



SUMMER 2026 CHECK-UP



Jose from Crystal Lake Is Taking Charge of His Health.



More than five years ago, Jose's wife discovered the clinic and encouraged him to seek help. He had been diagnosed with diabetes but wasn't managing it well — and asthma was adding to the challenge. Today, it's a different story. "I have gotten so much better since coming to the clinic," Jose says with quiet confidence.

His asthma is now under control, and he understands how to manage it effectively — knowing his triggers, staying on top of his prescription, and feeling empowered. Much of that progress, he says, is thanks to Cheryl, his Nurse Practitioner. "Cheryl is great. She's patient and understanding, but she also makes it very clear when I'm not doing what I need to do to get healthy." That honesty, he explains, is exactly what keeps him moving forward.

Life isn't simple for Jose. His workday is long, his job is over 40 minutes away, and each morning, he drops his child off at his mother's before heading out. Getting back to Crystal Lake for appointments takes real effort — but he does it every time. "I'm happy to make the trip because the help I get here means so much." The front desk staff makes it easier, too. "The people up front are wonderful," he says. "They're very helpful with scheduling, and that makes a big difference for me."

Jose also works with Dr. Kakish (whom he describes as amazing) to manage his diabetes. He's learned that some of the traditional Mexican foods he loves aren't the best choices — a hard truth he's still working through. He's honest about the challenges. "I'm not always great at managing my diabetes," he admits. "But the clinic never gives up on me."

The clinic has been there for Jose in other ways, too. For people living with diabetes, regular eye exams aren't just routine — they're essential. Diabetes can damage the small blood vessels in the eyes over time, making early detection critical. Having that care available at the clinic means Jose can stay on top of his vision health without adding another provider to his already busy schedule. And when he injured his lower back at work, physical therapist Jerry helped him regain strength and return to work. "That was so important to me," Jose says. "I needed to keep working."

Looking back, Jose sees the clinic as something more than a place he goes for appointments — it's a place that believes in him. "This is really a place that has helped me, and continues to help me in so many ways. That's one of the reasons I try so hard: I trust what they tell me. I know it will truly help — and it does."

*This year, we are celebrating 30 years of providing healthcare to the underserved with compassion and respect. We are thankful that **YOU**, our supporters, feel like we do that we are responsible for each other.*

FAMILY HEALTH PARTNERSHIP CLINIC

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Doctors Committed To Care



Practicing Medicine the Way It Used to Be Dr. DeHaan, volunteer physician for more than 5 years

When orthopedic surgeon Dr. DeHaan noticed unmet medical needs in his community, he didn't just notice them — he sought a way to help and found it at the clinic. He's been treating patients with bone and joint disorders here ever since.

"I see so much appreciation for the unbiased advice from my patients here. I help them make the best decision, especially regarding surgeries that will meet their healthcare needs," said Dr. DeHaan. "I know that if the clinic didn't exist, these patients would suffer a great deal — and the community would suffer too, because many of our patients keep the community moving forward with the jobs that they do."

"The leadership of FHPC does a great job with stewardship and ROI of their donations, and the board of directors and staff deliver a tremendous amount of patient services with limited funding," Dr. DeHaan said. "The model works because patients pay what they can afford, which increases their buy-in to recommended treatments and follow-up. It also keeps the 'no-show' rate low."

"Here I can practice medicine the way I did when I started my practice, with little or no concern about billing and overhead. Here, we only think about the patient — find them where they are, and help them in the best way that we can," Dr. DeHaan said.

Patients Deserve Health Equity Dr. Gogineni, a volunteer physician for more than 15 years

What stands out most to Dr. Gogineni after more than 15 years of volunteering at the clinic is the patients who keep showing up. "What is most commendable is that patients make all of their appointments, and they keep trying, despite their continued struggles and challenges in life," she said. "I have a patient with uncontrolled diabetes for years, but she continues to try — and I continue to work to help her."

"I continue to volunteer at the clinic because it is so rewarding to help patients who couldn't otherwise afford quality care, and the fact that the staff is all here for the same reason — to help these patients — means a lot," said Dr. Gogineni. She adds that the experience has changed how she sees her patients: volunteering at the clinic has taught her to understand her patients as whole people, not just patients.

"This patient population unequivocally deserves health equity — their highest possible level of health — regardless of their circumstances. We provide that opportunity for them," said Dr. Gogineni. She is clear-eyed about what makes that possible: "Volunteer physicians, including myself, cannot do what we do without donors who support the clinic."

"The preventative care we provide avoids chronic health complications and emergency visits. It also improves the quality of life. We can offer them quality care with no compromise," she said. For Dr. Gogineni, the impact runs both ways. "I am much more empathetic because of this work, and I carry that into my practice every day."



Family Experience Motivated This Physician Dr. Kakish, a volunteer physician for 20 years

Dr. Kakish was first drawn to volunteer at the clinic by an invitation letter from Suzanne that arrived soon after he started practicing medicine. "I had gone from working about 80 hours a week to 38, and I thought I could volunteer there," said Dr. Kakish, who has been volunteering with the clinic for 20 years.

"I remember when I was growing up, we didn't have much money, and when my brother tore his ACL I knew that my family had no insurance. Somehow, we got the help we needed, so I thought, 'People do nice things; I can do that,'" Dr. Kakish said.

"One patient I recall came in because she had such tremendous joint pain. She had scleroderma, and what she was worried most about was that she couldn't stand up to do her job." The patient's determination to keep working stayed with Dr. Kakish.

We discussed how so many of his patients would end up in the ER and much sicker if the clinic didn't exist. "So much of what we do at the clinic is preventative. I know we are helping patients avoid strokes and heart attacks and get better. My clinic patients thank me for helping them to understand their conditions, and that is because we can take the time that is needed with them," said Dr. Kakish.

"My work here reminds me there are still unmet needs, it is meaningful, and in fact, it is often more academically challenging because I do not have access to other specialists readily," Dr. Kakish shared. He wants us all to remember that the patients at the clinic are people in our community — neighbors we see at work, at church, at restaurants, living and contributing alongside us every day.

Pharma to Patient-Focused Care: Jay Highland's First Year as Director of Clinical Operations

It has been a year since Jay transitioned from corporate pharmaceutical management and clinic volunteer to applying his skills at the clinic full-time. "I like working to identify ways to provide the most efficient care, and here I get to focus on patient-focused care without being completely driven by being more profitable," Jay shared.

Jay describes his day-to-day simply: "It is about ensuring the day-to-day functions of the clinic run as smoothly as possible for both patients and staff."

"Right now, we are most challenged by the number of patients needing care due to changes to Medicaid, higher Affordable Care Act premiums, and the higher costs of so many things. This has us prioritizing care needs and assessing specific appointment needs, such as whether a nurse visit works or a provider visit is necessary," said Jay.

"We are reaching out just prior to an appointment to ensure nothing has changed in the patient's condition that could affect the time needed to care for them, such as new concerns or planned surgeries." The clinic is also now using a live translation service on iPads, with the added benefit of being able to book follow-up appointments on the spot, and will soon deploy dictation software to save time.

Beyond the operational challenges, Jay finds deep meaning in this work. "I get so much out of this work and how much I am impacting someone's healthcare success. I see patients who had no tools or support, and now they get more motivated because they feel supported. I am even seeing patients who are motivated to teach their kids about getting and staying healthier," Jay shared.



Caring for the Whole Person

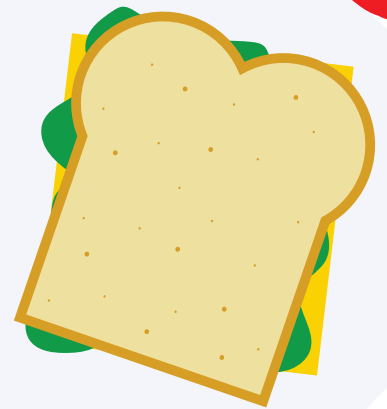
Too many of our patients face the impossible choice between groceries and medications, between feeding their family and making it to their next appointment. Our food pantry helps ease that burden — quietly, with dignity, right here in a place they already trust.

Here's how you can help stock our pantry:

- **Fill our fridge** — we have a new and large refrigerator that can keep milk, eggs, and other perishables.
- **Shelf-stable items** — canned vegetables, beans, soups, and fruit; pasta, rice, oatmeal, peanut butter, and low-sodium or whole-grain options are especially appreciated.
- **Garden-fresh fruits and vegetables** — locally grown produce has an incredible impact on our patients' health and spirits. If your garden is producing more than you can use, please share it with us!
- **Cash donations** — small monetary gifts allow us to purchase specific nutritional items that support our patients' medical needs and dietary restrictions.

Every donation directly supports the patients in our care — your neighbors, your friends, members of our community who are working hard to get and stay healthy.

Food is health care. Thank you for helping us provide both.



Pedalpalooza 2026: What a Ride!



On May 30th, McHenry County laced up, geared up, and showed up — and Pedalpalooza was everything we could have hoped for and more.!

More than 300 participants took to the trails, armed with the GooseChase app, an impressive array of outfits, and some truly inspired team names. (Shoutout to the Pokey Pedalers, Gears Beers & Dears, and the Pedaling Sloths — you made us smile from the very first moment of registration.) Teams tackled missions at local businesses and trail stops stretching from Algonquin to Richmond, snapping selfies, solving riddles, performing their hearts out, and proving once again that McHenry County knows how to come together in the most joyful, creative, and community-minded ways. Stops at participating shops and restaurants meant that the spirit of Pedalpalooza spread well beyond the trail, filling storefronts with laughter, bright yellow gear, and more than a few dramatic mission performances.



The fun was front and center, but the impact behind the event is what makes Pedalpalooza truly special. Together, participants, sponsors, and community partners raised over \$35,000 to support accessible healthcare for uninsured adults right here in McHenry County. Every dollar raised goes directly toward ensuring that our neighbors — the ones without insurance, without options, without a safety net — can still walk through our doors and get the care they deserve.

“We support Family Health Partnership Clinic because it provides care, education and resources to individuals and families. Investing in health is investing in hope, oftentimes when people need it the most. We’re proud to support an organization that has made a meaningful difference to so many people here in McHenry County.”

—Kevin & Susan Noonan



THANK YOU 2026 SPONSORS!



But let's talk about the real stars of the day — the riders, the walkers, the wildly costumed, the fiercely competitive, and the ones who just came to soak it all in. You are why we do this! The determination, the creativity, and the genuine JOY you brought to the trail reminded all of us exactly what community fundraising is supposed to feel like!

Pedalpalooza is more than a fundraiser. It's a celebration of what this community is capable of when we come together around something that matters. And if the energy of this year is any indication, we cannot wait to see what 2027 has in store!

What Will Your Legacy Be?

Every gift to the clinic tells a story — a story of compassion, of community, and of believing that the work we do together matters. Planned giving is a meaningful way to ensure your chapter of that story continues. And when done carefully, it may also mean tax savings for your heirs, particularly when it comes to inherited IRAs.

Bequests: By directing a percentage of your estate — rather than a fixed dollar amount — to charity in your will, you ensure your heirs are provided for no matter how the value of your estate may change.

IRAs and Other Retirement Assets: Consider naming a charity as a full or partial beneficiary of your IRA. Because IRAs are funded with pre-tax dollars, any amount your heirs inherit will be treated as ordinary taxable income — a tax burden that a charitable organization, unlike individual heirs, can avoid entirely.

Your legacy is already being written in the lives you've touched. Planned giving is simply the act of intentionally deciding how that story continues. We would be honored to be part of that conversation — please reach out to Suzanne or Vanessa to explore the options available to you.

