

# COLUMBIA ROAD HEALTH SERVICES

1660 Columbia Road, NW • Washington, DC 20009-3602 • (202) 328-3717 • fax (202) 588-8101 • www.crhs.org

December 2009

Dear Friends,

During this holiday season as we pause in recognition of our many blessings, we must remember those children who face tragedy and enormous burdens every day.

At Columbia Road Health Services (CRHS), our hearts are heavy with the recent death of a nine-year-old boy who was randomly shot through the door of his apartment two blocks away from our clinic. CRHS is an organization that cares deeply for the well-being of the families in our community. We feel deeply sorrowful when tragedy comes to our neighbors, even if they are not our patients.

We are grateful that we have been able to be there for Maya,\* who has been a patient at CRHS throughout her teenage years. Maya has shouldered responsibilities that most people do not face until later in life. When her parents lost their jobs this past year, she left high school to take a job herself. Maya became pregnant, and her boyfriend left her shortly after. While talking about the pregnancy with her physician at CRHS, Maya revealed how depressed and anxious she was feeling over raising a baby alone and not being able to adequately provide for her family.



*A mother and daughter smile together in the waiting room before an appointment*

Maya's doctor set up an appointment with a CRHS counselor to begin talking through her depression and anxiety. Maya was very involved in her baby's prenatal care, asking her doctor lots of questions and taking care of her own health however she could. A CRHS case manager helped Maya get food and clothing for her baby.

Although Maya recently gave birth to a beautiful, healthy girl, our work together will continue. Maya's depression has improved significantly and, at the suggestion of her counselor, she will enroll in part-time classes to finish her GED. We have high hopes for the future of Maya and her daughter. We will continue to support their well-being through our medical, counseling, and social services.

**Your support makes it possible for us to care for Maya and many others like her.** Please keep the many people who need care and compassion in your thoughts this season, and please consider a gift to CRHS to help us serve those most in need. Thank you.

Sincerely,

*Janelle*

Dr. Janelle Goetcheus  
Founding Medical Director

A. JANELLE GOETCHEUS, MD  
FOUNDING MEDICAL DIRECTOR

DEBORAH M. SHEPARD  
INTERIM CHIEF EXECUTIVE OFFICER  
CHIEF OPERATING OFFICER

SUSAN F. RIGGS  
CHIEF FINANCIAL OFFICER

DONALD E. MARTIN, MD  
ASSOCIATE MEDICAL DIRECTOR

ALISON W. BARTLEMAN, MD

DONNA C. CHACKO, MD

RONA A. SCHWARTZ, MD

TONYA H. WANKO, MD

MARGARET J. HORST, CRNP

WILLIAM A. JORDAN, CRNP

MONICA J. NAUMANN, CRNP

PRISCILLA M. BEACH, RN

DEBRA R. VEKSTEIN, MS, LPC

ALEXANDER GOODWILL, MSW

\*In order to protect confidentiality, this patient's name and certain other identifying details have been changed.