

## Lawndale Summer Newsletter 2019

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



### Hope for Healing | Rodolfo Enriquez

When Rodolfo Enriquez was first told what it would cost for the procedure to remove his painful ingrown nail, his heart sank. Though he was in a great deal of pain with every step he took, the cost of this minor procedure wasn't so minor at all. When he discussed this problem with his partner Miriam, she suggested going to Lawndale Christian Health Center. Before they moved out of the city, Miriam had been a patient at LCHC and had always been impressed by the quality of the care she received as well as the affordability. She recommended that Rodolfo call LCHC to see if they could help.

Knowing that LCHC is a non-profit clinic made Rodolfo skeptical that the care would be of high quality. While on his way to the clinic for his visit with LCHC's podiatrist, he found himself wondering how he would be treated. Dr. Felske noticed his anxiety as his appointment began. "She talked me through the procedure and helped to put me at ease. She told me I wouldn't feel pain during the procedure, and she was right! Everything went smoothly and my toe is healing normally."

For Rodolfo and Miriam, LCHC has been an answer to prayer. Though they live outside the city, they believe the drive is worthwhile to get the care Rodolfo needs. "When I compare LCHC to other places, I've had much better treatment here. At other clinics, they treat you based on your health insurance. They care more about the money than the person," Rodolfo said. At LCHC, both he and Miriam have found what they call, "the right people" to help him.

His experience of respect, professional care, and affordable prices have led Rodolfo to make LCHC his medical home. He plans to meet with a Primary Care Provider for ongoing healthcare needs. "My parents taught me to be thankful to God for everything I have, and for each new opportunity – I am thankful that I found Lawndale."



### **A Vision for Growth | Jasmin Guzman, DMD**

Dr. Jasmin Guzman is the Dental Director at Lawndale Christian Health Center, managing our 21 dental chairs and caring for her own panel of patients. She particularly loves providing high quality pediatric dental care. “There’s a great need for pediatric care in the city, so it’s very rewarding for me to be able to treat the kids that might have a hard time being seen elsewhere.”

Dr. Guzman grew up in the Bridgeport neighborhood of Chicago and learned important values that shaped her life’s trajectory. She says, “My mother taught us to always serve people, so by the time I became a dentist, this was very much ingrained in me. I was taught to always put a patient’s needs above my own.” Pursuing medicine was a way for her to bring needed services to people and being at LCHC has allowed her to provide more than just physical care. “Being in the dental chair can be very anxiety-provoking. It’s very special to pray with a patient and acknowledge their spirituality – it helps them relax. You can’t easily do that in other clinics.”

Knowing how important it is to have providers that speak fluent Spanish, Dr. Guzman is glad to be able to treat her patients in their preferred language. She thinks of them as an extension of her own family and knows just how much it means when a patient can resonate with a provider who shares their language, culture, or ethnicity.

LCHC’s dental department has grown exponentially during the four years that Dr. Guzman has served here. In the last year alone, there have been 631 new patients and almost 2,000 more visits. With these increases, Dr. Guzman has continued vision for LCHC’s dental department. “It would be great to extend our services even further to provide some specialized dental services on site, such as having a pediatric dentist. I look forward to seeing how we will continue to grow and serve our patients.”



## Welcoming Wholeness | Calvin Leonard

As a registration representative at Lawndale Christian Health Center's main clinic, Calvin Leonard helps to create a warm and welcoming atmosphere. With his constant readiness to serve others, it is no surprise that his personal journey to live healthier and lose weight has become an inspiration to the many people he interacts with. He embodies a core aspect of LCHC's mission – to promote wellness – as he shares his story and journey with others.

His regular workouts at Lawndale Christian Fitness Center have been a central component of his successful weight loss, paired with a new approach to eating. "Most people think they eat well, but there's much more that goes into understanding the food you're putting into your body. You've got to give your body good fuel to use as energy."

Calvin's physical transformation over the past year has opened the door for many conversations about a whole-health approach to weight loss. He regularly finds himself encouraging and sharing tips and resources with others who are on their own health journey. He wants people to understand why 'quick-fix' weight loss methods don't work in the long-term. "It's got to be a whole lifestyle change, otherwise you'll put it right back on. Your mentality is just as important as exercising and eating well."

With a connected, supportive community around him, Calvin feels that he has all he needs to meet his goals and stay healthy. As an organization, LCHC continues to prioritize services that allow others the opportunity to experience the same type of lifestyle change. These services include doctor referrals for free Fitness Center access, an employee wellness program, prescriptions for Veggie Rx produce, referrals for specialty services, and more. With dedicated employees like Calvin setting an example, LCHC's mission of wellness will continue to have a transformative effect on the West Side of Chicago.