



wellness MATTERS

CASS REGIONAL MEDICAL CENTER
CARING FOR THE PERSON IN EACH PATIENT

■ Cass Regional Teams Up with Area Schools to Offer Concussion Management Program

The start of fall sports brings with it an increased risk of concussions in student athletes. To help successfully manage concussions, Cass Regional Medical Center is now offering the ImPACT™ (Immediate Post-Concussion Assessment and Cognitive Testing) program to all Cass County high schools. ImPACT™ is the first and most widely used, scientifically validated computerized concussion evaluation system.

Cass Regional's role in the program includes funding for the cost of the ImPACT™ software and support from a team of Cass Regional medical professionals for participating schools.

"Given the potential long-term effects these injuries can have, we believe that offering the ImPACT™ program to our area schools directly correlates to our mission," said Chris Lang, Cass Regional's CEO. "It's a minor investment when compared to the lives the program may save," he added.

The Cass Regional Concussion Management Team includes Samuel Brewster, MD; John Hoffman, PT; and Nora Dahman, MS, CCC-SLP. Dr. Damon Travis of Harrisonville Family Medicine, Inc., also serves on the team.

Implementation of the ImPACT™ program

at the school level begins with education on concussions for athletes, parents, coaches, trainers and teachers. Prior to the start of the athletic season, student athletes take a 20-minute computerized test that will serve as the baseline neurocognitive assessment for each athlete. The test, which is designed as a video game, measures attention span, working memory, sustained and selective attention time, response variability, non-verbal problem solving and reaction time.

Following a suspected concussion during play, the student athlete is immediately removed from the activity. He or she is then referred by the athletic trainer or coach to a physician with training in evaluating concussions. At that time the physician may order a brain imaging test if he or she feels more information is necessary. The physician may also consult with other medical professionals, including rehabilitation specialists, as required.

Within 48 hours of the injury, the athlete will retake the computerized test, which will be compared to the baseline and evaluated by the trained physician. The results of the re-test will guide the physician on the next treatment steps, which may include further rehabilitation and/or a referral to a

neuropsychologist.

Once the athlete is symptom-free both at rest and with cognitive exertion,

has a follow-up

ImPACT™ test that is within the normal range of baseline, and has obtained written clearance by the supervising physician, he or she may return to play with light, non-contact activity that gradually progresses to full activity. The final post-injury ImPACT™ test score will then become that athlete's new baseline.

"I believe that the ImPACT™ program, and similar types of neurocognitive testing, are the best tools we currently have to manage concussions in student athletes," said Brewster, who also serves as the team physician for Ray-Pec High School. "Anything that we can do to prevent a tragedy is worth the time and investment. We want to keep our student athletes safe and healthy well into their adult years, and the ImPACT™ program is one way we can try to do that."

For more information on the ImPACT™ program in Cass County high schools, contact Jeff Sluder at Cass Regional at **(816) 380-3474, extension 4700.**



Spotlight on Minimally Invasive Surgery

With potential benefits such as quicker recovery and less pain, minimally invasive surgery has become increasingly popular for a variety of surgical procedures. For some operations, such as gallbladder removal, it is more widely used than conventional open surgery.

Minimally invasive surgery, also called laparoscopic or endoscopic surgery, may require a few incisions of less than a half-inch each, compared with an incision of 5 to 8 inches or longer with open surgery. The surgeon inserts a scope consisting of a flexible tube with a camera and light attached into one of the incisions. Images are sent to a screen, which the surgeon watches while performing the surgery using a tool or tools inserted through one or more of the other incisions.

Benefits of Minimally Invasive Surgery

Not all surgeries can be performed using minimally invasive techniques. Major cancer, heart or other surgeries may require a more open surgical field. In some instances – even if a laparoscopic procedure is performed routinely – a physician may determine that a particular patient is not a good candidate based on his or her overall health or condition.

However, when laparoscopic surgery is determined to be a good option, it may offer the following benefits over open surgery:

- **Shorter recovery time.** Since small incisions usually heal faster than large ones, some surgeries can be done on an outpatient basis. Surgical patients who are admitted to the hospital may be released sooner and return to their regular activities faster.
- **Less pain.** Smaller incisions generally mean less post-operative pain.
- **Lower risk of infection.** Smaller wounds are generally at less risk of infection.
- **Less blood loss.** The tiny incisions involved in minimally invasive surgery usually result in less blood loss than would be experienced with open surgery.
- **Less scarring.** This can be a significant consideration for some patients.
- Excision of skin lesions and cancers
- Cholecystectomy (gallbladder removal)
- Hernia repair
- Appendectomy
- Port-a-cath insertion
- Central venous access insertion
- Vasectomy
- Mastectomy
- Lumpectomy
- Biopsies
- Mole, cyst and wart removal
- Hemorrhoidectomy
- Lipoma removal

Surgery at Cass Regional

Our general surgeons perform a wide range of surgical procedures – including the latest simple and complex laparoscopic procedures – supported by a team of outstanding anesthesiologists, nurse anesthetists, nurses and technicians:

- Colectomy
- Small bowel resection
- PEG and laparoscopic G tube insertion
- Colonoscopy and EGD

Surgical and endoscopy procedures are performed at Cass Regional Medical Center, and pre- and post-surgical consultations are done at the General Surgery Clinic in the adjoining Rock Haven Medical Mall. For more information, contact Cass Regional's General Surgery Clinic at **(816) 380-2446**.



Cass Regional's highly trained general surgeons perform many different surgical procedures, many of which are minimally invasive. From left: Michael Kohlman, MD; Marvin C. Cohen, MD, FACS; Walter W. Costner, MD; and Jack R. Hudkins, MD.



Do You or a Loved One Have Diabetes? We Can Help!

The Cass Regional Medical Center Diabetes Education department would like to help you manage your diabetes and have a full and productive life. Through individual counseling, encouragement and support, our registered nurses, who are certified diabetes educators, and our dietitian will assist you in accomplishing your goals. They work closely with your physician or health care provider to give you the best treatment for diabetes and work to prevent complications associated with the disease.

Talk to your doctor about attending the diabetes self-management education program, or call Barbara Walters, RN, CDE, at **(816) 380-5888, extension 3040**, or Liz Whelan, RN, MSN, CDE, at **extension 6010**. Most insurances, including Medicare, will cover diabetes education.

Be Your Own Diabetic Chef

Tips for Healthy Meal Preparation

Whether you have been living with diabetes for years or were recently diagnosed, you probably spend more time than the average person planning your daily menu. Processed foods may be plentiful and convenient, but for the diabetic, they can be a health hazard since they are often loaded with fat and sugar.

What steps can you take to keep your meals interesting, healthy and convenient at the same time? Embrace your inner chef!

Stock Your Pantry

The first step is to load up on some good healthy staples that can be used as substitutes or flavor enhancers. Add these items to your shopping list:

Artificial sweeteners. OK, this is a no-brainer for most diabetics. But try using a little sweetener in a new way. Instead of store-bought salad dressing, make this easy recipe at home. Whisk together two parts olive oil, one part balsamic vinegar, plus salt, pepper and sweetener to taste.

Low-sodium chicken or vegetable stock and cooking spray. Replace butter and oil in dishes where you would normally pan fry or sauté. The cooking spray helps prevent

sticking and the stock adds a nice rich flavor, especially when reduced.

Sodium-free herbs and spices. Add flavor with herbs and spices, instead of using salt, sugar and fat. Try garlic powder, pepper flakes and lemon pepper to add a punch to savory dishes. Try reducing the sugar in recipes by half, and add a little vanilla, cinnamon or nutmeg to keep your desserts in balance.

Sugar-free applesauce. Replace half the butter or shortening called for in baked goods with applesauce to cut the fat and add fiber and vitamins. It's also a nice alternative to syrup.

Whole grain products. Whole grains offer more fiber, B vitamins and minerals than their white, processed counterparts. These nutrients can help with weight loss and reduce the risk of coronary artery disease.

Ditch the Fryer, Not the Flavor

So you've made a few healthy additions to your pantry, now what? Instead of frying food in loads of oil, grab your healthy seasonings and give these cooking techniques a try.

Braise. Brown the exterior of meat in a tablespoon or two of oil, then finish cooking with a small amount of water or stock, then cover the pot to finish cooking.

Grill or broil. In both cases, you reduce fat intake because the meat rests on a grill or grate, so fat can drip away.

Stir fry. Cook small pieces of protein and veggies fast with little oil and on high heat.

Steam. Steamers come in stove-top, microwave and electric varieties. Food rests in a perforated basket over steaming liquid (stock works great here) – no fat required.

Shopping List

- low-sodium broth
- applesauce
- olive oil
- balsamic vinegar
- pepper flakes
- garlic powder
- lemon pepper
- vanilla
- cinnamon
- cooking spray
- whole grain pasta

Hospital News

Additional CT System Expands Capabilities

Cass Regional Medical Center has acquired a new, 64-slice computed tomography (CT) system that offers physicians greater diagnostic capabilities to help patients avoid more invasive medical procedures. The Aquilion® 64 CT scanner, manufactured by Toshiba America Medical Systems, captures precise images of the body, including rapidly moving organs like the heart and lungs.

“The addition of the Aquilion 64 extends the range of quality diagnostic imaging services that Cass Regional Medical Center provides,” said Ellen Clements, RT(R), ARRT, manager of the Medical Imaging department at Cass Regional Medical Center. “The new scanner allows us to capture high-quality, three-dimensional images of the heart and coronary arteries without the use of a catheter. The Aquilion 64 also allows for CT brain perfusion, which evaluates blood flow to parts of the brain and provides valuable information in ischemia (restricted blood flow) and stroke situations.”

CT scans are used in many different clinical situations, including traumatic spinal and abdominal injury evaluation in emergency cases, stroke assessment, cancer care, and kidney and liver exams. With the addition of the Aquilion 64, Cass Regional now has two CT scanners, which means that emergent and scheduled CT studies can often be performed at the same time to reduce wait times for patients. The Aquilion 64’s speed also means that the need for long breath-holds during scanning is greatly reduced, which is especially useful when examining patients who are unable to hold their breath, such as trauma victims, acutely ill patients and young children.

For more information, contact Clements at **(816) 380-5888, extension 3530**.



Rebecca McConville, MS, RD, LD

Dietitian Earns Certification in Adolescent/Pediatric Weight Management

Rebecca McConville, MS, RD, LD, Cass Regional’s clinical dietitian, is now certified in adolescent/

pediatric weight management by the American Dietetic Association. The certification process included a study on weight management differences in children related to age, gender and maturation level. Following a period of self-study and an on-site workshop, McConville took and passed a comprehensive test to become certified.

McConville, who also holds certification in adult weight management, provides one-on-one nutrition and weight management counseling for children and adults. For more information, contact McConville at **(816) 380-5888, extension 6070**, or via email at bmccconville@cassregional.org.

SANE Program Helps Assault Victims

Specially-trained SANEs (Sexual Assault Nurse Examiners) from Kansas City-based COVERSA (Collection of Victim Evidence Regarding Sexual Assault) now provide forensic exams for assault victims who come to Cass Regional’s Emergency Department for care.

Since the SANE focuses on one patient at a time, they are able to give the patients the emotional support they need to get through the exam, which takes 1 to 1½ hours to complete. Along with the SANE, a volunteer advocate from MOCSA (Metropolitan Organization to Counter Sexual Assault) or Hope Haven (a women’s domestic violence shelter in Harrisonville) responds to provide additional support for the patient. The advocate not only helps the patient through the exam, but also is there to help in the days and weeks that follow the assault (including going to the trial with the victim).

SANEs are recognized as experts in the field of forensic evidence and therefore can testify in court. The SANE exams are paid for by the state of Missouri.

According to Emergency Department nurse manager Vi Warren, RN, BSN, sexual assault exam services are not available in several counties that surround Cass Regional, which makes it even more important to offer the service to victims. “Evidence shows that it takes a lot of courage for a victim to initially seek medical help after an attack,” she explained. “If that victim then has to be transferred to another facility, most of them won’t go. They just leave and go home to face the issues alone with no support and no medical help,” Warren continued.

COVERSA will provide SANE services to both male and female victims over the age of 14, and SANE services can be provided 24 hours per day, year round.



Cass County Prosecuting Attorney Teresa Hensley explains how the SANE program will aid victims of sexual assault and help prosecute assailants.

VanBiber, Warren Recognized for Excellence

Emergency physician Jeffrey VanBiber, MD, and Emergency Department Nurse Manager Vi Warren, RN, BSN, each received annual awards during Nurses Week in May.

VanBiber was honored with the second annual Physician Excellence Award. Award recipients are selected by the nursing staff at Cass Regional, and the award was presented to Dr. VanBiber by Twila Buckner, RN, BSN, MBA, NE-BC, Cass Regional's chief nursing officer. Reading from an inscribed plaque, Buckner stated, "It is with joy and

appreciation that we honor Dr. VanBiber for valuing nursing efforts in patient care, by fostering collegiality with nursing as well as being supportive of team concepts for caring. Dr. VanBiber inspires trust through communication and demonstrates our hospital mission. Dr. VanBiber has a philosophy of educating staff and removing barriers, therefore providing excellent patient care."

Warren was selected to receive the second annual Excellence in Nursing Award by the medical staff. Shaun Holden, MD, Cass Regional's chief of staff, presented the award to Warren. Criteria used by the physicians

when making their selection includes: excellent clinical skills as evidenced by serving as an ongoing resource to peers; mentors and precepts new hires; and listens to others and removes barriers in order to accomplish patient care.



Vi Warren, RN, BSN, and Jeffrey VanBiber, MD, were honored with the Excellence in Nursing Award and the Physician Excellence Award, respectively.

New Specialists on the Cass Regional Campus

The opening of the new Rock Haven Medical Mall earlier this year has brought with it the addition of several new specialists on the Cass Regional campus. New specialists at Rock Haven Medical Mall include:

Madhavi Yarlagadda, MD – Endocrinology
Vikram Zadoo, MD – Hand Surgery
Paul Brune, MD; David McKinsey, MD;

and Joel McKinsey, MD – Infectious Disease
Iftekar Ahmed, MD; James Southwell, DO – Neurology
David Bouda, MD; Sukumar Ethirajan, MD; and Shalina Gupta-Burt, MD – Oncology
Steven Nash, MD – Urology

Specialists in more than 15 different areas are available at either Cass Regional Medical Center or Rock Haven Medical Mall, including cardiology, dermatology, endocrinology,

gastroenterology, hand surgery, infectious disease, nephrology, neurology, obstetrics/gynecology, oncology/hematology, ophthalmology, orthopedic surgery, pain management, podiatry, psychiatry, pulmonology, rheumatology and urology.

For more information, or to request a comprehensive directory, please call **(816) 380-5888, extension 4810**, or email mlattin@cassregional.org.

Foundation News

Kidd, Byron Honored at Annual Garden Celebration

Cass Regional Medical Center Foundation's 12th annual Memorial Garden Celebration was held in the Rotunda of Cass Regional on Sunday, June 5. Highlights of the event included the dedication of engraved bricks placed in the garden since June 2010, as well as the presentation of the Foundation Award to Fred V. Kidd, Jr., and the Dr. Harold E. Kirsch Award in honor of the late Osmond "Oz" Byron.

The Foundation Award

The Foundation Award is presented annually

to a person who has demonstrated steadfast dedication to the mission of Cass Regional Medical Center and to improving the quality of health care in Cass County.

Kidd's connection to Cass Regional Medical Center began more than 40 years ago when his late wife, Gerri, worked as a CNA, and later an LPN, at what was then known as Cass County Memorial Hospital. Since the 1970s, Kidd has served as a volunteer chaplain at the hospital, and regularly visits hospitalized patients in addition to providing emergency pastoral care during deaths and other difficult situations.



Sonya McLelland presents the annual Foundation Award to Fred V. Kidd, Jr.

After Gerri's passing, Kidd and many of Gerri's family and friends established the Gerri Kidd Scholarship at Cass Regional Medical Center Foundation, and to date more than \$7,500 has been awarded to students pursuing a career in nursing. In March 2001, Kidd joined the board of directors of Cass Regional Medical

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Calendar of Events (see below and page 7 for more information)

	Date	Event	Location	Time	Fee
Aug.	9	Alzheimer's Support Group	Conf. Rm 1	7 p.m.	none
	27	Healthy Angels Ride	Cass Regional	9 a.m.	\$25/\$40
Sept.	7	"Right Time, Right Size, Right You" (12 weeks - through November)	Conf. Rms 2 & 3	11 a.m. – 12:30 p.m.	\$150/\$200
	13	Alzheimer's Support Group	Conf. Rm 1	7 p.m.	none
	24	Prostate Cancer Screening (preregistration required)	Specialists Clinic	8 a.m. – noon	none
	26	COPD Support Group	Conf. Rms 1 & 2	11:30 a.m.	none
	29	Diabetes Support Group	Conf. Rm 1	6:30 p.m. – 8 p.m.	none
	Oct.	1	Women's Expo	Cass Regional	9 a.m. – 2 p.m.
	6	Diabetes Support Group	Conf. Rm 1	6:30 p.m. – 8 p.m.	none
	8	Grin & Bear It 5K - 10K Run/Walk	Cass Regional	7:30 a.m.	\$20 - \$35
	11	Alzheimer's Support Group	Conf. Rm 1	7 p.m.	none
	13	Diabetes Support Group	Conf. Rm 1	6:30 p.m. – 8 p.m.	none
	20	Diabetes Support Group	Conf. Rm 1	6:30 p.m. – 8 p.m.	none
	27	Diabetes Support Group	Conf. Rm 1	6:30 p.m. – 8 p.m.	none
Nov.	3	Diabetes Support Group	Conf. Rm 1	6:30 p.m. – 8 p.m.	none
	8	Alzheimer's Support Group	Conf. Rm 1	7 p.m.	none
	10	Diabetes Support Group	Conf. Rm 1	6:30 p.m. – 8 p.m.	none

Community Health Classes and Programs at Cass Regional

Alzheimer's Support Group

This support group meets the second Tuesday of every month in Cass Regional Medical Center's Conference Room 1. For more information, email Jeanne Reeder at jeanne.reeder@alz.org or call the Alzheimer's 24-hour information and support line at **(800) 272-3900**.

COPD Support Group

This support group is for persons diagnosed with COPD (chronic obstructive pulmonary disease) and their caregivers. Participants provide each other support and learn ways to manage their conditions while taking part in everyday activities. For more information, contact Tate Wood, Cass Regional's community health improvement coordinator, at **(816) 380-5159**, or via email at twood@cassregional.org.



CPR (Cardio-Pulmonary Resuscitation) Classes

Classes are available to groups whose members wish to become CPR-certified or to renew their certifications. To

schedule a class, contact Tate Wood at **(816) 380-5159**, or via email at twood@cassregional.org.

Diabetes Support Group and Lifestyle Management Class

Join us from 6:30 p.m. to 8 p.m. each Thursday evening, Sept. 29 through Nov. 10, for information and activity sessions related to living with your diabetes. Our Diabetes Education staff will present various topics on current trends in diabetes treatment, lifestyle modification options, and topics of interest to people living with diabetes or who have loved ones diagnosed with diabetes. Sessions will be held in Conference Room 1, located just inside the main entrance of Cass Regional Medical Center. For more information, contact Barbara Walters, RN, CDE, at **(816) 380-5888, extension 3090**, or Liz Whelan, RN, MSN, CDE, at **extension 6010**.

Grin & Bear It 5K-10K Run/Walk

Cass Regional Medical Center Foundation will host the second annual Grin & Bear It 5K-10K Run/Walk on Saturday, Oct. 8, at 7:30 a.m. at Cass Regional. The event offers participants two different options, a 5K or a 10K run/walk. Both courses feature rolling countryside, with start and finish on the Cass Regional campus. Participants will receive lots of great giveaways, including a T-shirt for the 5K participants and a tech shirt for the 10K participants. Registration fees range from \$20 to \$35 for adults and \$15 to \$20 for children 12 and under. The Grin & Bear It Run is held in memory of Cara Jo Roberts, daughter of Roger Keefer, manager of Cass Regional's Plant Operations department. Cara's nickname was "Care Bear," which is how the event got its name. Proceeds from the run/walk will benefit the Patient Assistance Fund, which is used to help Cass Regional's indigent patients and their immediate families with expenses such as medication and transportation. Register online at www.sportkc.org. A mail-in registration form can also be downloaded from the site, or call **(816) 380-5888, extension 4810**, to request a form or more information.



Healthy Angels Ride

The seventh annual Healthy Angels Ride is scheduled for Saturday, Aug. 27, and will once again benefit the Patient Assistance Fund at Cass Regional Medical Center Foundation. This 100+ mile motorcycle ride will begin at Cass Regional Medical Center at 9 a.m., and after a scenic tour through the Cass County region, the ride will end with lunch at Cass Regional. The entry fee is \$25 for a single rider, or \$40 for a rider with a passenger, and includes lunch, giveaways, prize drawings and a T-shirt for the first 150 registrants. For more information, please call **(816) 380-5888, extension 4810**.

Prostate Cancer Screening

Prostate cancer is the most common type of cancer in American men, and according to the National Cancer Institute, one in six men in the U.S. will develop prostate cancer in his lifetime. Early detection is important, and in recognition of Prostate Cancer Awareness month in September, urologist Dr. Keith Abercrombie will be conducting a prostate cancer screening clinic on Saturday, Sept. 24, from 8 a.m. to noon. The screening will be held in the Specialists Clinic at Cass Regional Medical Center, and will include both a PSA (prostate-specific antigen) blood test and prostate exam by Dr. Abercrombie. There is no charge for the screening, but preregistration is required since the number of patients able to be screened during the clinic time is limited to 50. To register, call **(816) 380-5159**.

Right Time, Right Size, Right You

Tried all the fad diets with no permanent results? Starved yourself, only to gain the weight back when you go back to your old eating habits? Tired of constantly battling your weight? Now's the time to get the healthy body you were meant to have! Starting Wednesday, Sept. 7, join Cass Regional's dietitian, Rebecca McConville, MS, RD, LD, and exercise physiologist, Jill Jacobs, for an intensive 12-week series of classes designed to give you the tools and knowledge to achieve permanent weight loss, have more energy and feel your best. McConville is certified in adult weight management by the American Dietetic Association. The cost for the "Right You" class series is \$150, or supercharge your experience by adding the optional "Revved Up" exercise sessions for a total cost of \$200. For more information, or to register, contact McConville at **(816) 380-5888, extension 6070**, or via email at bmcconville@cassregional.org.

Women's Health Expo

Women of all ages are invited to Cass Regional for the third annual Women's Health Expo on Sat., Oct. 1, from 9 a.m. to 2 p.m.! Health, beauty and fitness are the themes of the day as you enjoy health screenings, presentations by physicians on women's health topics, shopping with vendors, giveaways and prizes. For more information, contact Tate Wood at **(816) 380-5159**, or via email at twood@cassregional.org.



Cass Regional Is on Facebook!



Be sure to "Like" us on Facebook to receive the latest updates on events, new physicians and new services at Cass Regional. Search for "Cass Regional Medical Center" in the search bar on Facebook, and look for our logo. We look forward to welcoming you to our community!



2800 East Rock Haven Road
Harrisonville, MO 64701
(816) 380-3474

Foundation News *(cont.)*

Center Foundation, and served many years as the organization's president. He and his wife, Connie, have volunteered for numerous Foundation projects and fundraising events, and are donors to many Foundation programs.



Judy Byron accepts the Kirsch Award from John Hoffman

The Dr. Harold E. Kirsch Award

The Dr. Harold E. Kirsch Award pays tribute, posthumously, to an individual who has made a memorable, long-standing contribution to Cass

Regional Medical Center and Cass County. This year the award recognized the late Osmond "Oz" Byron, a former Cass Regional staff member, and was presented by John Hoffman, PT, physical therapy manager at Cass Regional. The award was accepted by Byron's wife, Judy.

For several years in the early 1980s, Byron was the president of ARCRT (American Registry of Clinical Radiologic Technologists), a national organization of radiological technologists who had been working in the field for many years but who lacked formal classroom training. Byron believed very

strongly that they were as informed as the classroom-trained techs, and he worked hard for their recognition. ARCRT, like the classroom-trained ARRT (American Registry of Radiologic Technologists) membership organization, offered strenuous testing for proof of competency, membership conventions throughout the country, continuing education, and other benefits. In 1994, technologists from the ARCRT joined ranks with the ARRT, but were recognized as registered with, rather than certified by, the ARRT.

Byron passed away in Kansas City, Mo., in 2003. "Oz liked being with patients and did well with them," said his wife, Judy. "He was very outgoing and really liked people, and in turn, people really liked him."

For more information on the Memorial Garden, or to order an engraved brick or bench, contact Melissa Lattin at **(816) 380-5888, extension 4810.**

Boots, Bar-B-Que & Variety Show Raises More Than \$40,000

Cass Regional Medical Center Foundation hosted Boots, Bar-B-Que & Variety Show on June 24 to raise funds to provide co-pay assistance to pulmonary rehabilitation patients who otherwise would be unable

to receive vitally needed rehabilitation. More than 300 people from throughout the region attended the event, which was held at Lone Summit Ranch in Lee's Summit, Mo.

Highlights of the evening included a barbecue buffet, silent and live auctions, games, raffles and the "Bonanza General Store." The activities culminated in a fun variety show that featured area youth; Cass Regional employees, nurses and doctors; and area business people.

For more information on Cass Regional Medical Center Foundation, and how you can help, call **(816) 380-3474, extension 4810.** For information on pulmonary rehabilitation at Cass Regional, call **(816) 380-3474, extension 7110.**



Howard McHenry, Dr. Richard Price and Hoot Mann entertain the crowd with selections from "The Music Man."