

IT TAKES A *Village*

by Paige Frenette

Last fall, I moved back to my hometown of Peoria, IL. There is something very profound about returning to such a familiar place. After living in other towns, this is the first time I have fully moved back to a place I have called home. The experience has made me reflect on how the 18 years I spent growing up here in Peoria have shaped my life.

I was raised not only by my family, but also by the people in the Peoria community. They say “it takes a village,” and I see more truth in that message the older I get. When I hear that phrase, I think of the people who have invested in me and played a role in developing the person I have become. These influences were all the more important when I began to make decisions about my future. My father is a chiropractor and I grew up around the practice, knowing from a young age that I wanted to pursue it as a career. Chiropractic has helped me stay healthy and active throughout my life as a dancer and athlete, and I always dreamed of offering others the same benefits as a professional. I was also encouraged to pursue a degree in athletic training, and I realized the intersection of those two professions would give me the opportunity to work with and help athletes and dancers, two communities I myself have loved being a part of.

The next chapter of my life brought me up north. I moved to Michigan to pursue my bachelors degree at Hope College, a small liberal arts school. During my time at Hope, I learned much more than how to take care of athletes. Hope taught me the necessity of self reflection and personal growth alongside my professional work. It was there that I learned that the kind of impact I could have on individuals in healthcare extended far deeper than the physical.

Athletic training is unlike any other healthcare field in that you get to cultivate a relationship with your patients, sometimes interacting with them every day. As an athlete’s care provider, you walk with your client through pre-season training, the ups and downs of competitions, injuries, and times of rehabilitation. Navigating these experiences together creates a unique



opportunity to form a partnership. During my time working with athletes at Hope, I became aware of the importance of a healthy partnership between patient and provider. I let this new understanding guide me through my time in Michigan as I worked with high school and college athletic programs, ran a chiropractic clinic for athletes, and assisted a professional ballet company.

The mission statement of the kinesiology department at Hope included this phrase: "We're committed to use the study and practice of human activity to transform the mind, body and spirit for lives of leadership, character and service." It was the heartbeat of Hope to foster conscious and self-refining individuals, and I am forever grateful for my time there and its impact on me.

I graduated Hope College and married the love of my life in a summer defined by a whirlwind of change. As the dust settled and the excitement died down, I found myself in Davenport, Iowa, ready to continue on the journey I had begun at Hope. I spent the next four years there studying and working towards my doctorate in chiropractic at Palmer College.

While I was at Palmer, I carried the lessons I learned at Hope with me. I made it a priority to honor the partnership between patient and provider. I loved my time taking care of patients in the Quad Cities area, where I was able to create a connection with the local ballet to establish Palmer as their chiropractic care provider. As I reached the end of my degree, I was presented with the opportunity to complete my final clinical rotation in Peoria. It seemed fitting

to return home to serve the community that had served me so well growing up. I completed my preceptorship at Kaufman Wellness Center Ltd., and had the chance to be mentored by my father, Dr. Timothy Kaufman. Since graduating Palmer and earning my degree, I have now joined the practice full time as a chiropractor.

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Moving home this fall gave me a fresh perspective on my surroundings. I've come home to a familiar place as a new person, and I keep thinking about the saying "it takes a village." It may be a silly epigram, but it is a profound reminder that the people who surround us matter. I take this message to heart as a healthcare provider. Because I deeply believe that even in healthcare, our villages matter. I owe so much to the experiences I have had in every chapter of my life, each one enriched by unique surroundings. As I reflect on all that has brought me back home to Peoria, I am excited to be welcomed back by this community and I am ready to serve it well.



Dr. Frenette graduated with her Bachelor's degree in Athletic Training from Hope College with experience serving high school and college athletes as well as professional dancers. She then graduated from Palmer College of Chiropractic with her Doctorate of Chiropractic. Dr. Frenette works as a chiropractor at Kaufman Wellness Center in Peoria, IL and as an athletic trainer at Metamora Township High School. Dr. Frenette is passionate about serving athletic populations as well as providing support for women throughout pregnancy and postpartum. Her goal is to take the guesswork out of pain, empower people to reach their goals, and invite them to take an active role in their health.

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