



Report from Mission # 30 to Honduras

November 14 to November 26, 2012



We returned home a few days ago after a very successful mission in which we accomplished all of our goals.

On November 14, we arrived in Honduras with 21 hockey bags full of medication, vitamins, medical supplies and natural medicines. That afternoon, we travelled to our base camp in San Lorenzo. Our work began the next day in a small village called Buena Fe, where we provided hands-on patient care to 194 people. The next day, we attended to 288 more patients in the same village. On day three, we saw 163 patients in the village of El Tamarindo, and

on day four we cared for 318 more patients in the village of San Jerónimo. We also attended to 24 people more people in Buena Fe, the village where we constructed one of the three homes associated with this mission. In total, we provided health care to 987 people and also provided many vitamins and natural supplements. The people we cared for were extremely thankful for the medical attention they received from all of our practitioners.



Our team consisted of three local Honduran doctors, one Canadian naturopath, one registered massage therapist, one paramedic, one health care promoter and ten other Canadian and Honduran supporters. Our team worked extremely well together and we continue to believe that the success of our missions comes from the mixture of disciplines that our participants bring to the table.



One of the exciting components of the medical brigade on this mission was the provision of dental care (tooth brushing) instruction. Marty Mako (or, as we know him, Mr. Happy!) and his supporters did a great job of teaching the children how to properly brush their teeth. This program reached well over 350 children all together.

After four days of medical brigade work, we started the construction of the homes. On the first day of construction, we worked in the village of Agua Agria, where we helped with the construction of two cement block homes. The third house, a wooden structure, was built the next day in the village of Buena Fe. It was very interesting work and we found it rewarding to work side by side with the people



that became the owners of the homes. As you likely know, HHCF involves families with the construction of their homes and asks them to repay a portion of the cost over the two years following construction. Payments are based on each family's income and are designed to minimize any financial burden. We believe that this approach gives families a sense of ownership.





After our seven days in the San Lorenzo area, we travelled to Jesus De Otoro where the orphanage that we have been supporting for the past six years is located. It was a very long drive with one stop in the capital city to purchase food and supplies for the orphanage. On the Friday morning, we went to the orphanage where the director and all of the children were waiting for us. It was amazing to have them greet us at the door with smiles and hugs.

The day at the orphanage was filled with fun and each child received a full medical examination that was provided by our local medical director for HHCF, Dr. Carolina Hernandez. We also provided each child with a toy that was donated by a little girl named Nicole from the Niagara Region. We played, made crafts, and had a great lunch with the children and all of the support staff. Also, we provided enough staples to last until our next mission in April 2013.

None of these achievements could have been accomplished without the help of our donors and supporters. We are lucky to have the assistance of Agrolibano Foundation (Honduras), Kiwanis club of St Catherine's, Rotary clubs of Niagara



Region, Natural Factors, Nature's Fare Markets, Seroyal, St. Francis, Aromahead, Health Partners International, Stamford United Church of Niagara Falls, North City Insurance, American Airlines, Niagara Emergency Medical Service, Meadows IDA pharmacies, Not Just Tourist, Laerdal Medical, Physio-Control Canada, Philips Medical Canada, HESPRO Niagara, Henry Schein, McDonald's Restaurant Niagara Falls, Dr. Yvonna Hrabowsky, Dr. Alan Holody, Tove Bowman and her team of knitters and, of course, all of our individual donors. Every donation, large and small, helped us help others. Without this generosity we could not achieve much at all. You are all taking part in making life a little better for many people in Honduras. Thank you!



The next mission will take place April 19 to the 29, 2013, come in join us!

Healthy Horizons for Children & Families

3956 St. James Avenue
Niagara Falls, Ontario L2J 2R3
Phone: 289-296-3086
Email: hhcf@live.com

www.hhcf.ca

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