



St. Joseph Primary Care Newsletter

ISSUE NO. 6 - 2021

Message from the Executive Director - Peter Le

In 2021, the ministry of caring at St. Joseph Primary Care marked 7th year of service. Our mission is simple - To Care, Welcome, and Serve our neighbors. In the Bible, seven is the number of completeness and perfection (both physical and spiritual). It derives much of its meaning from being tied directly to God's creation of all things. Also, in 2021, the Catholic Church declared that it was the year of St. Joseph.

With that being said, in 2021, St. Joseph Primary Care had the honor and privilege to care, welcome, and serve thousand of North Carolinians and beyond. In reflecting of the life of St. Joseph, he's a humble and quiet person. Though he does not speak a single word in the Gospels, yet his message of faith, hope, and love are powerful. Could it be that we too like him, humble and quietly doing our work? After all, St. Joseph Primary Care was among a few organization to receive the COVID-19 vaccine early in January of 2021. Also, how is it possible for a staff of three at St. Joseph Primary Care could vaccinated nearly 7,000 people while bringing three health care systems, government, and churches together? I would like to think that it was because of St. Joseph, who blessed us and allowed us to witness "what is impossible is possible".

Lastly, we want to THANK YOU to God, St. Joseph, benefactors, and our beloved volunteers 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. Without you, we would not be here to do our work. Thus, we rejoice always, giving God thanks and praise without ceasing.

Merry Christmas and Happy New Year!



As a Catholic, we humbly follow the teaching of the church. On December 21, 2020, the Vatican's doctrinal office said that the current COVID-19 vaccines (Pfizer & Moderna) morally acceptable, along with the U.S. Conference of Catholic Bishops as "act of charity". With a support of local Catholic churches, we welcome the opportunity to serve our neighbor. Here, we invited Fr. Patrick Keane and Fr. Bruce Bavinger, SJ to bless the Moderna vaccine before administering to the people.

We are truly blessed indeed.

DEATH of **Father Hector R. Galván, C.P.**

A LIFE OF VOCATION AND SERVICE

“Let us give thanks for the life of Father Hector, for what he was and what he shared with us. Let us ask God to have compassion for Father Hector in heaven and to reward him for his work on earth.”

Bishop Zarama



Throughout the pandemic, St. Joseph Primary Care successfully treated countless number of patients with COVID-19. Sadly, we lost Father Hector, a patient at the Medical Clinic, operated by St. Joseph Primary Care, at St. Ann Catholic Church in Clayton, NC. Here is an article about the life of Father Hector that appeared in NC Catholics Magazine on March/April, 2021.

CLAYTON – Parishioners and close friends of Father J. Héctor Rangel Galván, C.P. paid tribute to his life, vocation and service during a funeral Mass for the priest Feb. 23.

Father Héctor, as he was known by many, was a Passionist priest of the Mexican province. He served most recently at St. Ann Church. He died Feb. 20 at Johnston Health, a hospital in Smithfield, following a weeks-long struggle with COVID-19. He was born in Mexico May 2, 1964 and made North Carolina his home in 2019. “Father Héctor ‘Tetus’ gave his whole being in the last two years to our Santa Ana parish. Not only to us, but also to people from all over the world,” said Father Peter Grace, C.P., pastor at St. Ann. Darce Miguel, a parishioner and member of the Hispanic community, first met Father Héctor when he came to visit during the feast of St. Ann. “Years later, he came back when Father Peter invited him to stay in our church,” said Miguel. Miguel said that he, his family and his daughter, who was one of Father Héctor’s altar helpers, are greatly saddened by the loss. She remembers that Fa-

ther Héctor last Mass was Dec. 20. “My daughter was one of the altar servers that Sunday Mass at 9:30 a.m., and because the same day was my son’s birthday, Father Héctor gave to him a blessing,” said Miguel. Another parishioner, Ana Maria Cruz, added, “We were happy because we had someone who spoke our language and with whom we could understand. In fact, Father was from the community of the Apaseo el Grande in the state of Guanajuato, Mexico, the same town where we are from, so he was like a family to us.” Those at the funeral ceremony, and those who watched online, were comforted by the words of Bishop Luis Rafael Zarama, who shared this reminder, “The priesthood is eternal, Father Héctor’s work will continue in heaven, but with another function ... to continue interceding for us so that we can be reunited in heaven. Let us give thanks for the life of Father Héctor, for what he was and what he shared with us. Let us ask God to have compassion for Father Héctor in heaven and to reward him for his work on Earth.” Father Hector’s remains were brought to his family in Mexico for burial.



St. Joseph - Pray for us

A MOMENT OF FAITH

On Sept. 14, 2018, Hurricane Florence hit North Carolina. At that time, St. Joseph Primary Care (STJPC) received a small grant to replace a medical refrigerator. On Dec. 8, 2020, STJPC received an approval from the NCDHHS as one of the few COVID-19 vaccine providers in Wake County. It was because of our medical refrigerator that we got immediately approval. The COVID-19 vaccine requires a specific temperature for storage. Furthermore, our first batch of the Moderna vaccine (500 doses) came from Johnston Health Hospital. It was this hospital that Father Hector Galvan stayed for two-month and died. Our first vaccine clinic was on Jan. 10, 2021. From then on until mid may of 2021, we were nonstopped administering the vaccine to nearly 7,000 people throughout NC. In March of 2021, according to the NCDHHS, STJPC was the only provider in Wake, Durham, and Johnston County that had a high number of vaccination among the Hispanic. As for the State of NC, STJPC ranked second place that vaccinated the Asian population in the State. Furthermore, on April 17, 2021, STJPC launched a campaign, “Vaccines for our neighbors.” It was the first collaboration between six Catholic churches, government, three health care systems, and other clinics and organizations. Together, we served nearly 2,000 Hispanic on that day alone.

MEET OUR VOLUNTEERS



Lisa Deeren is a hospital pharmacist. Despite of her busy schedule, Lisa never hesitated to make herself available to help, no matter where we go. Lisa said, "I want to be a solution so that we can get back to our normal life." Sometimes, Lisa had to work. She would always send us another pharmacist to take her place. **THANK YOU LISA FOR YOUR SOLUTION.**



Maricon (Maki) Gallano is a registered nurse at Duke. Like many of our dedicated volunteers, Maki always up for the challenge. Though she knows a lot about medicine, but she always start with a humble statement, "how can I help?" Maki has been joining the ministry of caring for four years. Whenever we need her, she'll always say yes. **THANK YOU MAKI.**



STANDING TOGETHER

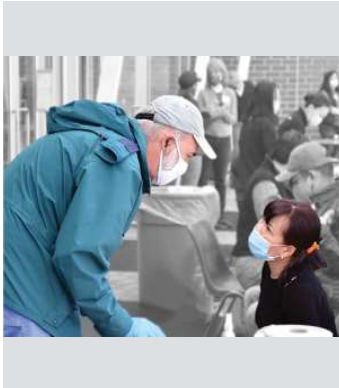
In times like these it's important to stand together and show each other that we care. God bless St. Joseph Primary Care with many great heroes, and many of whom are doctors, pharmacists, nurses, and countless ordinary people doing little things with love. On behalf of St. Joseph Primary Care, **WE SALUTE** each of you and sincerely **THANK YOU** for your dedication to help our human family in this most difficult time.

Thank you for your precious time and volunteering to vaccinate as many people as possible. Because of you, 'what is impossible is possible'. Thank you for standing together with us - **TO CARE, WELCOME, and SERVE**, in the ministry of caring.

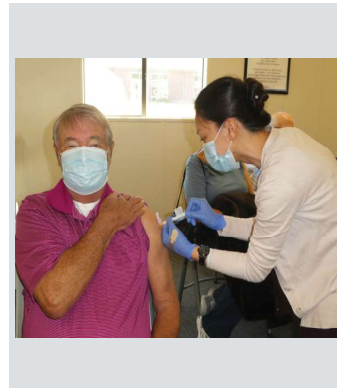
May you be truly blessed.



Eileen Leamy is a cellist and writer. She joined the ministry of caring with her musical talent. This way, when people came to the vaccine clinic, they could hear the sound of her music. One time, a woman came and thanked her for playing "Danny Boy". Eileen was in awe because she had never played that song. "Seven year ago, a priest once blessed me before a performance and said that he would blessed me so that I could play what God wanted the people to hear. Today, that statement came true," as she reflected. **THANKS BE TO GOD & TO EILEEN.**



Steven Wales recently retired from being a registered nurse. From day one, Steve always ready to be a frontliner. Steve volunteered at all our vaccine clinics. He would always gracefully said yes, even if he had to travel as far as to Mount Olive and Greenville, NC. "Helping people in times like these, they provided me with the opportunity to reflect on the Scriptures", said Steve. In addition to the vaccine clinic, Steve is a regular volunteer at the free clinic, also known as Day of Grace, at St. Ann Catholic Church where he's a parishioner. **WE THANK YOU STEVEN.**



Chi Nguyen is a physician assistant, speaks fluent English, Vietnamese, Spanish, and God's gift to the ministry of caring. Because of her talents, we were able to communicate to many of our Hispanic patients. Seven years ago, Chi joined our ministry and volunteers at many of our backyard medical missions. "It's my joy to be able to connect with and care for my patients," she says, always with a smile. **THANK YOU CHI FOR YOUR ENDLESSLY CARING. MUCHAS GRACIAS.**



Technology is essential. Meet Han Vo, a software engineer, who created a bolt to enter thousand of records within a short amount of time automatically. In the beginning, it took us days to enter the vaccine records to the State's Covid Vaccine Management System, CVMS. Han Vo creatively wrote a computer script, using Python, crawled into our system and inserted them back into CVMS. Implementing this way, it saw our biggest bottleneck in administering vaccine. **THANK YOU HAN VO** for making us - working more efficiently.

PREFERENTIAL OPTION FOR THE POOR

Through private donations and membership fees, we can practice medicine among the marginalized. As a Catholic healthcare provider, 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 second Sunday of the month. The Free clinic opens at 9 am - 1 pm.

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. St. Joseph Primary Care has a satellite clinic here and also opens on every Tuesday from 9 am - 4 pm.

CATHOLIC SPIRITUAL COMPANIONSHIP

St. Joseph Primary Care offers an one-to-one conversation, process of reflection, and contemplation on the spiritual journey. It is the practice of being with other Catholics as they attempt to deepen their relationship with God through prayers, sacraments, and dialogues, or to learn and grow in their own personal spirituality. This is not counseling, therapy, or medical treatment.

WOUNDED HEALER

“Individuals who must look after (their) own wounds but at the same time be prepared to heal the wounds of others.”

Henri J. M. Nouwen



It has been three year since I was diagnosed with metastatic thyroid cancer. After 17 months of chemotherapy, the side effects of the chemo were beating me down severely that it forced me to stop, in order for the body to heal. Thus, I am done with the old chemo and just restarted with a new one. After this, I am finished. Currently, there are only two drugs available on the market to treat my illness. So, this is it. Chemotherapy is not a cure but it's a treatment to stabilize my cancer. Furthermore, in battling with cancer, I discover that my body, mind, and spirit are not like it used to be. At times, the mind wants to do things but the body doesn't allow. This is my new reality, and is one of the hardest things that I've to learn to adjust, adapt, and accept. Looking forward, I have a new job now. It's a job TO BE SICK.

Before marching on into the future, I want to look back in 2021. First, I am grateful to have an opportunity to “heal the wounds of others” through the many Covid-19 vaccination clinics. With my illness, I didn't know how I had the strength to organize countless number of the vaccine clinics. But, I did. In all, through the ministry of caring, I came to care for nearly 7,000 people within 5 months. That was a lot of people, and it must be God working through me. That was the only explanation that I concluded, as in Psalm 28:7 indicates “the Lord is my strength.” Over all, there was just no way that my health could allow my body to do what I just did. For that reason, I discovered the beauty in the gift of suffering. Mainly, I learned to be humble, reaching out to people, and just kept going and going while my sickness kept beating me down, and helped me from not getting proud. Interestingly, at the end of each day, I went home, closed my door, and tended my wounds. The pain from having cancer and the side effects from chemo were just painful. Sadly, nothing in the world seemed to take that agony away. So day after day for the next 5 months, with my organizational skills, I traveled throughout the State of NC and delivered the vaccine to the people. Wherever I went, people were greatly joyful to receive the COVID-19 vaccine, offered by St. Joseph Primary Care, a 501(c)(3) not-for-profit organization, that my wife and I formed seven years ago.

So, here I am, experiencing what it is like to be a wounded healer. Please do not get me wrong. I am not boasting. Rather, I want to share this with you. By my sharing, I hope to be an example of a Christian, in dealing with my illness. After all, illness is unavoidable. Everyone MUST have to face them. It's non-negotiable. Moreover, God is love. So, day by day, despite my illness and sinfulness, I am keeping on jumping into the ocean of God's mercy and marching on with my life. I hope that one day when I am at the end of the rope, God's mercy shall SCOOP me away from this valley of tears and welcome me home. When the vault of heaven opens, I am home at last, a home sweet home. I shall rest in peace. So, cheers! to a new chapter of my journey and new job - TO BE SICK.

“If one can suffer and continue to love, one can do almost everything, even things which seem impossible.”

Catherine Doherty
Foundress of the Madonna House
Apostolate.

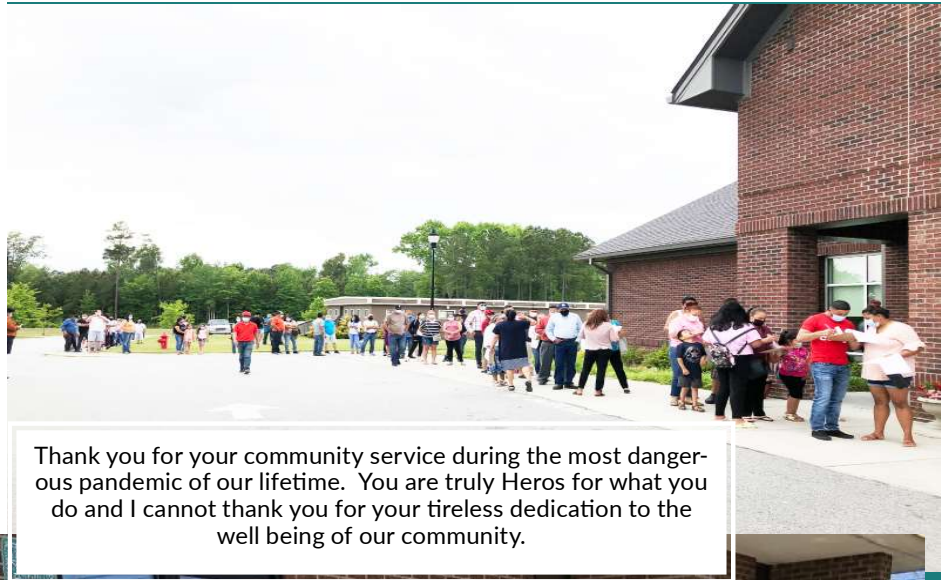
TO BE SICK ...

Sickness is just part of life, and there are lot of wisdoms for a person to discover and experience. C.S. Lewis, in one of his books, the Problems of Pain, said “pain and suffering are God's megaphone and heaven's loud speaker.” In dealing with my sickness, I am slowly learning to be like St. Bernadette Soubirous, died in 1879. After she had seemed the Blessed Virgin Mary and the church acknowledged the apparition of Our Lady of Lourdes (in France), she entered the convent of the Sister of Notre Dame of Nevers. As a nun, she was assigned to the lowest place. When she became ill, she was relegated to the corner of the infirmary. One day, the superior found her there, doing nothing, and asked, “What are you doing there, lazy little thing?” St. Bernadette replied, “I am doing my job.” “And what is your job?” the superior questioned. She answered, “TO BE SICK.”

Surely, there're lot of problems in dealing with sickness. Then again, like most things in life, nothing is easy. I am content with my new job, for now.

GRATITUDE

On behalf of Boards of Directors, we want to sincerely thank you to all the doctors, nurses, pharmacists, dentists, priests, educators, and everyone who took part of the COVID-19 vaccination clinic at St. Joseph Primary Care. Most importantly, thank you to all the people who came and received the COVID-19 vaccine. Thank you to our friends and benefactors. Your financial support to our mission allowed us to do what we do. In all, we received more than \$100,000 in privatized donations while we spent more than \$300,000 to cover all the expenses. A copy of our financial statement is available upon request.



I HEARD
GOD
LAUGH

Sometimes, God has a funny way to communicate with us. In one instance, God converted \$1 dollar into \$10,000 dollars within 4 days. Here is how God did it. This is a true story.

At one of our vaccination clinics that was held at St. Ann Catholic Church in early February of 2021, there was an elderly Hispanic lady donated 4 quarters (i.e. \$1) to St. Joseph's clinic. It was first time that we received coins as a donation. Four days later, we received a stack of letters in the mail. One-by-one, we opened, in this orderly, without knowing what inside. The first letter that we opened was from a priest. Inside, there was a \$100 bill for a donation. The second letter was a check of \$1,000 from one of

the persons that just received the COVID-19 vaccine from St. Joseph's clinic. Inside of a third and fourth letter were two checks, \$2,000 each. Lastly, a fifth letter was from another priest. Inside, there was a check of \$5,000. Within few minutes, we were amazed of what was presented in front of us. Seeing through the lens of faith, we plugged in the numbers and realized four days ago, we received 4 coins, equal to \$1. Four days later, \$1 dollar turned it into \$1,000 (came in a form of a second letter), added another \$2,000 (third letter), and another \$2,000 (fourth letter), equal to \$5,000. Finally, the fifth check of \$5,000 made the total amount of \$10,000. As for a bonus, the \$100 dollar bill and four coins represented that it was REAL money that we received. It was a grand total of \$10,101 in 4 days.





At the beginning of April this year, according to the NCDHHS data, 22% of positive COVID-19 cases were in the Hispanic community. They made up a little more than 10% of the county population. Health officials were focused on vaccine efforts to close the vaccination gap. Thus, on April 17, St. Joseph Primary Care launched a campaign, "Vaccine for our neighbors", a collaboration among St. Joseph Primary Care, WakeMed, UNC Rex Healthcare, Duke Health, Wake County Health Department, Alignment Healthcare, City Pharmacy, and six diocesan churches. On that day, within five hours, about 1901 first doses of the vaccine were administered at St. Eugene Church in Wendell, Holy Name of Jesus Cathedral (Raleigh), St. Ann (Clayton), St. Catherine of Siena (Wake Forest), St. Raphael (Raleigh) and St. Michael (Cary). With many people came to churches, received the vaccine, and everyone joined the efforts, it created a strong spiritual meaning of our Catholic identity - "The Church ... we are one body with many parts". It was truly a day of hope and joy through the ministry of caring.

ONE BODY, MANY PARTS



CATHOLIC CANCER SUPPORT GROUP

We invite Catholics who are dealing with a cancer diagnosis to join us for a free Catholic support group created specifically for Catholics. For more information, please call for a mutual emotional support. **NO REGISTRATION REQUIRED.**

(919) 386 - 6866

Make A Difference | your membership fee allows us to practice medicine among the marginalized populations.

NEED A DOCTOR?

We offer a high-quality, affordable, comprehensive health care, with unlimited office visits, no copay, and discounted labs and medications. Membership fee starts at \$85 a month and may be tax-deductable. Dr. ThuHuong Trinh is a board certified physician with over 25 years of experience practicing family medicine.

For more information, please contact us.

(919) 386-6866

<http://WWW.STJPC.COM>



WE ARE ACCEPTING NEW PATIENTS!

SIGN UP TODAY

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.



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.

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