



Welcome to the Summer 2016 Lawndale Newsletter

The three stories below highlight LCHC's impact in the lives of patients and in the community. Thank you for being part of this mission.



A Mother's Journey

Jerri Reed beams with pride as she looks at her daughter, Jurnee. She is a sweet, playful, and inquisitive toddler. Observing the mother and daughter, one would never guess the challenges they've been through. "During my first pregnancy, it was early in the morning and I couldn't sleep," she recalls as she shares about her journey to motherhood. "I decided to come in to LCHC. I arrived before the clinic had opened, but they let me into the waiting area. I remember being in so much pain that I could barely stand up. The nurses were about to have a morning prayer, and they gathered around me and prayed for me. Dr. Kwak took care of me immediately and got me over to Mount Sinai Hospital. The receptionist even rode with me to the hospital to make sure I was okay. It was good to have someone there with me who cared for me while going through that scary time. "

Sadly, Jerri was among the 1 in 5 women that experience a miscarriage. She turned to the staff at LCHC to provide support as she processed her grief. Now, she shares her story in hopes of helping other mothers going through similar challenges. "It's been a blessing to be at LCHC, especially through some tough times," Jerri shares. Two years later, Jerri found out she was expecting again. "I had another difficult pregnancy, with high blood pressure and preeclampsia. I went into early labor, and my daughter Jurnee was born 9 weeks premature. She was tiny, weighing only 2 pounds." Jerri remembers. "I felt overwhelmed. Here I have a baby that's only 2 pounds and now I have to leave her at the hospital. For five weeks, I would visit her in the NICU. I was constantly worried."

While Jerri was dealing with the challenge of caring for a premature baby, hospital staff recognized signs of postpartum depression and set up follow-up appointments with the Behavioral Health Providers at LCHC. Jerri also continued to meet with her LCHC case manager. "It was so helpful to have professionals available to unload on and get things off your chest. They would remind me that it's normal to be worried about my baby and that the concerns I was having were typical. It made it easier to deal with all the stress. The staff at LCHC also assisted me with signing up for WIC, breastfeeding support and more. They scheduled me and took care of everything I needed to be prepared for Jurnee when she was discharged from the hospital. I am just grateful to have had LCHC available to me during that time."



New Connections in Senior Support

Older adults have looked to LCHC for quality medical care for over 30 years. Now, LCHC is developing an integrated program to fill in the gaps for those that need a little extra support with an adult day program and in-home care services. More than 10,000 residents of Lawndale and the neighboring communities are age 65 or older. Many need assistance with personal care and household tasks to remain in their home and the community. Earlier this year, LCHC launched the senior day program providing socialization, events, and health education.

For participants, the opportunity to learn and have fun among peers can contribute to health and happiness. Kathryn Gill, a program participant, shares, “I joined the Lawndale Christian Fitness Center in 2006 and participated in the Silver Sneakers Fitness Program. As a senior, the exercise helped me in many ways, both physical and mental. At age 87, I still attend Silver Sneakers program and now the senior services care program. The benefits I obtain are immeasurable. We are challenging our minds by being able to socialize with other seniors who have the same goals in mind.” Ethel Smith, another attendee, adds, “The adult day program is so much fun. Sometimes being in the house too much will make you depressed. Now I have a good outlet to meet other seniors and have fun.”

Families providing care for aging relatives also benefit from available programming while they are working. “The program has given my mother, Edna, a sense of belonging. When she talks about the program radiance comes across her face. I realize how important it is for her to be around her peers. Since most of her friends have passed on, she is making new friends and feeling like she has something to contribute to the group,” Theresa Saffold shares about the benefit of the program for her family.

LCHC’s goal is to integrate the services available to seniors and their caregivers. Home care, day program, fitness center, and clinical staff will share information and together work towards keeping seniors healthy. Ultimately, the expanded senior services program will help Lawndale residents live longer, healthier, and more fulfilling lives as they age.

God's Healing Process

“You do life-changing, worthwhile work,” reads the banner hung by Sandra Alvarado when she first became the site manager at LCHC’s Archer Avenue clinic. Sandra has a gift for inspiring others by focusing on collective purpose and a greater mission. “God has entrusted people to us. If you’re able to see the vision and the bigger picture, you know it’s not just a job. Your work is reaching into places that we don’t even know about. That smile we give, that acknowledgement, that diagnosis, the beauty of this clinic...it all plays into making each person feel loved and valued.”



Sandra’s infectious spirit has helped cultivate a culture of gratitude and care across the entire care team. Each Christmas, the entire team signs and sends cards to patients in need of extra support during the holiday season. One winter, the Archer team helped provide the resources for a young mother to leave an abusive home. Recognizing she wouldn’t be able to provide Christmas gifts for her two young children, the Archer team collected gifts for the children and invited the family to the staff Christmas meal. Recently, two patients had been going through very difficult times, and Sandra helped the team coordinate birthday party celebrations for each patient.

It’s clear that Sandra truly believes that every single person on her team is vital to effective patient care. “Everybody here has such an integral part of taking care of people. We’re part of God’s healing process; no matter what we’re doing, everyone has value.” Ofelia Dominguez, one of the Medical Assistant on Sandra’s team shares, “I am personally so blessed and grateful to work with such kind and compassionate people. I have seen providers pray, cry and comfort patients. It’s very encouraging to continue the work that we do not for us but for God’s glory.”