



Shirley Marshall

Shirley Marshall celebrated two years at KC Care in January. She brought a new treatment into the clinic as the first Reiki specialist. Reiki is a Japanese stress reduction and relaxation technique which promotes natural healing. It is a technique based on the idea that we have life force energy flowing through us that can impact our physical body.

Shirley began downsizing her career a few years back, which allowed time for her to pursue her interests. Among them are energy healing and holistic medicine. While volunteering at a hospice center, Shirley came across a flyer for Healing Touch

training. The timing was right, so she began the program as a dual track with Reiki. She received a Master's level training and also trained in Katmandu, Nepal. Because of her diverse training background, her treatments blend Reiki and Healing Touch, with both Eastern and Western influences. For those of you wondering about the difference between Healing Touch and Reiki, HealingTouch focuses on technique (such as specific hand positions) while Reiki is about the energy and intention brought into the treatment. Shirley calls energy healing an "ancient wisdom rediscovered" and says that

if you can relax your body, it can heal. Her advice to those unfamiliar with the idea of energy healing is to be open and aware that everything is energy and will have either a positive or negative effect on your body. Your thoughts, environment, relationships, and lifestyle choices will all have an impact. When not volunteering, Shirley does yoga three times a week and gets outside for walks as much as possible. This mysterious, yet practical and effective treatment is growing in popularity, and Shirley invites those curious about reiki to try it out!

Congratulations to Dental Volunteer!

This note came from Sue Padilla, Dental Assistant: "Just wanted to let you know we're losing another great volunteer...Bethany has been accepted to dental school; she starts in July. She's going to the new school in Kirksville, MO. We're all sorry to see her go, but very proud and happy for her."

Bethany began volunteering at the Dental Clinic in January, 2013, and in 16 short months gave over 200 hours of service!!



Service Anniversaries

June 2014

Thank you to all of our volunteers for their years of service!

9 Years

Dr Carol Kirila, JCO
Physician

Dr Michelle Haines, Gen
Med Physician

Penny Singer, Village
Pres Med Tech

4 Years

Alex Garcia,
Phlebotomist

3 Years

Hillary Hunsinger, CATS
Counselor

2 Years

Tyler Budhram, CATS
Counselor
Conor Carey, Front Office

2014 Truman Scholars Serve KC CARE Clinic

Once again, KC CARE Clinic was the recipient of services provided by the Truman Scholars. These college juniors and seniors come to Kansas City every year to participate in Leadership Week, during which they work on service projects throughout the community. This year the Truman Scholars completed landscaping projects to beautify our facility and compiled prevention kits. The following is an excerpt from the Truman Foundation website: "The Truman Foundation is the official federal memorial to our 33rd president....The Truman is a highly competitive, merit-based award offered to U.S. citizens and U.S. nationals from Pacific Islands who want to go to



graduate school in preparation for a career in public service....The scholarship offers up to \$30,000 to apply toward graduate study in the U.S. or abroad in a wide variety of fields....Truman Scholars are persons who have been recognized by the Truman Scholarship Foundation as future

"change agents." They have the passion, intellect, and leadership potential that in time should enable them to improve the ways that public entities - be they government agencies, nonprofit organizations, public and private educational institutions, or advocacy organizations - serve the public good."

You Will Be Missed!

Dr. Bob Ayres passed away on Tuesday, May 27, 2014. He had volunteered with KC Free Health Clinic, now KC CARE Clinic, since September, 2003, having given over **670** hours of service caring for uninsured patients of Kansas City. His calm, cheerful demeanor was appreciated by everyone in the clinic. We will miss him deeply. Thursday afternoons will not be the same without Dr Ayres. Our greatest condolences go to his loving wife, Jean.



Service Anniversaries cont.

Sandy Handley, Gen Med RN
Ranadous Jones, Outreach Education
Rhoda Nicola, Gen Med RN
Cecilia Singletary, Peer Counselor

1 Year

Munira Hasan, Patient Assistant

Thank you for your dedication to KC CARE Clinic patients!



From a New Volunteer

I really enjoyed my time orienting with the staff. Everyone was very hospitable and helpful. It's so encouraging to see so many people excited about, and committed to such a great cause. Thank you very much.

“What good is the warmth of summer, without the cold of winter to give it sweetness.”

— John Steinbeck, *Travels with Charley: In Search of America*