



Moving Forward

2019-2020 STAFF

Sandra de la Cruz-Yarrison

Executive Director

Simone Payan, CNM

Clinical Director

Shawn Pompa, CNM

Annie Leone, CNM

Amy Beckmann, CNM

Mobile Clinic Coordinator

Susannah Blaine, RN

Jessica Rojo

Administrative Assistant

Marylu Castillo

Senior Office Assistant

Elizabeth Reta

Billing Coordinator

Laura Bonilla

Billing Assistant

Claudia Lopez

Bookkeeper

Brittany Pena

Outreach Coordinator

Maria Pena

Housekeeping Supervisor

Damiana Bacerra

Housekeeping Specialist

Maria Gomez

Promotora de Salud

Ruby Reta

Office Assistant

Epifano Garcia

Groundskeeping

Martin Torres

Change, it's a given, inevitable and sometimes a blessing altogether. Like many other organizations that have been in existence for so long, Holy Family Services in the last several years has undergone big changes. These changes were essential in ensuring our sustainability as an organization. After all, we needed to grow and overcome hardships in order to continue to offer our services to families in our community. This is the new "face" of Holy Family but our heart still remains loyal to the women and families that have long been the reason we continue to strive forward. We are so grateful to Valley Baptist Legacy Foundation for their support in the remodeling of the Holy Family buildings. It was through their funding that we were able to accomplish such a grand feat. We hope this newsletter serves as an announcement of exciting changes, new programs and upcoming events!



Changes

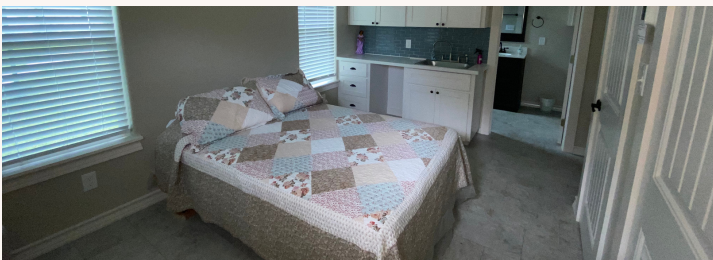
A lot of unpredictable events occurred in 2020, despite those challenges, we continued our efforts of finishing the construction needed for the remaining facility buildings. With a new pavilion, Holy Family is now prepared for the many events we hope to offer in the years to come. Our vision is to host annual events that bring together our "families" to celebrate the women, babies and community that have helped to shape Holy Family throughout the years. We hope with the new facility changes that we can be better prepared to host annual fundraisers that are essential to our continued growth.



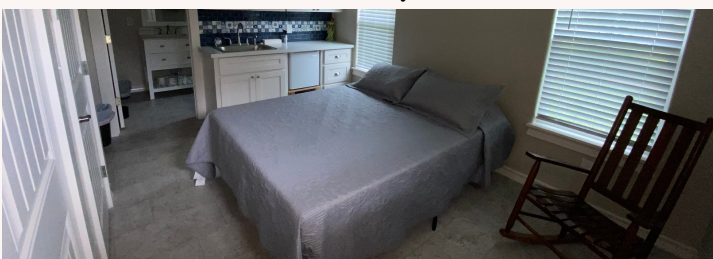
Pavilion



Staff House 2



Extended Stay



Triage Room



Solar Powered Exterior Lighting

Board of Directors 2019-2020

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Sandra de la Cruz-Yarrison
Executive Director

Directors Corner

Simone Payan, CNM
Clinical Director



Holy Family has a way of captivating your heart. The community we serve, women that become part of this "family", the employees that devote their lives to keeping our mission alive and our families that support our continued efforts are what sets Holy Family apart. The mission we work to uphold requires an unwavering determination and an undeniable commitment.

Five years ago I made that commitment to Holy Family to help bring about the changes that were needed. It was though this intent, the commitment of our staff, and our heartfelt devotion, that we have worked so diligently to rebuild Holy Family to a more sustainable organization that can uphold our mission for years to come. We endured remodeling of the entire facility, restructuring our leadership and organization, rebuilding our collaborations with funders and other non-profits/organizations and all the while consistently making renewed efforts to improving the care we provide. We endured and overcame some of this during a pandemic that tested not only our organization but our community and people around the world alike. Despite the adversities, we continue to move forward and embrace new opportunities to expand our efforts to make a positive impact on the health of the communities we serve.

Some of the most recent notable accomplishments achieved through grant funding include the following:

- HFS launched the Mobile Clinic Program, an initiative to extend services and offer a direct line of care to women in colonias and other underserved communities. The intent was to provide testing/screenings, well-woman visits, prenatal care and other services, while offering clients tangible solutions with proper follow-up care. These services, including labs, tests and referral services are completely covered for nearly 95% of the women served in these communities.
- Our grant funding enabled our expanded services to the Catholic Charities Respite Center to offer women's health care to immigrant women that are in much need of consultations and healthcare services.
- The remodeling of the remaining buildings on the property including: the addition of a pavilion, installation of solar powered lighting for the property, a backup generator for the clinic/admin and birth houses, the addition of an extended stay suite and a triage suite and the remodeling of volunteer/community living housing buildings.
- After March of 2020, when the Covid 19 pandemic came into existence, we saw an undeniable need in the community we serve through our Food Pantry Program. Our numbers for distribution grew 400% since the pandemic began but we have remained diligent in our efforts to continue to offer food assistance to the families we service and the surrounding communities. Our intent is to receive adequate funding to sustain the program.

Holy Family has overcome so many challenges and as always, we find a way to prevail. Still, now more than ever, we need continued support. Our doors remain open through grant funding, income for services rendered and donations. We humbly ask that your hearts remain open to the mission we serve. Your support and contributions to Holy Family extend out to so many women and families in the RGV community. We remain committed to this mission and hope to continue to grow in capacities that enable us to make a notable difference in the health and lives of those we wholeheartedly serve.

The year 2020 has brought us more than our usual challenges, but in true Holy Family fashion, we have endured and weathered through. I knew my first year as Clinical Director would come with its obstacles, but never did I imagine a pandemic, the economic fallout, and a tropical storm all in one year. However, our dedicated office staff and wonderful clinical volunteers have allowed us to continue on with business as usual.

The bright side of this year is that for various reasons, the pandemic has helped to increase our exposure and clientele to women and families who would have otherwise chosen a hospital as their desired place for delivery. As our numbers continue to grow, Staff CNM, Annie Leone, has continued her efforts with our local respite center and she is now serving undocumented women and families in both the McAllen and Brownsville area.

Past Clinical Director and now Senior Staff CNM, Amy Beckmann, has been working hand in hand with our Executive Director, Sandra to help get our newest project off the ground, the mobile unit. In 2020, the unit started making regular trips out to Monte Alto, Raymondville, Alton, and various other colonias. Our mission is to target low resource areas and bring healthcare directly to them in order to eliminate transportation and distance as a barrier to receiving essential care.

Through the grant funding awarded to us by Superior Health, Senior Staff CNM Shawn Pompa and myself, have been able to complete our certification in basic ultrasonography and we have purchased a hand held ultrasound for in-office use and point of care scanning. This has reduced unforeseen costs for several of our cash pay clients, who would otherwise be paying large fees for imaging at outside facilities. It has also allowed us to expand the clinical services that we have to offer.

With the continued support of several of our collaborating physicians, specifically Dr. Jonathan Lugo and Dr. Tony Obgurn, we have continued to provide safe care and easier access to a higher level of care when deemed medically necessary. With Dr. Lugo as a supervising physician, I have been able to maintain my hospital privileges through South Texas Health Systems, which even more so improves our client satisfaction and continuity of care by allowing myself to remain with our families at the hospital when a transfer out of the birth center occurs.

For the upcoming year, we hope to continue projects such as the "Breast Pump Depot," providing quick access to breast pumps for the community while simultaneously improving breastfeeding rates throughout the newborn's first year of life.

We thank all our supporters, past and present volunteers, and the community we serve for the continued love and encouragement. We look forward to our growth and meeting the goals we have set for 2021-2022. Please continue to pray that God guides us in providing safe and holistic care to all of the women and families who place their trust in us.

Some of Our New Additions

"I loved my experience with Holy Family. They truly are the best. I wouldn't trade them for any other provider." - Elizabeth Gomez



A Special Tribute to Maria Pena for 37 years of Service

On behalf of Holy Family we are forever grateful for your devotion.



Maria Pena

Housekeeping Supervisor

My journey at Holy Family began on a Sunday afternoon in February 1984. My younger sister and I came out to visit HFS about getting care for my sister who was interested in having her baby at HFS. We volunteered for 2 weeks, Monday-Friday. In late March I found out I was pregnant with my second child. My sister had her baby in April and I began getting care in May. In June the Sisters gave me an opportunity to work one day a week cleaning the clinic on Saturdays and eventually I was given more hours. My son was born in mid-November. I began to work full time in January 1985 with a new baby and more responsibilities.

Sister Damien took me under her wing and began to teach me how to clean the birth rooms, do laundry, restock, sterilize and organize. As the years went by I learned to help out in the office, filing, answering phones, and looking for charts. I also helped with picking up volunteers and dropping them off and worked along side them to keep Holy Family clean. I also did auto maintenance, building maintenance, food bank distribution, and helping midwives with translation with the clients. I've helped out with health fairs, outreach, breastfeeding classes, and carseat classes. I learned how to be a doula and empower women to have their babies at HFS.

I enjoyed learning all these things throughout all the years. It gave me the confidence to be strong and stand on my own when I needed to. Holy Family gave me the experience of meeting and making new friends with the wonderful people that come volunteer at HFS. All the midwives, nurses, Sisters, general volunteers, throughout all these years, I've enjoyed getting to know each and every single one of them and their families.



I thank God for bringing me here on that Sunday afternoon 37 years ago! It was the best thing He could have done for me. Holy Family has given me a journey of compassion, humility, caring and love for all the people no matter where they come from. I am richer in life for all that I have experienced at HFS. My second home!

Staff Highlights

Annie Leone, CNM



I learned about Holy Family when I was in midwifery school and knew right away that I needed to come here someday. When I made it here in February 2018 I thought I was coming down for just a 6-9 month fellowship. And now... here I still am, approaching 4 years. There are so many reasons why I got "sucked in" by Holy Family and the RGV. The mission of HFS to provide high quality, empowering care to anyone regardless of their financial resources is very important to me. The family-like community at HFS, as well as the pure culture of midwifery and birth here have made me fall in love. It's so special to live and work with other midwives and to be able to provide midwifery care as it is truly meant to be provided. It is a joy to live on the peaceful HFS grounds and be in community and working with the rest of the staff who feel like extended family. The RGV is such a unique and beautiful place and the culture and the people here have made me feel at home. I have felt so loved and inspired by the community I have found in the RGV.

When I moved here it was during the height of awareness around the new deeply concerning border and immigration policies being established. I wanted to support the movement to protect migrants' rights and dignity however I could. The Humanitarian Respite Center is a shelter in McAllen run by Catholic Charities of the RGV where they provide humanitarian care, travel assistance, and basic medical attention to migrants passing through after they cross the border and are processed by CBP. In summer of 2018 I started volunteering there weekly in the makeshift clinic. By the end of 2019, when grants were provided to fully fund a functional clinic, I started officially working at the Respite Center - providing midwifery care to pregnant and postpartum mothers (and their newborns) who come through the shelter. Working with migrant families at the Respite Center has been a powerful, illuminating and humbling experience that has taught me so much about midwifery and motivated me further to fight for justice. The migrant families served there are essentially refugees, seeking a home in our country where they can have security and an opportunity for their children and families to thrive. They are a community that has suffered tremendously, and is in desperate need of loving care. The midwifery model of care is essential to meeting the needs of these families. Our goal is for the Respite Center and HFS to have a sustainable long-term collaboration where we can continue to provide care to those in greatest need, which has always been part of the HFS mission.

Our Years in Review

"Holy Family is life changing. I have never felt more supportive anywhere else in my life with my health care decisions. I never felt pressured or obligated to agree to things and I never felt afraid to ask questions or voice my opinions. They are all inclusive and engaged my husband as a person experiencing a magical moment and didn't disregard him as a nuisance in the room. I love Holy Family and all who work there past and present." - Amber Arriaga

Review of 2019

240 Women Cared for at HFS
72 Vaginal Births at the Birth Center

35% First Time Moms
175 Free Pregnancy Tests

12 Total Intrapartum Transfers
6 Total Pre-admit Transfers
91% Resulted in Vaginal delivery

0% Episiotomy Rate
90% Breastfeeding Rate



Review of 2020

229 Expecting Moms Cared for at HFS
153 Well-Woman Services at HFS
180 Free Pregnancy Tests



83 Vaginal Births at our Birth Center
22% First-Time Moms
Pre-term Birth Rate: **0%**

Breastfeeding Rate at 7-9 Days: **98%**
Breastfeeding Rate at 6 Weeks: **65-70%**



Episiotomy Rate: **0%**

Humanitarian Respite Center Women Visits: **206**



2019-2020 Volunteers

Rachel Adams, **RN**
Christa Lee, **RN**
Amy Beckmann, **CNM**
Laura Laney, **CNM**
Allison McDonald, **CNM**

Jaime Boykin, **CNM**
Emily Luna, **CNM**
Sunny Soorosh, **RN**
Amanda Busbee,
General Volunteer

Ronit Zelivinski, **RN**
Micaela Fernandes, **CNM**
Genevieve Glasgow, **CNM**
Caitlyn Bley, **CNM**
Fiona Mulroe, **RN**



Reflections



"Giving birth at HFS was an incredible experience. The care and attention I received was top notch and it is how birth should be treated. Every family in the Valley deserves to experience this level of expertise."

- Caitlyn Bley

"Holy Family is such a beautiful place for families wanting natural, family-centered labor and delivery. We have been blessed beyond measure to deliver all three of our boys at Holy Family. The midwives, nurses, and staff took care of us so well from the beginning of our pregnancies all the way through birth and postpartum. They are family to us! We thank God for Holy Family!!"

- The Cruz Family



"I am forever grateful for Holy Family being a part of my birth experience for both my children. Having the opportunity to trust your body and baby through labor and delivery and be supported by skilled midwives and nurses who truly care is the best gift a mother could ever receive. I feel so fortunate to have such a beautiful birth story to recount to my children about how and who welcomed and cared for them as they made their entrance into this world. It brings tears to my eyes to think about how with each kid I get to see y'all and share in the excitement and meet the new midwives and nurses and relax with familiar faces. You guys truly have a family there and I'm beyond grateful that I've had access and the opportunity to have babies with y'all!!!"

- Emily Adams

Together we are Family



Join Our Family



- ① Visit hollyfamilybirthcenter.com
- ② Click the yellow DONATE button on the top right corner
- ③ Enter the amount you'd like to donate. 100% goes to HFS.



Do you want to be a permanent part of the Holy Family legacy? In the Spring of 2018, we laid the first bricks on the Walkway of Love: a pathway of remembrance and celebration for babies, families, alumni, and friends on the grounds at Holy Family. Commemorate a birth, remember a loved one, honor a friend, or celebrate your family by ordering your personalized brick today!



Are you an online shopper? Did you know that a portion of your purchases on Amazon can be donated automatically to Holy Family? It's easy to sign up!

- **Visit: <https://smile.amazon.com/>**
- **Log into your existing Amazon account.**
- **Then, search and select "Holy Family Services" as your charitable organization of choice.**

We will automatically receive donations from your eligible purchases!

www.hollyfamilybirthcenter.com





Thank You

Holy Family Services is especially thankful this year to be able to celebrate another year of continued services and beautiful birth stores. We are especially thankful to the many people who have contributed, either through donations or with their time and effort, to ensure our birth center continues to thrive. It is with great optimism that we move toward building a more sustainable clinic and birthing center. We look forward to a brighter future in where we can continue to be a valuable resource for communities of the Rio Grande Valley. With grateful hearts, we thank each of you that have supported our mission throughout the years.

Thomas Thorpe	Mary Alice Dooley	Eduardo Santillana	Roberta Poirier	Ellen Hoppe	James Laney
D Fay KilGore	Doris Bourret	Bertha Suarez	Sara Grawe	Katherine Cole	Frank and Valarie Pompa
Patricia Mynaugh	Alice Mary Dooley	Amanda Tracy	Molly Macmorris-Adix	Robert Mayer	Joe's Comfort Air
Judith Livingston	Shiloh Chapa	Juan Gomez	Karen Sanders	Michael Prestigiacomo	San Juan Basilica
John Philip Moyer	Robert Gialdini	Philip Taylor	Alan A. Mayne	Emily Siemer	Casa de Mariscos
Maureen A. Wolfe	Jean Rothfusz	Anna Shields	Patricia Crabtree	Kathryn C Green	Frost Bank
Karen Sanders	Margaret Simolin	Ricardo Gonzalez	Richard A. Gonzalez	Joseph Ogburn	Lone Star National Bank



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