

SNAP-SHOTS

E-mail: vonandon@mail.com Snail Mail: PO Box 19787, San Diego, CA 92159 Web: www.vonandon.com

THE SILENT KILLER... Diabetes is now (according to WHO), the leading cause of death and disability in Mexico. Since the economic progress of the 70s and 80s numbers have risen steadily. As wages rose, the average daily intake of calories for many did also. The introduction of cheap and popular, but less healthy food and drink options combined with a genetic predisposition among the population, has contributed significantly to the epidemic. Silent as it sneaks up on its victims, diabetes can go undetected for years. However, once discovered, managing it particularly for the poor, is no small feat! The cost of medication, treatment and transport to appointments is one thing, then following a diabetic diet is another. People who earn less than \$20 a day and work 8-12 hours often have to eat whatever they can afford or what's at hand for them. Working in the barrios we see the effects of this on individuals and families on a daily basis.



Left: Maria, mom to Jesús 12, (who has autism), narrowly managed to avoid amputation of her foot recently. She received treatment for her diabetes through limited insurance at the factory where she works. V&O helped by paying for custom shoe inserts and a walking cane, which were not covered. She's now back at work.



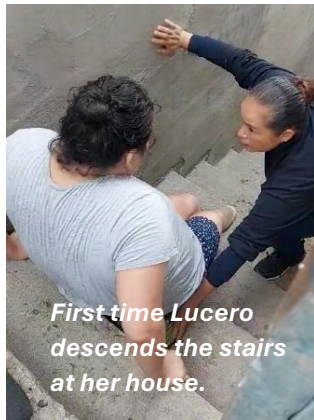
Left: Victor 15, in a diabetic coma 2 months ago. Thankfully he's since recovered and is doing a lot better! His parents are eternally grateful for help they've received through V&O since he was a child to pay for his medical treatment, insulin, transport to appointments, hospital etc.



Above: Omar (part-time V&O driver) is on hemodialysis and was waiting for a kidney transplant. Sadly, his hopes were dashed a few weeks ago when it was discovered he now also has diabetes.

With awareness of some of the more avoidable causes of diabetes on the rise, we hope and pray its prevalence, particularly among the poor, will see a decline in the future.

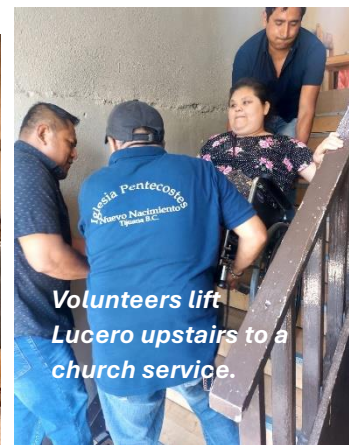
UPDATE ON LUCERO (from last month). For a year Lucero helped care for her brother who died in February from meningitis. During that time her work and her own health took a back seat and consequently her foot was amputated (due to diabetes). Depression and anxiety set in for Lucero until several weeks ago, when a friend shared her situation with us and some folks in a local church. Together with them we've been working with Lucero who is making great progress in overcoming her fears, learning to put her faith and trust in God, and becoming mobile again. This week V&O is covering the cost for handrails to be fitted in the stairway to her house, while she practices walking with crutches. Ultimately we're hoping Lucero can be fitted with a prosthetic leg. Please pray she continues growing in her confidence and strength to make that a possibility. Thank you!!



First time Lucero descends the stairs at her house.



Learning to sew.



Volunteers lift Lucero upstairs to a church service.

Be joyful in hope, patient in affliction, faithful in prayer. Romans 12:12

SPECIAL DAY OUT FOR TEENS



This month it was the teens' turn again for a special day out. Cesar and Paty took 11 teenagers to see the movie "White Robot" (positive message movie), which everyone thoroughly enjoyed. Afterwards it was time to eat. Hamburgers were the most popular vote, so it was off to Burger King, a real treat for these kids! Some help to take care of their special needs siblings at home, some have experienced the loss of parents and/or siblings to violence. All are from broken homes and face various challenges in their young lives. We can't thank you enough for helping to make possible these times for them to be able to relax, have fun and just enjoy being teenagers. Please pray for them and others like them, as well as Cesar and Paty, as they continue to minister and mentor kids in our communities. THANK YOU!



Above: Cesar (avid dog lover) talks with a teen's little brother.



Left: Hamburgers are a favorite with the kids and staff at Simnsa Children's Home also! Each month our team prepares a meal and a Bible lesson to share.

TARPS, BLANKETS AND WARM CLOTHING

It's that time again! With the drop in temperatures, we need to start stocking up on our winter inventory items. Thankfully our sewing team has been busy throughout the year making hoodies, hats and gloves for kids, the sick and the elderly. Our stocks of blankets and tarps are pretty low right now though, so we hope to purchase more of them in bulk very soon. For those of you living in or close to San Diego, any donations of clean, warm jackets, sweaters, pants, blankets etc. over the next few months are welcomed and can be dropped off at our storage location in town. (Just send us an email to vonandon@mail.com to coordinate the drop off).

On behalf of us all, we thank God for your lives, prayers and partnership in helping to make an eternal difference in the lives of the kids and families we serve in Tijuana. His abundant blessings to you! Joyce, Philip, Hortencia & the Team!

How good and pleasant it is when God's people live together in unity! Psalm 133:1



Three recent happy hoodie recipients.