

Health Check

YOUR SOURCE FOR HEALTH AND WELLNESS IN KANSAS CITY

Mission health

Page 2

Here and on page 2, Alex Conner of Mission gets a personalized training session with Tim Crough, the owner of Tim Crough Fitness.

Photo: Judy Revoraugh/The Star





Photo by: [unreadable]

Health: *It's a new mission of the Mission Project*

By **Uinda Cruse**
Special sections contributing writer

Alex Conner's eyes lit up when asked what exercise she liked the most during a recent personal training session.

"Boxing!" she replied enthusiastically. Soon she and her personal trainer, Tim Crough, were engaged in a robust round of boxing. Conner smiled as she rhythmically punched Crough's training gloves: thump, thump, thump!

Conner, 26, is a participant in the Mission Project's newest mission: keeping developmentally disabled adults healthy in order to help them enjoy long and productive lives.

The Mission Project has received two grants designed to improve the long-term health of its participants, said Sarah Mai, executive director. Included are a \$10,000 grant from the

"This type of exercise is based on natural and functional human movements. It's what I use for all of my clients. It improves everyone's quality of life as they age."

— **Tim Crough,**
personal trainer,
owner, Tim Crough Fitness

Westerman Foundation and \$24,000 from the McGowan Charitable Trust Foundation.

Results of the one-year program will be documented, and the Mission Project will seek long-term funding for the project, she said.

"We'd like our program to serve as a model for other organizations serving people with disabilities," Mai said.

Mai said that in addition to weekly personal training sessions at Crough's gym in Overland Park, participants enjoy weekly fitness classes, learn about healthy eating and receive a fitness tracker and fitness equipment for their homes.

Crough, a personal trainer with a degree in exercise science from the University of Kansas, said he has worked with the Mission Project to modify exercise programs for people

who are developmentally disabled.

Using a concept called functional or movement-based fitness, Crough creates personalized training programs for each Mission Project participant. Participants vary greatly in physical ability, he said. "Some have incredible core strength while others have little stability," he said. "The programs are tailored to each person's needs."

"There's no moving from exercise machine to exercise machine in functional fitness," Crough added. "That can just layer strength on bad patterns and cause physical problems."

Instead, Crough's goal is use movements designed to eliminate bad movement patterns while increasing strength and mobility to allow participants to function well in their day-to-day lives.

"This type of exercise is based on natural and functional human movements," Crough said. "It's what I use for all of my clients. It improves everyone's quality of life as they age."

Conner has autism, but thanks to the Mission Project she is one of about 20 developmentally disabled adults ages 20 and up living in their own apartments near the Sylvester Powell Community Center, where they are members.

The Mission Project also provides Conner transportation to the job she has had for three years as a sacker at the Prairie Village Hy-Vee. All participants in the Mission Project are employed or have volunteer jobs.

"We want our participants to have normal adult lives," Mai said. "Jobs are a big part of that."

The Mission Project assists participants in

finding jobs, and the organization's fleet of four vans provides transportation to and from work. Transportation is also provided to Tim Crough Fitness in downtown Overland Park.

Mai said people with developmental disabilities are faced with numerous health challenges.

"Dementia can set in earlier in adults with Down syndrome, but research indicates healthy eating and exercise can delay the onset," she said.

Obesity and diabetes are two other challenges, she added.

"People with developmental disabilities don't always eat right, and this can lead to weight issues," she said.

Developmentally disabled adults often can't drive and don't have as much access to wellness programs as the general population, she said.

"We felt like health was the one piece we were missing in our program," Mai said. "Our goal is to keep participants healthy so that they can age in place and remain involved in the community."

In addition to the Mission Project, other Kansas City area organizations helping the developmentally disabled include The Whole Person and Project RISE.

Project RISE

Successful employment, whether paid or volunteer, can contribute to the long-term health and well-being of people with disabilities, said Angela Bright, Project RISE coordinator at Children's Mercy Hospital.

"We see employment as a determinate of long-term health," Bright said. "It provides a structure, routine, social outlet and confidence for day-to-day life. It's important to quality of life."

Project RISE (Reaching for Independent Successful Employment) creates employment opportunities for individuals with disabilities, including both physical and developmental disabilities.

Both paid and volunteer opportunities are available at the hospital, Bright said. About 20 people are currently participating in the program, including some who

are participants in the Mission Project.

"Many of the participants in Project RISE are former patients at Children's Mercy," she said. "Some would have a challenge finding employment elsewhere. And because all of the positions are based on the business needs of the hospital we see it as a win-win for our facility."

The Whole Person

Founded in 1978, The Whole Person is a center for independent living. It offers services to individuals with disabilities to increase their ability to perform day-to-day activities and reduce the need of support from family members, professional attendants or other caregiv-

ing services.

The Whole Person assists developmentally disabled participants with home modification so they can live in their homes independently and safely, said Julie Dejean, chief executive officer. Personal care is also provided for those who need assistance. The organization provides mental health services, employment services, assistance with transportation, deaf and hard of hearing services, among others.

"We also offer independent living skills classes and, for those who are interested, we provide information regarding adaptive sports, including wheelchair tennis and basketball as well as bowling," Dejean said. ■

Correction

Jennifer Taylor was misidentified on page 7 of the March HealthCheck section. Taylor is the owner of Clear It Out, a company that coordinates moves for seniors and

others. Taylor, a realtor, is also a downsizing specialist. She can be reached at 816-898-3875. Visit www.clearitoutKC.com for more information.

Not Ready For Surgery Yet?

Consider this..... New studies show that a significant number of patients show decreased pain and improved function after injections of PRP.

Just because you have been told you have:

- "Bone on Bone"
- "Acral tears"
- "Meniscus tears"
- "Degenerative joints that need surgery"

Many patients with these conditions did not feel they needed to have surgery after PRP therapy.



Todd Brink, D.D.



Dr. Robert H., D.D.

Over 30 years each of Experience
and Boarded in Pain Management.



10801 Metcal Ave., Overland Park, KS 66212
(913) 901-8880 | kcpaincare.com

For more information, see PainCARE's website at www.kcpaincare.com

Our body can heal itself, such as when we get a scratch. Unlike skin, our ligaments, cartilage and tendons heal slowly due to poor blood supply and over the years, can progressively degenerate. This leaves us with lesser amounts of cartilage to cushion the joint when we move. This predisposes to painful joints. The research has now shown this, just because we have "bone on bone" or labral tears, or other joint cartilage tears that we don't have to have surgery. In fact, this is not a predictor of joint replacement. In other studies, a single injection of a part of your own blood that contains your natural healing growth factors (found in your platelets) may be all that is needed to soothe pain. This may need to be repeated in some cases, but is much more natural, less invasive and safer than any type of surgery or medication injections. This treatment is called platelet rich plasma or PRP.

Patients that have undergone PRP therapy in our office have had significantly less pain and more range of motion after treatment. "My own mother in law had a less than ordinary experience with one knee replacement and refused to even consider the surgery or the other knee. I injected PRP in her knee in a short procedure under local anesthesia, and she was completely pain free in 3 weeks. The results vary with each person but can be remarkable. Both of our doctors can testify to this as they have used PRP for degenerative joint conditions and chronic tennis elbow pain with complete relief in a short period of time. They tell that about their experiences they needed to make this cutting edge treatment available to their patients.

What can PRP Therapy Treat?

Many different areas of the body can be treated by PRP, such as hip, knee, shoulder, ankle/foot, lumbar discs and tennis elbow. Just to name a few. The physicians at PainCARE have provided quality pain management in the area for over 30 years. They are always looking for new and innovative treatments to help their patients with chronic pain conditions. They are excited to offer PRP therapy along with other interventional treatments that are available in their office located off of 435 and Metcal Avenue.