



Putting your support to work...

Thanks to your generous support we have received the matching grant and are rapidly expanding our services. In Nicaragua Dr. Walter Bonilla has begun full time work preparing the clinic. We still have a couple months of work before we begin regular care, but plan to start that the first of June. Our medicines are being shipped to Nicaragua and we expect to have them in May. Opening the clinic in Managua will dramatically expand our ability to impact lives.

The area around the clinic is very poor and the need for basic medical care is everywhere. There are hospitals in Managua that provide very good medical care, but they simply don't have the staff or supplies to care for all the needs in the city. Because of this, countless people simply go without medical care. Your support will begin to change this.

In Honduras we are excited to be expanding our current work. We are seeing more and more



Building the new clinic in Managua

patients and will continue to grow to try and meet the needs of the people in the area we serve.

Thank you again to everyone who has supported us so generously. Your sacrifice has changed countless lives.

A Sure Thing...

Last summer a medical team from Columbus, Ohio took a trip to Honduras. While we were there we had the amazing opportunity to run a clinic in a remote village called Plan Grande. And when I say remote, that's exactly what I mean. It was a 2 hour bus ride from Salud Total (Total Health) in La Ceiba. Most of that was on unpaved roads and there were actually several times we had to drive the bus across small rivers we came upon. We then piled into two motor boats and traveled 20 minutes before finally arriving at Plan Grande.

During our short time there we saw many patients and heard lots of amazing stories, but Eugenia Mejia's story is one that will stick with me for years to come.

Eugenia told us that she is actually a regular patient at Salud Total! This was truly amazing to me, considering I knew what a long, difficult journey it had been for us to travel from La Ceiba to Plan Grande just earlier that morning. And the trip is even more difficult for her because she doesn't have access to a motor boat like we had. She only has the use of a canoe, which takes her over an hour instead of the 20 minutes it took us.

When I asked Eugenia why she traveled all that way to Total Health she explained that she goes whenever she can get there because she knows it's a "sure thing". By that she means she knows Total Health will provide

her with the medical care she needs as well as any medications that she requires, all for only 30 lempiras (about \$1.60 U.S.). If not for Total Health, Eugenia and many others like her, would be simply out of luck. They could never afford the private doctors in the city, and the public hospital does not have the staff or supplies to care for all the people.

Living in extreme poverty is a life full of unknowns. Questions like "Where will I get food tomorrow?" or "How will I get care for my sick child?" are every day questions. Thanks to your support we can answer some of these questions for the people who need it the most.

Personal update from Nicaragua.

Any of you who have worked in Nicaragua know Lisandro and Lourdis. Many of you have stayed at their house while there and experienced their hospitality and endless desire to serve.

Lourdis was diagnosed with thyroid cancer a couple months ago. We

were thrilled to be able to help pay for her surgery which was done in Tegucigalpa, Honduras. The

*We cannot do everything at once, but we can do something at once.
~Calvin Coolidge...*

pathology on her thyroid proved to be benign and she is now considered cured. She is back in Nicaragua and is doing well. Thanks to all of

you for your support. Your prayers and financial aid have been a huge help to Lourdis and her entire family.

We are planning a trip to Managua the first week of September and still need another physician to join us. If you are interested please call or email us. Contact information is listed below.

If you would like more information about [Total Health](http://www.totalhealth.org):

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