

Houston Shoulder to Shoulder Foundation



CALLING ALL ALUMNI !!!!!

Along with providing high quality, personalized healthcare to an underserved rural population, for over twenty years Houston Shoulder to Shoulder Foundation has afforded a unique, hands-on learning experience for students learning to do healthcare in this remote area with limited resources. Through HSTSFS, students from a variety of health professions have learned about teamwork, community outreach and empowerment, appropriate technology, cultural intelligence, and how to do provide excellent and compassionate care with limited diagnostics.

As alumni, I expect that like me you have many great memories of your work with the fine people of Intibuca and with other students, while doing patient care and a variety of other activities- like home visits, health education talks, building “Dona Justa” stoves, family garden projects, chicken coops, tilapia ponds, CME classes for traditional birth attendants, and for some of you doctoral pro-

jects ranging from malnutrition to the development of vaccines for soil transmitted helminths! If you are an alumnus or other supporter interested in making this great learning opportunity thrive for future students and for the community that we serve, please dig deep in your pockets and give in a big way to help HSTSFS. We need your ongoing support!

Thanks, and Happy Holidays!
“Dr. P”



Your support has allowed health professional students, faculty, and volunteers from Houston to work shoulder to shoulder with patients and families in rural Honduras to promote health and prevent suffering. Through your generosity, the Community Clinic and dormitory are now a reality! Our next challenge is to outfit the clinic with equipment necessary to bring state of the art healthcare to our neighbors in rural Intibuca. We need your continued help!

To all the donors who make this project blessing for the inhabitants of Colomoncagua, especially for Santa Ana; the volunteer committee representing the community and the technical team of the Shoulder-to-Shoulder Houston Santa Ana clinic want to sincerely say, THANK YOU.

As DALAI LAMA said, "all the good things that happen in the world are born of an attitude of good appreciation for others" and thanks to the good attitude is that this project stays alive.

The pandemic has been an adversity that in some way has affected the entire world, and our communities have not been the exception.

During this year 2021 our municipality was more affected by Covid 19, unfortunately we had 15 people who died, two of them unfortunately were too advanced with the disease so they had to be transferred to a hospital in El Salvador, unfortunately they died.

It is worth mentioning that we had situations that affected the access to government health services. One of the reasons was the number of cases of Covid 19 as they exceeded the capacity of our pub-

lic hospitals. Also, the closure of borders of our sister republic of El Salvador. The high cost of health services and drugs in private institutions.

But thanks to the relentless support of the foundation in providing supplies such as medicines and oxygen cylinders and biosecurity equipment, our clinic became the only alternative for the population in these critical moments that we are going through; although, we are still seeing cases that occur due to small outbreaks.

We are also the alternative for other patients with chronic diseases who before the pandemic received treatments in other healthcare centers.

Among the types of diseases that we see: High blood pressure, Heart failure, Rheumatoid arthritis, Bronchial asthma, Chronic obstructive pulmonary disease.

Thank you for having in your heart the desire to help those who need it most.

Sincerely,
Gregorio Yáñez, MD
Medical Director
Santa Ana Clinic



My name is Socorro Murcia, on October 19 I visited the Shoulder to Shoulder Clinic in Santa Ana due to flu like symptoms; however, after the evaluation, I was diagnosed Covid 19. I was prescribed symptomatic treatment and I got scheduled to come back within 48 hours. On the day of the appointment I began to feel tired and worsened when walking. During my check-up I was told that I already had pneumonia and my oxygen saturation was 94%. I was prescribed steroids and oxygen, and was given a referral to the hospital in El Salvador. My family and I agreed that we would not make the transfer to the hospital due to lack of financial resources.

I started to feel better 4 days later but I was referred again because my oxygen dropped to 91%, we again refused to go to the hospital and I continued to be treated, and gradually improved until my complete improvement. I was in treatment for 21 days. The diagnosis was made by symptoms and a rapid antigen test. The existing medications and oxygen in the Santa Ana clinic prevented me from being hospitalized. I hope and ask the donors to continue support-

ing the clinic because it is very important in the community. If we didn't have the clinic services in Santa Ana we would have to go further to receive medical services, such as El Salvador, and our care would be more delayed and more expensive, and there are patients who do not have the financial resources. Thank you for all you do for our community.



First, I just wanted to thank all of you for your continued support of the clinic in Santa Ana and the health care it is providing for all of the people in that region. I feel proud of what we have accomplished over the last two decades and it would not have been possible without the generosity of supporters such as yourselves. Without your support we also would not have been there for the community when the covid spike hit in June. Our ability to access the medical doctors in Houston and to tap into emergency donations allowed us to set up a makeshift triage at the clinic and at one of the local schools to get emergency oxygen and palliative medicines to help take care of that dramatic spike. Our resources and quick actions allowed us to get at least a dozen people transitional care while they waited for spots at hospitals. Without this care and attention, those patients most likely would not have made it. The clinic and doctors/staff also worked tirelessly to comfort those at their homes that they knew would not make it. We have commended Dr. Yanez' and his team for their efforts.

I am also proud that we have gotten the clinic to a point, though it is not 100 pct self-sustainable, is showing an ability to pay for a large part of its costs through the local clinic revenues. When I was there in June, I pointed this out to the local governing body. I was able to stand up in front of the locals and really share my heart felt view that this was their clinic and they were the ones empowering themselves for change. We were assisting, but THEY were the ones making the change.

While there, we also discussed ways in which we could continue on to help them help themselves. Some of these initiatives that we discussed or have

put into action are the following:

- * Work with a local ophthalmologist to help us set up our eye care suite
- * Offer ultrasounds and teach nutrition to pregnant women
- * Continue to set up and certify our laboratory
- * Offer dentures and root canals

Additionally, our collaboration with the West U Baptist church has allowed us to build houses for the poorest of the poor in the community. We built one in December and are hoping to build more next year.

I hope we can count on your continued financial support as in years past.

Jeff



In 1st Corinthians 12, Paul elaborates on the body of Christ, the gifts of his people, and the power of the gospel manifested through service. Similarly, Romans 12 calls us to a life of service, of loving genuinely and for the good of others. We as Christians are called to serve without thought to ourselves and to use our God-given talents for His kingdom and to benefit His people. Our recent trip to Honduras brought these scriptures to life. We were an American team of people from different backgrounds, different ages, different stages of life, and different mission experiences. We then partnered with a Honduran team of translators that came from a different place, spoke a different language, and had different worldviews. Despite all of our differences, a family was forged, a mission was set, and the Gospel was preached. Throughout our eight-day ministry, strangers quickly became family and friends. The main thing we had in common: our love for Christ and a desire to make Him known.

Throughout our days, you could see others jumping into projects, tasks, and conversations without being asked. They were simply led by the Spirit of God. The Lord navigated His people to where they needed to be and where He wanted to use them. In a moment's time, you would see Carlos sharing the gospel with a group of teenagers; Gordo and Parker setting up the next sports game; Letty quizzing children over the Bible story they just heard for a prize; Duna and Cesia dancing with the kids to a worship

song; Hubert praying with one of his patients and encouraging parents in their strengths; Jeff meticulously and intentionally seeing to all the administrative work; Jolly not only healing but teaching about oral care; Barbara sharing a testimony of the Lord's faithfulness; Alex praying for healing over a patient waiting in the clinic; or Miguel going door to door making sure his community felt known and loved.

Each person was tasked with using their gifts to generously serve those around them. There was not a moment in which idleness or selfish ambition could take root, rather our eyes fixed on the prize we saw: an outpouring of hope and the building of relationships. We saw a community of parents willingly allow their children to hear the truth of the Gospel. We saw barriers break between the Catholic traditions of the town and the hope of the Gospel. We saw the intentionality of Christ in the timing, the people, and the activities. Our trip was so much more than a good service project or philanthropic opportunity. Rather it was a community of believers coming together to heal, support, encourage, and build relationships with others all in the in name of Jesus. It was an opportunity to live out the gospel and watch the Lord bring healing and hope to lives of many. **Kaley**

Your help is needed!

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