

HEARTBEATS *from* HONDURAS



You Build Smiles!

How, you ask? Because you provide the best tools at just the right time.

Four years ago, Aracely brought her son Javier to the clinic. Told by local doctors there was nothing to do; she was desperate to find someone to give her help and hope.

Javier was three years old. He could not hold his head or a bottle to feed himself. People with cerebral palsy can overcome challenges, but Javier's family lacked the knowledge and tools and help him.

You stepped in with your toolbox overflowing with support and generosity. You gave Javier better nutrition and provided physical therapy. You taught Aracely how to continue exercises at home. You encouraged his dad to build a stander to help strengthen his core muscles. You gave his family everything they needed to make a better life for this special boy.

Today, Javier is thriving. His laughter and enthusiasm are contagious. While still nonverbal, he can attend kindergarten. He has learned to identify colors and is learning to draw shapes and count. He is independent and continues to work diligently to walk on his own.

Because of your gift, Javier smiles at his accomplishments. He and his family are confident in his future. *You are building an excellent future for Javier and many children like him.*

"Because he received therapy we have seen tremendous changed in Javier. Now he is a boy learning to take care of himself. He is a champion and works hard. He would not be as strong without your support. God bless you."

- Aracely & Family



Your gift provides puts smiles on the faces of children in Honduras.



You've been there for Javier as he has worked hard to become a strong boy. Thank you for ensuring Javier and other children like him have the proper medical care they need to grow.



WITH EVERY HEARTBEAT YOU PROVIDE

HOPE HOPE HOPE HOPE

You Provide a Lifeline



Ian has gained more than 3 lbs. since he has entered the Medical Referral Program. Your care and support will help him grow healthy and happy.

Ian and his mom Senia are learning and growing because of the comprehensive care they are receiving. **They are reporting terrific results!**

When the mission team providers met Ian in February, they knew Ian was having health issues. At 11 months, he only weighed 14 pounds. Sadly, that is the weight of an average 3-month-old.

The team swiftly moved into action, providing the immediate care Ian needed. Lab tests and consultations led to sending him to the hospital for treatment. They also referred Ian to the Medical Referral Program.

In the rural areas of Honduras, many patients need help finding the correct specialist, gaining phone access to make phone calls, and even navigating how to arrange transportation.

Senia is a young mother and needs to learn in a supportive environment. Because Ian is part of the Medical Referral Program, Senia receives weekly calls from our nurse to see if she has any questions. She receives non-dairy formula and other essentials to help as Ian grows. Most importantly, she is given the encouragement and support to follow Ian's treatment plan.

Thank you for being there every day providing a lifeline for many patients during a difficult time.

The Medical Referral Program does more than just provide funds to access medical care. Patients receive individualized assistance to navigate their needs for as long as they need help.



After several miscarriages, Yessi is anxious to have a healthy baby. A specialized treatment plan to control her blood pressure was developed.

Medications provided by the Medical Referral Program are helping keep her baby safe.



Claudia has been in the Medical Referral Program for several years. The initial treatment worked well, and she is growing into a young lady.

Monitoring her progress will ensure that Claudia continues on a healthy path.



Empowering Patients with Education and Support

Receiving a chronic illness diagnosis such as diabetes or hypertension is never easy. It is scary to hear you have an illness that you will have to cope with forever.

Without ongoing education and support, making the lifestyle changes needed to improve health can be overwhelming and leave patients feeling defeated.

You've changed that for patients in Honduras!



This year, because of your support, classes are being held throughout Limón County to help patients living with diabetes and hypertension how to make small changes in their lifestyle that will make big impacts in their health.

Your support is changing the lives of chronically ill patients in Honduras! Classes are being held monthly through the end of the year. Patients are being pre- and post-tested to measure the increase in their knowledge.

Thank you for empowering patients in Honduras!

A Note from our Executive Director

Engaged. Supported. Committed. Unified. Focused. Driven.

I could easily write 1,000 words to describe the passion I witness daily working with you. I tell people about you and your unwavering support every day. What a blessing you are to the mission.

During my recent visit to Honduras, I was reminded about **how important you are** to our communities. I don't think I tell you that often enough.

Every day I was welcomed with gratitude into different villages. Patients, young and old, thanking me, as your representative, for being there to help. It is such an honor.

For scared, sick patients in rural Honduras, knowing someone thousands of miles away will help gives them relief. Seeing that you show up any way you can, helps build their strength. Your actions, seen by many, prove you are committed. You embody hope and love.

You provide the same for our staff and other volunteers. There is no stopping a team that is mission-focused. Thank you for being a vital member of our team.

I don't tell you that often enough. I will do better.

With Gratitude,
Christine
Christine Mitchell
Executive Director



May, 2023 with team member Pawel B. in Francia

Visit chhf.org/blog to read about more patients you are helping!

URGENT!  **URGENT!**  **URGENT!** 

CHILDREN IN HONDURAS NEED YOUR HELP!



Children and families receiving ongoing medical support from you *can* overcome their medical difficulties. Knowing your support is available allows the Medical Referral Program to accept new patients throughout the year.

Mauricio is one of those children. Like Javier, Mauricio has cerebral palsy. Unfortunately, he has never received physical therapy to gain his needed strength. As he ages, this will become a bigger problem.

“We want Mauricio to become a boy who can take care of himself,” his mother said. “I just do not know where to start. Please help our family.”

Transportation from Francia to the physical therapy office in Tocoa is \$19.17 round trip. His family is unable to pay that weekly.

Will you be there for Mauricio and others like him?

Your monthly gift will ensure Mauricio and others like him will have the support they need when they need it. Make that commitment and bring hope to a child in desperate need now.



YES, I WILL BRING HOPE AND SUPPORT TO CHILDREN IN HONDURAS!

- I would like to make my first monthly gift of:
- \$19.17 to provide transportation to one physical therapy appointment a month.
 - \$38.34 to provide transportation to two physical therapy appointments a month.
 - \$76.67 to provide transportation to four physical therapy appointments a month.
 - \$_____ to help as many children as possible in Honduras.
- I cannot provide monthly, but my one-time donation of \$_____ is enclosed to help children in Honduras.

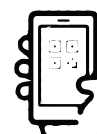
3 Ways To Give



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