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New Hope for a Healthy Future

Did you know that today approximately 30% of children in Arizona are overweight and obese? Add to that the fact that less than 20% of adolescents report to be physically active and suddenly you have hundreds of thousands of our children on track to develop devastating, chronic health issues like diabetes and heart disease.

Fortunately, these children and their families aren't alone. Through your support, Esperança is working to change the future.

By partnering with local medical and dental providers, schools, community centers and community health workers we provide health and preventative education to communities across

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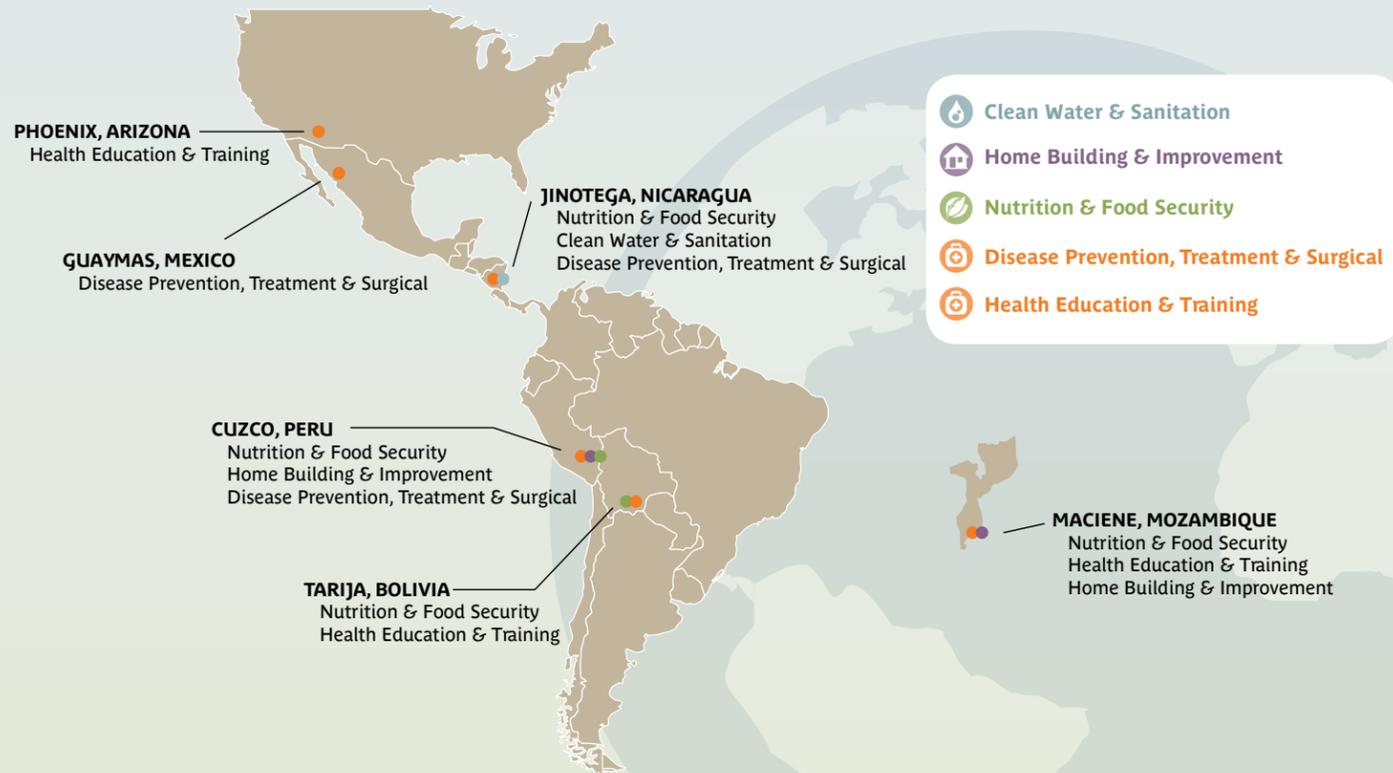
Phoenix. Families learn about fitness and good eating habits for the whole

family. By mixing innovative and effective teaching methods with hands on learning, physical activity and shopping lessons, our volunteers are able to identify bad habits and offer healthy alternatives.

Aidee, one of our volunteers, tells us, "Everyone who participates learns how to take care of themselves and their families in healthy ways. I really believe in this program. Every day I see how the participants get engaged and excited by what we're teaching them. It's satisfying to watch them work things out and use these tools to change."

By the end of the eight week session families are motivated and ready to use what they've learned to change their future. Thank you for the support that is helping keep these children and their families healthy and safe. Together, we are changing the future for our children one neighborhood at a time!

ESPERANÇA AROUND THE WORLD





Leave a Legacy of Hope

*"To reach out to people we'll never meet. It's the greatest legacy you could ever leave... The history of how you felt."
~ Simon Van Booy*

Fr. Luke Tupper, OFM planted a giant tree of hope to help shade the world's most vulnerable when he began his life-saving work in Brazil 47-years-ago. To-date, that tree has transformed the lives of millions through the support of friends like you!

What better way to leave a legacy to than to join Esperança in improving health and providing hope for families in the poorest communities of the world?

For information on questions on how you can add Esperança to your estate planning, please contact James Hoyt, President & CEO at 602-252-7772 Ext. 103 or James@esperanca.org

S.O.S., Esperança teams up!

One year ago, Esperança discovered a potential new partner in the fight to bring hope to the people of Nicaragua - Sustainable Outreach Solutions (S.O.S.) We found that this Phoenix area non-profit not only sent teams to install clean water systems in the developing world just like us, but that they also had years of experience in the operating room both locally and internationally!

We're excited to announce that this year we are joining forces with S.O.S. to conduct a large-scale surgical mission at a hospital in Rivas, Nicaragua. In early April, a team of Phoenix area S.O.S. surgeons will travel to Rivas and join Esperança's partner and perform surgeries in the specialties of general surgery, gynecology, and, urology.

This team consists of 30 health professionals, including surgeons, anesthesiologists, nurses, operating room technicians, interpreters and other support personnel. It is expected that they will complete 75 - 80 surgeries during that week, and help reduce the backlog of patients needing surgeries that will help them get back to work and improve their quality of life!

This collaboration is huge for the families we serve in Nicaragua. We'll continue to keep you up to date on our progress as we work together to bring hope to those who need it most. Thank you for the support that makes these life-changing partnerships possible!

**Please join us for the
6th Annual
Hope Breakfast
May 5th, 2016**

Our 6th Annual Hope Breakfast will be held at the Embassy Suites Phoenix-Scottsdale on Thursday, May 5 from 7:30 - 9:00 A.M. The Hope Breakfast is our annual fundraising breakfast that brings awareness to our mission to improve health and provide hope for families in the poorest communities of the world. This complimentary breakfast will featured inspiring stories from program participants, volunteers and community champions.

To attend and for more information, visit www.esperanca.org/breakfast/

Volunteer Spotlight

Ellie lives in Phoenix, Arizona and works in the office of Dr. James Foltz OB/GYN. Last month she traveled with Esperança and Dr. Foltz to Jinotega, Nicaragua. This was her first trip with Esperança and her first time assisting a volunteer surgical team. She didn't know what to expect but afterwards she was able to sum up the experience in one word:

Amazing.

Ellie told us how deeply touched she was to see her boss, Dr. Foltz, in action. She said, "I saw his heart and soul and his passion make a difference in the lives of women." She remembers one young woman in particular who was in stress during surgery and started to develop pains in her stomach. Ellie and volunteer anesthesiologist Dr. Rodriguez held the patient's head and, in Spanish, asked her to relax and trust that she was in good hands. Ellie comforted her and watched as the patient closed her eyes and her body began to relax. Dr. Foltz was then able to successfully complete her surgery.

Ellie is bilingual in English and Spanish and was a tremendous asset to the patients and the surgical team. She and the rest of Dr. Foltz's team and the local medical team worked together to perform 26 surgeries!

It has been a dream of Ellie's to travel and work on a medical mission and she was overjoyed when Dr. Foltz offered to sponsor her and bring her on his medical mission with Esperança. Today she feels like she has a new perspective on life that has allowed her to put her priorities in a new order. When we asked her if she would recommend the experience to other medical professionals, she told us without hesitation, "Absolutely, everyone should do this."



From Left: local Dr. Julio Cesar Zeas, Ellie, Dr. Foltz and Dr. Rodriguez. (Ellie, Dr. Foltz and Dr. Rodriguez are American volunteers)

Esperança Tributes & Memorials

Would you like to honor a friend or family member for a birthday or other special occasion, or make a gift in memory of a loved one? Your gift to Esperança can be designated as a tribute or memory of someone special.

*Tributes and Memorials from
October 1, 2015-February 29, 2016*

In Honor of Maria Jefferson
JJ Nelson

In Honor of Susanne N. Miller
Susanne Miller

In Honor of Karen Resseguie
Tom Egan

In Memory of Robert Collins
Dorothy Shaw
Grant Nedan

In Memory of Gabriel Hubbell
Darcine Zenuk

In Memory of Peter Mao
Lisa Mao

In Memory of Brigette Mengelberg
Theresa Baisler
Ginny Feldman
Sue Sandford

In Memory of Gordon Murphy
Tom Egan

In Memory of Dee & Paul Nordstrom
Gary Bogle

In Memory of Jane Olney
David Klaus

In Memory of Frank & Irene Renwick
Margaret Tutone

In Memory of Gisele Voicy
Annette Fontes-Evans

In Memory of Elizabeth O. Young
Michael Young