



INDEPENDENCE HEALTH & THERAPY

Collaborative Care: Bridging the Gap in Speech Therapy Services

In response to a growing need for speech therapy services in our community, Independence Health & Therapy has partnered with Hearthstone, a comprehensive care community in Woodstock. Offering post-acute rehabilitation, skilled nursing long-term care, dementia care, and an assisted living community, Hearthstone



serves a diverse population with varying needs. Due to the shortage of Speech Language Pathologists in the area, our dedicated speech therapist, Rachael, has stepped in to fill the gap, bringing her expertise and passion for helping older adults improve their cognitive communication and problem-solving skills to promote independence and safety.

At Hearthstone, many residents require support with re-learning how to eat solid foods, swallow safely, and communicate effectively. Upon learning of their need for speech therapy services, Rachael and our Therapies Manager, Becca, visited Hearthstone to observe and assess the situation firsthand. It quickly became evident that providing on-site speech therapy services would be the most effective way to address the growing need within the community.

Rachael shares her enthusiasm for working with older adults at Hearthstone, where she can witness patients at their most natural state during mealtimes and participating in cognitive activities. She emphasizes the importance of being able to observe patients' challenges firsthand, allowing her to provide immediate solutions and collaborate with Hearthstone's on-site dietician, nursing staff, and other healthcare professionals.

Rachael expresses confidence in the partnership between Independence Health & Therapy and Hearthstone, noting that it helps "connect the dots" for the best quality care, ensuring that patients receive the comprehensive support they need to progress towards independent living. This collaboration exemplifies our organization's commitment to radical collaboration and underscores our shared goal of promoting independence and improving lives within our community.

Welcoming New Board Member Brenda A. Frederick

We are thrilled to announce the newest addition to our board of directors, Brenda A. Frederick, ACC, CNBC, IOM!

Brenda is a dedicated leader with a passion for empowering others and making a positive impact in her community. Calling Wonder Lake home, she shares her life with her husband, Scott, and is a devoted mother to two accomplished women. An avid explorer of outdoor adventures, traveler, and book enthusiast, Brenda brings a wealth of diverse experiences to our organization.

Driven by a strong commitment to giving back, Brenda invests her time in volunteering with several local organizations, firmly believing in the transformative power of lending a helping hand. With an impressive background spanning over three decades in the nonprofit sector, Brenda is the founder and CEO of Profound Leadership, LLC, where she dedicates her expertise to cultivating, inspiring, and empowering nonprofit professionals, teams, leaders, boards, and organizations.

Brenda's decision to join the board of Independence Health & Therapy reflects her alignment with our mission of promoting independence and improving lives. She recognizes the importance of independence in ensuring quality of life and admires IHT's holistic approach to addressing the physical, mental, and emotional well-being of individuals. Inspired by our leadership team and shared values, Brenda is eager to contribute her expertise and passion for serving the community alongside like-minded individuals dedicated to making a difference.

Please join us in welcoming Brenda to the IHT family!



Gratitude in Action: Independence Health & Therapy's All-Staff Meeting



On March 1st, the entire Independence Health & Therapy team convened for our annual all-staff meeting. During the gathering, we acquainted ourselves, delved into our 3-year strategic plan, and hosted guest speaker Louie Sharp, who delivered an engaging talk on “Service with Impact.” As an exercise, we set up a simple “gratitude wall,” where staff members posted brief notes expressing gratitude towards our colleagues, clients, and donors. It was heartwarming to see so much positivity and support from this group of caring professionals.

I'm grateful for all our clients who show such determination to live their lives to the fullest no matter what their ages and/or limitations.

I really appreciate all the people I work with! It makes me grateful that I work for a company who makes a difference!

I am grateful to serve my Community alongside such wonderful coworkers.

Your support not only makes a difference in our clients' lives, but also gives me and our staff a meaningful place to allow us to use our gifts.
Thank you!

Super Roll Success!

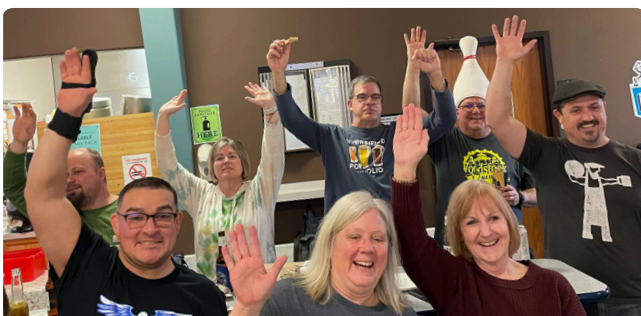
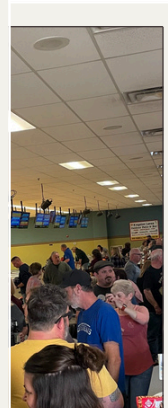
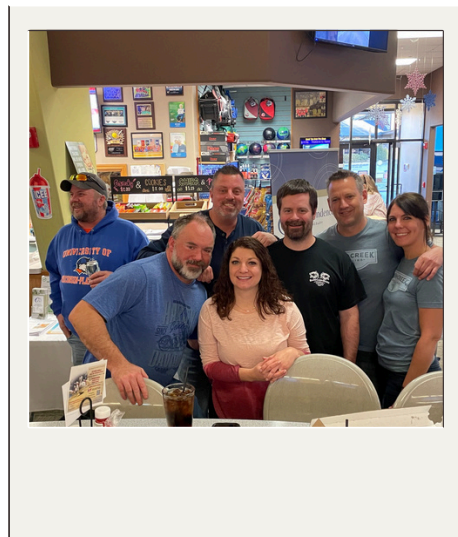
We would like to express our sincere gratitude to everyone who joined us for an incredibly fun-filled and successful Super Roll fundraising event at Kingston Lanes in Woodstock! We raised over \$8,000!

We extend our sincerest appreciation to all the enthusiastic bowlers who showcased their skills and sportsmanship, making the event a success.

A special thank you is also due to our gracious sponsors, volunteers, and the staff at Kingston Lanes for their invaluable support and commitment to making this event possible.

As we reflect on the fun day we had, we are reminded of the incredible impact that can be achieved when we come together with a common goal. Your generosity will directly benefit all of our clients, regardless of their ability to pay.

Together, we have proven that even a simple game of bowling can make a meaningful difference in the lives of those in need. Thank you once again for your participation and generosity. We look forward to continuing this journey of making a positive impact in our community, one frame at a time.



Meet our New Physical Therapist Dr. Collin Barber



We are pleased to introduce the newest member of our physical therapy team, Dr. Collin Barber, PT, DPT.

Collin brings a wealth of expertise and a compassionate approach to his role as a Physical Therapist specializing in Geriatrics. A graduate of Marquette University, Collin earned his BS in Exercise Physiology in 2018 and his Doctorate in Physical Therapy in 2020. Since then, he has been dedicated to helping individuals achieve optimal mobility and independence.

When asked about his therapeutic approach, Collin emphasizes the importance of tailoring treatment plans to meet each patient's unique needs and goals. He

believes in fostering a collaborative relationship between patient and therapist, recognizing that success looks different for every individual.

Collin is committed to empowering his patients to reach their highest level of function and quality of life, and he views therapy as a team effort that extends beyond the clinic walls.

What sets Collin apart is his dedication to making a lasting impact on his patients' lives. He is passionate about equipping individuals with the tools and resources they need to maintain a healthy lifestyle even after therapy has concluded. Collin's holistic approach to care reflects our organization's commitment to promoting independence and improving lives, and we are thrilled to have him as part of our team.

Please join us in welcoming Dr. Collin Barber to our physical therapy family. With his expertise and compassionate care, we look forward to helping even more individuals achieve their wellness goals and live their best lives.



Independence Health & Therapy
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May is Mental Health Awareness Month

May is Mental Health Month and Independence Health & Therapy is raising awareness of the important role mental health plays in our lives. We are encouraging members of the community to take action toward protecting their mental health and overall well-being.

This May, we will focus our efforts on helping members of the community to:

- **LEARN** how modern life affects mental health with new resources to navigate our changing world.
- **ACT** by building a coping toolbox to manage stress, difficult emotions, and challenging situations.
- **ADVOCATE** to improve mental health for themselves, the ones they love, and their community.

Tune in to our social media channels throughout the month of May for mental health tools, resources, and more. Spread the word!

