



“¡Noticias!”

July 2012

You've been on our minds.

Maybe you were on our last newsletter's list. Maybe you've been on a recent brigade or signed up at an event to keep in touch with us.

We held on to the e-mail addresses you gave us. If you're receiving this at multiple accounts, just pick one to drop and use the unsubscribe button below. Or, let [Anna Haas](#) know—she's new to our staff in 2012.

We think you'll stick with us because here's a preview of the news we'll send about once a month.

Don't forget to check out our [Facebook](#)

page for more frequent updates—and lots of photos.



Much More Than Primary Care

Shoulder to Shoulder / Hombro a Hombro staff, volunteers, and brigade members completed an impressive 47,954 patient visits in 2011—at two medical centers and a number of smaller health clinics.

Yet, there's also lots to tell about our staff, volunteers, partners, and donors' impact in tackling the root causes of poor health.

You'll enjoy hearing in coming months about new water filter projects, great progress in cervical cancer screening, and much expansion in education. Over our nearly 25 years, these projects have led to our sustainable, long-term relationships and continuity of care.

News from the Ground

Clinical work continues day in and day out as Hombro a Hombro employees see patients throughout the year.

Just since March 2012, five university partners' medical brigades have seen hundreds upon hundreds of patients, too.

Among their many goals, brigade members hike out to isolated communities, run health fairs, and check on patients at high risk of diabetes and hypertension.



Shoulder to Shoulder's [dental program](#)

is a perfect example of how school-based prevention and education make a huge difference.

One of the June 2012 brigade's dentists traveled for the first time with Shoulder to Shoulder after many years with a different organization's brigades elsewhere in Honduras. To this volunteer—who was finally seeing very few cavities in Honduran children's teeth—our dental program was “nothing short of remarkable!”



You Can Help! 2012's Virtual Fiesta, Amazon.com

We love when volunteers travel on our scheduled brigades. But travel or not, there are lots of ways to help.

Soon, invitations to our “Virtual Fiesta” will go out by mail. It's our fifth anniversary for the fiesta, a way for the Shoulder to Shoulder community throughout the U.S. to celebrate success.

The Virtual Fiesta makes possible expenses like medicine, x-rays, water filters, staff on the ground to keep consistent relationships with communities. This annual “event” is virtual—as are the “dinners” your ticket buys—so that nearly every penny goes to Honduras and to families who truly need it.

You can also help by starting any Amazon.com purchase from the search button at the top of our home page. With this simple step, Shoulder to Shoulder receives from Amazon 6% of what you are paying—at no extra cost to you.

And, for those who have joined our “Summer Campaign,” we are pleased to announce we have just \$1,000 left to raise before we can secure \$10,000 in matching donations. If you can still help, please do!

We're forever grateful for all you make possible.

Volunteer Profile: Alex Freisthler

Contributed by John Kotula. John is a Shoulder to Shoulder brigade participant and a former Peace Corps volunteer in Honduras.

When Alex Freisthler was in his last year of nursing school at The University of Cincinnati, he went on a two-week Shoulder to Shoulder medical brigade to Honduras. He felt an immediate connection to the country. "I made the decision while I was there to go back long term. The trip was in January and by February I knew I'd spend a year there," says Alex.

In May of 2008, as Alex was finishing up at college and trying to raise funds to support his upcoming trip to Honduras, he spoke to Jim Painter, a writer for his local newspaper... ([Read more on our website](#))

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"If it was easy, someone would have already done it." – Dr. Jeff Heck, Founder, Chairman of the Board. With your help, we have stood shoulder to shoulder with Honduran communities for more than 20 years.

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