



ISSUE NO. 5 DEC. 2020

Divine Mercy Sunday, April 19, 2020
was held on the rooftop of
St. Joseph Primary Care
at St. Ann Catholic Church in
Clayton, NC

St. Joseph Primary Care Newsletter

Message from the Executive Director - Peter Le

What a year 2020 has been. Though no words can fully express the reality of dealing with COVID-19 pandemic, I know God always has a way to turn what is bad into something good. With that in mind, I am marching onward, excited for the upcoming year. St. Joseph Primary Care, a ministry of caring, is entering its 7th year of service. Also, it's the year of St. Joseph. What a wonderful way to honor St. Joseph; providing medical care to all God's people, healing them, and proclaiming the Good News. Speaking of that, the State of NC approved St. Joseph Primary Care as one of the early clinics to enroll, receive, and administer the COVID-19 vaccine. Within the next few weeks, we shall have a strategy on how we are going to help people get vaccinated.

For now, on behalf of the Board of Directors of St. Joseph Primary Care, Dr. ThuHuong Trinh, Maria Guerra, and all of our volunteers, we want to THANK YOU to our patients and benefactors. THANK YOU for your generous gift, both in word of prayers, deed through your financial contributions, and action by entrusting us to perform work of mercy to our neighbor. Together, we rejoice always, giving God thanks and praise without ceasing.

Thank you again for giving us the privilege and honor to carry out the Gospel's message, which is to love and care for our neighbor as ourselves. Merry Christmas and Happy New Year!



THE YEAR OF ST. JOSEPH
- 2021 -



This is Peter (Huy) Le when he contracted with Polio virus in Vietnam. Though the Polio vaccine was available then, but because of the Vietnam War, he didn't get vaccinated. Polio paralyzed both of his legs. Despite of living with Polio for more than 50 years, and two years still battling with cancer, God's grace continues to overshadow any obstacles. "The more broken I am, the more God's grace shall be upon me," declared Peter. He even adopted a nickname for himself as GRACEMAN.

WHEN FAITH MEETS MEDICINE

“Act, and God will act, work and He will work.”
St. Joan of Arc

This is a story on how faith shaped St. Joseph Primary Care to prepare to help the people during a global outbreak.

<https://www.youtube.com/watch?v=dgMrjrtLjAY>



Fr. Grace preached on the rooftop of St. Joseph's clinic at St. Ann Catholic Church on Divine Mercy Sunday

At the end of January 2020, “something” telling Dr. ThuHuong Trinh, the medical director at St. Joseph Primary Care, to get ready for the novel Coronavirus (COVID-19). Immediately, she acted.

From January to February, she placed multiple orders to buy personal protective equipments (PPE), such as gowns, masks, goggles, and gloves. At that time, there were unlimited of PPE available on the market. Moreover, reading on the Coronavirus's literature, she discovered the important of using the oxygen & nebulizer compressor to treat patients with COVID-19. So, she ordered several boxes of the nebulizer. Gracefully, one of her patients, donated to St. Joseph's clinic an oxygen compressor, saving nearly thousand of dollars. In addition to the PPE and medical devices, St. Joseph's clinic also received a big box, containing 300 bandanas, to give out to the migrant workers. Caring for these workers is one of the many ministries at St. Joseph Primary Care.

Moving forward, the COVID-19 out-

break took over the world by the end of March 2020. Everything was in lockdown. PPE was nowhere to be found in many hospitals and clinics. Thus, people made face masks out of bandanas and donated these face-masks to frontline workers. Then, after a month of lockdown, it was on the Divine Mercy Sunday (DMS), April 19, that St. Joseph Primary Care received a great blessing. The DMS service was held on the rooftop of St. Joseph's clinic in Clayton, NC.

With that, St. Joseph's clinic was, more than ready, to go out to help people. After all, they had everything that they needed to care for their patients, and still be able to share with their colleagues and priests. For example, late March, St. Joseph's clinic donated over 100 face masks, made out of bandanas, to the priests at Diocese of Raleigh, and 200 bandanas & face-masks

to the migrant workers. Having PPE on hand, they were among few clinics that could offered a free drive-thru COVID-19 testing. In all, they provided nearly 100 free COVID-19 tests to two churches, and their clinics. To see them in action, video is available via the Diocese's Youtube channel (see the link above). Speaking of testing, unexpectedly the State of NC contacted St. Joseph's clinic, and offered them, COVID-19 testing samples. **Note:** In July, testing was limited, and expensive. Thankfully, St. Joseph's clinic was able to offer free COVID-19 testing to the people. They accepted donations so they could pay someone to take the COVID-19 sample back to the State lab for analysis. The result came back within 1 to 3 days. Soon, they encountered their first patient with COVID-19 and he is 77 years old.



TREATING FIRST COVID-19 PATIENT

In July, we treated our first patient with COVID-19. It was Fr. Peter Grace, the pastor at St. Ann Catholic Church. After testing him and confirming that he contracted the virus, Dr. Trinh rushed to the rectory, armed herself with PPE, and started the treatment immediately. She showed Fr. Peter on how to use the oxygen & nebulizer compressor, monitor oxygen level, and take medications. “The best way to treat this virus is to start the treatment early,” explained Dr. Trinh. Every day for nearly three weeks, she called, checked, and examined Fr. Peter. Thankfully, Fr. Peter was recovered. He's now very active and greatly tending his flock. “I am so grateful to Dr. Trinh”, said Fr. Peter, with a smile. In all, we are truly blessed to be able to do what we have been doing so far. All good things are coming from God. He directs our path. We are blessed. “To one who has faith, no explanation is necessary. To one without faith, no explanation is possible.”— St. Thomas Aquinas

This year, like most healthcare workers, we found ourselves in a unique position as a FRONTLINER.

At St. Joseph Primary Care, we always care, welcome, and serve, regardless if patients have COVID-19 or not. First, for patients with COVID-19, their front-yard is our first initial office. We come to their house to deliver an oxygen concentrator, nebulizer compressor, oximeter, and others as needed. As a ministry of caring, in the COVID-19 pandemic, our patients do not have to pay extra for this service. We realize that having COVID-19 can cause anxiety, fear, and isolation (to say the least). As a frontliner, we hope that meeting them at their door, would give them a sense of love. Hopefully, by our actions, they see the love of God for them during this difficulty time. Next, using technology, we offer telehealth to monitor their daily progress. For people who want to receive the COVID-19 test, we come to their churches. So far, we held two events for free drive-thru COVID-19 testing. Moreover, our office, phone, text, and emails are available 24/7, and have two locations opened. We are still open as a business. Our business and mission are in the ministry of caring. All are welcome in this place.

Please tell your family and friends about ST. JOSEPH PRIMARY CARE
We are accepting new patients.

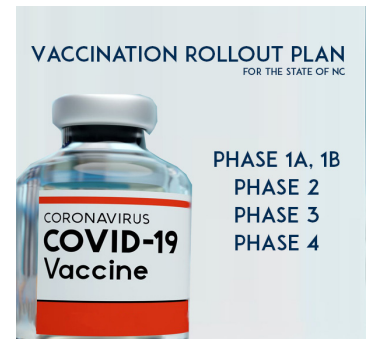


FRONTLINER
 IN THE COVID-19 PANDEMIC

➔ **INFORMATION ON COVID-19 VACCINE**

St. Joseph Primary Care is blessed to announce that we are working with the State of NC to receive the COVID-19 vaccine and distribute, when it's approved and available. The State plans to roll out in phases. Though we do not know the exact date when the vaccine will be available nor how many doses we can receive, rest assured that we will carefully study and follow the vaccine rollout guidance accordingly. Your well-being is our top priority. You can also visit our website to learn more about when and where you can get vaccines.

MINISTRY OF CARING DURING THE PANDEMIC



Getting a flu shot this year is more important than ever. A mixture of COVID and flu is a recipe of great trouble. Like every year, the Free Flu Shot Clinic at St. Joseph's clinic is available for those without health insurance. In working with Walgreens, we were able to provide 61 participants to receive a free flu shot this year. Since we started this ministry seven years ago, 765 free flu shots were administered at seven Catholic churches. A big THANK YOU to Kristen Howell at Walgreens for her faithful contribution to this ministry year-after-year.

Share the Caring is a ministry at St. Joseph's clinic to care for the migrant workers. This year, we were able to provide 200 bandanas and turned some of these bandana into face masks for them to wear. The bandanas were donated to us from St. Thomas More Academy. When the lockdown started in March, many of the migrant workers were on their way to NC. They all didn't know about the lockdown happening. So they weren't prepared. By the Grace of God, St. Joseph's clinic was able to give them the most important piece of all - a face mask.

As of December 11, 2020, St. Joseph's clinic has been approved by the State of NC to receive the COVID-19 vaccine. We hope by the end of December, we have a strategy on how to register and administer the vaccine to those who want to receive the vaccine. Our greatest objective is to educate our patients about the "pro & con" of the vaccine. Hopefully, they can make a decision on whether to receive the vaccine or not. Note: The State of NC has a rollout plan in four phases (Phase 1a & 1b, Phase 2, Phase 3, and Phase 4). Visit our website for more information.

PREFERENTIAL OPTION FOR THE POOR

What a wonderful way to honor the year of St. Joseph in 2021. Through your donations and membership fees, we can practice medicine among the marginalized. As Catholic healthcare providers, we follow the principles of the Catholic social teaching. Thus, the Ministry of Caring at St. Joseph Primary Care has many options for the poor and our neighbor.

ST. JOSEPH CHARITABLE CARE

St. Joseph Primary Care provides comprehensive, affordable, personal care to all of our patients; without regard to income, employment, insurance, faith, or documentation status. Patients are encouraged to donate since there is no cost to see a doctor, including specialist care and hospital visit.

DAY OF GRACE

It's a Sunday Free Clinic and a day where Catholic medical professionals and volunteers come together to provide free and charitable care for their neighbor and for the love of Christ. It's a free service for those who in need of medical care and lack access to healthcare. Day of Grace is held every last Sunday of the month except in November & December when it is held on the first Sunday of the month. The Free clinic opens at 9 am - 1 pm and no appointment is necessary.

DAY OF CARING

It's a "backyard medical mission," providing a high quality, comprehensive, and personalized Christian health care screenings. DoC is a way to engage head, heart, and hands in love of God and neighbor. On this day, St. Joseph Primary Care partners with one of the local churches, transforming the church into a free health clinic to address the physical, emotional, and spiritual needs of people in the community. The DoC model encourages and equips volunteers from local churches, healthcare providers, other medical ministries, and businesses to host a one-day health fair screenings meeting human needs in Christ's name. Rather than traveling to another location, volunteers engage the community in which they live with this "backyard medical mission".

FREE FLU SHOT CLINIC

During the flu season, St. Joseph Primary Care collaborates with Walgreens. Together, they travel to local churches to administer FREE flu shots to the community. The hope is that through primary prevention, people will remain healthy from the seasonal flu and continue to come to church and receive the Eucharist, pray and be generous with their gifts, and continue to give God thanks and praise.

FREE MAMMOGRAMS

St. Joseph Primary Care collaborates with REX UNC Health Care System to offer mammogram screenings to women for early detection of breast cancer. On this day, patients/members of St. Joseph Primary Care can come to our clinic and receive a free mammogram through the Mobile Mammography Program. Since many of our patients/members are parishioners at local churches, St. Joseph Primary Care coordinates with REX UNC Health Care System so that they can receive free mammograms at their local churches instead of coming to St. Joseph Primary Care.

CATHOLIC CANCER SUPPORT

St. Joseph Primary Care invites you to join us for a free special Catholic cancer support group created specifically for Catholic battling with cancer. Our support group provides an opportunity for people to meet twice a month for mutual emotional support and exchange coping skills with one another in matters relating to cancer. We meet twice a month on every first and third Wednesday of the month from 6 pm - 7:30 pm at St. Joseph Primary Care and St. Andrew Catholic Church in Apex, NC from 10 am -11 am.

FREE HIGH BLOOD PRESSURE CHECK CLINIC

Available on every Sunday from 9 am - 10:30 am at St. Ann Catholic Church in Clayton, NC. It's also where we have our satellite clinic. We open on every Thursday at St. Ann Catholic Church.

COVID-19 VACCINE PROVIDER & ADMINISTRATOR

St. Joseph Primary Care is now carefully studying and planning for the distribution of the COVID-19 vaccine. When vaccines are available to St. Joseph's clinic, we will rollout accordingly. As part of our Catholic root, we want to practice medicine among the marginalized. Thankfully, the State of NC gives a priority to this group. We are glad and we rejoice to perform our work of mercy.

Is life too stressful because of work, school, unhappy family or marriage, sickness, diagnosis with cancer, medical treatments, depression, and so on?

Do you want someone who can listen to your struggles and pray with you? Perhaps, you may want to develop a better relationship with God.

If yes, then you're invited to engage in a spiritual companionship at St. Joseph Primary Care. This session enables you to pay attention to God's personal communication to you and grows in intimacy with God through your struggles. It offers at no cost on every Thursday and by appointment only.

This is not counseling, therapy, or medical treatment.

EXPERIENCE

It focuses on religious experiences and invites people to encounter God in their struggles.

RELATIONSHIP

It's a relationship between the person and God that is experienced in prayer.



**PLEASE CALL
(919) 386-6866**

St. Joseph Primary Care
4400 Falls of Neuse Rd., Suite 101
Raleigh, NC 27606



Milanyela

STORIES OF HEALING

Meet Milanyela - in late September, she called St. Joseph's clinic and informed us that she tested positive for COVID-19. She asked if she could make appointment to see Dr. Trinh. Without hesitation, Dr. Trinh accepted her as her new patient. Her symptoms were coughing, slight fever, body aches and shortness of breath. Later, Milanyela recalled, "I was terrified and felt horrible. I have asthma and I knew the gravity of the situation." Gracefully, Dr. Trinh was successfully treated her. "I can't thank Dr. Trinh and Maria enough for the medical care they provided. They make an excellent team", Milanyela says. Furthermore, "they made sure I understood the instructions and was following them. Their daily calls to check on me gave me a lot of confidence. I did not feel alone. I knew there was somebody behind me, supporting me, and that I could call if I had any question, or I developed any complications. One afternoon, while I was taking some fresh air in my balcony, Dr. Trinh stopped by to bring some medication. She waved and talked to me, from the distance, praising me for the good job I was doing and encouraged me to keep going. That really touched my heart. THANK YOU Dr. Trinh, Maria, and St. Joseph



Rene

Meet Rene - He has been a patient at St. Joseph's clinic for nearly three years. When he contracted with the virus, he fortunately has a medical home through St. Joseph's clinic. When Rene was sick with COVID-19, Dr. Trinh often made a house-visit. Thankfully, he recovered and tested negative and able to go back to work. "I'm very thankful for Dr. Trinh's care after my COVID diagnosis. She called me every day and came to my house 3 times to bring medicines and supplies. She made me feel more confident about my recovery. THANK YOU."

Patient story

DIAGNOSED WITH COVID-19

Meet Antonio & Oliva

In late July, Antonio developed a fever, cough, and shortness of breath. He went to urgent care and got tested for COVID-19. He was positive and was told to go to the Emergency Room (ER) if symptoms worsened. He said, "I didn't want to go to the ER because I have a friend, who went to the hospital with COVID-19 and they put a tube inside his mouth. He was there for a long time. I don't want to be like him."

Antonio's wife- Oliva, also tested positive. "I was very worried because I have diabetes and my blood sugar was high. I didn't know what to do or where to go"- she said. Then, a family member, who is a patient at St. Joseph Primary Care, advised them to make an appointment. At their first appointment that afternoon, they were carefully screened for COVID-19 symptom by the staff at St. Joseph's clinic to ensure everyone safety.

As Antonio & Oliva indicated that they were tested positive for COVID-19, St. Joseph's clinic offered a telehealth visit with Dr. Trinh. Telehealth is one of the features that St. Joseph's clinic implemented.

Basically, telehealth is a secured virtual visit between the doctor and patient.

Around 10:30 pm that night, Dr. Trinh arrived at their house bringing medicines and medi-



"You feel very fearful and alone. Nobody can come to see you. Everyone is afraid of you."

"It was like an angel had come to my house. It was a beautiful sight."

cal supplies. "You can imagine my surprise when she came"- said Antonio. "It was like an angel had come to my house. It was a beautiful sight. Immediately, I felt better, simply from knowing that somebody was paying attention to us."

Dr. Trinh and her assistant, Mrs. Maria, made daily follow-up phone calls. "They would call us ev-

ery day to check on us. They give us advice and comfort us", Antonio said. "We actually looked forward to these calls. I would ask my wife often, have they called yet?' Furthermore, whenever they called, they always

greeted, "How are you doing?" It was a simple greeting, but for someone with COVID and facing isolation, those calls gave the boost we needed to fight on. They made us feel so good and safe." "Because you know", he added, "with COVID, you feel very fearful and alone. Nobody can come to see you. Everyone is afraid of you."

Antonio and Oliva have recovered now. Antonio says he is reaching out to neighbors with COVID to let know they are not alone. "I know how they feel now."

Thank you to all the healthcare workers like Dr. Trinh & Maria for risking their life to care for people with COVID-19. You are the American Heroes. God bless you all.



CATHOLIC CANCER SUPPORT GROUP

We invite Catholics who are dealing with a cancer diagnosis to join us for a VIRTUALLY free Catholic support group created specifically for Catholics. We meet twice a month from 7 pm - 8 pm on every first & third Wednesday of the month, for mutual emotional support. NO REGISTRATION REQUIRED.

TYPE THIS URL ON YOUR PHONE, DESKTOP/LAPTOP
<https://meet.google.com/vuq-bsdf-apt>

The Catholic Cancer Support Group, organized at St. Joseph Primary Care, has been an amazing blessing to me. Ever since I was diagnosed with recurrent cancer, the group has been a great way to get together with others experiencing similar difficulties with the diagnosis of cancer. The group meets every 2 weeks (in person pre-COVID and now virtually during COVID) for an hour at a time. I have met wonderful people through this group. During the meetings, we share our experiences with cancer and reflect upon them in a Catholic spiritual manner. It is very uplifting as we share prayer, worship, and fellowship. Everyone brings to the meetings their vast experience and knowledge of the Catholic faith and how it applies to our journeys with cancer. I believe that I have grown closer to God because of my cancer. I have learned through the group that my cancer is not a burden, but an opportunity to deepen my faith and trust in God. I highly recommend anyone dealing with cancer to consider the Cancer Support Group of St. Joseph Primary Care.

Daniel Koenig, MD

I am so thankful for St. Joseph Primary Care Cancer Support group. It has helped me tremendously with dealing with my stage 4 cancer. After a meeting I always feel awake and focused on the Lord. It is an essential asset in my battle helping to keep my faith strong knowing I have fellow members going through similar circumstances. Hearing their stories and their own faith journeys make me feel not so alone in my own. Being able to give and receive advice, prayers, grace, love, and support from them all is what keeps me coming back!

Brian

MAKING LEMONADE OUT OF LEMONS

Jen D'Alessio

I am humbled and thrilled to be alive! My name is Jennifer and I was diagnosed with breast cancer in 2018. I am in remission and was looking for a support group to help me through the challenges of this disease. I found the Ministry of Caring at St. Joseph Primary Care. We meet in person pre-COVID at St. Andrew Catholic Church in Apex, NC on every first and third Wednesday of the month. Now, during COVID, we meet virtually from 7 pm - 8 pm on every first and third Wednesday of the month.

This journey has been amazing, scary, and about every emotion out there. What this ministry does is help people like myself every day. Knowing you are there for me during this hard time in my life means so much to me and my family. No one goes solo for support, we are not disappointed. This organization is kind and inspirational to all of us in the group. I am still on a cloud and I so appreciate each one involved in the group.

Thank you for the tools to help "make lemonade out of lemons." This group has helped me and have an extended life with my family and friends. Joining this support group made me realize that God will not give me anything that I can't handle. This is the cross I carry. silently.

Merry Christmas and Happy New Year!



In order for St. Joseph Primary Care to flourish and provide its ministry to our neighbors who are unable to pay, the client base of paying patients must increase. To do this, our message needs to reach more people. You can help us in two ways.



**WE NEED
YOUR HELP**

1. PLEASE BECOME A NEW PATIENT at St. Joseph Primary Care. We are still accepting new patients. Though we do not accept health insurance, we only ask for a modest monthly or annual contribution. In exchange, we become your personal family doctor, a concierge-style primary care, where you receive high-quality services, such as:

- Unlimited office visits at no charge
- Extended appointment times of 30-60 minutes or more
- Same-day scheduling
- 24/7 emergency access to your personal physician by phone or email

Please consider leaving crowded waiting rooms and into St. Joseph Primary Care!

For more information on becoming a patient, contact Peter Le at (919) 386-6866 or email to peter@stjpc.com

2. PLEASE TELL YOUR FRIENDS & FAMILY ABOUT US. We strive to keep the administrative costs low, and the quality of our medical care high, so St. Joseph Primary Care does not spend a great deal on advertising. After all, the best advertising is a referral from a trusted friend & family member. So please, tell them about the unprecedented care you receive from Dr. Trinh and the ministry of caring at St. Joseph Primary Care.

*THE ANNUAL CONTRIBUTION TO BECOME A NEW PATIENT IS \$850 PER PERSON, \$500 EACH ADDITIONAL MEMBER.

*THE MONTHLY CONTRIBUTION IS \$85 PER MONTH, \$85 EACH ADDITIONAL MEMBER.

*THERE IS A ONE-TIME FEE OF \$100 TO ENROLL.

*CONTRIBUTION MAY DEFER FOR TAX-DEDUCTIBLE.

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