



Summer 2023

CHECK-UP



Because of you, we can be here for her.

Depression is not just feeling down or tired. People describe it as darkness, crushing, feeling trapped, desperate, and lonely. There's often a loss of interest in life and even in living. This mood disorder can affect everything from thinking to eating and sleeping.

A few years ago, Ariceli realized she was depressed. "I started to feel like a burden to my mom and to the family," says the 39-year-old from Woodstock. "I was stuck. Trying to strike out on my own with a disability and the culture barrier was hard."

Ariceli was born in Mexico. When she was 2, a high fever resulted in hydrocephalus, an accumulation of fluid in her brain. Soon afterward her mother noticed she had trouble walking. But one of the defining moments of her life occurred in church. "I liked putting the offering in the basket," she says. But when it came her way, she couldn't see it. "Where's the basket?" she asked her mom in a panic. Ariceli had lost her vision and also suffered significant hearing loss. These continue to affect her quality of life.

Ariceli's first visit to the clinic was in February. "I found the staff to be very understanding, thorough, and patient," she says. "This has been a very refreshing experience." Plus, she found out about an undiagnosed condition. "I didn't know I was a candidate for levothyroxine (a drug to treat a thyroid condition)," she says. For years, she'd been told she was too lazy, too tired, and overweight—all symptoms of a sluggish thyroid. "It was a relief to put a title to it."

"I've been losing weight since I started on levothyroxine," says Ariceli. Dropping two sizes, and having lost 2 pounds since her previous visit, she is noticeably proud. "I may have to change my whole wardrobe," she adds with a laugh. And there's been another benefit: "My mom has noticed at last."

A lot of credit for Ariceli's improved health goes to one of the FHPC nurses. "I started talking to Cheryl. She is very knowledgeable. I like the way she explains things to me," Ariceli says. "With her help, I realized I needed to try an anti-depressant." But which one? "Cheryl asked me about the seizures I had with the hydrocephalus and was very informative." She chose one that was less likely to cause seizures. So far, Ariceli has been seizure free.

DEPRESSION BY THE NUMBERS

- It affects 23 million people in the US.
- It occurs more frequently in women.
- 2/3 of patients have received treatment.

Now Ariceli is enjoying life again. She works as a Braille processor and proofreader. Reading and listening to audio books or country music are calming pastimes. The clinic describes her as a model patient, diligently following through with appointments and health recommendations. There's marked changes in her attitude and affect. "My mental health has improved more than anything," she says. "You can get help here if you really need it."



Sarah M. Aldridge, Volunteer Contributor

FAMILY HEALTH PARTNERSHIP CLINIC

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Cindy Meyer, Emeritus Board Member and Donor

Cindy previously served on the clinic's board of directors but has served the clinic in numerous ways. Her first experience was volunteering to develop a brochure about planned giving and then working to redesign the clinic's website. She remembers in years past pitching in to set up for events and serving on committees, just basically doing whatever was required. She even got her husband to volunteer as a finish line crew chief for our Care4 Breast Cancer 5K.

Cindy is also a donor. When she learned that her company matches donations that she makes to charitable organizations, she submitted the form to ensure her donations to the clinic are matched. Her company even matched double on Giving Tuesday and when she learned they would continue to match her donations even after she retired, she was thrilled. "It is so easy to just get on the company's portal or intranet page and fill out the form."

Cindy says she does all of this because "the clinic makes a difference in so many lives and everyone deserves to be healthy."



Jay and Jenna, Crystal Lake

Jenna, RN, was looking for a new opportunity six years ago when the Clinical Manager at the clinic reached out to her. She had never heard of the clinic, but she loved the mission as soon as she saw it in action. On her first day, she saw a patient just released from the hospital who had been in an accident and was now a paraplegic. She knew from her hospital days that the patient needed more help and was inspired to see that the clinic could provide additional support to help this patient with his new challenges.

A year after Jenna started at the clinic, there was an opening in the pharmacy and her husband was able to step in. Jay was willing to help because he knew the clinic was community-based and the people, "top to bottom, including volunteers, are truly living their mission every day." This is the power of sharing the clinic's story.

Jay and Jenna recall talking to many of their family, friends, and colleagues who were amazed that the clinic provides high quality healthcare to those who cannot pay. At their church, there was little awareness of the clinic's work but were thrilled when their church gave the clinic one of their miracle offering awards. Recently Jay's brother won a prize at work. He decided he was going to donate it. Without hesitation, his brother included the clinic in the donations that he made. Jenna shared the information about our CARE4 breast cancer run with a cousin and now she has been participating and raising funds for more than four years.

The power of sharing was making an impact on the clinic.

Because Jay and Jenna shared, the clinic found a new pharmacy manager, helped new patients and received donations just because they talked about the clinic.

Jenna states "especially in today's environment where so many people in our community still need help, sharing information about the clinic to our friends and family is a welcome discussion".



Mary, Owner of Isabel's Family Restaurant, Woodstock

Antonio and Mary have owned Isabel's for 19 years. They were doing "farm to table" before it was "a thing". Owing a farm in the area, it was natural for them to bring fresh seasonal vegetables to the dishes that they serve. Mary began sharing her veggies with the clinic several years ago when she learned of the work done here. She finds the diversity of care here inspiring, providing healthcare, dental and vision.



Veggies are picked up on Monday and the clinic shares those with patients all week long. Mary's generosity doesn't stop there. At Thanksgiving, Isabel's gave the clinic 200 vouchers for free Thanksgiving meals. "I am fortunate to have extra to share and I want to share it with this one of a kind clinic from my one of a kind restaurant," said Mary. Thank you to the entire Isabel's team.



Vegetables and where we get the ones at the clinic

The clinic has been receiving fresh organically grown produce from the Nunda Township Master Gardeners for several years. These 20 or so green-thumb gardeners, part of the University of Illinois Extension, donate their time and talents. As patients visit the clinic during the growing season, they are encouraged to take produce home. Peggy Haugh is one of the original visionaries for the community garden and former manager of the plot. "The clinic does an excellent job displaying the produce," she says. None of the produce goes to waste. "It is so rewarding for us to have our efforts appreciated," adds Peggy. "We are meeting a need in the community and that keeps us going."

Did you know...

- Carrots, spinach, and sweet potatoes provide vitamin A, which is good for eye health.
- Bell peppers, broccoli, and kale provide vitamin C, which helps absorb iron and aids your immune system.
- Green leafy vegetables provide vitamin K, which helps prevent calcium buildup on your arteries, lowering your risk of heart disease.
- Asparagus, green peas, spinach, brussels sprouts, and collard greens are good sources of B vitamins, helping with cell growth and nerve function.

All local gardeners who have extra bounty this year are welcome to drop off veggies at our clinic on Mondays so they may be shared with our patients during the week.

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Have you ever considered planned giving? Planning a gift now will allow you to create a legacy making FHPC part of your own story. Your future gift is a testament to the values you hold dear in your life and what your enduring legacy will be for generations to come in making health care accessible for all.



Did you know that 65% of Fortune 500 companies offer matching gift programs? That means your employer might match dollar for dollar your donation, meaning you can DOUBLE your impact! And last year we saw some companies increase their match, sometimes TRIPLING the donation. The only way to know if your company does this is to ask HR.



Many people donate to a non-profit one time at the end of the year. They pull out a checkbook, write a check, and mail it. Or, go to a website and enter in their credit card information. But there is an easier way.

Setting up a recurring donation reduces the effort and it has a bigger impact on our organization. Whether it is by an automated bank transaction or credit card, donating what you can afford each month helps us to have the funding that we need to care for patients throughout the year. Our recurring donors give an average of \$45/month and in the last two years our recurring donors contributed over \$29,000 to the clinic. You can go onto the clinic website, click the "donate" button, and setup your recurring donation. Set it and forget it! (But we won't forget you!)

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Spring Soiree - Growing a Healthy Community Together was on Friday, April 21st at the Historic Main Beach Pavilion in Crystal Lake. It was a gorgeous venue with a stunning backdrop of the sunset on Crystal Lake. We had almost 150 of our supporters join us for a wonderful evening with cocktails, hors d'oeuvres, live music by the talented Lizzy Petitt and a spectacular silent auction! Together, we raised over \$44,000 for our patients! Thank you to all that attended and looking forward to next year's Soiree and all of Suzanne's adventures.

Pedalpalooza 2023 was a gorgeous weekend to celebrate all things LOCAL! We partnered with 60+ small businesses that believe, like we do, that everyone deserves healthcare. Participants traveled via bike, car, feet & e-bike all to support the Clinic. Green Pedalpalooza shirts were seen from Hebron



to Richmond and all the way to Algonquin plus Huntley, Woodstock & Harvard. We are grateful to our Presenting Sponsor Advocate Good Shepherd for their continued support plus our many other dedicated sponsors. Pedalpalooza will be back in May next year and we hope you will join us for a wonderful weekend!

We are celebrating our 23rd Annual **Care4 Breast Cancer 5K** on Sunday, October 22nd and we need YOU! Last year, over 1500 participants joined together to make early detection and diagnosis a reality for our neighbors without health insurance. We celebrated the 100 breast cancer survivors in attendance, honored those that we have lost and gave encouragement and HOPE to so many others. It is the most inspiring day filled with love, care and PINK galore! Registration is now open at care4breastcancer.org to sign up to participate or volunteer.

