

be healthy

MONTHLY FEATURE

Suburban Triumph

Teen Parent Connection

Four years ago Lisette Olvera was a freshman at Glenbard North High School; 15 years old, three months pregnant, and very scared. A representative from Teen Parent Connection visiting her health class to talk about the difficulty of being a young parent changed the course of her life. "If I hadn't connected with them I imagine I would have had a complete lack of resources and no extra support," Olvera said. Now the mother of healthy and happy four-year-old son Xsavier, Olvera has a bright future. "I can't imagine what my life would have been like without Teen Parent Connection. I would not have known who to turn to," she said.

Teen Parent Connection in Glen Ellyn was started in 1985. A group of dedicated founders, led by a registered health nurse, Jeanne Altendorf-McLennan, established Teen Parent Connection with the goal of providing teenage parents in DuPage County with parenting education, support, and resources to improve outcomes for young parents and children alike," said Sarah Pluth, director of development for Teen Parent Connection. "Nearly 30 years later, we continue to deliver parenting education and support services to more than 500 young families each year."

Teen Parent Connection offers a full continuum of support services for teens, starting from the time of their pregnancy through the time that their child turns five. "This is designed to address the unique challenges teenage parents and their children may encounter. We hope to provide services that will help young families meet the challenges of parenting while navigating their own adolescence," said Pluth.

While pregnant, Olvera attended prenatal classes that helped her understand what to expect during the course of her pregnancy and delivery. She also had the opportunity to connect with other young pregnant girls. After Xsavier was born, Olvera continued to participate in programs. "I transitioned to a young parenting group they offer. It taught how children develop and the different stages they go through and we talked about resources we might need including schools, childcare, etc.," she said.

Today, Olvera works full time at Goodwill Industries in Carol Stream, and Xsavier is in daycare. Olvera earned her GED in 2012 and is looking at attending classes at College of DuPage with a possible future in nursing.

About a year ago, Olvera became a peer educator for Teen Parent Connection. "I go to high schools and talk about my experience of being a young parent and the struggles that are involved. The objective is to get students to make better decisions about their health," she said. "If someone had talked to me before I got pregnant I would have made different decisions. I feel like when I visit a school it makes an impact on the students. My story has helped them to realize how difficult things are as a young parent. I feel really grateful to be able to do this."

-Wendy Foster, Features Writer

To learn more visit www.teenparentconnection.org.
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Photo by Mike Mantucca

Health News

DuPage Medical Group Expands 3-D Mammography to Wheaton and Naperville

DuPage Medical Group (DMG), the largest independent, multi-specialty physician group in the Chicago area, is further expanding its diagnostic imaging services by offering 3-D mammography at more locations throughout the western suburbs to provide additional access for patients.

Also known as breast tomosynthesis, the three-dimensional screening service is now available at a second location in Naperville at 2940 RollingRidge Road, as well as in Wheaton at 150 E. Willow Ave. Tomosynthesis is also currently available at DMG locations in Hinsdale, Lisle, Naperville (Rickert) and Glen Ellyn. To learn more about the benefits of 3-D mammography, or to schedule an appointment at any of the convenient locations, visit www.dupagemedicalgroup.com/health-topics/post/3D-Mammography.