hosts,
Quality Hill Playhouse!

Save the date...

Champagne & Chocolate

Saturday, November 2nd
Event Co-Chairs:
Heather and Jon Bortnick
Laura and Reuben Perin

New In Fitness
- Certified instructors for seniors
- Personal or small group training available
- Group classes coming soon!
(According to the National Institutes of Health, exercise and physical activity are some of the best things older adults can do to stay healthy. Even moderate exercise can improve the health of those who are frail or who have age-related diseases. An inactive lifestyle proves to do more harm than good!)

- Hoop Fitness
- Low impact, high intensity full body workout!
- Heightens stamina and energy
- Variations of each move--Learn at your own pace
- Hoops are provided for class or bring your own
- All ages and skill levels welcome
New or Used Van Needed for Dental’s Mobile FHC Smiles Program!

Family Health Care is in need of a donated new or used van!

We are excited to announce our new outreach program for dental! The Mobile FHC Smiles program will feature a mobile dental unit which will house equipment and supplies for community outreach. The mobile dental clinic will provide preventative and restorative dental care. Our focus will be on school age children from head start to elementary school through high school. Currently, our new Dental Outreach Coordinator, Shawn Oprisiu, RDH, is setting up programs with local schools. We would also like to partner with area churches as well as the YMCA and Boys & Girls Clubs to bring dental care to their populations. Our main target for this program are children on free and reduced lunches that are on KanCare as well as any child that does not have dental insurance.

Community Learning Day

For the past several years Family Health Care has hosted 6th grade students from The Pembroke Hill School for their Community Learning Day. This year the students brought in diapers for the M.O.M. (Maternal Options that Matter) clinic. They enjoyed a tour of our facility and learned more about how we serve and support the people of Kansas City. We had a question and answer session and then the students assembled care packages for the new mothers and their babies. We are very grateful for the opportunity to assist young people in giving back to the community.

FHC Youth Advisory Council Brings Christmas Smiles

The month of December is truly a time to be thankful for the things we have while also being aware of the needs of others. We are so proud of our Youth Council for adopting two families for the holidays this year. They provided them with gift cards to purchase a holiday meal for their families as well as gifts for each family member. We received a touching letter from one of the mothers. “This holiday season I was overwhelmed and worried about how I would properly provide my children with Christmas gifts. As a single mother who works and goes to school, I truly did not know what this holiday would bring and I am beyond grateful that it was placed on your heart to choose to adopt my family for Christmas. You are an answer to my prayers.”

New Mental Health Provider

Family Health Care’s behavioral health team has expanded recently – Joy Durham is a clinical social worker trained to help patients with a range of concerns. She is passionate about helping people learn how to better cope with mental health issues such as anxiety, depression, chronic stress, and relationship conflict. Joy also enjoys working with individuals who have concerns about their drug or alcohol use. Joy is available to meet with patients in the clinic to discuss treatment options, and is currently scheduling appointments for individual and group therapy services. Please call our main number for more information, or ask to speak with a counselor at your next visit to the clinic.

Welcome our New Medical Director

Dr. John Mandeville is a Family Medicine Physician and sees patients from birth to geriatrics. His special interests include preventative medicine, women’s health, and chronic disease management. Dr. Mandeville was raised in Upper Marlboro, Maryland and earned a Bachelor of Arts degree from Towson University with degrees in Biology and Chemistry. He later attended the New York College of Osteopathic Medicine earning an Osteopathic medical degree and graduated with honors. Dr. Mandeville completed his residency in Family Medicine at Womack Army Medical Center in Fort Bragg, NC and later served eight years in the US Army as an Army Physician with one combat tour to Iraq. He has a wide range of experience in military medicine, rural healthcare, under-served care, private practice and is a member of the American Academy of Family Physicians and an Associate Professor for the Virginia College of Osteopathic Medicine. In his spare time he enjoys traveling and spending time with family.
FHC Wish List

- 2-Dollies
- Folding tables
- 4-Industrial storage tubs
- 2-Shelving Units (metal/plastic)
- Fitness mats and Kettlebells

We are thankful for...

- Paulette McBride and the ladies at Faith Lutheran Church for making baby quilts for our newborn infants
- Kennedy and Ethan Wolfe for continuing to collect and donate personal care items for our various clinics
- The Perin family for donating 8 cases of children’s books
- Our volunteer group that stuffs all of our event mailings
- Healthy First Medical Group of KCK for medical supplies

Save the date for TACOS & BEER ON THE BOULEVARD

an event benefiting Sharon Lee Family Health Care

Thursday, June 13th 6-10pm
Boulevard Brewing Co. Muehlebach Suite
2501 Southwest Boulevard
Kansas City, Missouri

Event Co-Chairs:
Bradette Groves and Lisa Tucker

Brew with a view! Join us for cold beer on a hot night!
Great food from several local restaurants, a DJ playing dance music, Picwood KC photo booth and an amazing silent auction!
Reservations are limited, $50 per person, for tickets contact Shari Webster at 913.722.3100, ext. 272 or shariwebster@swbfhcs.org

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