



Our mission is to serve and love all with compassion

BRIDGING WHOLE HEALTH SPRING 2024 NEWSLETTER

“To Serve and Love All with Compassion”

In the Fall of 2023, Bridging Whole Health (BWH) announced plans to expand healthcare service offerings by collaborating with like-missioned organizations. BWH implemented a more consistent clinical service program in 2024, thanks in large part to our growing partnership with our dedicated volunteers, Coker Methodist Church, and the Coker Methodist Church Health and Wellness Ministry.



In January 2024, our Volunteer Healthcare Team began to offer monthly mission clinic services on the 4th Thursday of every month at the Scout Lodge located on the Coker Methodist Church Campus. The San Antonio Food Bank and Coker Methodist Church distribute food to over 320 families every Thursday, which allows our Team to reach out to people who are also in need of basic healthcare services. A total of five clinic sessions have been held this year - serving almost 100 people by providing basic care and referring patients to various Community Health Centers for continuity of care.

Bridging Whole Health (BWH) believes in the concept of leveraging mutual resources to provide services that individual partners cannot do alone. Volunteers from Coker Methodist Church, San Antonio Food Bank, Wesley Nurses program, BWH, and many other organizations work together on Thursdays to potentiate the mutual impact on our community of all involved organizations. Bridging Whole Health celebrates the success of our clinical service offerings with you, our supporters and volunteers who make our good work possible.

From Trauma and Tragedy to Hope

In February 2024, the Volunteer Team met “Miguel”, an 18-year-old young man who overcame significant barriers to arrive to the United States. During his family’s trip through Mexico, Miguel sustained a severe traumatic injury to his ((left foot)) in a vehicular accident, requiring amputation of the forefoot. Tragically, Miguel’s mother sustained life-threatening injuries and did not survive. With his determination and faith intact, Miguel continued his journey and presented to our “Misión Salud Clinic” (Health Mission Clinic) for assistance.

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Fortunately, our team of volunteers included Dr. Dolores Contreras-Urby, a physical medicine and rehabilitation specialist trained to treat patients with a variety of debilitating conditions. A plan was put into action to refer Miguel to a certified prosthetist.



Donated Services by:
**Lorenzo Gonzalez, C.P.O.,
L.P.O.** Certified Orthotist
& Prosthetist, Licensed
Orthotist & Prosthetist
**Frank Martinez, C.O.,
L.O.** Certified Orthotist,
Licensed Orthotist



Lorenzo Gonzalez, C.P.O, of San Antonio Prosthetics, , agreed to see Miguel. A comprehensive evaluation was performed, and a plan was implemented to fit Miguel with a customized forefoot filler and ankle brace. The cost of materials and labor can exceed \$1,000 in the private sector; however, San Antonio Prosthetics generously contributed materials and labor to make it possible for Miguel to walk more normally. The smile on Miguel's face as he took his first steps was truly inspiring and rewarding to witness. Bridging Whole Health is grateful for wonderful partners like San Antonio Prosthetics - together, we are making a difference!

Compassionate Care for a Pregnant Mother through Connections

In May 2024, a young woman who recently immigrated to the United States presented to Misión Salud Clinic for care. "Elizabeth" was in her 9th month of pregnancy, and she had received no prenatal care. Wonderful things happen when committed and loving people work together to help others. Three wonderful people came to the rescue - Heather Maroudas, Family and Women's Health Practitioner, Vida Eardley-Thrash, LVN, and John Newton.

After examining the patient, Heather conferred with Vida, who also serves as a volunteer at the East Side Pregnancy Center in San Antonio. John and Vida know and work with a local Obstetrician who in turn receives referrals for care from the East Side Pregnancy Center! These three volunteers were able to refer Elizabeth to these critical community resources for care!

Again, the strength and impact of BWH's work is greatly magnified by the partnerships and network connections our dedicated volunteers maintain in our community.

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BWH Partnership with Christian Medical Dental Association

BWH continues to partner with Christian Medical and Dental Association of San Antonio, assisting with regularly planned wheelchair mission trips to Del Rio, Texas. Approximately 30 children and teens who reside in border cities and towns in Mexico are given temporary visit visas to be evaluated and fitted for custom wheelchairs and other durable medical equipment.

CMDA collaborates with Project Mend, the City of Del Rio, and Val Verde County Health Services to provide much needed equipment for disabled children - many of whom rely on this mission service to obtain the critical equipment they need. Over 40 volunteers, including health professions students, a pediatric rehabilitation specialist, and multiple technicians, form this compassionate team to put smiles on the faces of disabled children and their families. Children who cannot walk unaided are fitted with customized rollators; growing adolescents, who have outgrown their wheelchairs are given refurbished chairs to accommodate their growing bodies.

CMDA Wheelchair Mission Trip to Del Rio, Texas April 2024



Partnering with Hobby Middle School - Health Careers Program

BWH Volunteers participated in a Health Fair sponsored by the Northside Independent School District in April 2024. BWH agreed to have a “Vital Signs Station” for the students and health fair attendees. Vida Eardley Thrash LVN and Dr. Dolores Contreras-Urby also volunteered to teach the students how to take blood pressure, arterial oxygen meter reading, pulse, respirations, and temperature.



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BWH and the E.D.G.E. Method

BWH Volunteers implemented the E.D.G.E. method (Explain, Demonstrate, Guide, and Enable) to teach Hobby Magnet School Students. Students used digital vital sign measurement equipment to obtain a patient's vital signs. Students then taught other students and essentially took over the work of the entire station! Mentoring our community's youth - our future providers of health care is an important part of BWH's mission.

“Misión Salud Clinic” (Health Mission Clinic) - Connecting People to Care by Caring

A total of five clinic sessions have been held this year - serving almost 100 people by providing basic care and referring patients to various Community Health Centers for continuity of care. Primary among the referral network is Life Choices Clinic, located at 700 S. Zanzamora on the City's near west side.



4 Hour Clinic - 7 day/wk. Commitment

Approximately 50% of clinic patients receive a direct referral to Life Choices Clinic. Patients requiring telephone follow-up are contacted and telehealth visits are provided for several patient families struggling to access affordable primary care services. Telehealth visits occur all days of the week for patients referred to our Volunteer Team.

Hallmark University RN Students!

Our May 2024 clinic welcomed 8 nursing students from Hallmark University, who shadowed our Care Teams. Students obtained vital signs and were included in case discussions for teaching.

2024 BWH VOLUNTEERS

Special thanks to: Coker Health & Wellness Ministry, Vida Eardley-Thrash LVN, Margaret Frindell RN, Melissa Treviño RN, Myra Medina RN, Luke Cyrus, Eric Eardley, Bea Acton RN, John Newton, Charles Wasser of RotaCare assisting with procurement of equipment, Heather Maroudas FNP, Chris Maroudas, Rex Incledon PA-C, Marisel Tindall MD, Dolores Contreras-Urby MD, Rudy M. Urby, MD, Pastor Jose Mercado, Marilu Mercado, Sarah Urby, Sylvia Urby.

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Compliance with our Goals

Bridging Whole Health believes that the foundation of trust in a community depends on *ACCOUNTABILITY FOR RESULTS*. How are we doing to address the three major goals identified Year-End 2023?

I. Raise funds to hire our very first paid program coordinator

The Board of Directors will submit several proposals for funding health care service projects in 2024 focused on the needs of families presenting for food assistance at Coker Methodist Church. Incorporating a program coordinator is part of the 2024 proposals described below.

II. Continue to solidify and expand our network of partnering and collaborating organizations

A. Continuity of Care. BWH leaders met with leadership of *Life Choices Clinics*, a faith-based community clinic offering healthcare services for uninsured and working poor in our area. As a key partner in BWH's project proposals, Life Choices remains an affordable and reliable provider of continuity care for our patients.

B. Mental Health. While the focus of our current mission clinic services is medical care, project proposals for 2024 will include an emphasis on connecting individuals and families with mental health counseling services.

C. Corazon San Antonio and UT Community Nursing. Corazon SA, UT Community Nursing, and dozens of other organizations represent components of an extensive network of health care providers for the uninsured. While BWH continues to foster a stronger alliance with Life Choices Clinic, long-term goals will include ways to improve the seamless transitions of care among all safety net providers of care.

III. Expand health mission clinic activities and capacity

A. Short-Term.

1. Contract a grant writer to submit proposals for funding

a. Case Management for Misión Salud patients and recipients of food assistance at Coker Methodist Church

b. Expand hours of operation at Life Choices Clinic by adding Friday and Saturday clinic sessions (additional 20 hrs./wk.).

c. Church-based Health Screening Project: Develop an instructional manual for churches, synagogues, mosques, and other faith-based institutions to provide health screening services for their members utilizing a volunteer force of the institution's own congregants.

B. Long-Term. Launch a community-wide coalition, learning collaborative, or other interdisciplinary networking mechanism to bring together the multiple providers of care across the entire county. City and county resources described in the San Antonio Community Directory provides a foundation upon which to build such a learning network.

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Bridging Whole Health is a 100% Volunteer Organization. Organizational fixed expenses consist of basic directors' and officers' liability insurance, website hosting & maintenance, and operational expenses for the monthly health mission clinics.

PLEASE HELP BWH! Bridging Whole Health will seek private donations, grants, and foundation support to implement one or more projects as described in short-term goals for 2024.

Submit donations online at: <https://www.bridgingwholehealth.org/make-a-donation/> or by mail to address in **bold** below.

Thank you for supporting Bridging Whole Health!

**BRIDGING WHOLE HEALTH, INC.
DONATION FORM**

Bridging Whole Health, Inc. is a tax-exempt organization as described in section 501 (C)(3) of the internal revenue service code; EIN# 83-3681219.

Donating Organization/Individual's Name: _____
Address: _____
City, State, Zip: _____
Phone: _____
Email: _____

Tax-deductible donation payable to: ***Bridging Whole Health*** enclosed:
Amount: \$_____
Date_____

Please check applicable items below:

___ donation form scanned and emailed to info@bwhcares.org

___ donation check mailed to: **Bridging Whole Health, Inc.**

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___ donation form AND check mailed to: Bridging Whole Health, Inc. at above address

Inquiries: info@bwhcares.org; or rmurby@bwhcares.org

Voice and text message line: (210) 617-3061

Signed receipt and form 990 mailed to donor upon processing. Thank you!

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