

# A SMALL COLLECTION *of* BIG STORIES

AUGUST 2018 – ISSUE 4



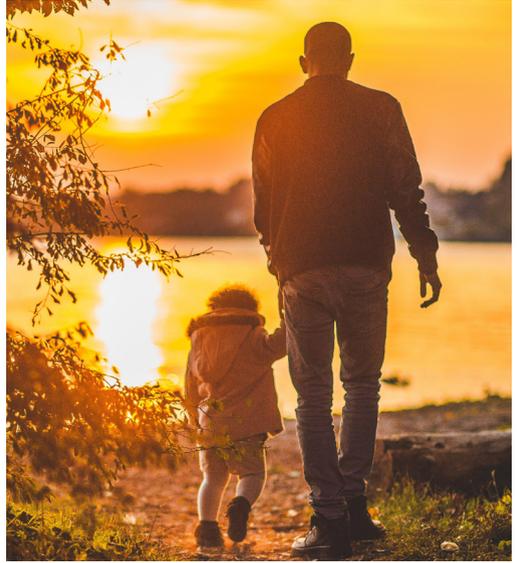
**CHRISTUS**<sup>®</sup>  
Foundation for HealthCare

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## Programs for Healthy Minds, Bodies and Spirits

Today, CHRISTUS Foundation for HealthCare delivers a complete healing experience that respects the individual. We serve our community with dignity and admiration.

CHRISTUS Foundation for HealthCare is a faith based not-for-profit made up of six ministries: CHRISTUS Point of Light, CHRISTUS St. Mary's Clinic, 19 CHRISTUS School Clinics, CHRISTUS Healthy Living Mobile Clinics, CHRISTUS Our Daily Bread and Operation San Jose. Our focus is to provide individualized care to the underserved and low-income populations most in need. Sponsored by the Sisters of Charity of the Incarnate Word – Houston, CHRISTUS Foundation for HealthCare is dedicated to extending the healing ministry of Jesus Christ to every individual we serve.



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# Richard R. Torres

## PRESIDENT'S LETTER

I am honored and privileged to serve as the President of CHRISTUS Foundation for Health-Care.

It is exciting to lead a team of professional staff and dedicated volunteers into the next chapter of our more than 50 year history. We believe that our primary obligation is to be good stewards of the resources that you have entrusted in us and to continue working with all stakeholders to further the mission of the Sisters of Charity of the Incarnate Word through the CHRISTUS Foundation for HealthCare.

To our donors, staff, partners and clients, I would like to say thank you for your loyalty and continued support and thank you for believing in our work.

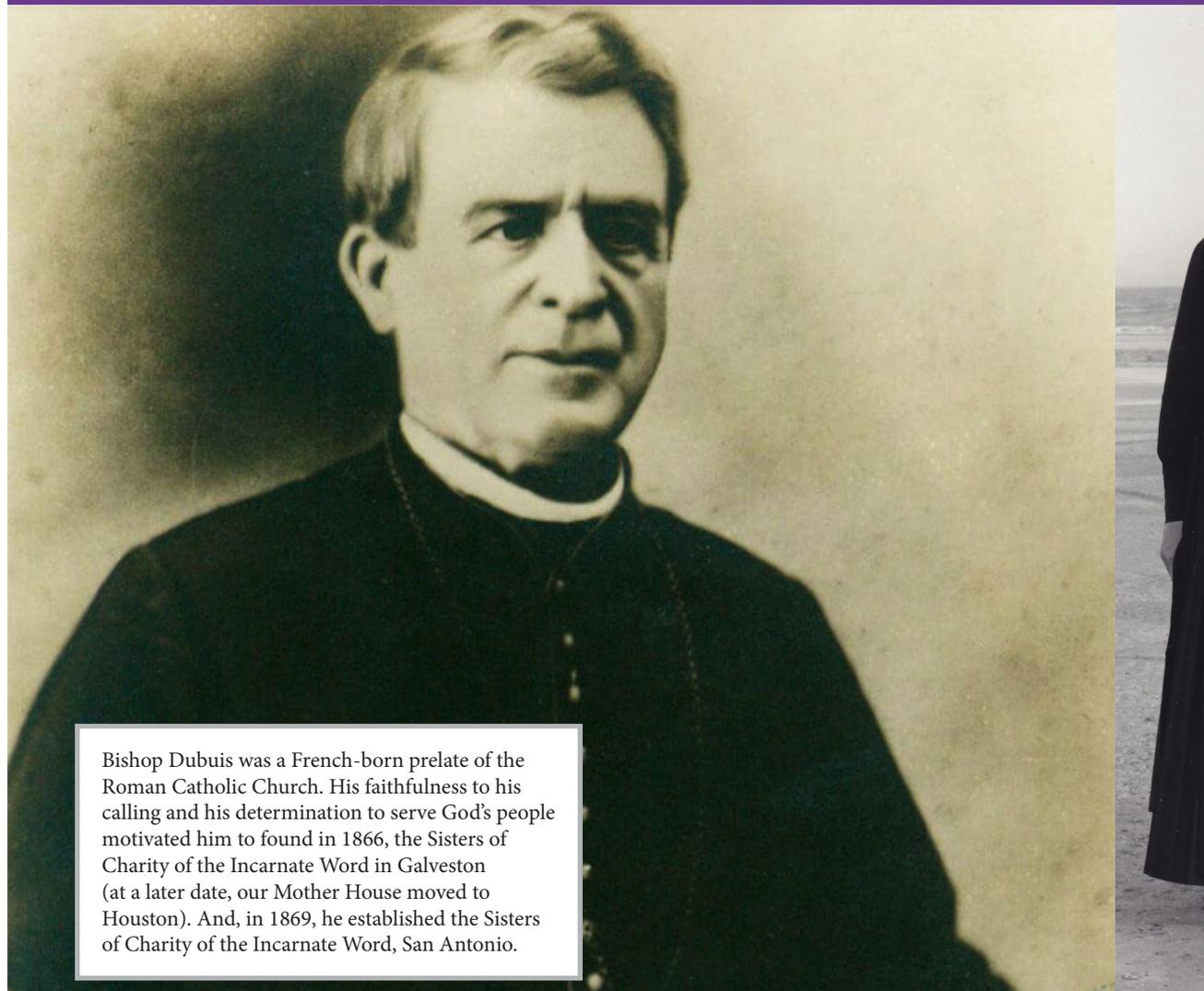
We owe the success achieved thus far to your generosity and commitment to the Foundation. Your belief in our work has brought us to where we are today, and with your trust, we will go further, aim higher and achieve more.

As I complete my transition into the full extent of my role, I believe we are at a point of paramount importance, to build on the Sisters of Charity's mission to extend the healing ministry of Jesus Christ to every individual we serve.

Our commitment is to continue building upon CHRISTUS' fine legacy. Your trust, and confidence in CHRISTUS Foundation for HealthCare will help us take this remarkable mission and increase its outreach and influence. Please take the time to read about the difference we are making in the community in this "Small Book of Big Stories." I hope you find it inspiring. We look forward to working with you to make the upcoming year our best yet.

Thank you for all your efforts,

*Richard R. Torres*  
Richard R. Torres

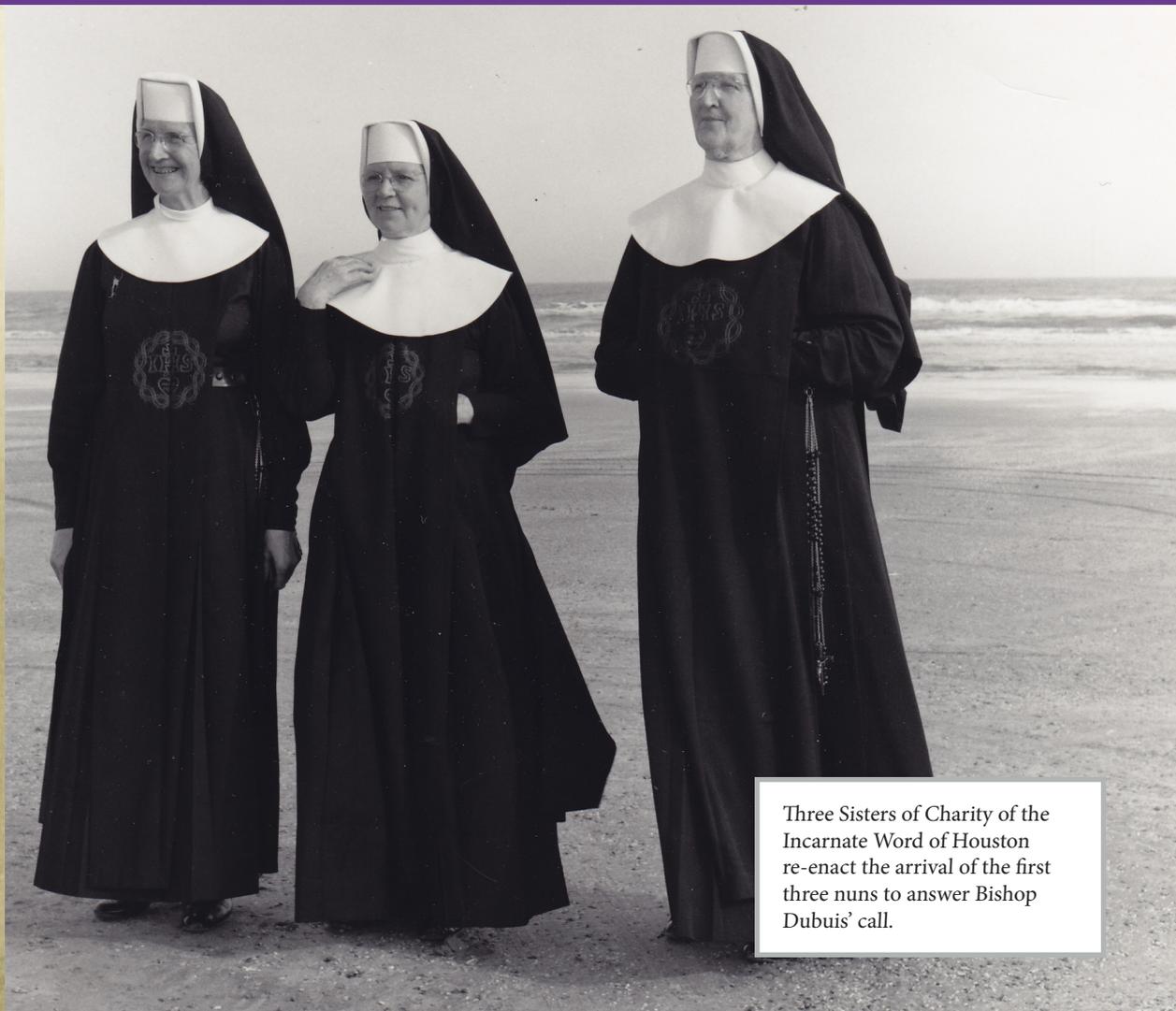


Bishop Dubuis was a French-born prelate of the Roman Catholic Church. His faithfulness to his calling and his determination to serve God's people motivated him to found in 1866, the Sisters of Charity of the Incarnate Word in Galveston (at a later date, our Mother House moved to Houston). And, in 1869, he established the Sisters of Charity of the Incarnate Word, San Antonio.

## CHRISTUS Foundation for HealthCare As

CHRISTUS Foundation for HealthCare is a trusted resource for members of the Houston-Galveston community, where they can receive a holistic healing experience.

It all started in 1866, with Bishop Claude Marie Dubuis, the second Bishop of Galveston, who called for medical help for Texans far and wide. The Monastery of Lyon gave preliminary formation to three women who would found a related Order to do the works of mercy in Texas, the Sisters of Charity of the Incarnate Word. After a very brief time in the Monastery of Lyon, the Sisters of Charity went to Galveston.



Three Sisters of Charity of the Incarnate Word of Houston re-enact the arrival of the first three nuns to answer Bishop Dubuis' call.

## are Avows 152-Year Faith Based Legacy

The rest, as they say, is history.

In 1999, the Congregations of the Sisters of Charity of the Incarnate Word of Houston and of San Antonio brought their U.S. and International health systems together to create CHRISTUS Health. The name "CHRISTUS" comes from the Latin word "Christ" and proclaims the core of our mission, "to extend the healing ministry of Jesus Christ.

Today, the Sisters of Charity of the Incarnate Word of Houston are very much a piece of the fabric of the administration and everyday activities serving as administrators, medical professionals, volunteers and more.



# LET'S BREAK BREAD

## with Cesarea Sandoval

CHRISTUS Our Daily Bread's Kitchen Manager and resident cook, Cesarea Sandoval aka Cissy, is the heart of the building, evoking memories of past experiences and creating new ones with every meal prepped.

Cissy is more than a cook. To some she has become affectionately known as "momma." To others she creates excitement, serves up satisfaction and nourishes their very souls.

Armed with the idea that helping others is the way to maximize your life, Cissy works tirelessly to feed both return diners and newcomers while helping them hold on to what little sense of home they have left. Together with volunteer staff and others, Cissy successfully prepared 24,977 meals to the homeless in 2017. Her story started with her father teaching both her siblings and herself the value of helping their neighbors. In turn she has lived that mantra by being of service to the underserved for more than two decades.

Read more about Cissy, her dedication to CHRISTUS Our Daily Bread and the impact of the mission in the Houston-Galveston community: [www.christusfoundation.org](http://www.christusfoundation.org).



**2017**

***24,977 meals served***

# PAYING IT

# FORWARD

# THE

# STEVE GONZALES

At the age of 23, Steve was a husband and father to three beautiful children, four, two and a one-year old. He was employed as a car washer on the north side of Houston.



When he least expected it, he was faced with an impossible situation. Steve was diagnosed with a severe case of ingrown toenails. The infection presented as one of the most painful experiences he has ever gone through.

“I was making about \$150 per week with no insurance,” said Steve. “Something was wrong and I could feel it.”

Though his fading health threatened his ability to provide for his family—ever-optimistic— Steve decided to seek medical treatment. To his dismay, treatment was more than he made in a two week period. Faith playing a very prominent role, Steve prayed through the pain to get better. Just then, he found CHRISTUS. What follows is a journey of a man determined to make it through his diagnosis with one goal; to provide for his family.

Read more about Steve’s story of overcoming the pain and how he has come full circle to give back to the organization that made his success a possibility: [www.christusfoundation.org](http://www.christusfoundation.org).

# GONZALES STORY



**"CHRISTUS  
welcomed  
me with  
open arms."**



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This year's prog  
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# BODIES IN MOTION

CHRISTUS School Clinics' "Bodies in Motion" completed another successful year of the month-long summer camp on June 28th at Christo Rey Jesuit College Preparatory.

Since its inception the program was designed to educate students and their families about the importance of encouraging and maintaining a healthy, active lifestyle and healthy eating habits.

In years past, an activity focused model was the focus to stress benefits of adopting a more active lifestyle; the ability to reduce stress, improve self confidence, sharpen memory, control weight, fight disease, boost energy and sleep better. This year saw the establishment of a nutrition program with the inclusion of the St. Mary's Clinic registered nutritionist.

The program ended in a celebratory dance with parents in attendance, recording their dance moves on their smartphones, to a medley of pop music. For more on this year's program visit: [www.christusfoundation.org](http://www.christusfoundation.org).



2017

***16,606 immunizations  
across all CHRISTUS  
Programs***

# CHRISTUS CLINICS

# OFFER BACK TO SCHOOL VACCINES

With students across the Lone Star State about to return to class before Labor Day, the issue of vaccines are about to climb to the top of parents' to-do lists statewide.

Thankfully, people who cannot afford vaccinations after suffering personal or familial trauma and are uninsured, can get them from CHRISTUS Healthy Mobile Living Clinics and CHRISTUS St. Mary's Clinic, in the coming weeks before the fall semester.

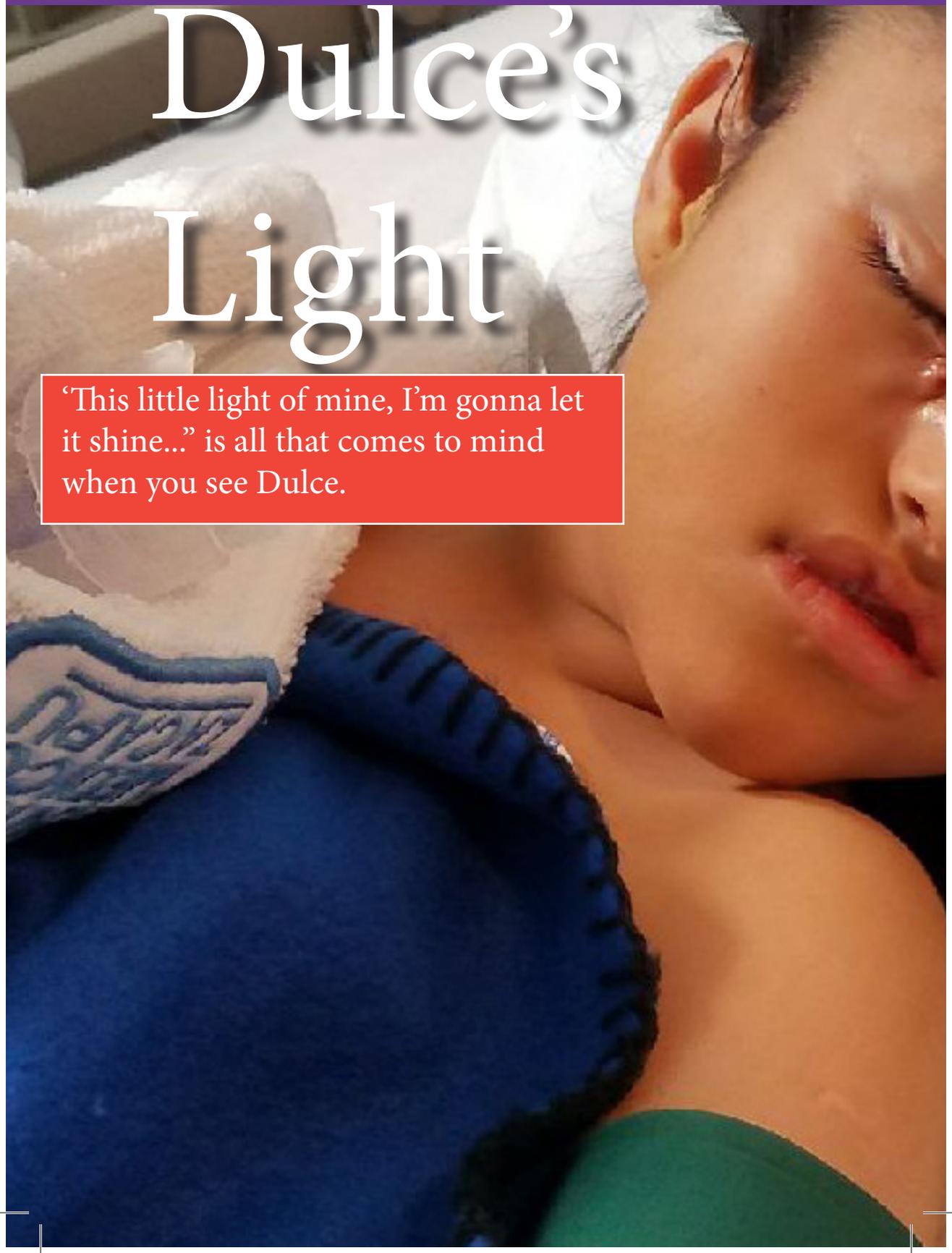
“CHRISTUS Healthy Living Mobile Clinics offer all vaccinations for children two months to 18 years of age at zero-cost,” said Bocanegra. “In addition, college-entry Meningitis vaccines that cost an average of \$175-\$200, for students 19 years and up, are also available.”

CHRISTUS Healthy Living Mobile Clinics and CHRISTUS St. Mary's Clinic both offer the necessary vaccinations. CHRISTUS St. Mary's Clinic offers walk-ins for vaccinations as well as appointments. For more information on vaccinations, visit our website [www.christusfoundation.org](http://www.christusfoundation.org).

*If you would like to help increase the number of immunizations of children from K-12 and pre-collegiate graduates, please give generously at [www.christusfoundation.org/giving](http://www.christusfoundation.org/giving).*

# Dulce's Light

"This little light of mine, I'm gonna let it shine..." is all that comes to mind when you see Dulce.



A close-up photograph of a young girl's face, showing a mid-facial cleft and missing fingers on her hands. The image is the background for the text.

CHRISTUS Foundation  
for HealthCare and  
Operation San Jose come  
together to help a seven  
year-old find her light again

Seven year-old Dulce has been battling the odds her entire life. At birth, doctors left her under a heating lamp too long, causing her to go blind when her cornea's dried out. Along with her blindness, she was born with a mid-facial cleft and missing fingers on her hands. Her parents, living in Puebla, Mexico, were unable to afford the cost of the new found medical needs of their newborn and did not know where to turn.

CHRISTUS Foundation for HealthCare in collaboration with Operation San Jose funded the March 2017 mission trip that performed the first surgical procedure on Dulce. A second procedure opportunity was scheduled but due to family issues the family could not make the appointment at Shriners hospital in Houston Texas. Thanks to a doctor in Mexico who took a personal interest in Dulce's story, transportation and the procedure were arranged earlier this year to address some concerns with her eyes.

Dulce is not out of the woods yet, but she is well on her way to having the life she has always dreamed about. Thanks to CHRISTUS Foundation for HealthCare, Operation San Jose and others her little light will shine.

For more about Dulce's story visit [www.christusfoundation.org](http://www.christusfoundation.org).

CHRISTUS

# NUN RUN

## Riding For A Cause

CHRISTUS Foundation for HealthCare announces the 14th Annual Nun Run on Saturday, Oct. 13.

The Nun Run is a 40-mile, Blue Knights escorted motorcycle ride that raises funds for 19 CHRISTUS School Clinics in Houston's most impoverished communities, providing them with healthcare, immunizations and mental health counseling.

This year's family-friendly event begins at the Villa de Matel Convent, located at 6510 Lawndale St. in Houston and ends at the Topwater Grill at 815 Avenue O in San Leon.

More than 6000 children on campuses in low-income neighborhoods have received much needed medical care, helping parents avoid absences from work and allowing their children to remain in school, as a result of the CHRISTUS program.

For more information and to register for the Nun Run visit: [www.christusfoundation.org](http://www.christusfoundation.org)



Even the Chick-fil-A cows are 'bad to the bone' in side-cars along for the ride.



Sisters at Topwater Grill having lunch after the 2016 Nun Run

**2017**

**720** *patients received immunizations*

Sr. Ricca  
Farr

**The Doctor is In**

**H**ow much do you know about your family physician? Studies suggest that doctors are adopting a warmer bedside manner. To that end allow us to introduce you to the woman, nun and doctor who runs the Point of Light Clinic in Dickinson, Tx: Sister (Sr) Ricca Dimalibot, MD.

Sr. Ricca's journey started in Mindoro, one of 7,107 islands that make up the Philippine islands, some 8,602 miles away from Houston Texas. From the very beginning, faith has had a hand in her life. Her family life as well as choice of profession led her to search for meaning in the ministry of healing, which resulted in her following in the footsteps of her father and brother before her, into the field of

medicine.

Following medical school Sr. Ricca felt a calling to take up her bed and follow Jesus Christ, juggling her being a medical technologist while completing her boards to practice medicine in the US.

Her journey through faith and medicine led her, by divine intervention to her current position as the Director and resident physician at CHRISTUS Point of Light Clinic.

In 2017, under her guidance the clinic logged 6,864 patient contacts. Approximatey 720 patients also recieved immunizations.

For more on Sr. Ricca's journey to CHRISTUS Point of Light Clinic visit: [www.christusfoundation.org](http://www.christusfoundation.org).



# WAYS TO

Our donors are engaged members of the community who recognize news is donating is not restricted one form. There are many ways to cause. Here are several ways you can become a donor and help bring

## Cash and Credit

Donations of cash, checks made payable to CHRISTUS Foundation for HealthCare or charges to Visa, MasterCard, American Express or Discover cards are accepted. Donations may also be made online at [www.christusfoundation.org/](http://www.christusfoundation.org/)

## Monthly G

Giving on a for HealthC charged to month and

## Matching Gifts

CHRISTUS Foundation for HealthCare meets the criteria for the Matching Gift Program of many companies. Enclose your matching gift form from your employer and personal payment in the same envelope. CHRISTUS Foundation for HealthCare will send verification of your donation directly to your employer's benefits office.

## Planned Giving - Leave a Legacy

Bequests are among the most popular and easiest ways to make a planned gift. When you include CHRISTUS Foundation for HealthCare in your long-term financial plans, your legacy strengthens our commitment to help the underserved through the promotion of health and welfare to people in need by continuing to extend the healing ministry of Jesus Christ and the legacy of the Congregation of the Sisters of Charity of the Incarnate Word. For a confidential discussion about your options around planned giving, please contact Chief Director of Development, James Nicas, at [james.nicas@christushealth.org](mailto:james.nicas@christushealth.org), or (713) 803-1809.

## Goods and Ser

CHRISTUS Found the support of in budget needs. O restaurant vouch accepted. Additio include professio for our Nun Run

## Marketable Sec

Donations of app securities are a v significant tax ac market value of p capital gains tax information on h Foundation for H those who need

# TO GIVE

Recognize the need to help those who can't help themselves. The great ways to make the most of any donation you would like to make to our ministry. Bringing Christ's love and healing through compassion are healthcare:

## Monthly Giving

Donating on a monthly basis is the easiest way to support the CHRISTUS Foundation HealthCare. Donations are automatically debited from your checking account or charged to your credit card each month. Enrollment begins for as little as \$10 per month and your donation can be spread over twelve (12) months.

## Gift Services

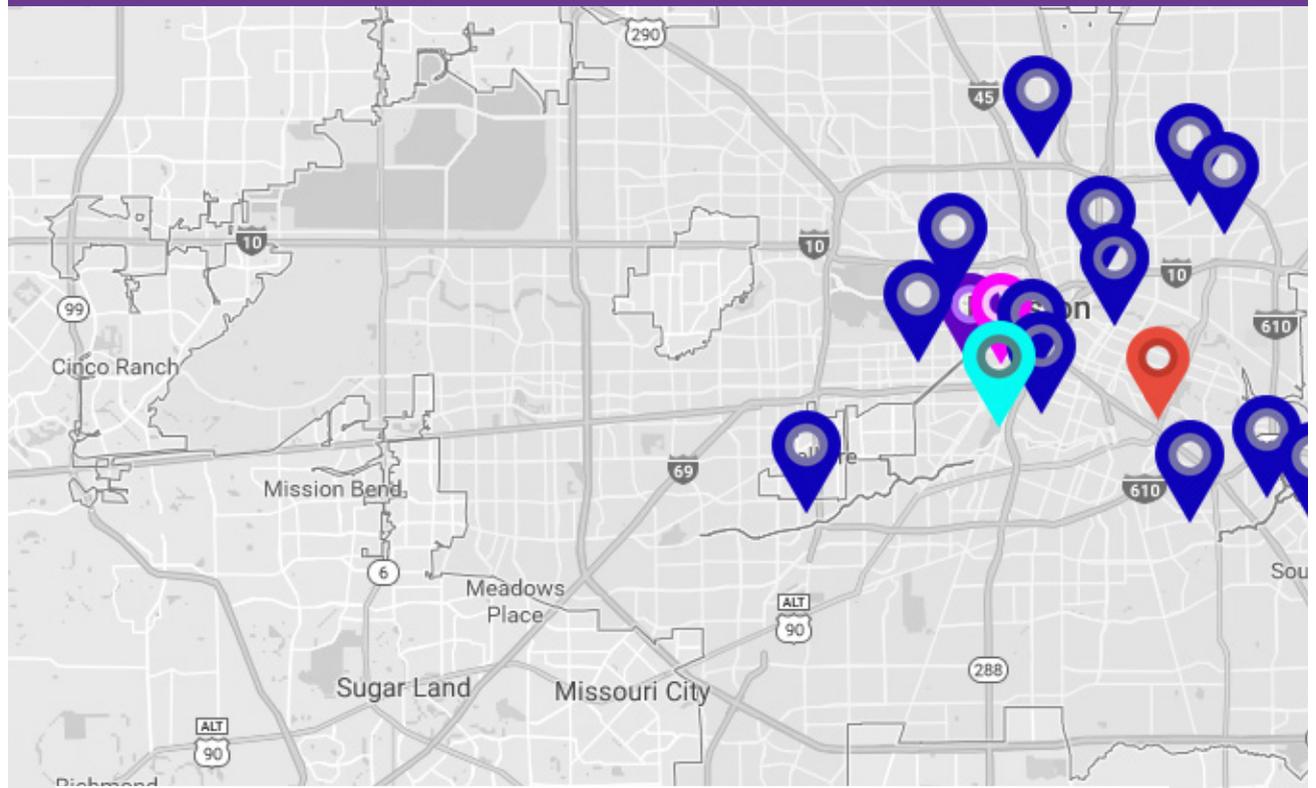
The CHRISTUS Foundation for HealthCare welcomes the support of individuals and business that can help offset needs. Office supplies, promotional products and gift vouchers are examples of items that may be accepted. Additional items needed for our ministries may include professional attire at Our Daily Bread or donations at our Run auction.

## Giftable Securities

Gifts of appreciated shares of marketable securities are a valuable contribution. They may provide significant tax advantages because you can deduct the fair market value of publicly traded securities without paying gift tax on the sale of gifted stock. For more information on how to make a gift and help CHRISTUS Foundation for HealthCare make a difference in the lives of those who need it, please call 713-652-3100.

## Special Events

The 15th Annual Spring Luncheon will be held on Tuesday, March 26, 2019 at River Oaks Country Club. This year's luncheon will honor long time Houston news anchor Steve Smith and his wife Vicki, who have been gracious supporters of CHRISTUS Foundation for many years. For more information and sponsorship and donation opportunities at our events, please contact, Danielle Ivie at 713-803-1808.



## CHRISTUS Foundation for HealthCare



*W.T. and Louise J. Moran Health Center / John S. Dunn Integrated Health*



*CHRISTUS Healthy Living Mobile Clinics*



*CHRISTUS St. Mary's Clinic*



*CHRISTUS Point of Light Clinic*



*CHRISTUS School Clinics*

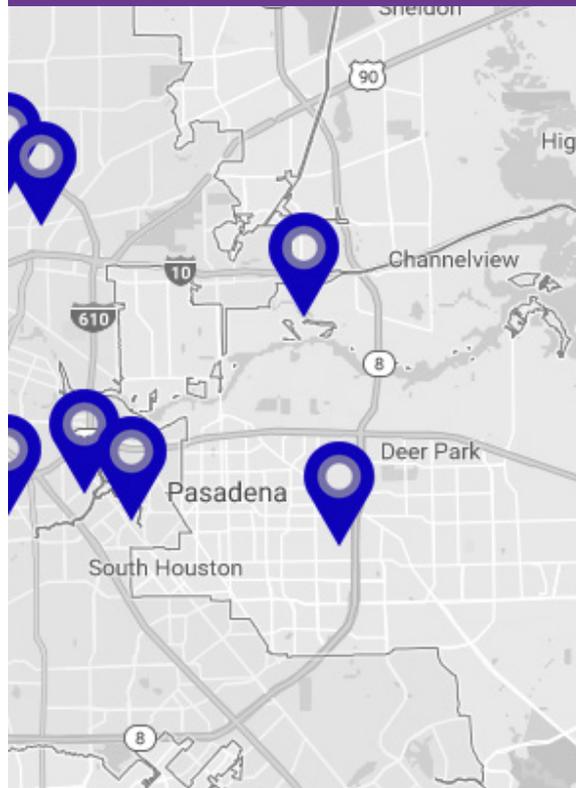


*CHRISTUS Our Daily Bread*



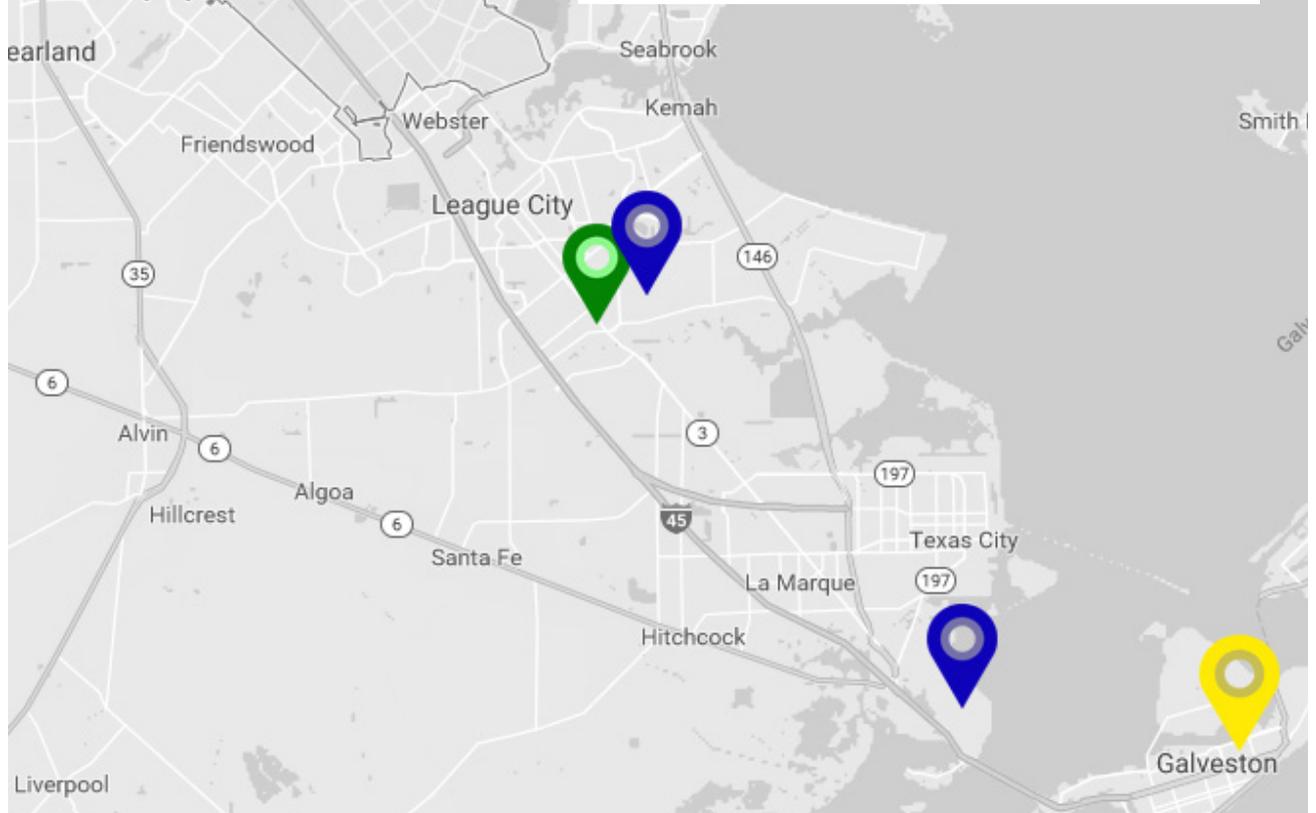
*Operation San José Medical Trip*

Liverpool



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Thanks to you, CHRISTUS Foundation for HealthCare serves the Houston-Galveston region through our ministries. Among them are our 19 CHRISTUS School Clinics and our Two Healthy Living Mobile Clinics.





**CHRISTUS**<sup>®</sup>

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*Today, CHRISTUS Foundation for HealthCare delivers a complete healing experience that respects the individual. We serve our community with dignity and admiration.*

*For over 50 years, CHRISTUS Foundation for HealthCare (CFH) has worked to address human needs by providing health care services, funding, and organizational support for remarkable programs in the Houston-Galveston Area. CHRISTUS traces its roots back to 1866 when the Congregation of the Sisters of Charity of the Incarnate Word began their ministry to help the poor in Galveston, Texas.*

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