



Total Health – Missionary Reflections

It's surreal to think that our trip to Managua was almost a year ago. Memories often flood my mind of the Nicaraguans, the clinic, and the precious lessons I am still reminded of daily. Serving the people of Nicaragua came with an overwhelming joy and the opportunity to serve God through medical missions was truly remarkable.

Our team of 8 came from 4 different cities, Cleveland, Columbus, Miami and St. Louis and consisted of ages ranging from middle school to adulthood. Half of our team came for Total Home in order to complete some renovations, while the rest of us were there to work in the clinic.

The majority of my time was spent in the clinic where we saw about 80 patients a day. Nurses, Roger and Vickie, and myself helped check patients in and bounced between taking vitals, working in the pharmacy, and communicating with the Nicaraguans. We had the help of Dr. Walter, the doctor of Salud Total and Eveling, the pharmacist, during the week. They were a huge help to us as we provided care and our time in the clinic would not have been as cohesive and smooth without their guidance.

I also loved being able to observe Doctors Jay and Chris interact with the patients throughout the week. The Nicaraguans were all smiles when they left their consultations. Stephanie, one of Chris's patients from a previous trip, came back to see him. She has cerebral palsy and one of Chris's

acquaintances back in the States was able to provide a wheelchair for Stephanie. Not only was this help to her, but the wheelchair was a help to her mom who used to carry her everywhere. It was humbling to think of how such a small thing could impact their lives.

One of my favorite memories was when all 8 of us traveled out to Sacuanjoche, a poverty stricken town about 45 minutes away from Managua. A lady from Iglesia Gran Comision knew of several people in the village that needed medical attention, so we split up into two groups and did house visits. This was my favorite part of the trip as the visits with families were more intimate and we were able to spend more time with them. **I was overwhelmed by the poverty in the village, yet encouraged with their grateful hearts.** In addition, we gave out soccer balls to



Whitney with the boys in Sacuanjoche

several of the kids in the village and even got to play with them! We met two boys playing soccer in the streets with a piece of fruit and joined them in their game. After the fruit was destroyed, we gave them a soccer ball and their faces instantly lit up. **It was truly a blessing to cater to the physical, spiritual and emotional needs of those in the village.**

The hospitality and joyful attitudes of the Nicaraguans was continually encouraging and humbling. I was constantly surprised by their desire to serve and their gracious attitudes. Our time abroad gave us a glimpse that God is moving and working through the ministry being built in Managua. What an amazing opportunity I had to work alongside both a wonderful American and Nicaraguan team in order to further God's kingdom in Central America.

By: Whitney Ohman

Total Health – Patient Story from Managua



Marcia Alicia Galeano

Marcia Alicia Galeano is a 28 years old lady, who came to our clinic "Total Health" with intense abdominal pain for more than three days, in her right lower abdomen, stopping her from performing routine tasks at home. She also said, that two days before it felt "like something exploded" in her abdomen, so she decided to lie down and take painkillers, and spent

two days in bed taking medication. When she arrived at our clinic, she had fever, was vomiting, and was very pale and the abdominal pain was unbearable, after she was examined she was diagnosed with acute appendicitis complicated with peritonitis. She was immediately referred to the Emergency Hospital, where after tests and an ultrasound was found to have a peritonitis, but there was something more, a Roto Ectopic Pregnancy (pregnancy outside the uterus). She had an emergency surgery and a week later was discharged from the hospital in stable condition. She and her baby are healthy.

Marcia returned to our office grateful to God for saving her life and a sister of our church talked to her sharing the gospel. She understood the love of Jesus for her life and decided to receive Christ as her Savior. So she not only found immediate help, but also healing for her soul. Thank the Lord for giving us the opportunity to serve His purpose of expanding His Kingdom and making clear the love of Jesus Christ to the needy.

By: Dr. Walter Bonilla

Do you have a passion to serve?

Total Health is currently looking for people to serve on short-term mission trips to:

- La Ceiba, Honduras
- Managua, Nicaragua
- Guayabo, El Salvador

Interested in serving another area? Let us know. We have connections in several other Latin American countries including Guatemala and the Dominican Republic.

Please contact me at jflinn@totalhealth.org if you are interested in serving on a team.

**Visit us on facebook at:
www.facebook.com/totalheath.org**

If you would like more information about Total Health:

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