



INDEPENDENCE HEALTH & THERAPY

New Leadership Joins as We Say Goodbye to Dedicated Board Members



We are excited to welcome two new members to the Independence Health & Therapy Board of Directors and bid farewell to two long-time members who have made invaluable contributions to our organization.

Susan McCoy brings a wealth of experience as a senior advocate and currently serves as Director of Sales and Marketing for Heritage Woods Supportive Living and White Oaks Memory Care Community in McHenry. Susan transitioned into the senior care field after earning her BA in Human Services from Judson University in 2011. She has worked with various organizations supporting seniors and their families across Lake and McHenry Counties, building an extensive resource network. Susan also volunteers as a

Support Group Facilitator for the Alzheimer's Association, where she leads a monthly support group. Susan is excited to bring her expertise and passion to Independence Health & Therapy as a new Board Member and looks forward to helping advance our mission of promoting independence and improving lives.

We are also pleased to welcome **Kathy Hajdrowski**, who joins the board with 23 years of experience in the banking industry, currently serving as Vice President of Commercial Services at Home State Bank NA. Kathy is an active community leader, serving as a Commissioner on the City of Crystal Lake's Public Arts Commission and contributing to our Tee to Tea committee for several years. With her commitment to community service and professional leadership, Kathy is a natural fit for our Board and is eager to support our vision of providing comprehensive care to those we serve.

At the same time, we express our heartfelt gratitude to departing board members **Christopher Marrs**, who served on our board for 16 years, and **Kevin Sanderson**, who served for 6 years. (Cont'd on Page 2)

New Leadership Joins as We Say Goodbye to Dedicated Board Members (Cont'd from Page 1)

Their leadership and dedication helped guide our organization through critical moments of growth and transformation. We are deeply thankful for their service and the lasting impact they have made on Independence Health & Therapy.

As we move forward, we are excited about the new perspectives and energy our incoming board members will bring, and we remain grateful for the strong foundation laid by those who came before them.

Welcoming Dr. Venkata Jampala!

We are thrilled to welcome **Dr. Venkata Jampala** to our practice!

Dr. Jampala is a board-certified psychiatrist with over 35 years of experience. He brings a wealth of expertise in general adult psychiatry, geriatric psychiatry, addiction psychiatry, and neuropsychiatry. Here's a glimpse into Dr. Jampala's impressive background:

- **Extensive Experience:** Dr. Jampala has been practicing for over 35 years, treating a wide range of patients and conditions.
- **Specialized Training:** In addition to general psychiatry, Dr. Jampala has additional expertise in geriatric psychiatry, addiction psychiatry, and neuropsychiatry.
- **Academic Accomplishments:** Dr. Jampala is a Professor of Psychiatry at Rosalind Franklin University of Medicine and Science/Chicago Medical School.
- **Highly Regarded:** Dr. Jampala is a Distinguished Life Fellow of the American Psychiatric Association and is actively involved in several professional organizations.
- **Committed to Research:** Dr. Jampala has published extensively in leading medical journals and co-authored numerous book chapters and articles.



- **Award-Winning:** Dr. Jampala's dedication to the field is recognized by prestigious awards, including the Young Investigator Award and the Excellence in Research Award.

We are confident that Dr. Jampala's expertise and experience will be a valuable asset to our practice and our patients.

To schedule an appointment with Dr. Jampala, please contact our office.

Discover the Impact of Our Adult Day Program



At Independence Health & Therapy, our Adult Day Program provides a lifeline of care, companionship, and purpose for older adults in our community. This vital program offers a safe and engaging space where participants can enjoy a full range of activities designed to promote mental, physical, and emotional well-being. From socializing with peers to participating in therapeutic exercises, every day in the program brings new opportunities for growth and connection.

We invite you to take a closer look at the heart of our Adult Day Program through our new video. While it highlights the various activities and services we provide, it also underscores the importance of creating a nurturing environment where each participant can thrive. Whether it's enjoying arts and crafts, playing games, or benefiting from personalized care, our program is dedicated to enriching lives and fostering independence.

Your support makes this possible. As you watch the video, we hope you see the direct impact your generosity has on the lives of those we serve. Thank you for helping us continue to provide these critical services to our community.



*Scan me to
watch!*



A Season of Celebration and New Beginnings

As we look back on an exciting season of fundraising events, we want to take a moment to celebrate the successes and transitions that have marked our journey. Here's a look at three standout events that have made a significant impact on our mission and our community.

A Fond Farewell to Woodstock Ale Fest

After ten incredible years of celebrating craft brews and community spirit, we at Independence Health & Therapy are saying goodbye to Woodstock Ale Fest. This event has been a cherished tradition, bringing together craft brew enthusiasts from near and far. With the craft brew industry growing so rapidly, we feel it's the right time for us to explore new fundraising opportunities.

We want to extend our heartfelt thanks to everyone who supported the Woodstock Ale Fest—our dedicated sponsors, wonderful volunteers, and loyal attendees. Your enthusiasm played a huge role in helping us advance our mission of providing essential services to our community.

As we close this chapter, we're excited about the innovative and engaging events we have planned for the future.

A Night to Remember: 1st Annual Prom

We're thrilled to announce that our first-ever adult prom fundraiser, "One More Night," was a resounding success! Thanks to the generous support of our sponsors and all the fantastic attendees who donned their finest 1980's attire, we danced our way to raising over \$15,000 for Independence Health & Therapy's adult day, memory care, behavioral health, and therapy services.

The night was a blast from the past, filled with infectious 80's music that had everyone singing and dancing. Guests enjoyed delicious food and drinks, played classic arcade games, and reveled in the nostalgia of the era.

A big congratulations to **Sara Fozsz**, who won the Grand Raffle and will soon be off on her dream resort stay! We also want to acknowledge **Wade and Tracey Weston**, who were crowned Prom King and Queen by their fellow partygoers!





Tee to Tea – A Tropical Golf Adventure

Our 19th Annual Tee to Tea Women's Golf Outing was a Margaritaville-themed blast, even with the heat index soaring over 100 degrees. Despite the challenging weather, we had a fantastic time, thanks to our dedicated golfers, caddies, and volunteers. We are delighted to report that the event raised over \$23,000!

The event was full of vibrant outfits, cold refreshments, and lots of laughter. Your participation was key in helping us raise crucial funds for Independence Health & Therapy.

A huge thank you to everyone who braved the heat and made this year's Tee to Tea a success.





Independence Health & Therapy
2028 N Seminary Ave
Woodstock, IL 60098



Cold and Flu Season Reminder

As we head into fall, it's a great time to make sure you're up to date on all your vaccines. The CDC recommends that everyone aged 6 months and older get a COVID-19 vaccine and stay up to date with all recommended doses, along with an annual flu shot. For adults 65 and older, it's especially important to stay protected, as older adults are more vulnerable to serious complications from the flu and COVID-19. If you're over 50, consider getting the shingles vaccine, and if you're over 60, talk to your healthcare provider about receiving the RSV vaccine. The pneumococcal vaccine is also recommended for adults 65 and older.

Keeping up with vaccines is a simple yet effective way to protect yourself and those around you, especially during the colder months when illnesses tend to spike. Staying healthy not only means taking care of your well-being but also helps reduce the strain on healthcare systems and communities. Take the time this season to schedule your vaccines and stay protected!

If you'd like to opt out of receiving future newsletters, please email
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