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- **Karen A. Seals, Ph.D., CAC Secretary**
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- **Phyllis Gilmore**
  Olathe, Kansas
- **James Mireles**
  Garden City, Kansas
- **Janet Schalansky**
  Topeka, Kansas
- **Mark Douglas Sheern, M.D.**
  Abilene, Kansas

COMMUNITY ADVISORY COMMITTEE

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- **Robert K. Thomen, M.D.**
  Chanute, Kansas
- **Alan G. Wynne, M.D.**
  Topeka, Kansas
- **Marty Beezley**
  Chair, Sunflower Foundation Board
  Pittsburg, Kansas
- **Christopher J. Ruder, M.S.N., R.N.**, Secretary
  Lawrence, Kansas
- **Kraig L. Gross**, Treasurer
  Hays, Kansas
- **Harry W. Craig, Jr.**
  Topeka, Kansas
- **Marty Beezley, Chair**
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- **Karen S. Hauser, Ed.D.**
  Salina, Kansas
- **Mia S. Korbelik**
  Dodge City, Kansas
- **Thomas L. Miller**, BCBSKS appointment
  Topeka, Kansas
- **Greg Smith**
  Osage, Kansas
- **Carolee A. Williams**
  Wichita, Kansas

The Sunflower Foundation is committed to working in partnership with others to achieve and sustain a stronger Kansas. We are grateful to our donors, our board of trustees, our advisory committee, and the many others who support our work.

**Stronger Together**

Sharing Ourselves to Strengthen Us All
Welcome! We at the Sunflower Foundation are committed to working together for a stronger, healthier Kansas. We are passionate about promoting the wonderful works and ideas of health organizations throughout the state. We know that by joining our efforts we can help people of all ages experience a healthier, more productive and enjoyable life. So we invite you to work with us, share your ideas, let us know what is working in your community and what ways we can help support your efforts.

We invite your inquiries, questions and suggestions at any time. We promise to respond and to answer your questions as best we can.

Thank you for your interest in the Sunflower Foundation. We look forward to working together soon.

Meet the Staff
Standing, left to right: Yvette Desrosiers-Alphonse, Program Officer; Billie Hall, President/C.E.O.; Larry Tobias, V.P. for Programs; Cheryl Bean, Finance/Grants Manager; Seated, left to right: Alisa Browning, Executive/Program Assistant; and Jackie Yingling, Finance/Grants Assistant.
Flint Hills Community Health Center, Emporia

On a tree-lined street in Emporia, in a red, two-story home lives Margarita, a beautiful two-year-old child with dark hair and dark eyes. She has a special smile for her friend Dr. Mike Mawdsley visiting from the Flint Hills Community Health Center. Born at just 11 ounces, Margarita is a walking, talking testament to the work of the clinic. She is the smallest surviving infant in Kansas. After her birth and four months of care at a regional hospital, Margarita and her family needed to find a local health partner for crucial continuing care. Dr. Mawdsley and the Flint Hills center stepped into the gap to help the family.
Coordinating Lifelong Care
Margarita’s story is one of thousands that illustrate the way the health clinic is focusing on lifelong coordination of care. Executive Director Lougene Marsh explains that the clinic’s goal is to deliver integrated medical, dental and behavioral services, not just a quick fix. “We want to follow patients throughout their lives, if possible, by making an integrated care plan,” Marsh says. “We are working with other community health partners to create better care through less fragmentation and less duplication of services.”

The clinic provides all-important preventative care including prenatal care, works with other hospitals for obstetrics, and welcomes mother and child back to the clinic for pediatric care. An internal medicine physician is key to helping the elderly population. Flint Hills views itself as a community partner, inviting other organizations to look to them as a resource. “It’s important we collaborate to deliver general health care, mental health services, and social services,” says Marsh.

Generations of Help
Founded in 1923 as the Lyon County Health Department, the majority of the clinic’s growth occurred in the late 1990s as the facility became a Federally Qualified Health Center, expanding services to include individuals with insurance, Medicare, Medicaid and HealthWave, as well as the uninsured. Over the last nine years, Marsh has successfully worked to expand services. In 2005, Marsh applied for and received a Bridge Grant from the Sunflower Foundation in order to hire one full-time family practitioner, providing care to about 3,525 additional patients in Lyon County.

To help provide more specialized care for children, Marsh again applied for and received a 2006 Sunflower Foundation Bridge Grant. Using these funds, Marsh was able to hire Dr. Mawdsley, a full-time pediatrician.

“Since we hired Dr. Mawdsley, ill children are usually worked into the schedule within a day or two, and it’s possible to schedule a physical within three to five days,” says Marsh. The clinic expects to increase the number of pediatric visits 2,057 this year.

For Marsh and other staff members, it’s not just about medical care being available; it’s also about the manner in which it is delivered. Cultural barriers compound economic barriers. “Imagine having an illness and being unable to express or describe the pain you are experiencing. We provide a culturally-sensitive interpreter who works alongside our physician and dentists.”

The Language of Care
Margarita’s one-year portrait is pinned to Dr. Mawdsley’s office bulletin board. He has visited her many times and has become quite close to the family. During his most recent visit, the beaming faces of Margarita’s parents tell a story of its own. “We really appreciate Dr. Mike,” says Margarita’s mother Sandra.

For the Tierrablanca family, as with so many others, Flint Hills is a vital part of a healthy life. More than simply a place for immediate care, Flint Hills Community Health Center is a portal to services throughout the community. The family is connected to additional resources including developmental screenings, dental care and childcare. It is care that is stronger as caregivers and community partners work together.
Healthy Behaviors and Prevention

Fairview Elementary School, Olathe

It’s 8 a.m. and students are lined up in the gymnasium to go outside. Each morning, these students are invited to start the day with a little walk around a path that circles the school’s playground. The children are thrilled to be outside, skipping together with friends and chatting excitedly. It may seem a small thing, but for these students, the habit of starting the day with a little outdoor exercise just may become a lifelong activity.

Stronger ...through shared paths.

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Happy faces and happy feet. Children at Fairview Elementary School in Olathe begin each day laughing, walking, skipping and running around a path circling the playground.
Healthy Behaviors and Prevention

A focus on helping people live healthier lives through education, lifestyle choices and environmental factors (physical, cultural and social) that support healthy living.

Examples of the types of projects funded in this area include:

- Promoting physical activity and proper nutrition as a means to preventing obesity, especially in children and youth. Much of the foundation’s work has focused on schools, communities and work sites.

- Supporting environmental changes that encourage increased physical activity. Specifically, the foundation’s priorities are school and community-based walking trails.

- Supporting education and advocacy around tobacco use and clean indoor air.

Stronger Together …through shared paths.

Troubling Trend
Several years ago, physical education teacher Barb Siegfried noticed a troubling trend among her students at Fairview Elementary School in Olathe. They were often using their recess time for sedentary activities. “Kids were swinging, or talking or just sitting around,” Siegfried said, who has taught generations of families over her 31-year career at Fairview. “One particular student caught my eye and then I began to notice just how many of her classmates were also inactive during recess.”

Siegfried and Arvella Speese, Wellness Director for the Olathe School District, talked about the troubling trend and possible remedies. Their idea? Construct a walking trail at the school to encourage physical activity. They envisioned a trail where walkers could enjoy some scenic variety, but would always be visible to school staff.

A Path to Progress
With seed money already promised by Olathe Medical Center, Siegfried and Speese approached the Sunflower Foundation with a grant request to fund the construction of a 1/5-mile trail. The Sunflower Foundation granted that request and funded five other walking trail requests across the state in 2005. The Fairview Elementary School walking trail was dedicated on October 27 of that year. (To date, Sunflower Foundation has funded 38 walking trails across Kansas.)

The impact on the students was immediate.

“...through shared paths."

“The impact on the students was immediate.”

“In addition to using the trail for P.E. classes, students began walking during recess and even before school,” said Siegfried. “Students were also coming to school early to just walk on the trail.”

Seeking to encourage this habit, Siegfried decided to join the students at 8 a.m. every school day, awarding wrist bands based on the number of laps completed. Students in kindergarten through second grade earn prizes once they reach 30 miles, while those in grades four through sixth do so after 40 miles.

The social aspect is also beneficial, Siegfried says. “Doing something fun together is the key. Kids like to be with their friends and run and play while benefitting from the added activity at the beginning of the day.”

Siegfried and the school nurse, who serves as a wellness coordinator, work together to make health programs fun for kids and parents. Fairview holds a basketball camp in the winter, a hockey night and a “walk to school” day. All the activities are intended to be both fun and a way to encourage an active lifestyle now and for years to come.

Walking Forward
The Fairview Elementary School sits in the middle of a neighborhood with the playground and walking trail visible and accessible to the area. Rather than a simple oval, the trail forms a boot shaped perimeter around the playground, which makes for a more interesting walk than a simple lap around a traditional track. On weekends, the neighbors are using the walking trail, as well. Siegfried said she knows of several families that routinely walk the paths. Fairview’s Parent Teacher Organization also sponsors an annual walk-a-thon, putting the trail to even greater use.

“A walking trail may seem like a simple thing, but the impact is significant,” said Siegfried. “Students are more active and healthy today and they are developing health habits to carry into adulthood.”
Rosa Molina often forms friendships with those she and the bureau serve as she advises them on the assistance available for prescription medications and eyeglasses.

Medical Services Bureau, Wichita

For the seven people sharing the space in the small waiting room at Medical Services Bureau, the wait is worth it. As with most days, the people who have come to the bureau are seeking assistance to purchase prescription medications. As the weather turns from warm to cold, the bureau receives more requests for antibiotics. But MSB is busy all year assisting residents throughout Sedgwick County receive low-cost or free medications to treat heart conditions, diabetes, high blood pressure, respiratory problems, mental health and other chronic illnesses among the underserved and uninsured. MSB also has a program to connect clients to eyeglasses and eye care.
When Executive Director Rosa Molina joined MSB almost 14 years ago, she was greeted with a shoestring operation, but one with deep roots in the medical community. In 1937, a group of physicians founded the bureau as a way to help patients receive health care by paying only what they could afford. Later, Medical Service Bureau changed its mission to link low income, uninsured and underinsured Kansans to access to prescription medications and vision care. Rosa is only the third director in agency history. She was familiar with its importance in the community, but faced many challenges to bring the services up to date.

“I joined a staff of two in an office where all paperwork was done by hand,” Molina recalls. “We would interview up to four people an hour, take notes, write out the prescription voucher and start calling various pharmacies for the lowest prices.”

The amount of work for each patient was overwhelming. “I thought, ‘There just has to be a better way to serve people,’” Molina says.

Through the years, Molina has worked tirelessly to find new ways to bring prescription medications to those in need and improve office operations. Prior to Medicare Part D, she established a nonprofit pharmacy at MSB with the help of the agency’s first grant from Sunflower Foundation. She and her staff work with clients to match them to the best programs for obtaining their prescription medications.

**‘A Better Way’**

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**Strengthening the Foundation**

Sunflower Foundation has also helped MSB purchase upgraded computer equipment and software for the creation of a reliable patient database. The ability to record and track patient and prescription information not only strengthens the quality of services, it also helps MSB manage growth. In 2007, MSB received a Capacity Building grant for financial management software and training on its use.

“Thanks to this new software, we were able to identify that the number of clients this year was 30 percent higher than one year ago. That’s the kind of information that helps us plan more effectively for the future and to be able to better serve the growing needs of our community,” Molina says.

**A Model for Services**

MSB focuses on creating connections that provide effective and affordable care for clients. “Prescription medications can result in a tremendous financial burden on the uninsured and underinsured,” Molina says. “Medical Services Bureau is trying hard to educate everyone about that, including physicians.”

Molina hopes that other communities can learn from MSB’s experience and sees the value in trying to replicate the bureau’s model of care on a broader level. “Of course we’re stronger together! We’d be most willing to assist anyone who is interested in providing similar services in other communities.”
Stronger Together ...through advocacy.

We are proud that the Sunflower Foundation shares the name of the Kansas state flower. The sunflower’s seeds provide nourishment for many, spreading beauty and sustenance wherever they take root.

Likewise, the Sunflower Foundation is trying to spread the message throughout Kansas that advocacy contributes to the mission of nonprofits – nourishing, if you will, the fruits of their labor. In 2007, the Sunflower Foundation board adopted advocacy as an official focus area.

“We believe the outcomes of public policy decisions are enriched when nonprofits are at the table. But we know this doesn’t always happen,” says Billie Hall, President and CEO of the Sunflower Foundation. “That’s why we began looking at ways to help nonprofits get more involved in advocacy and ultimately strengthen their voices in policy discussions.”

To help guide the development of Sunflower’s work in advocacy, the foundation partnered with David Arons, a national expert in nonprofit advocacy. David led the foundation’s 2007 Strategist Workshop, Finding Your Voice: Strengthening Nonprofit Advocacy, which sparked great interest among participants.

On behalf of the Sunflower Foundation, David surveyed a cross-section of Kansas health-related nonprofits about the extent and nature of their advocacy. Results of the survey showed that only 40 percent of Kansas health nonprofits believe their organizations and leaders are involved, and the various levels of engagement. The survey also revealed that the greatest challenges to participation are time and resources. And, while many nonprofits engage in some form of limited advocacy during the legislative session, most do not see public policy work as necessary throughout the year.

“Those results are informing our planning and work around advocacy,” says Billie. “It is our intent to respond by developing programs that strengthen nonprofit organizations and leaders. The Sunflower Foundation believes that nonprofits need to be involved because their perspective is important to finding solutions to today’s complex health problems.”

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“There are positive results from the survey, as well,” says David. “We learned that Kansas nonprofits want to be involved in public policy – they understand that they have an important voice. They want to be heard and they want to be engaged in policy discussions. The survey results reveal that many nonprofits want to be involved because they believe their effectiveness.”

As a consultant to the Sunflower Foundation, David Arons is helping the foundation develop a capacity building program for Kansas nonprofits. David is former co-director of the Washington-based Center for Lobbying in the Public Interest, former faculty member at Johns Hopkins and Georgetown universities, editor of A Voice for Nonprofits and co-author of Seen but not Heard: Strengthening Nonprofit Advocacy.

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As we reflect on the past year, we have a tremendous appreciation for the work being done across Kansas to increase access to health care and to promote health. We learn a great deal from the organizations with which we partner — and we know that finding effective ways to work together is the best way to find effective solutions to the health challenges facing Kansans. We look forward to continuing current and developing new partnerships — growing stronger together.

The Mission of the Sunflower Foundation
To serve as a catalyst for improving the health of Kansans.

Our Vision for Health
To direct our resources toward helping people and communities achieve and maintain optimal health by improving access to health care and information, eliminating barriers, emphasizing prevention and promoting healthy environments that enable and support personal responsibility for health.

How to Contact Us
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Cheryl L. Bean
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Topeka, Kansas

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Chair, Sunflower Foundation Board
Pittsburg, Kansas
**Grant List: FY 2008 Grants and Initiatives**

**Access to Health Care**

- **Boys Town Health Management, Mobile – $25,000** for expanded services by part-time nurse who services rural communities.
- **Guiding Light, Inc., Kansas City – $15,000** for expansion of programs to provide on-site counseling and training.
- **Kansas City Health Clinics, Inc. – $20,000** for the expansion of clinic services.
- **Mid-Continent Planned Parenthood – $20,000** for expansion of services.
- **Sunflower County Health Agency, Expedition – $20,000** for expansion of services.

**CAPACITY BUILDING**

- **United Methodist Western Kansas Mexican-American (three-year grant)**
- **Sunflower Foundation Rural Primary Care Scholars, Kansas City – $15,000** to expand services.
- **The Dental Champions Leadership Program (two-year grant)**
- **Good Samaritan Project, Kansas City – $38,850** to help expand services.
- **Flint Hills Community Health Center, Emporia – $9,996** for an individual practitioner/clinic manager (two-year grant).
- **Kansas City Free Health Clinic, Kansas City – $42,932** for a registered nurse practitioner (three-year grant).
- **Health Ministries Clinic, Newton – $20,000** for computer hardware and software.
- **Hamilton County Hospital, Syracuse – $20,000** for a new computer hardware and video projector.
- **Elizabeth Layton Center, Inc., Ottawa – $15,300** for computer hardware, software, consultation and training.
- **Community HealthCare System, Inc., Onaga – $25,000** for computer hardware to enhance training and education.
- **Attica Hospital District #1, Attica – $16,060** for computer hardware, software, projector, technology and miscellaneous.
- **The ALS Association – Keith Worthington Chapter, Kansas City – $15,000** for computer hardware, software, server upgrades.
- **University of Kansas Field Station and Ecological Reserve, Kansas City – $24,000** to expand Power Panther Professionals, a 12-week physical activity program (two-year grant).
- **City of Parsons, Parsons – $15,000** to build a 7/16 mile, 6' wide concrete walking path connecting the main hospital campus to a 10th Street walking trail around Swope Park.
- **City of Newton, Newton – $15,000** to build a 1,580' long, 10' wide concrete walking trail along South Kansas Avenue from the south edge of Cofachique Park to 10th Street.
- **Kansas Hospital Association and the Kansas Medical Care Collaborative, co-founded by the Kansas Hospital Association and Kansas Health Care Collaborative, Inc. – 600,000 for the formation of a clearinghouse; and develop a technical support team**
- **Sunflower Foundation Grantee Workshop, Topeka – $25,000** to fund 32 mini-grants to schools to host Family and Consumer Science Education (FACS) interactive Girl Scout curriculum designed to increase the availability, accessibility, and enrichment of FACS programs in local schools.
- **Manhattan, Kansas – $77,501** to develop, deliver and assess an evidence-based 5-week program to promote healthy eating and physical activity for children ages 6-12.
- **USD #399/Paradise, Natoma and Waldo, Natoma – $5,900** for leadership assessment, governance and community members to promote good nutrition, fitness and community health.
- **USD #305/Salina Public Schools, Salina – $15,000** to build a 2,535’ long trail along the Meadow Lane 6’ wide concrete walking/nature trail connecting two natural areas along the Missouri River.
- **USD #250, Hays – $20,000** to build a 1,000’ long, 6’ wide asphalt walking trail on the Meadow Lane 6’ wide concrete walking/nature trail connecting two natural areas along the Missouri River.
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**HEALTHY BEHAVIORS AND PREVENTION**

**Community and Nonprofit Initiatives**

- **Sunflower Foundation, Topeka – $15,000** to support a community initiative to promote healthy lifestyle changes in adults and children.
- **Community HealthCare System, Inc., Onaga – $25,000** to continue the development of the Hannibal Community Health Center.
- **USD #250, Hays – $20,000** to address childhood obesity.
- **Sanibel Island, FL – $75,000** to conduct a technical point-of-sale audit of the Seed the Future Card.
- **Bronx, NY – $1,000** to support the development of a new model to study the relationship between nutrition and behaviors.
- **Professor P. MacKenzie, Fort Scott – $24,000** to fund an evaluative audit of the Seed the Future Card.

**Responsive Grants**

- **Sunflower Foundation, Topeka – $15,000** for high-speed copiers.
- **Tiyospaye, Inc., Wichita – $11,174** for high-speed copiers.
- **TLC for Children and Families, Inc., Olathe – $8,100** for high-speed copiers.
- **Topeka, Kansas – $9,930** for consultation to evaluate the progress of the city’s Safe Routes to School initiative.
- **Kansas Advocates for Better Care, Inc., Lawrence – $20,000** for consultation to develop a fundraising management database.
- **USD #305/Salina Public Schools, Salina – $15,000** to build a 2,535’ long trail along the Meadow Lane 6’ wide concrete walking/nature trail connecting two natural areas along the Missouri River.
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