



Family Health Partnership Clinic

CHECK-UP

A Place of Healing & Humanity: Maria's Story

Have you ever shed tears after leaving a healthcare facility because you knew you would miss the staff so much? That is what happened to Maria, a former clinic patient when she turned 65 and Medicare became available. "The people here at the clinic have a good heart," says Maria, who cried during her final clinic visit a few months ago.

Maria, who now lives in Algonquin, was referred to the clinic via a public aid office a few years ago when she lived in Woodstock. "I was depressed and needed help," she says. "When I called to make an appointment the person was so nice, and told me the clinic would be able to help me."

Between Cheryl, her nurse practitioner, and Carie, her nurse, Maria was prescribed medication and counseling was arranged for her. In addition, they discovered Maria was diabetic. "They provided a glucometer (to measure blood sugar levels) and explained my new medicines," she adds. "I understood how to manage it because they took time to explain things to me," said Maria.

"This is just a good place with amazing people," Maria said. "This might sound crazy but I liked to come to this clinic even more than the doctors that I saw when I had insurance through work."



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CHECK-UP is a
publication of

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Dr. Song Joins the FHPG Team

By Sarah M. Aldridge, Volunteer Contributor

Last summer, the clinic saw demand for dental services among our patients grow significantly. We took steps to close that gap by adding a part-time provider, Dr. Karen Song, to our team. "I was looking for a part-time role, and I read the job ad about FHPG and really liked the message "providing high quality healthcare with compassion and respect," she said. She had always wanted to work for a non-profit, so she applied.

"This role refocuses me on just the patients and their care. I can even get them services like a biopsy by working with another colleague right at the clinic," said Dr. Song. Patient Navigators can often arrange for services with other providers for our patients.

"Not having to worry about insurance coverage removes barriers to timely treatment," Dr. Song said. "If a patient needs a deep cleaning, I can perform that service to prevent what could be a serious gum infection leading to other healthcare issues. I do not have to worry about delays for insurance review or denial."

"At FHPG, patients get care when they need it," she said. "I also like that the patients are very willing to listen here. They care about their care."

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Dental Care is Healthcare

Routine dental checkups are not only vital for your teeth and gums, but also for your overall health.

Regular oral checkups can help identify the following:

- Signs of infection and inflammation
- Nutritional deficiencies
- Issues contributing to such diseases as heart disease and diabetes



Supporting Business Highlight: Dairy Queen

Rafael Castaneda first connected with the clinic in high school, volunteering after hearing about its impact. "Before college, I even worked there for a couple of years—it was a great place to be," he said. As a Mexican immigrant, Rafael's family had once received help from the clinic.

After college, Rafael returned to Woodstock and took over the local Dairy Queen. "From the start, I knew I wanted my business to give back," he said. "The clinic was top of mind." Today, he offers a 20% discount to Pedalpalooza participants and supports local nonprofits and first responders with end-of-season donations.

About three years ago, Rafael joined the clinic's board. "We may not change the whole world, but we change it for some people, and we do that every day at the clinic," he said. That mission inspires how he runs his business. "I try to show my employees opportunities to grow outside of work. Giving back is just part of doing business the right way."



Supporting Business Highlight: Althoff Home Services

Althoff Home Services joined the Care4 Breast Cancer 5K in 2023 with a goal to give back locally and meaningfully. "We didn't want to just mail in a check," said Blake Wiltshire, Director of Residential Services. "We wanted our team to get involved."

With strong ties to McHenry County, the company saw Care4 as a perfect fit. "It was local, and our employees could participate," said Customer Service Manager Ashley Legee. Althoff covered race registration fees, and many team members chose to donate personally. In total, 37 employees joined the Althoff team. "They began sharing stories about how breast cancer had touched their own lives," said Blake. "It made our support even more personal."

The company took it a step further last year, outfitting field techs in Team Althoff t-shirts and inviting customers to add \$5 to their invoice to support Care4. "We're proud to stand behind a cause that ensures access to critical healthcare in our community," Blake said.



DID YOU KNOW?

July is National Minority Mental Health Awareness Month

In July, we raise awareness about the unique challenges faced by racial and ethnic minorities in accessing mental health care and treatment. "There are many barriers to seeking treatment for these populations," said Jaret, Licensed Clinical Social Worker, "such as lack of formal education, embarrassment or fear of judgement. In our culture, you might hear things like, 'get busy and depression will go away', but it does not."

Jaret heard about these barriers during her work first as a Health Coach at the clinic before earning

her master's degree.

"Many patients have experiences from their past that are now manifesting in behaviors within their own families, and with therapy, they are learning to recognize these behaviors and have an even higher motivation to continue treatment," Jaret said. Patients share how they have learned that, they are not really lazy but they need help. "They just need to take the first step, and I can tell them that I understand and can help," Jaret shared.

The 25th Anniversary of the Care4 Breast Cancer 5K is October 19, 2025!

Save the date for this historic event at Woodstock North High School. **Last year, we raised \$225,000, which provided 502 mammograms and the early diagnosis of nine patients!**

Please mark your calendars to join nearly 150 breast cancer survivors and 2,100+ participants and volunteers at this year's 25th celebration!

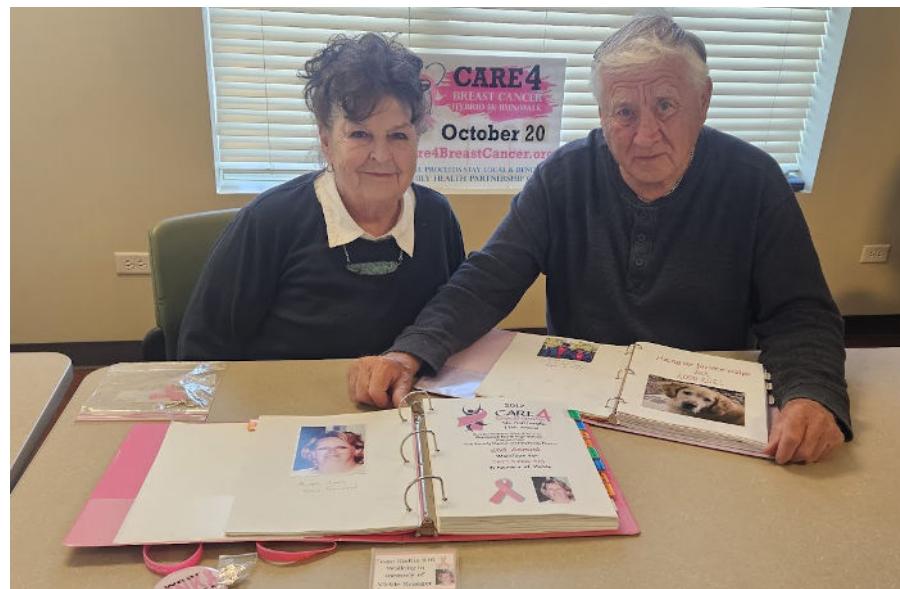


Would your employer match your gift to FHPC?

Thousands of companies now support YOU by matching the donations that you make to the causes that matter to you. You can typically find a form on your employer's employee website or you could ask HR. Some of the biggest employers in Chicagoland that match charitable donations include: Abbott, Airbnb, Fifth Third, General Electric, Grainger, John Deere, Caterpillar, Motorola Solutions, SAP, and State Farm. Don't see your employer on the list? Reach out to Vanessa, Donor Relations at vcandow@hpclinic.org. She may be able to find some information for you and get that match!



Register now!



Don Krueger & Jo Martensen Honor Loved Ones Through Virtual Race

"We met at church after we had both lost spouses," Jo said. Don lost Vickie after a 2-1/2 year battle with breast cancer. "We talked over coffee about how hard it is to get over the loss of a spouse, and then our friends told us about the Care4 Breast Cancer race. In 2011, we walked at Woodstock North High School and have done it every year, forming Team KieKie in honor of Vickie. Jo has helped me to honor her and even tracks our fundraising which has raised hundreds and sometimes thousands of dollars for the clinic," said Don.

"Since 2020, we have hosted the race virtually at my home," said Jo. "We mapped out a course around the neighborhood and through the park. I printed out materials about the clinic to ensure our participants know that the funds we raise will stay here locally to help people." Don said, "I am lucky to have Jo to help me with this to honor not just Vickie but all of our friends and relatives who have been impacted by breast cancer. I want to keep doing this as long as I can walk."