

CAROLINA HONDURAS HEALTH FOUNDATION

Newsletter | October 2018



Dear Friends of CHHF,

I'm writing to say thank you for your support of the people in remote areas of Honduras. Because of you, hundreds of people have received the medical care they need. Just in the last few months, people at the Limon clinic have received everything from life-altering diagnoses and treatment to stitches, eye glasses, and canes. **You are making life better for people in remote Honduras and I am so grateful.**

Your gift is ensuring that people can have high-quality medical care when they need it. Because of you, people in remote Honduras can get medication, referrals to specialists, medical transportation and lodging when they need to go to a distant city for care—and more!

In this newsletter, I want to share some stories of the people you have helped. Your gift has given people in Honduras answers when they are frightened and knowledge they need to care for themselves and their loved ones. **Thank you for all you are doing to help people in remote Honduras – I'm really thrilled to share these stories with you!**

MARIA THANKS YOU!

49-year-old Maria was diagnosed with high blood pressure at a public clinic. But, she didn't have the money to pay for her medication. She tried to keep her blood pressure in check by drinking herbal tea and trying other natural remedies.



One day, Maria heard on the radio that a CHHF team would have a medical clinic at the Plan de Flores church. When she came to the clinic, she told the doctors what she had been doing for her health. Thanks to you, Maria was given the medication she needed and learned the importance of taking it every single day. She also learned about other changes she could make to improve her health—things like diet and exercise.

Because of your help, Maria is in control of her high blood pressure. She knows how to manage it and knows she can rely on our clinic to help. Now, Maria comes to the clinic regularly. A few weeks ago, I had a message from Maria; she asked me to tell you how grateful she is. She cannot imagine what life would be like for her or her friends and neighbors if it weren't for you!



Your Gift Provided Medication and Eye Glasses!

Alfonso walked for more than 2 hours to reach one of the remote clinics. When he arrived, he was exhausted. He complained of no appetite and body aches. Your gift helped doctors provide both the exam and the various medications he needed. He also got a new pair of reading glasses!

Sesly is Alive, Thanks to You!

When Sesly came to the clinic, she was extremely ill. She was dehydrated and vomiting. Dr. Rosa found that her little body was consumed by parasites. Clinic doctors did what they could for her, but she needed hospital care. Thanks to you, Sesly traveled by ambulance to the hospital where she could be treated. A few days later, Sesly's mom brought her by the clinic to say, "Thank You!" Here she is after recovery with Dr. Rosa at the Limon clinic. Thank you for helping save Sesly's life!





Your Generosity Provides Life-Saving IV Fluid

The summer heat in Honduras is life-threatening for many people —especially little kids. The unbearable heat and humidity cause dehydration. Kids run and play outside without enough clean water to drink. One minute they are just thirsty; the next they can hardly move and their little bodies are shutting down.

But thanks to you, parents know they can come to the Limon clinic for help. Your gift has helped provide IV bags that are waiting to restore hydration in an emergency. Thank you!

Your gift is at work right now in remote Honduras. Every time I sit down to write a newsletter and share the stories of the people you have helped, I am overcome with gratitude. Without you, people would be needlessly suffering. **Because of you, people like Maria and Sesly have access to the healthcare they need, deserve, and simply cannot get anywhere else. So, thank you—thank you for helping!**

God bless,

Ken

N. K. Hook, Jr.

President



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