



***For Immediate Release***

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**PRESS RELEASE**

**Alejandro Alvarado, MD, and Janet Alvarado, MD, retire after more than 30 years of serving Highland community**

(Highland, Illinois)— March 30, 2023, Alejandro Alvarado, MD, and Janet Alvarado, MD, celebrated their retirement with colleagues, close friends and family after over 30 years of family medicine practice in Highland.

“It has been an honor to have both Doctors Alvarado as colleagues,” says James M. Bock, MD, chief physician executive of HSHS Medical Group. “We truly appreciate their long-term commitment to the health of families in Highland and the patient-first care they delivered every day. We will certainly miss them and wish them all the best in their retirement.”

Teresa Cornelius, chief nursing officer and interim President and CEO of HSHS St. Joseph’s Hospital Highland, has worked with both Drs. Alvarado, first as a staff nurse and now as an administrator. She shared at the event, “If it wasn't for physicians like Dr. Ale, I would not have stayed here throughout my career and certainly wouldn't be standing here today. The care and compassion shown to his patients and just overall joy projected amongst the staff made it very easy to never want to leave,” she said. “In my current role, I have thoroughly enjoyed the conversations that Dr. Janet and I would have during ethics meetings. It is obvious that these two do what they do because of a higher calling, and I am here to say that they have met and exceeded that calling.”

Both Drs. Alvarado were inspired to become doctors at an early age. Dr. Janet Alvarado had a great-great grandmother who was a physician who graduated from University of Michigan in 1876. Dr. Alejandro Alvarado was inspired from his memories of his doctor making home visits when he was a child. “Every time we got sick, our doctor would come to our house, and he was very kind and always made us feel better,” he shared. “Believe it or not, we always were looking forward to seeing him.”

Dr. Alejandro Alvarado completed his medical degree at the National University of La Plata Medical School in Buenos Aires, Argentina, and completed his internal medicine residency at St. Luke's Hospital in Chesterfield, Missouri. After medical school, Dr. Janet Alvarado completed her internal medicine residency also at St. Luke's Hospital in Chesterfield.

Drs. Alvarado first met at the Kaplan study center in St. Louis, Missouri studying for boards. They have been married for 37 years. They have three children – Alex, Marcus and Alicia – and three grandchildren, Liam, Elena and Nora. They also have a dog, Lola, as well as chickens and horses.

Dr. Alejandro Alvarado began private practice in 1991 at Internal Medicine of Highland, P.C., and Dr. Janet Alvarado began her medical career at Westglen Family Physicians in Ellisville, Missouri in 1992 through 1997, when she started her solo practice in Highland. In 2006, they began practicing together at Adult Medicine of Highland on Poplar Street. Their practice joined HSHS Medical Group in 2011 and moved to HSHS St. Joseph's Hospital specialty clinics on Troxler Avenue.

Now known as HSHS Medical Group Family & Internal Medicine - Highland, the practice has grown to include Lynn Billhartz, PA-C; Emma Dragovich, APRN; Kelsie Farrell, APRN; Brian Klostermann, MD; Lauren Lawson, APRN; Katie Menendez, APRN; Mallory Rinderer, APRN; Robert Schaefer, MD; and Shivani Sharma, MD.

Drs. Alvarado both expressed what they will miss most about practicing medicine are their wonderful patients and co-workers and helping local people. But retirement does not mean they will stop serving others. Both doctors shared that one of the things they are looking forward to about retirement is the freedom to go on medical mission trips. In addition, they are anticipating more time to enjoy family, their horses, socializing, working around the house and traveling.

Both Drs. Alvarado expressed their gratitude to the Highland community. Dr. Janet Alvarado shared, "I am grateful to the community for the wonderful support all these years. I have been touched by the outpouring of love and for all the cards and flowers sent," she said. "All of my patients have always been incredibly special to me. I am so thankful to know that I was able to touch lives in this community and make a difference."

Dr. Alejandro Alvarado also shared, "We would like to thank the Highland community for all the support for these 32 years. Thank you to all our friends, the schoolteachers and coaches that helped educate our children through the years. Thanks also to our co-workers that help us every day," he said. "I am very excited to continue this journey with Janet who has been an excellent partner in my life. And I want to thank the Lord for allowing me this wonderful life."

For more information about HSHS Medical Group, visit [hshsmedicalgroup.org](https://hshsmedicalgroup.org).

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**PHOTO CAPTIONS:**

- **PHOTO #1:** At a recent retirement celebration held for Drs. Alejandro and Janet Alvarado, James M. Bock, MD, chief physician executive of HSHS Medical Group, expresses his gratitude to both Drs. Alvarado for their long-term commitment to the health of families in Highland.
- **PHOTO #2:** Teresa Cornelius, interim President and CEO and chief nursing officer of HSHS St. Joseph's Hospital Highland, shares remarks on how both Dr. Alejandro Alvarado and Dr. Janet Alvarado influenced her nursing and administrative career at St. Joseph's Hospital.

**About HSHS Medical Group**

HSHS Medical Group is the physician organization of Hospital Sisters Health System (HSHS). Launched in 2009, HSHS Medical Group is a critical component of the HSHS Care Integration strategy, which focuses on bringing physicians, technology and patients together to improve the overall health of our communities. Today, HSHS Medical Group is comprised of over 1,300 colleagues in locations throughout central and southern Illinois. HSHS Medical Group is powered by the Franciscan history of the Hospital Sisters of St. Francis, and our faith-based identity led us to the single most important tenet of the HSHS Medical Group philosophy — patient-first care. For more information about HSHS Medical Group, visit [HSHSMedicalGroup.org](http://HSHSMedicalGroup.org).

**About Hospital Sisters Health System**

Hospital Sisters Health System's (HSHS) mission is to reveal and embody Christ's healing love for all people through our high-quality Franciscan health care ministry. HSHS provides state-of-the-art health care to our patients and is dedicated to serving all people, especially the most vulnerable, at each of our physician practices and 15 local hospitals in two states – Illinois (Breese, Decatur, Effingham, Greenville, Highland, Litchfield, O'Fallon, Shelbyville and Springfield) and Wisconsin (Chippewa Falls, Eau Claire, Oconto Falls, Sheboygan and two in Green Bay). HSHS is sponsored by Hospital Sisters Ministries, and [Hospital Sisters of St. Francis](http://HospitalSistersofSt.Francis) is the founding institute. For more information about HSHS, visit [www.hshs.org](http://www.hshs.org). For more information about Hospital Sisters of St. Francis, visit [www.hospitalisters.org](http://www.hospitalisters.org).