



Fenix Family Health Center

A New Kind of Place!

Fall 2010

A New Kind of Practice

Fenix Family Health Center is a non-for-profit medical clinic founded by Dr. Louise Berner Holmberg. Located in Highwood Illinois, Dr. Berner describes her practice as “good, old fashioned family medicine, with high tech capacity to best take care of our patients” :Dr. Berner cares for everyone in the family, makes local house calls, to homes with newborns, the disabled. and to the very elderly. Most Fenix patients are uninsured and had no access to healthcare, other than seeking help at emergency rooms. Dr. Berner is available 24/7 by phone for troubleshooting. This keeps medical costs down for everyone. Flexible clinic hours includes weekends! Most patients are immigrants who speak only Spanish. Dr. Berner and the Fenix staff all speak Spanish..As part of a comprehensive care approach, classes and private consultations are offered to manage chronic conditions such as Diabetes, Asthma, Hypertension, and Overweight. Several Fenix patients have been weaned from costly medications after having successfully completed weight loss classes!



Dr. Louise Berner celebrates as Fenix marks our first anniversary October 2010.

“I opened this clinic to give comprehensive respectful care to the underserved,” says Dr. Louise Berner

About the Doctor

Dr. Louise Berner was raised in Winnetka, Illinois, where she was taught the value of giving back to the community . She studied Spanish and Anthropology at Amherst College, received a Masters of Public Health from U of I and got her MD at Rush University. She trained in Family medicine at Cook County Hospital, where she was Chief Resident. She has practiced community medicine for 25 years. In October of 2009 she opened Fenix. Using her public health background, she is able to provide comprehensive healthcare in her family practice clinic. She and her husband, Michael Holmberg, reside in Winnetka with their four children and puppy.

High Quality
Low Cost
Great Service



Like the mythical bird, Fenix is a dream realized by Doctor Louise Berner. Thanks to donations, Fenix is equipped with four exams rooms, a lab and small pharmacy. Equipment and supplies were purchased through E-bay. Volunteers painted the clinic in bright cheerful colors. The inviting reception area, children’s playroom and the education center were lovingly assembled by family and friends. Since opening last October, Fenix has welcomed more than 1000 families ,who learned of Fenix by word of mouth only!

Fenix Family Health Center
Centro de Salud

130 Washington Avenue
Highwood, IL 60040



Fenix Celebrated at Dedication Festival: A Vision Realized

More than 30 years ago in the deserts of Peru, he inspired her. Rev. John Foley S.J., created a thriving school. “It even had a pool,” said Dr. Louise Berner Holmberg at the Fenix dedication. “If he could do that, I knew I could do this.”

Rev. Foley went on to create the Cristo Rey Jesuit High School, a network of 26 innovative schools in the United States geared toward the Latino community. He was one of several speakers on hand to bless Dr. Berner and the Fenix Family Health Center at the June 27 Dedication. Rev. Foley saluted Dr. Berner’s compassion and commitment to the medically under-served.

The festival was housed under a tent adjoining Fenix and many toured the health care center. Food was donated by a big Fenix fan - the neighboring restaurant *Tacos el Norte*. A nine-man Mariachi band entertained the crowd with authentic Mexican music. “I could not have done this alone,” said Dr. Berner, who offered special thanks to her family, friends and colleagues.”



Fenix Teaches Prevention

One major focus of Fenix is to empower patients to learn to care for themselves and to better manage their chronic conditions. To that end, many volunteers have used resources at Fenix to provide information and training on some of the most intractable problems facing the Fenix patients. These are primarily diabetes in adults and asthmas in children. Training on nutrition and exercise classes are frequently occurring at Fenix. Because almost all of the Fenix patients speak Spanish as their first, and often, only language, all teaching sessions are done in Spanish.

Dr. Berner is keeping data on the effects of Fenix’s prevention education. To be useful these stats need to be maintained over a long period, but so far Dr. B. has patients with diabetes who have lost weight and now are off all meds, and mothers who used to take their children into the ER frequently for asthma who now know how to control their children’s symptoms.

Providing primary care Mental Health services is another major focus of Fenix. Dr. Berner has received extra training in primary care psychiatry. Providing mental health services in a family practice setting is not only humane and good medicine, but also cost effective. Patients appreciate the convenience, too.

“It is so rewarding to see patients take responsibility for their own health. When patients take the initiative to apply something we have learned in class to their daily lives, it brings a smile to everyone’s face. The desire and commitment to live a healthier lifestyle is an intangible achievement that is essential in order for patients to see measureable results.”

- Ally Arca, ISummer Intern
Northwestern U. Social Policy

Volunteer . . . and Learn Spanish!

Volunteers have been busy contacting pharmaceutical companies for samples to stock at Fenix. Most major drug companies set aside a portion of their wares for non-for profits or the hard pressed, in the form of “Patient Assistance” programs. But it often takes determination and tact to break through the bureaucracy. On Mondays, goals for new projects are readied for those giving their time. Every week brings fun new challenges for volunteers. Got a few hours in a week? Check in Monday for a task to tackle!

Sullivan Grant for Nurses!

On their first visit to Fenix, Susan and John Sullivan (Aunt Susan and Uncle John to Dr B.) were pleased with the similarities in their vision of healthcare and Fenix’s mission: using nurse practioners to provide convenient and cost effective primary care, with no sacrifice in quality. The Sullivan Foundation made a major 4 year grant to hire bilingual Family Nurse Practioners. Fenix extends enormous gratitude the the Sullivan Family.

Fenix Needs Your Support

With the help of many volunteers and the dedication of Dr. Louise Berner, Fenix is providing top quality and compassionate care in a medically underserved area. Fenix is operating on a shoe string and the shoe string is getting thinner. Many of your neighbors and friends serve on the Fenix Board and have volunteered. Some of these friends of Fenix have put together this little capsule of Fenix goodness and are asking for monetary help in whatever amount you can give. An envelope is attached, and you may also give by going to the website: www.fenixclinic.org. We thank you for your support, because those who have been a part of Fenix know what a big loss the clinic would be if it could no longer open its doors, and how exciting it is to be a part of a new way to provide medical care.



Fenix Salutes Our Summer Interns

We want to thank the fabulose group of volunteers that brought Fenix a wonderful summer.

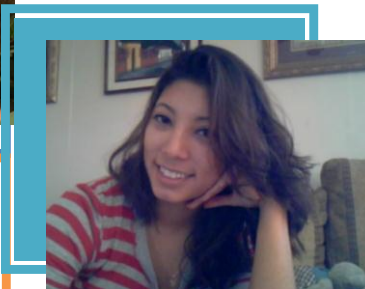
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Northwestern
University
2011



John Cook
University of Virginia
2014



Anca Cuyun
University of Illinois
2012



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2010



Steve Server
Princeton University
2014

More than 50 volunteers have clocked more than 2,500 hours at Fenix in just over a year. A lot of the volunteers have been young people wanting to be a part of something that provides positive change to people's lives. We thank all volunteers, young, old and in between for helping to support a vital and necessary community treasure in Lake County Illinois.



family health center
centro de salud

130 Washington Avenue
Highwood, IL., 60045

RETURN SERVICE REQUESTED



Fenix Family Health Center

Highwood, IL

A New Kind of Practice

Comprehensive Compassionate Cost Effective

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www.fenixclinic.org