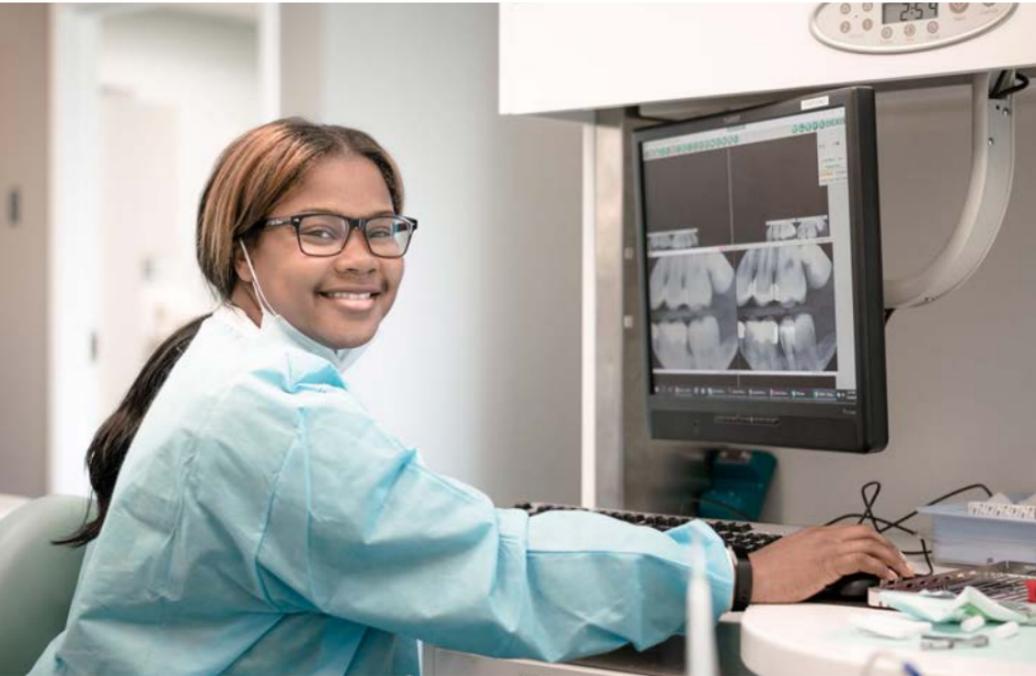




**Summer 2018**

## **Welcome to the Summer 2018 Lawndale Newsletter**

Your support of Lawndale Christian Health Center makes the following stories possible. Thank you.



### **Serving Wholeheartedly | Dentist Angel Jones**

Dr. Angel Jones has known for a long time that she felt called to serve in a community that really needed it. Having grown up with many siblings on Chicago's South Side, she says there were points in her own childhood when her family didn't have the resources they needed. She overcame the challenges and barriers, graduated from college and went on to dental school. "I believe there was a purpose to all that has happened in my life. I was given both empathy and talents to serve so I can be closely connected to my patients' experiences."

One of the most rewarding parts of her job as a dentist at Lawndale Christian Health Center is that she gets to interact with patients from many backgrounds. "Everyone needs a dentist," she says. "Everyone may not need a heart surgeon, but everyone needs a dentist." Angel regularly serves patients who are experiencing homelessness through LCHC's Mobile Health Team. "My patients are great. They humble me, and their stories show me the grace of God. God always gives us his best, and in the same way my goal is to always give my patients the best service."

Dr. Jones finds ways to bring encouragement to her patients every day. She loves to share scripture and will often carry printed verses with her that she can give to the people she encounters. She is always ready to listen and pray for her patients. "A patient shared with me some deep concerns she had about her daughter. We prayed, and I was able to reassure her that God would take care of her daughter. It's a privilege to have patients open up to me and be used by God in the lives of those in my community."



## Impacting Generations | 10 years of Centering at LCHC

In 2008, LCHC launched the Centering Pregnancy program. It would be the first group of its kind – a regular gathering of other expecting mothers who shared a similar due date. In April of this year, the first Centering groups were invited to celebrate the program’s 10-year anniversary. Many of the mothers who piloted the program were able to attend the special day, along with our first class of centering ‘babies’ that are now 5th graders.

Maria Gutierrez was one of the mothers able to attend the reunion gathering – along with her three beautiful children. She recalled her initial thoughts about joining the brand-new program 10 years prior. “Though it wasn’t my first pregnancy, I liked the idea of coming to one place to see my doctor, learn parenting skills, and share my experience with other moms.”

This innovative model of prenatal care has served over 176 groups of expecting mothers at LCHC since its beginning. The groups offer more than what a regular doctor’s visit can. Here, expecting mothers can dive deep into topics like breastfeeding, infant CPR, and any other concerns or questions that come up.

Maria enjoyed her first Centering experience so much that she decided to join the program for a second time when she had another child a few years later. “It’s amazing how much more prepared I felt for parenting through this group. Not only were things explained more clearly than ever before, but I knew I was never alone in what I was going through.”

The anniversary event was a great reminder of why Centering is so important to our care model. We are thankful for the support of partners that allow us to continue to run programs like Centering that impact generations on Chicago’s West side.



## Fullness of Life | Senior Fitness at LCFC

Attending the exercise classes for seniors at Lawndale Christian Fitness Center has become an essential part of Ms. Elvira's routine. "It has been the best thing for me. I honestly believe that if it wasn't for the Fitness Center I would be lying at home unable to move." For over a decade now, her LCFC membership has provided a reason to get up, get moving, and get out there.

Consistent workouts have helped Ms. Elvira heal from two hip fractures. Even while recovering from surgery, she says she couldn't wait to get back to the Fitness Center. She knew that being among her friends again and jumping into an exercise routine would make all the difference in her healing.

Over the years, Ms. Elvira has encouraged her aging friends to take charge of their health, too, and to try out the Fitness Center. Many of them are now members themselves. LCFC's senior-focused fitness classes provide a place for both physical and emotional wellbeing. Seniors are encouraged to remain active and to be involved in their community, which greatly increases quality of life.

Over time, Ms. Elvira has noticed improvement in her strength and endurance. "There are certain exercises I couldn't do before that I can now. I always try to give it my all and keep pushing until I can't anymore." The benefits of being active and social can be seen in Ms. Elvira's joyful approach to life. She is motivated to always keep moving, and inspires others to do to the same.