



Something Of Value REPORT

November 2011

Dear PAHS Family –

Thanks for being the best supporters in the world!

It's that time of year again when families get together to fellowship and give thanks for the many blessing they have received.

I am grateful for this opportunity to thank you for being on this hunger-fighting team over the years, and especially for making it possible for us to share your blessings with the less fortunate and the most vulnerable among us.



Stephen with the CTMC's Team on the mountains of Comayagua

What we do at Pan American Health Service is save starving children from certain death. The core problem is the inability of their parents to provide, their ignorance about family planning options, and their inability to manage the few resources they have.



Nellie Youngberg, RN with Alicia on the way to our campus

Over the past year I have been analyzing ways to weather the uncertain economic times -- trying to figure out a way to scale back. It seemed that perhaps the least painful place to cut was our technical education program. Then, thanks to former volunteers, George and Terri Loe, I attended Education that Pays for Itself Conference organized by Teach a Man to Fish. I quickly realized that education – specifically rural technical education -- is an integral part of our mission. There is so much need, that instead of doing less we must do more to solve the root problem!

Soon after my return from the conference, I accompanied a mission team to deliver health care to a remote mountain village. On the way back down that dusty road, with a dirty, pitiful, severely malnourished 7 year-old girl, Alicia, sitting next to me, I realized that instead of doing less, we need to do more.

We must solve the underlying problems if we want to have less sick, hungry children. In order to effectively combat the problem of hunger and malnutrition we need to “Teach a Man to Fish”. A little education can make a huge difference in the lives and future of entire community. We have the opportunity to have a massive impact with just a little skills training, thereby helping to break the cycle of poverty and malnutrition through education!



You can see more pictures of the Central Texas Medical Center's team on our Facebook page, www.facebook.com/panamhealth



Three sets of twins, five of whom have return to their homes, the other of whom is still recovering.

We are thankful to have been able to say good-bye to recovered babies who returned to their families. Three sets of twin boys were among our patients that recovered and went home after many months in the Casita Feliz - "Happy Little House".

We are thankful for new patients in our Nutritional Rehabilitation Center, among them *Alicia* – whose story is enclosed with this letter – who has quickly worked her way into our hearts, reminding us that there is still much to be done in the fight against malnutrition to restore children back to health, eight of whom have been admitted in the last two weeks.

The 2011 school year is drawing to a close and we are thankful for another year of education for many children and young people. Next week will see Ana Elsi, another professional nurse, graduate from university, thanks to the sponsorship of Mend a Child Foundation. They have also sponsored Nelly and Luzbi, who will graduate from academy, Alex, who graduates from elementary school, and Clarisa, Rosibel, and Rene who will graduate from Kindergarden to start first grade next year. Thank you all for your help in their achieving these mile stones!

We are thankful for all our volunteers and for the support of our local community! We have been blessed by several teams of short term volunteers, and *Rachel* and *Lauren*, student volunteers here for a few months. The professional services of two long term volunteers, *Diane Ward* - who has made it her mission to bring joy and well-being to our littlest patients and to host our rotating volunteer crews – and *Bonnie Gray* who is using her skill as an accountant and organizer to bring clarity and computerization to our accounting processes. It has been a joy to work with these wonderful professionals who kindly share their time and talents with us.

Having been inspired in the last few months by the sad passing of three little ones who came in too late, and by seeing what is actually being accomplished in other poverty-stricken cultures, we as a team have renewed our commitment to dream big in spite of the tough economic times.

We request that you invite others to visit us at www.PanamHealth.org and to look for ***Pan American Health Service, Inc*** (*Panamhealth*) on ***Facebook*** and ***Twitter***. You may also request a kit to help you host a Christmas Benefit Party for these children. Please consider giving others the opportunity to join in the fight against malnutrition and to feel the great satisfaction of saving the lives of children who would otherwise have little hope of life or health. These children are being educated to join our mission of breaking the cycle of poverty by nutritional rehabilitation and education!

This Thanksgiving we want to thank you for being our partner in the fight against Hunger!

Gratefully yours,

Stephen Zelaya-Youngberg