

our

APRIL/MAY 2023

# HEALTH

YOUR GUIDE  
TO HEALTHY  
LIVING

matters™



*In a Changing World...  
Family is Everything*

*Mrs. Walker treasures every  
minute with her grandchildren*





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# Great Things Happen When We Believe



**E**ighteen years ago I had a dream that I could make a difference in the area of health literacy that would be aimed toward racially, culturally and socially diverse audiences. I personally needed more information about living healthier, and so did my family, my friends and others in this community. Many medical providers hammer over and over that people just need to take more personal responsibility for their health. And, I agree, up to a point. However, absent from the conversations are things “in plain sight” that impact our physical and mental health. Some of these are harmful processed and sugary foods, lack of access to healthy food, lack of affordable housing, poor air quality and lack of insurance to pay for the right care at the right time, to name a few.

In this family-focused edition, we highlight some of the actions families can take to thrive in a changing world. For some, it may be having dinner together as a family during the week; for grandmothers, it may be spending time caring for and nurturing grandchildren and instilling values your parents passed on to you decades ago.

Peace and success oftentimes seem short-lived because we may be too focused on the affairs of our chaotic world. Let's believe in something good and do something good for ourselves, our family and the community. **As one of our advertising partners, Paula Barba of University Health, Kansas City, told me, “Ruth, you are so good to work with. Partners like you, who are so invested in their communities, are essential to us being able to tell this [mother and baby] story” (see page 11).**

I'm grateful for the 18 years my extraordinary team and I have enjoyed in this health literacy space. It's always our goal to educate, inform and equip you to live in optimal health.



I extend a gracious thank you to all of our advertising partners and sponsors, and to you, our loyal readers for these 18 years!

To your health,

**Ruth Ramsey**, Publisher and CEO



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## WE WOULD LOVE TO HEAR FROM YOU.

Send us your suggestions for health topics you would like to see in *Our Health Matters*. Also share what you enjoy about the magazine.

Email us at  
[info@kcourhealthmatters.com](mailto:info@kcourhealthmatters.com)  
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# A Promise Made. A Promise Kept.

By John W. Bluford, III

President, Bluford Healthcare Leadership Institute

I remember nearly 20 years ago a young entrepreneur community advocate entering my office at a prominent academic medical center to pitch the idea of a community-oriented informational magazine. The idea was to focus on relevant health-related subjects that addressed health disparities and the well-being of individuals, families, and the community as a whole—the entire community! A strong argument was made that these attributes were missing from the current selection of publications in the Kansas City metropolitan marketplace.

The notion of having a magazine both available (at local businesses and community pick-up sites) and accessible (free with the partnership support of local advertisers and sponsors) was refreshing. Both the messenger and the content presented to me that day made a positive impression, particularly the focus on the “health of the community”—which was an underlying premise to our hospital’s mission. I am proud to say that our hospital was one of the first to buy into this concept.

Since that visit, ***Our Health Matters*** has covered such a variety of health and community health-related subjects from chronic disease management, sleep hygiene, geriatric medicine, violence as a public health concern, to healthy foods and fitness, and more recently, stress and behavioral health issues. The complications of COVID-19 and community vaccination facts have been most beneficial to us all over the past two to three years.

My visitor on that day, Ms. Ruth Ramsey, has done well over the past 18 years to fulfill the mission and intention of her vision in ***Our Health Matters***.

***Those of us who have had the benefit of reading some or all of the thousands of articles in the magazine from 2005 through 2023, are better for it and hopefully healthier.***





# So, You Want to Start a Business?



BizCare Staff. Photo credit: Startland News

**M**eet KC BizCare, the City of Kansas City's one-stop shop for registering, permitting, and licensing your small business.

Starting a business can be one of the most fulfilling career choices in one's life. It can also be one of the hardest. While most entrepreneurs are spirited, driven and passionate about their business, many are not prepared to legally structure, register, establish tax responsibility, and obtain licensing to operate with legitimacy and legality.

BIZCARE provides assistance to fulfill the regulatory requirements of starting or formalizing a business; these include, but are not limited to:

- Missouri Secretary of State registration
- Obtaining an Employer Identification Number
- Registering tax accounts
- Obtaining local permits (Zoning, Health, etc.)
- Obtaining a Business License

Nearly half of new businesses since the onset of the pandemic have been home-based and can typically



formalize and receive their business license in an hour or less. These services are free of charge, offered as a city service to residents and business operators in Kansas City, Missouri.

Since its formation, the office has assisted in the licensing of 2,000 to 4,000 businesses each year. It recently added Spanish-speaking services and have a newfound focus on small business friendly policies and programming.

If you are interested in starting a business, need information on licensing, business preparedness and access to capital, visit [bizcare.kcmo.gov](http://bizcare.kcmo.gov) for more information.





## WE'RE HELPING FAMILIES UNDERSTAND AND COPE WITH THE EFFECTS OF COVID-19

KC Health IQ has been working to address the health consequences families are experiencing as a result of the pandemic. Following two years of COVID-19 health education, vaccine drives, and community engagement, we are seeing mental health issues taking the spotlight.

The effects of COVID-19 are long-lasting. Although death rates have declined, its devastating effects on families include loss of jobs and money and a 25% increase in mental health issues.

Wellness is fundamental. KC Health IQ's newly launched website, [letsWINKc.com](https://letsWINKc.com), provides a tool to find therapists of color in the Greater KC Metro area. It also offers health checks, coping tips, and community resources.

**SPECIAL PROJECT:** We invite you to submit mental health-themed artwork on **INSTAGRAM** for an opportunity to **WIN PRIZES**. Submit to: **@letsWINKc** on Instagram.

## COVID PREVENTION PLANNING

Are you aware that if you have a chronic health condition such as heart disease, diabetes, chronic kidney disease or happen to be obese, you may have a tougher time with the COVID virus if you get it?

It's especially important to be ready to handle a chronic health matter in the event a community emergency occurs. The Kansas City Health Department's Community Health Workers will work with you, to create a management plan. For more information, call 816-513-6267.



## MENTAL HEALTH MATTERS

Mental Health Support Pocket Cards are designed to offer key information for dealing with anxiety, depression, or anger. Download a digital version from the website or contact [healthiq@kcmo.org](mailto:healthiq@kcmo.org) for physical cards.

## THE KANSAS CITY HEALTH DEPARTMENT WANTS TO HEAR FROM YOU

Scan the QR Code below to participate in a survey and make sure your voice is heard. Your participation helps us understand what your experiences have been with your healthcare providers during COVID-19. This survey is entirely anonymous and will not be connected to your name or other information!

Take the survey in English:  
[https://lincoln.qualtrics.com/jfe/form/SV\\_OTcMoMeyx9jLDnM](https://lincoln.qualtrics.com/jfe/form/SV_OTcMoMeyx9jLDnM)  
 Or scan the QR code here.



# NAMI Supports Veterans and Their Families' Mental Health

I am a retired veteran after 21 years of service in the Navy. I personally understand many of the challenges a veteran might face after serving in the military. Sometimes the transition to civilian life, family relationships, substance use disorders or a mental health issue can interfere with a veteran's quality of life. That's where I come in; in my role as a National Alliance on Mental Illness (NAMIGKC) Homefront Instructor, I help veterans and their families. I deploy appropriate services and support to help you navigate whatever challenge you might have.

If you are a veteran, a family member or friend of a veteran, NAMIGKC wants you to know about the types of support we offer veterans.

NAMIGKC Homefront is a free, 6-session educational program for families, caregivers and friends of military service members and veterans with mental health conditions.

Based on the nationally recognized NAMI Family-to-Family program, NAMI Homefront is designed to address the unique needs of family, caregivers and friends of those who have served or are currently serving our country. The program is taught by trained family members of service members and veterans with mental health conditions.

## What You'll Gain

Recovery is a journey, and there is hope for all people affected by mental health conditions. This in-person experience provides the opportunity for mutual support and shared positive impact. You will experience compassion and reinforcement from people who relate to your experiences.

## NAMI Homefront teaches you how to:

- Care for yourself, including managing your stress.
- Support your family member with compassion.
- Identify and access federal, state and local services.
- Stay informed on the latest research and information on mental health, including posttraumatic stress disorder, traumatic brain injury, anxiety, depression and substance use.
- Understand current treatments and evidence-based therapies.
- Navigate the challenges and impact of mental health conditions on the entire family.
- Manage a crisis, solve problems and communicate effectively.

**To get started: Go to [www.NAMI.org](http://www.NAMI.org) > Click on Support & Education > click on NAMI Homefront. •**



**By Lemuel E. Kimes  
NAMI, Homefront  
Instructor**

National Alliance on  
Mental Illness Greater  
Kansas City (NAMIGKC)

NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.





## END VETERAN HOMELESSNESS

Actions speak louder than words. In 2016, a group of Kansas City combat veterans who were frustrated by the rampant homelessness within the veteran population combined their skills of problem-solving and established veteran Community Project (VCP), a 501(c)(3) nonprofit corporation to identify funds and resources to tackle the growing problem.

## THEIR PLAN TAKES SHAPE

Armed with the strength and support of the community, VCP designed and built a village of 49 tiny houses and a “base camp” that includes medical,

dental, and veterinarian offices, a fellowship hall, and other support services. Single residency homes are 240 square feet; family homes are 320 square feet and are designed to sleep seven. All homes are fully furnished with new furniture, appliances and household goods which become the personal property of each resident. They also receive on-site, wraparound services that thoroughly address the underlying causes of each veteran’s homelessness.

## HOW YOU CAN HELP

It takes a community to build a village! VCP is 100% funded by contributions from the community.



## YOUR DONATIONS SUPPORT:

- Housing with dignity for veterans in need
- Access to expert one-on-one case management for veteran residents and walk-ins
- Physical and behavioral healthcare

## VISIT THE VCP OUTREACH CENTER TO:

- Get assistance navigating your VA benefits
- Receive a snack pack, box of food or hygiene kit
- Get assistance with emergency rent or utility funds
- Meet with a case manager to discuss your unique needs

**VETERANS**  
COMMUNITY PROJECT

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[WWW.HEALTHFORWARD.ORG](http://WWW.HEALTHFORWARD.ORG)



# What Families Need— To Be Seen, Heard and Understood

**H**ealthy families and individuals need to be in relationships. To be connected to a greater whole is essential for survival and sustainable growth physically, spiritually and mentally.

A young woman remarked to me recently that what she needed was to be “seen, heard and understood.” A small ask, really. You might wonder, “How in today’s world does one make that happen?” It requires that we live with intention, with purpose and direction. It means being in the presence of those with whom we want to be in a relationship.

As a clinician, I urge people to have lunch or dinner together. Most families are lucky to get one meal a week together. I suggest limiting the amount of time on social media and show how this is vital to developing relationships. I advise parents to turn off phones during meals or family discussions and limit social media exposure for children under 12.

A healthy family needs intentional behaviors. Other recommendations include asking partners and parents to spend 15 minutes a day “checking in” with one another in the morning, at bedtime, or over lunch. Taking time to be together at least once a week during meals also adds to the relationship. I provide a list of strategies for “fair fighting,” a means of resolving controversy, which is a natural component of day-to-day life. Such strategies

require setting aside 45 minutes a week to discuss areas of disagreement or misunderstanding. This time also includes putting away phones. Those who manage the 45-minute meeting each week find it surprisingly helpful.

## Incorporate small, meaningful changes

A five-minute embrace; a shared meal; a prayer at bedtime to see, to hear, to seek to understand.

My mother used to say each day: “Lift someone up today; bring me home a story.” Let your story unfold

with intent and purpose for those you love and for those whose faces you may never see and names you may never hear. As author Anne Lamott says: “I have value. As do you, my friend.” •

Dr. Rae Sedgwick is a published author, nurse, clinical psychologist and attorney in private practice. Sedgwick is a graduate of the Postdoctoral Training Program in Clinical Psychology of the Menninger Clinic.



**By Rae Sedgwick  
Ph.D., J.D.**

Clinical and Consulting  
Psychologist  
Attorney at Law



**"I never  
lost hope."**



**university**  
health



**LEARN MORE**



**KC'S MOST-ADVANCED HIGH-RISK MATERNITY CARE**



LaKeshia Wooten  
*University Health patient*



Photo by: Ruth Ramsey, *Our Health Matters*

# *In a Changing World Family is*





# Everything

Grandparents play an important role in grandchildren's growth and development.

Meet Mrs. Walker a grandmother who treasures every minute with her grandchildren. **Our Health Matters** had a wonderful visit with this mother, grandmother and advocate for seniors.

We've had many conversations with individuals and families throughout our 18 years. I and my team of writers, designers, researchers and others look to you, our community, to share your stories, your challenges and your vision for making Kansas City a great place to live, learn, work, play and worship. The following is our interview:

**Ruth Ramsey, publisher, Our Health Matters (OHM):**

**Mrs. Walker tell us about yourself.**

**Deborah Walker:** I'm 64-years-old and have been retired for four years after 30 years with a federal agency. I'm enjoying my retirement life. I tell my children I just want to have peace right now. It's all about being calm and stress free, doing what I want to do when I want to do it. My husband, Alvin, passed away four years ago so I've had to make a few adjustments without him.

**OHM: Tell us about your children and grandchildren.**

**Deborah Walker:** I have three children, two boys and a girl. My daughter LaToya and my 10 year old grandson Lamar, live in another city. I have two sons living here. My youngest son, Joseph, is married and they have two boys. Joseph four and Josiah, two. I babysit their children while they work. I decided to help them with the children so they would not have the expense of daycare. I adore my grandsons. We have tons of fun. I have another son named Alvin who is single. He is a professional painter by trade and does excellent work. I have a beautiful daughter-in-law, Coleigh. She and I have a great relationship. She loves to cook. I was so thrilled. She's a rarity today because most young people seem to prefer fast food.

**OHM: Tell us about your relationship with your grandchildren.**

**Deborah Walker:** I keep my two grandsons four days a week. On Mondays we spend all day together, we take walks. They play games

on their tablets. I read to them, we watch a lot of kid-friendly videos together. They also love music and singing. I really enjoy watching them.

I recommended to my son that he place the oldest, Joseph in early childhood education so he would be better prepared when he starts kindergarten.

The boys like to run and play. We chase each other around the house. I enjoy hearing them laugh and saying..."you can't catch me granny." I tell them let's take a break and they say, no, no, no. We walk up and down stairs in the garage and count our steps. I incorporate learning in everything we do. The youngest is even counting now. I'm not a teacher. I'm far from it, but I just point things out and keep repeating them and they learn it.

**OHM: What differences do you see today compared to when you were growing up or raising your children?**

**Deborah Walker:** I'd say parenting is definitely different. One example is an experience I had at church. I would ask the mothers if their child was going to participate in an activity and they would say, "I'll have to ask them." I was shocked. I said, "What do you mean you have to ask?" Before I could catch myself I told the parents you don't have to ask them anything. You're the adult. My daughter would tell her friends my mama told me straight up, "I'm your mom, not your friend."

**OHM: Is there any advice you'd give to other grandparents?**

**Deborah Walker:** I'd advised them to give their grandchildren a lot of love and attention. Be present, just be there. I encourage parents to just be one of those persons who wants to be there for their child, providing whatever support they need.

**OHM:** That's wonderful. I personally witnessed the love and compassion you have for your children and your grandchildren. Thank you for allowing us to share about you and your precious grandsons. Take care.

In this 18th anniversary issue, we explore factors that affect families and the places that are part of their everyday lives. Families of all types face a variety of unique challenges in their communities.

The federal government establishes ten-year health goals for communities, individuals and families and works to create awareness about

societal factors that contribute to wide health disparities and inequities in certain communities.

The current report, “sets data-driven national objectives to improve health and well being over the next decade.” Social determinants of health—where we live, work, play, worship and age—affect our well-being in five main areas. They are as follows.

### Economic stability

Everyone who has responsibility for themselves or a family needs to have a steady income that allows them to meet their financial and health needs. An adequate living wage and steady employment that offers benefits can be hard to come by. We see a lot of “Now Hiring” signs everywhere. Employers need skilled labor and many times are open to training someone. Kansas City has local agencies whose mission is to assist with training. Some are The Urban League of Kansas City, Full Employment Council and KansasWorks. They assist job seekers of all ages, career levels and skill sets with counseling, resume reviews, training and more.







Thanks to federal funding, public transportation in Kansas City is free. This is a great benefit for families who don't have their own transportation. A strong public transportation system improves access to jobs and other opportunities. **In our special edition, Black Men Speak**, KCATA President and CEO, Frank White III, called public transportation the great equalizer. "Part of our responsibility is to connect people with opportunities on both sides of the state line," White said. "We are proud of the work our agency does to meet the community's public transportation needs."



**Frank White, III**  
KCATA President & CEO

## Education access and quality

Underperforming schools in a community can leave children unprepared to pursue higher education and leave them without sustainable job opportunities or prospects.

Lawrence, Kansas school superintendent, Anthony Lewis, Ph.D., who was featured **in Our Health Matters special edition of Black Men Speak**,

stresses the need to level the playing field for all students and their families. "Systemic injustices can profoundly impact students' current and future quality of life," he says. "Our board, administrators, and



**Anthony Lewis, Ph.D.**  
School Superintendent  
Lawrence, Kansas





certified and classified staff all work together to aggressively and efficiently eliminate inequitable practices, systems and structures that create advantages for some students and families, while disadvantaging others.”

The pandemic has placed additional challenges on educators like Dr. Lewis and his peers regarding student underachievement in reading and math. The National Assessment of Educational Progress (NAEP)\* recently reported that 4th grade and 8th grade math and reading scores are below average across the country. To address these learning loss issues, some Kansas City area schools are calling for volunteers to tutor students in math and reading. Families will need to do their part, too,

to support the effort. To view the full report visit: [www.naep.ed.gov](http://www.naep.ed.gov).

### **Health care access and quality**

Even with the Affordable Care Act in place, there are people who still struggle to afford health insurance. Uninsured or underinsured persons are more likely to not have a primary care provider and are also more likely to skip routine health screenings and treatment for chronic illness. Medicaid expansion was approved in Missouri in 2021. This ensured that more than 200,000 Missourians under the age of 65 could qualify for Medicaid. Kansas is currently pursuing voter support to pass Medicaid expansion.





Increasing the number of persons with healthcare insurance and access to services remains a top priority. During the pandemic, telehealth became—and remains—a popular and important tool for keeping patients and health care providers connected.

### **Neighborhoods and the physical environment**

Consider the neighborhood where you live. Is it walkable? Do you wonder if the water or air quality is safe? Some

## **A HEALTHY FAMILY IS ONE WHERE EVERYONE FEELS SAFE AND RESPECTED, BOUNDARIES ARE ESTABLISHED AND ADHERED TO.**

neighborhoods experience high rates of violence, unsafe air and water, and other health and safety risks. Policy changes at the local, state, and federal level can help reduce these health and safety risks and promote healthier communities.

BikeWalk KC is a nonprofit committed to helping to create healthier and safer streets. Their work with city officials and input from residents has helped to create more walkable or complete streets and bike-friendly neighborhoods.

### **Social and community relationships**

Connecting families with the resources and services they need can have a positive impact on communities. Families thrive when they get the social and community support they need to improve their health and well-being.

### **What do today's families look like?**

When you do a Google search on the word, “family,” the range of how family is defined is vast. As recently as 1960, single-parent households were not common at all. Now, the U.S. has the highest number of single-parent households in the world, with 80% of those households led by women, according to U.S. Census data.

In addition to single-parent households, families now consist of LGBTQ couples, stepfamilies, grandparents caring for and raising grandchildren, foster families, chosen families, adult siblings raising younger siblings and more.

Society has evolved to recognize, accept and acknowledge nontraditional family structures. They often face the same challenges as any other family.

### **Family dynamics matter**

An unhealthy family can come in many forms and represents the direct opposite of peace, harmony and stability. Family quarrels, grudges and sibling rivalry can have lasting (and devastating) effects, sometimes for years. In a dysfunctional home, there may be no sense of unity or common purpose—or boundaries.

A healthy family is one in which everyone feels safe and respected and boundaries are established and adhered to. That doesn't mean that conflicts and differences don't or won't arise. Addressing behaviors and issues in a positive way can help to keep the family in harmony.

Healthy People 2030 expands existing goals and objectives of these social determinants of health to provide more tools, support and access to resources and services individuals and families need to thrive in their communities.

**Sources: Psychology Today, U.S. Census, Health.gov**



# Affordable Housing Projects Receive \$11.2 million

**Kansas City is moving forward to promote, preserve and create long-term affordable housing.**

In February 2023, the Kansas City Council approved the second round of the Housing Trust Fund Advisory Board's recommendations to allocate \$11.2 million to 12 applicants supporting 542 affordable housing units. This decision will continue the City's efforts to increase affordable housing across Kansas City.

"Since becoming mayor, I have been proud to commit \$75 million to Kansas City's Housing Trust Fund, which already has created hundreds of affordable housing units—ensuring stable and dignified housing available to Kansas Citians in all zip codes," said Mayor Quinton Lucas. "With the additional 542 affordable units, this brings our total number of homes created and preserved through the Housing Trust Fund to more than 1,000."

Housing Director, Jane Pansing Brown says, "These 12 awards recommended by the Housing Trust Fund Board will continue Kansas City's transformative march toward affordable housing."

## KC VOTERS SUPPORTED MORE AFFORDABLE HOUSING FUNDING

The City Council established the Housing Trust Fund in 2018 to promote, preserve and create long-term affordable housing. Since its creation, \$75 million has been dedicated to helping Kansas Citians struggling with the cost of housing and experiencing homelessness and housing insecurity.

This includes the \$50 million that was overwhelmingly approved by Kansas City voters last November.

It is a central piece in the city's efforts to address the shortage of affordable housing. During its first publicly available funding round, the Housing Trust Fund awarded \$7.9 million to 14 applicants, with 456 affordable units being created or preserved across those projects. Projects supported by this funding award include:

- Housing with wraparound services for veterans (55 homes), for women in recovery from substance use (37 homes), and for people experiencing homelessness and mental illness (47 homes)

**"I will keep focusing on housing until no child or no family in our community is without a safe and affordable place to live."**

— Quinton Lucas,  
Kansas City, Missouri Mayor

- A new navigation center and cottage community (38 homes) to specifically support LGBTQ+ individuals in finding stable housing.
- Preventing displacement of 232 low-income households through the preservation and rehabilitation of an affordable housing community in southeast Kansas City, originally built in 1987. •

**To learn more about the Housing Trust Fund awardees and the program, read the full press release, <https://www.kcmo.gov/Home/Components/News/News/2007/16>**

# LOOKING TO COMMUNITY LEADERSHIP TO POWER CHANGE

The core work of the REACH Foundation is advancing equity through health coverage and care.

To do that, we've committed to working beside leaders who bring personal history and knowledge about strategies that eliminate barriers and empower people to achieve better health.

Randy George, co-founder and CEO of The Village Initiative, is an advocate for returning citizens and their families, offering a network of support as they reintegrate into their communities.

**We're proud to support The Village Initiative and other diverse leaders who are helping provide pathways to better health.**

Thanks to **Our Health Matters** for  
18 Years of Showcasing Health  
Leadership in the Kansas City Region!

**REACH**  
healthcare foundation®

[reachhealth.org](http://reachhealth.org)





The Urban League of Greater Kansas City recently teamed up with HBCU Walking Billboard to present "What to Do the Summer Before Your Senior Year." The presentation was held for KCPS students at Manual Career and Technical Center.



Urban League of  
Greater Kansas City

# FIGHTS FOR YOU

FOR MORE INFORMATION ABOUT THE URBAN LEAGUE OF GREATER KANSAS CITY, VISIT [ULKC.ORG](http://ULKC.ORG), OR CALL 816-471-0550

Imagine equity as a freshly baked apple pie with an enticing aroma that wafts through all of Kansas City. Although every household is entitled to the same sized slice of this pie, the portions are not equally divided or distributed, leaving Blacks without their fair share.

Injustice leaves a bad taste in our mouths, and that's where the Urban League of Greater Kansas City comes in—fighting to ensure that everyone receives equitable slices of the economic, health, education, social justice, and civic engagement pies.

The mission of the Urban League of Greater Kansas City is to enable African Americans and other disadvantaged persons to secure economic self-reliance, parity, power and civil rights.

**For 103 years, ULKC has focused on three key areas:**

- Ensuring that children are well educated and equipped for economic self-reliance.
- Helping adults attain economic self-sufficiency through livable wage jobs and entrepreneurship.
- Securing civil rights by removing barriers to equal participation in the economic and social mainstream.

**The Urban League has nine program focus areas:**

- Project Ready provides college and career readiness training to high school students
- Career Marketplace prepares adults 21 years of age and older to join the workforce
- Project Pathways is a pre-apprentice construction training program
- The Parent Education and Empowerment Center equips parents with the tools to serve as engaged advocates for their children
- Make Black Businesses Better ensures Black-owned businesses thrive
- Digital Spectrum Academy provides computer literacy to seniors
- COVID Response has helped thousands in our communities of color receive vaccinations and boosters
- Social Justice and Advocacy is a beacon of light for civil rights and parity

Additionally, ULKC publishes the annual State of Black Kansas City Equality Index, which offers an in-depth look into the gaps between blacks and whites.

The Urban League of Greater Kansas City will continue fighting for racial equity and social justice until that day when the racial wealth gap is closed and structural racism is dismantled. •

# MEET YOUR NEW TALENT POOL



**How prepared is your company to face the challenges of today's healthcare landscape?**

At the Bluford Healthcare Leadership Institute we develop culturally competent, underrepresented scholars for future leadership roles. The elimination of long-standing disparities among vulnerable patient populations starts with proper representation. Our highly prepared scholars are ready and eager to join your team and start making a difference.

**For more information  
visit [blufordinstitute.org](http://blufordinstitute.org)**



**BLUFORDHEALTHCARE  
LEADERSHIPINSTITUTE**



# WE WANT TO HEAR FROM YOU

Tell us what health and wellness topics you are interested in and would like us to consider featuring in upcoming editions this year.

Email us at [info@kcourhealthmatters](mailto:info@kcourhealthmatters) and write in SUBJECT LINE: HEALTH AND WELLNESS TOPICS FOR OUR HEALTH MATTERS

## UPCOMING EDITIONS:

### AUGUST 2023: Children's Health Edition

We share what are children's most basic needs and help families discover ways to ensure their children have a healthy start and a brighter future.

### October 2023: Women's Health and Wellness Edition

We share insights on some of the most prevalent health issues impacting women and provide education and resources to support their health and wellness needs.

### December 2023: Infectious Diseases:

#### What they are and how to protect your family

Learn about germs and viruses and how you can protect your family from the spread of infection.

Visit [kcourhealthmatters.com](https://kcourhealthmatters.com) to download current and past editions.  
For more information email us at [info@kcourhealthmatters.com](mailto:info@kcourhealthmatters.com).

## April is National Minority Health Month

Better Health Through Better Information

Take steps to improve your quality of life!



Be active



Don't smoke



Eat healthy



Don't ignore  
symptoms,  
seek care



Get regular  
health  
check-ups



# WHAT'S NEXT?



## Take Time to be Healthy

### JUNE 2023

## Men, Your Health Matters

According to the CDC, 13% of men in the US, 18 years and older, are in fair or poor health. There are a few reasons why some men avoid getting regular checkups or delay scheduling doctor visits. We explain what some of the fears and barriers are, and offer recommendations to encourage men to make their health a priority—early detection is the key! June is Men's Health Month. We tackle health concerns and offer encouragement to men from every walk and stage of life. Don't miss a chance to learn more about men's health and wellness.

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<https://kcourhealthmatters.com/digital-editions/>

**IF YOU ARE EXPERIENCING A MEDICAL EMERGENCY, CALL 911.**

**CALL 988:** Every person nationwide can dial “988” to reach trained crisis counselors who can help in a mental health, substance use or suicide crisis.

**CALL 211:** United Way 211 is our city’s 24/7 connection to agencies and resources for anyone in a time of need. Calling 211 connects individuals to free and confidential help—from basic needs to mental health resources to utility assistance and more.