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# The Record

## Unified Government Launches Wellness App for Public Safety Personnel

Mental and physical wellness is critical to a professional, successful fire and law enforcement department. Because members of public safety service are exposed to traumatic incidents at much higher rates than the general population, they are more susceptible to mental health issues such as PTSD, depression, anxiety and suicide.

To proactively address these mental health challenges among Kansas City, Kansas Fire Department (KCKFD), Kansas City, Kansas Police Department (KCKPD) and Wyandotte County Sheriff officers and personnel, the Unified Government has launched a customized, confidential wellness app that will be available to public safety personnel and their families. Powered by Cordico, the leader in public safety wellness technology, the app includes a wellness toolkit addressing 60 behavioral health topics such as fatigue, suicide prevention and alcohol abuse, mental health self-assessments, and videos and guides on yoga, mindfulness, nutrition and more.

“We recognize the stressful nature of the work and its impacts on the overall wellbeing of public safety personnel

and their entire family,” said Wyandotte County Sheriff Don Ash. “This app is another tool that we can use to provide support of their work and commitment to our community.”

The app includes key features such as an Officer Wellness Toolkit with over 50 modules including emotional survival, financial fitness, parenting and marital resources, and sleep optimization. In addition, there are self-assessment tools, a therapist finder to identify local resources, as well as peer and chaplain support.

“Firefighting is a serious and dangerous occupation that can often be stressful and sometimes traumatic. When the citizens in our community call 911 for help, they expect and deserve the very best from us when we respond,” said KCKFD Chief Michael Callahan. “Cordico is a tool that I believe will help provide a strategic solution to strengthen firefighter wellness. This unique and affordable application is easily accessible and our firefighter’s health and safety is one of my biggest priorities.”

Public safety personnel and their family members will have confidential, 24/7

access to the app to ensure they have the resources they need in their most difficult moments – on or off-duty. “No one should ever feel blocked from accessing help at times of need due to their schedule or location or concerns about confidentiality, and that is especially true of our public safety personnel who dedicate their professional lives to responding to others’ emergencies,” says Cordico founder and president Dr. David Black.

KCKFD, KCKPD, and the Wyandotte County Sheriff will utilize this technology to help personnel build resilience and avoid the negative long-term effects of high job-related stress.

“The Kansas City, Kansas Police Department has long recognized the important link between officer wellness and its impact on the residents we serve,” said KCKPD Chief Karl Oakman. “This app is another important tool in helping us remain at the forefront of changing public safety culture as we diligently work to support the mental health and wellness of our officers at work and at home.”

The Unified Government joins hundreds of agencies and organizations nationwide served by Cordico.

## My Years of Living Dangerously

By Dr. Jim Haas

When I was a child in 1950s Akron, we watched the skies for Soviet bombers because Akron’s rubber industry supposedly made it the number three target in nuclear war. We took a perverse pride in our importance as we practiced bomb drills crouched in the school hall.

Less spectacular than atomic annihilation, but far more likely, was polio. A widespread epidemic hit the U.S. in 1952, infecting at least 57,000, of whom more than 3,000 died and 21,000 were left with paralysis or deformity. Polio had been rising for years, striking mostly during the warmer months and hitting children and young adults the hardest, and everyone knew that President Roosevelt had been crippled by polio.

One day, our class was ushered to the gym to see an iron lung and listen to a rather grim nurse tell us about polio symptoms and effects and precautions we should take. If her goal was to scare us, she succeeded.

The virus seemed to spread through human contact in close quarters, so theaters, swimming pools, and other crowded places were closed for the duration. Fear was palpable and parents were advised to keep their children isolated inside during the summer. I spent the three months mostly in my room with my books, model ships, and magazines, looking dreamily out the window and wishing I were out there. I would have been the only one.

In 1953, building on years of research by the Harvard Medical School, Dr. Jonas Salk (pictured) at the University of Pittsburgh developed a killed-virus vaccine and began a field trial with 1.8 million children to determine if it was both safe and effective. When success was announced in 1955, church bells rang, factory whistles blew, and a grateful nation hailed a triumph of science in the cause of humanity. The federal government immediately contracted for manufacture and distribution.

Dr. Salk became a national hero. Beginning in 1955, more than 450 million doses were given in the U.S., including mine. The health department sent teams of nurses to the schools; our class went to the gym, lined up, and shuffled toward the shot’s salvation. By 1964, Dr. Albert Sabin of the University of Cincinnati had developed an oral version, and both he and Salk refused to patent their vaccines, keeping the costs down. Sabin’s was distributed worldwide, and only a few wild cases now occur, all in South Asia.

Polio wasn’t the only scourge. Between ages 8 and 12, I contracted measles, mumps, and chickenpox, as did most of my classmates. Each illness was miserable, and hearing loss, heart damage, sterility, and even death were possible. Measles and mumps vaccines didn’t arrive until the 60s and for chickenpox not until 1995. Today, all states require children be vaccinated for diphtheria/tetanus/per-tussis (combined), polio, chickenpox, and measles/rubella. Most states also require mumps and hepatitis A and B, and some require influenza, pneumonia, HPV, and/or meningitis.

Another health problem was averted when government banned thousands of X-ray fluoroscopes from shoe stores during the 50s. Several times when my mother took me to buy shoes, I put my feet into a slot in a small wooden podium and saw on a screen my bones inside the shoes, theoretically ensuring a good fit. Theoretically. Seeing my bones was very cool. Accumulating doses of roentgens was not, and especially not for employees near the machines, which leaked radiation toward reproductive organs.

Thanks to university research, public and private funding, and government dedicated to public health, kids today are spared the sicknesses and health dangers that my generation endured. Science saves.



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## Sue's Sudsy Soapbox By: Sue Reich



This is so odd; I don't know why I didn't give it a thought before. I have lived in Turner since 1975. I used to belong to the Turner Recreation Center on 55th street. Worked in the office, handed out recycle bins, all kinds of things there. We had a domino club and we used to take monthly trips. Just a bunch of us senior citizens. It really was a lot of fun. Then some began to pass away. Eventually we all moved to the Turner First Baptist Church to play dominoes there. But to get to my point, I have written for *The Record* for 27 years and been delivering it to local businesses for 10 years or so. I have been North and South and South and North a hundred times on 55th street. Why didn't I notice it before? The Old Shawnee Township Cemetery. It just sits there minding it's own business and I thought, doesn't anyone know anything about that old place in Turner proper? So, I decided to look it up and I was really surprised about the history of it. It seems almost neglected like it should be in another time zone. One of the very first people that was buried there was an old Shawnee Indian man. But back then Turner wasn't a city yet and it was a Shawnee reservation I suppose. But when the pioneers started moving West, they lost quite a few of their people. One of the first burials was in May 1832, when the family of Benjamin and Jane Reed lost their 5-year-old Thomas Reed and buried him on that very land. As the Shawnee tribes moved

further West, families such as Hover, Bowsher, Reed, Meffley and Mowery settled in. As the town grew, people were using the dirt from the construction site and the dirt had a terrible stench of decay. Can you imagine using the dirt from a place that was a cemetery? But to make a long story short, the cemetery was preserved and saved, and it created it's own history. I would like to go in there and look around just to see who they are and how many years they have been there. I usually glance at it but now I am really interested in that quaint little place. It sits there so desolate and sad looking.

A dear friend of mine lost a dearer friend of his. Fred Broski had a friend by the name of Ray Lee Goodwin. He was a classy driver and a classy person as Fred puts it. Those two would get together and talk about racing. They would go to Iowa, Nebraska, anywhere that waved that checkered flag. Fred, I am so sorry about your loss. The motorsports community will miss him, and we know you sure will.

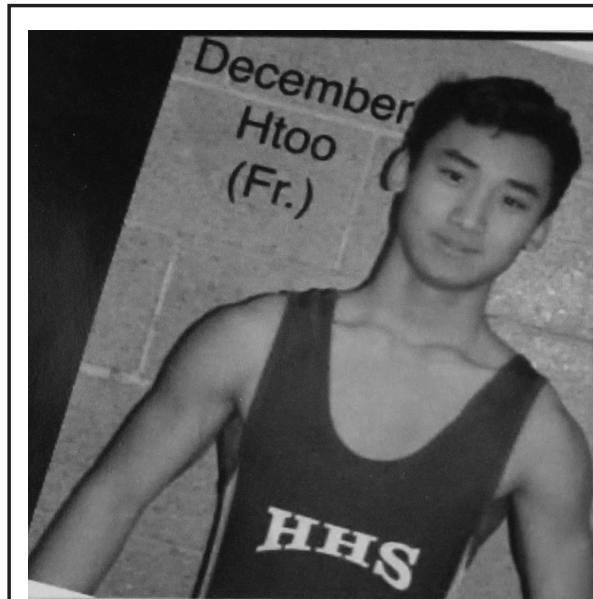
Guess what I did? I moved 19 cement blocks off of my sidewalk, with a dolly of course. Took them to another area and stacked them. Now I have a big sidewalk again. I planted flowers in them because the fella that mowed our yard would mow all my flowers down. So, I just got some potting soil and had flowers along the sidewalk. Didn't feel like doing it this year. Been doing some painting for our community garden. Changed my course. Yardwork doesn't thrill me like it used to. Although I had some dandy Hollyhocks this year from seeds that Fred sent me. Thanks again Fred. Well dear readers, guess I will sign off and hit the sack. Mind your p's and q's, be nice, k? I lvy all and we will get over this pandemic. Take care, Sue Friendship is a Rainbow between two hearts.



Way up in a Crow's nest at 34th and Steele Road, two men are trimming trees



Fred Broski and his friends



Well, it has been 4 years now. Have I been forgotten? I would've been 21 by now.

# Comin' & Goin' Turner Style



By Sharon Hoover

Looking ahead to the next few months, the K-State Garden Winter Webinar Series will present "Embrace Your Landscape's Wild Side - Supporting Backyard Birds" on October 6 and "Winter Interest in the Landscape on November 3. Both programs start at noon consisting of a 45 minute program and 15 minute question/answer session. Registering will remind you of the upcoming event and notify you when the recording is available. All previous classes are available on the K-State YouTube channel, just use your computer's

search engine to find K-State Garden Hour. I have seen almost every program and although I can no longer get down and dig in the dirt, I pass pertinent information along to my family and friends who are unable to view the programs.

This week I finished reading the latest Karin Slaughter novel, "False Witness". This is not a "cozy" read. Taking place during the pandemic, with flashbacks, it deals with murder, alcoholic and drug addiction, predatory behavior, pedophilia, and mental and sexual abuse. I read one of Slaughter's earlier novels which I enjoyed, so I thought I would like this one. The further I got into it, not so much. Read at your own risk.

Currently, I'm in the middle of a novel by Louise Candlish "The Other Passenger". Taking place in London, it is about a missing person. The main character is a fortyish gentleman with a case of claustrophobia who has done some not so gentlemanly things and is now the main suspect in the disappearance of his friend.

So far, so good.

Recently I wrote about the battle with the squirrels eating my tomatoes. Well, since we have more or less held the tomatoes hostage in the cages Calvin built, I can report - squirrels 0 Hoovers 3 (tomatoes). YAY!

I hope no one has been more disappointed than me to hear of the number of shootings and deaths attributed to shootings in the Metropolitan Kansas City area. It seems not a day goes by without a report of a shooting in Kansas City, Mo, or a community nearby. Is it that too many people are on edge, reach for a gun to solve a difference, or possible vendetta, or gang related? I don't have any answers. We should learn to be more tolerant of our neighbors.

Until next time, stay safe, please wear your mask indoors in public places, and be kind to those around you. Save yourself and others by getting the Covid-19 vaccinations if you haven't done so. We need to depend on each other to get through this terrible crisis.

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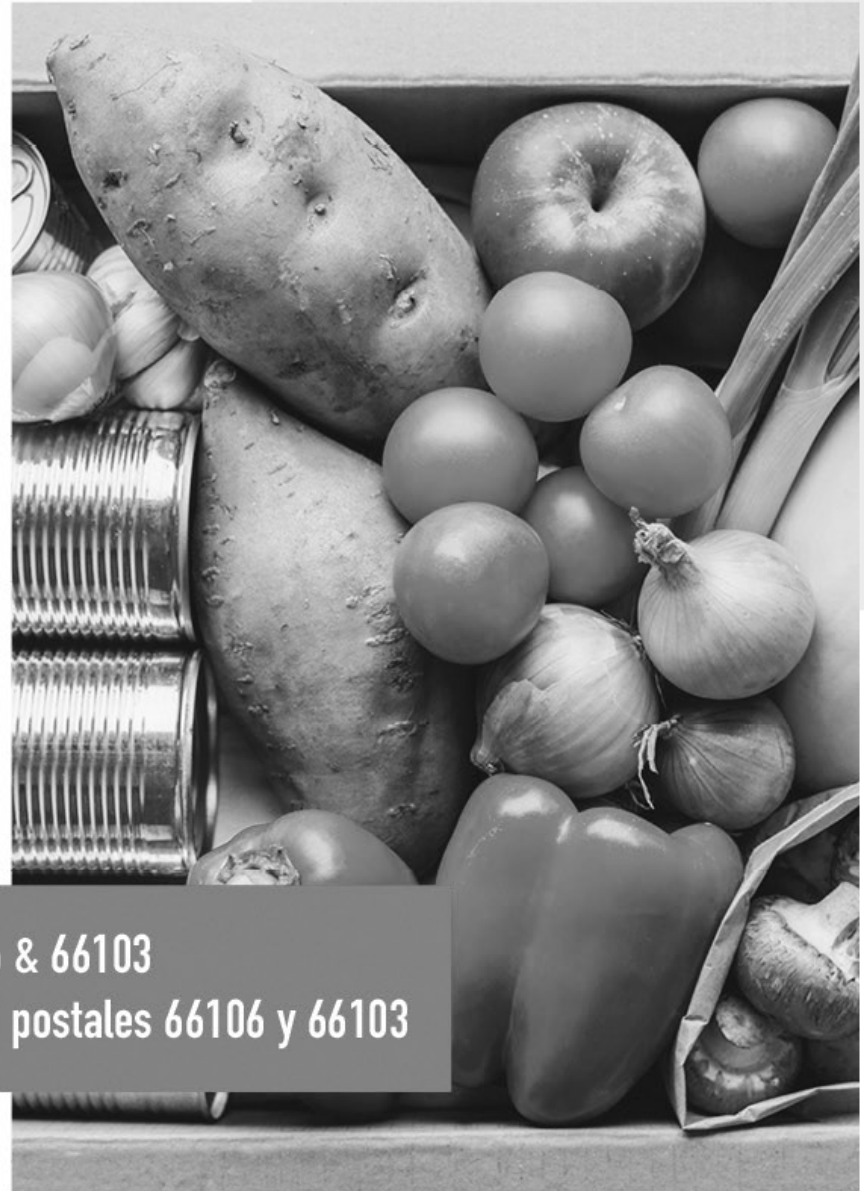


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# Guest Editorials

## Quotes To Ponder

By Tom Valverde

"We don't have to have these cases in the ICU. Every case I've seen in the ICU has been from those who are unvaccinated.

It's a preventable death... it's heartbreaking actually. Almost every time before a patient gets intubated, they want to call their loved ones and say goodbye. And, unfortunately, oftentimes, that is the last time they speak with them."

Dr. Warren Abel, Critical Care Physician,

St. Anthony's Hospital, Tampa, FL

"Vaccinations are part of a long tradition that we have in this country, of taking steps as a collective, to keep people safe."

Dr. Vivek Murthy,

U.S. Surgeon General

"In an infection outbreak, your personal choice ends where my right to not get killed by an infectious disease begins.

So we have these collective actions for the good of the community and not the individual."

Sheryl Gay Stolberg,

New York Times reporter for Health Policy

"The United States has surpassed 40 Million COVID cases with over 252,000 pediatric reported cases. This represents the highest monthly total, since the start of the COVID Pandemic. Children's Hospitals average 365 new admissions per day."

September CDC Report

"Walmart, Home Depot, and Amazon welcome President Biden's plans for increased vaccination of their still unvaccinated employees.

Vaccinations are required for companies with 100, or more employees, or they may opt for weekly COVID testing."

ABC News

The FDA has given approval for the COVID vaccine. People are still alive because they've chosen to be vaccinated. New

research from the CDC shows that in July, 2021, unvaccinated people were 10 times more likely to be hospitalized for COVID-19, and 11 times more likely to die from it than people who are vaccinated.

This year, the United States is entering the Fall and Winter seasons with 4 times more patients that are hospitalized, than were at the same time, one year ago.

In Boise, Idaho nearly every patient admitted to hospitals is unvaccinated.

A change from last year is the fact that the young are being more affected with the Delta variant. Persons who are 20, 30, and 40 years old now make up the majority of new cases in hospitals. Different also, is that these younger patients are becoming sicker, faster, and they're not getting any better.

The steep increase of pediatric COVID cases is of great concern is that those school acquired infections will spread to vulnerable family members. There is still no vaccine for children ages 5-11.

The Delta variant can spread as easily as chicken pox. Being more highly transmissible means there will be more people infected and susceptible to it. Recent studies show that there is increased spread and increased severity with the Delta variant.

States with large segments of their population that are unvaccinated are not able to cope with the numbers of the sick and dying. Because they are so overwhelmed, they have had to call in military personnel to assist hospitals to care for the patients in COVID ICU units. Idaho, Arkansas and Alabama have called in Military medics. And Idaho declared a "Crisis Standard of Care" (CSC). A CSC is only declared when a regional system is depleted to the point where it cannot transfer patients elsewhere nor can it provide health care services at a normal level.

The COVID pandemic has served as a wakeup call for state and local health authorities to begin a process

to be better prepared to deal with any future disease outbreaks.

"The fact that the Department of Defense has to step in to help means we are surging to a point that is approaching what we had last Winter without a vaccine. There's need to think about a Public Health Service Corps, in addition to what we have now with military personnel, that can be deployed specifically for public health emergencies like this," said Dr. Shereef

Elnahal, president and CEO, University Hospital, Newark, NJ.

Everyone must remain a part of the solution, and follow all guidance. Take care!



## Passings...

By: Sue Reich

Betty (Smith) Hawkins, age 95, passed away September 6, 2021. She was a Turner High School graduate, class of 1944.

David Allen Gaddy-Cox, age 69, passed away September 2, 2021. He was a graduate of Washington High.

Louise Marie (McGowan) Bondurant, age 72, passed away September 8, 2021. She taught 5th grade for many years in Turner and KCK school districts.

## WANTED:

Small dog, short hair, about 15 lbs. I have a rat terrier. Middle age. He is lonely. His mix collie sister, Lady, had to be put down. His brother Bo Bo put down 3 weeks before. Bo was my gentle giant. Moose needs a companion. Female(spayed) or gentle male (neutered). Sue Reich [Imadotte76@gmail.com](mailto:Imadotte76@gmail.com)

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## Tom's Tasty Treats

Well it's been nice and cool here in recent days, can almost feel Pumpkin Time about to arrive! And there's nothing better than a slice of old fashioned Pumpkin Bread to get in the mood for Fall. I hope you will try this one, and the variations that are included. For the Fall, it's...

### SIMPLY GOOD PUMPKIN BREAD

Ingredients:

2 c Flour

1/2 t Salt

1/2 t Baking Powder

1 t Baking Soda

1 1/2 t Cinnamon

1 t Nutmeg

1/4 t Cloves

~~~~~

3/4 c Canola oil

1 c Sugar

3/4 c Brown Sugar

2 Lg. Eggs at room temperature

1 15 oz. can Pure Pumpkin

1 t Vanilla

Set oven to 350°.

Grease and flour two 4x8" loaf pans, or 1 Bundt pan.

Note: Bundt pan will bake for 1 hour.

Make Pumpkin Muffins, this recipe makes about 16 muffins, and they will bake for only 20 minutes. Combine and whisk together all the dry ingredients. In a bowl cream together the butter, sugar and brown sugar until well mixed. Whisk in the eggs, one at a time; add the Vanilla. Slowly add the flour mixture, folding in with a spatula until just combined. Pour the batter evenly into the two loaf pans. Bake for 55-60 minutes until tester comes out clean.

Important to cover the pans loosely with foil, midway through baking to prevent over-browning. Leave in pans for 10 minutes before placing onto a cooling rack.

Variations:

Here are some suggestions to make your pumpkin bread even better! Try adding any of the following in 3/3 to 1 cup quantities, Raisins, Pecans, Chocolate chips, chopped Dates, or chopped Walnuts.

For people who dislike any nuts, simply add to the top of the loaves just before baking. They will toast and be delicious!

Pumpkin bread is good just plain, but a bit of butter when warm, is so yummy!

If you want, frost them with Cream cheese frosting. For this you'll need:

1 8 oz. pkg Cream cheese

1 stick Butter

1/2 t Nutmeg

4 t Bourbon or milk ,,

substitute 1 t Vanilla if not using bourbon

1/4 t Salt

Beat the cream cheese and the butter until smooth. Add the other ingredients and beat in. As always, adjust the spices to your taste. Some recipes can for ginger. Use it if you enjoy it.

The loaves freeze well, and will keep for up to 3 months. Wrap loaf tightly with foil--after it has cooled completely. Place in a freezer bag. Thaw in the refrigerator overnight.

Pumpkin Bread is a favorite Fall Treat, and it's easy to make and no mixer is needed so less to clean up!

Be sure to share with your live alone family members, and neighbors, they will love this homey introduction to Pumpkin Time.

Enjoy!

Tom Valverde



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