

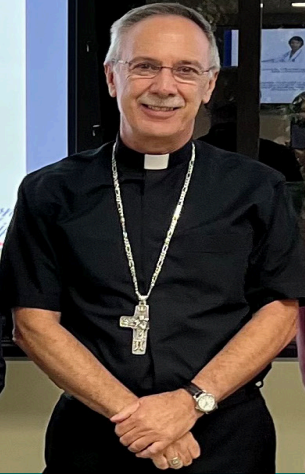


• Our Mission:

To provide comprehensive, affordable, personal care to all of our patients; without regard to income, employment, insurance, faith, or documentation status.

• Our Values:

Following the tradition of Catholic healthcare, we follow the life-affirming teachings of the church. We focus upon whole-person wellness, we do not provide or promote abortion, contraception, abortion, or sterilization and encourage the use of Natural Family Planning and compassionate hospice care at the end of natural life.



# St. Joseph Primary Care Newsletter

ISSUE NO. 8 - 2023

## Message from our Executive Director - Peter Le

We are excited and looking forward to another great year of “caring, welcoming, and serving” our neighbors. In 2024, the Ministry of Caring at St. Joseph Primary Care will celebrate the 10th anniversary of caring for the people of Wake and Johnston County.

In reflecting on 2023, we are profoundly grateful to our patients, benefactors, and volunteers for allowing the ministry of caring to practice medicine among the marginalized. It's truly a great blessing to be God's instrument, heal the sick, and evangelize through the gift of medicine. Thank you, everyone, for making the ministry of caring possible. Additionally, St. Joseph Primary Care lost two patients due to cancer in 2023. As a ministry, witnessing the departure of the patients we care deeply about is hard. In these difficult times, we learn to depend more on God's mercy and walk humbly with Him. Speaking of cancer, this is my fifth year battling with this disease. In late August, I learned that my Thyroid cancer had metastasized into the liver and multiple places in the bones. In November, I was hospitalized for five days because of the disease's progression, along with a rib fracture. Afterward, I received a week-long proton radiation and other treatments. Thankfully, I am recovering and able to work on this newsletter. Despite my health, St. Joseph Primary Care visited several migrant camps in the summer and provided them with our services.

Lastly, on behalf of our board of directors, we are grateful to our patients, benefactors, and volunteers for giving us the privilege to carry out the Gospel's message, which is to love and care for our neighbor as ourselves. Thank you for being so supportive and showing your love. May God bless you and your family always. Merry Christmas and Happy New Year!



**WE ARE GRATEFUL  
FOR OUR IGIVECATHOLIC  
(GIVING TUESDAY)  
DONORS.  
THANK YOU**





## TANGIBLE PROOF OF GOD'S LOVE

The mission at St. Joseph Primary Care is to provide a high-quality health care, along with free and charitable care for our neighbors, and minister to their needs with the love of Christ.

As we near the end of 2023, Dr. Trinh and I are reflecting with profound gratitude on this past year and all we have been able to achieve with your support. In his apostolic letter, *Ecclesia in Oceania*, Saint John Paul the Great wrote, "Jesus came to heal the sick and comfort the afflicted. As the risen Christ, he continues his ministry of healing and comfort through those who bring God's compassion to people in their weakness and suffering."

We strive to fulfill this call to ministry as "the most visible and tangible proof of God's love" and follow Saint John Paul's directive that "The messianic mission of mercy, of healing and forgiveness, must be continued unstintingly and accomplished in new ways that respond to current needs."

This past year, many have given of themselves to our mission as members, volunteers, and donors, and we could not be more grateful. As I look ahead to next year, while we trust in the Lord to illuminate our path, there is so much uncertainty in the world around us, especially when it comes to healthcare. Costs are rising exponentially. Doctors and nurses are in short supply. And so many in our community, particularly the working poor, are struggling to secure the health care they need for their families. To qualify for Medicaid, a single U.S. citizen adult must make \$20,120 (or less) a year while a family of four must make \$41,400 or less.

That's why I'm writing today. My hope and prayer is that you will prayerfully consider making a special, year-end donation to St. Joseph Charitable Care to ensure that our work can continue to reach the most vulnerable in our community as we strive to serve the physical, emotional, and spiritual needs of our neighbors.

Why does this matter?

In addition to rising healthcare costs, expanding Medicaid, and burdensome administrative requirements that cause doctors to have less time than ever to devote to their patients.

By supporting St. Joseph Primary care, you enable us to provide comprehensive, affordable, personal care to all of our patients, without regard to income, employment, insurance, faith, or documentation status. What's more, your partnership helps to advance the tradition of Catholic healthcare, which follows the life-affirming teachings of the church, focuses upon whole-person wellness, never provides or refers for contraception, abortion, or sterilization and encourages the use of Natural Family Planning and compassionate hospice care at the end of natural life.

Please consider renewing or extending your support of St. Joseph Primary Care today. You can make a secure, tax-deductible donation on our website at [STJOSEPHPRIMARYCARE.ORG](http://STJOSEPHPRIMARYCARE.ORG) Thank you for your support.

Your Brother in Christ,  
Peter Le  
Co-Founder and Executive Director  
St. Joseph Primary Care

## PROTECT OUR FOOD SOURCE!

According to the Office of Rural Health, approximately 14,000 and 17,000 migrant farmworkers visit North Carolina annually to do agricultural work. Undoubtedly, farmworkers play a vital role in cultivating the food we eat every day. However, they endure some of the worst housing conditions and face significant hazards at work, such as heat stress, pesticide exposure, and injuries. As a ministry of caring, St. Joseph Primary Care always seeks ways to help them. This summer, we traveled to two different farms/camps and administered more than 70 tetanus shots. The medicine will protect them from tetanus, a life-threatening bacterial infection. The *Clostridium tetani* bacteria cause tetanus. These bacteria live in soil, dirt, and feces (poop). There's no cure for tetanus. Thus, it is important to protect our farmworkers. To protect them is to protect our food source.

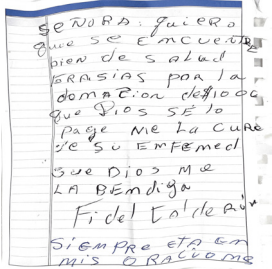




# THE POWER OF PATIENT STORIES



My name is Fidel Calderon. Originally, I came from Guatemala. I live alone and work in landscaping. Several years ago, when St. Joseph Primary Care offered a Day of Caring, also known as Backyard Medical Mission, at St. Ann Catholic Church in Clayton, I found out that I have diabetes and high blood pressure. After the Day of Caring, they scheduled me to have a follow-up appointment at the Medical Clinic, operated by St. Joseph Primary Care and volunteers, at St. Ann Catholic Church. Before the appointment, I had knee pain for three months and could not walk without crutches. Shortly after, I had to quit my job and felt sad about my situation. When I came to see Dr. Trinh, she listened to my concerns and encouraged me to care for my health. She spent much time teaching me about eating healthy food and managing my sugar. After several appointments, I could walk again without crutches and experienced little pain. I now go to see her regularly. My sugar is much better now. In all these years, I have learned a lot about diabetes, the food that raises my sugar, and how to choose healthy options. Additionally, thanks to Dr. Trinh and Maria, her assistant, I realized the benefit of exercise, which can also lower the sugar in my body.



This summer, I had a problem with the tires on my truck and could not afford to replace them. I had to quit working because I couldn't drive to work. I remember praying to God every day, asking for help. I shared my truck situation with Dr. Trinh during one of my appointments. A few days later, I got a phone call from Dr. Trinh. She gave me a check for \$1,000 to replace the tires on my truck. She told me the money came from one of her patients. God answered my prayer through this special donor. I want to thank God, Dr. Trinh, Maria, and the person who helped me with the money.

## I HAVE FAITH IN GOD.

My name is Adalinda Roblero. Originally, I am from Guatemala. I came to America in 2006. I now live in Dudley, NC, with my five children. My oldest daughter goes to Our Lady of Lourdes Catholic Church in Raleigh. She recommended that I make an appointment to see Dr. Trinh because I had severe pain. Back in 2021, I started having lower back pain that lasted for hours and left me very weak. Eventually, I had to stop working. I saw three different doctors who prescribed pain medicine, but with no improvement, and the pain persisted. By the time I went to see Dr. Trinh in May 2023, my pain was unbearable.

Additionally, I was having discomfort with constipation. At my first appointment, Dr. Trinh listened to my concerns, asked many questions, and did a complete physical examination, like nobody had done. Eventually, the exam revealed I had a mass on my rectum. So, she ordered additional tests and referred me to the UNC Lineberger Comprehensive Cancer Center. On the day the test returned, she called me to the office to see her. She gently informed me that the test indicated I had rectum cancer. Upon hearing the news, I did not despair because I have faith in God and know my life is in His hands. Dr. Trinh reassured me that she would help me as my doctor. With her help, I could enroll in the UNC Charity Care program, where I pay very little. Since then, I have been under cancer treatment, and my last chemotherapy was a few days ago. The next step is to meet the surgeon. I pray that God continues to give Dr. Trinh wisdom so she can continue to care for our Hispanic community. I believe that is the mission that God has prepared for her. I thank God for her to be my doctor.

## I 'M ABLE TO QUIT SMOKING

AFTER 30 YEARS. THANKS TO ST. JOSEPH PRIMARY CARE

When a friend of Laura recommended St. Joseph Primary Care to her, she hesitated because of her experience dealing with a primary care provider. At her first office visit, she explained to Dr. Trinh, "I had a PCP a few years ago. I would go to the appointment; the doctor would put me on some medications and then switch me to another medication without explanation. I didn't see any changes in my health, so I stopped going to see the doctor." After spending more than 60 minutes talking with Dr. Trinh, Laura joined the Membership Care Program, where she paid an annual fee and received unlimited office visits at St. Joseph Primary Care.

Furthermore, Laura continued. "I used to have 15-30-minute appointments with my previous primary care doctor where I could not discuss many things with him. However, I can discuss and ask about many medical conditions and ways to improve my health outcomes with St. Joseph Primary Care. Dr. Trinh took her time and explained them. Because of her, I know the thyroid function, which I had neglected. I didn't know it could impact my whole body if it did not work properly. I feel much better now. My thyroid is under control. Another important issue that Dr. Trinh helped me with was after 30 years of smoking, I'm now able to quit. That is amazing. I had tried to quit in the past, but the cravings and stress made me restart. After Dr. Trinh explained the negative effects of smoking, I decided it was time to stop. Dr. Trinh encouraged me along the way and gave me strategies to manage cravings."



**“A great encouragement and inspiration to each one of us who apply its wisdom.”**

**—Bob Schuchts**  
Author of *Be Healed*

If you would like to receive a copy of Peter Le's new book, published by Ave Maria Press at the University of Notre Dame, please get in touch with [peter@stjpc.com](mailto:peter@stjpc.com). You can also purchase the book directly from [AveMariaPress.com](http://AveMariaPress.com) or Amazon.

Suffering is a natural human experience and the most problematic of human life. To be human is to encounter some form of pain and suffering, which is a difficult reality. The reason is that no one wants to talk about it while our society teaches us to avoid this reality at all costs. But it's impossible because suffering is part of being human and has great value. Thus, suffering is not evil because it comes from God for our benefit. Even Jesus, the Son of God, has to suffer greatly. We, too, shall suffer.

Why must we suffer? There shall be no perfect love without suffering. Moreover, suffering teaches us a great deal of virtue that is very good for us. Also, it invites us to share in Christ's Passion and in union with His suffering. We shall receive the greatest rewards. It's the redemption of our body and soul. It's the crown of victory.

When God gives us suffering, He grants us His grace so we may endure to the end and be saved. Grace is our strength and power to bear our suffering. We need to ask Him in the form of prayer to Him, hope in Him, and place our confidence in Him.

Without asking for God's grace, suffering is a frightening experience that causes us to be impatient, fearful, disappointed, distressed, and despair. These are some of the reasons that intensify our suffering to the point of becoming unbearable pain.

With God's grace, we can stay calm and patient, remain peaceful and be able to do what needs to be done in a time of trials and tribulations. Soon, all things must pass, including pain and suffering. God will wipe away all tears. We have nothing to fear. Suffering is an invitation to unite with Christ in His Passion and Glory. This is the purpose of all suffering: to draw us closer to Jesus and to His mother - whether that suffering consists of physical, emotional, spiritual, or mental pain.

**"GOD HAD ONE SON ON EARTH WITHOUT SIN, BUT NEVER ONE WITHOUT SUFFERING." (ST. AUGUSTINE)**

#### **THE GIFT OF SUFFERING**

Grace in suffering is a great gift; it overshadows suffering and helps a person to become a better person with a humbler spirit. Wherever there is pain and suffering, there is God's grace.

#### **GOD'S CONSOLATION**

The power of God's consolation is available in a time of suffering. His helping hand can restore a person from sickness to health, from mourning to dancing, and from weeping into laughter. It's also a blessing cup containing God's grace, love, mercy, power, wisdom, endurance, and courage. Wherever there is sorrow, there is God's consolation.

#### **TO BE SICK FOR THE LORD**

Under the heavens, there is a time for everything, including a time to be sick. While enduring our sickness patiently, we can turn our thoughts to the Lord. We shall receive our reward. To be sick for the Lord is spiritual growth. It's the gift of peace, and a chance to be better and not be bitter.

#### **THE SCHOOL OF SUFFERING**

Jesus and His mother are always very near to those who suffer, to help us bear what we must so that one day we too will be ready for heaven. God permits suffering by His grace because in this school, we learn to let go of what does not matter in this life and to grow in the virtues we will need in the next.

The school of suffering is a school of grace. Thus, there are countless gifts of wisdom that we can learn from this school. Through God's grace, we obtain abundant strength to bear our sufferings, inspirational ways to get out of temptations to free ourselves from the pain of Purgatory and to bring redemptive meaning to our suffering. In His infinite goodness, through the gift of redemptive suffering, God gives us a share in Christ's Passion and helps us to turn the greatest evil in our lives into our greatest happiness.

TO LEARN MORE, PLEASE VISIT [TOBESICK.COM](http://TOBESICK.COM)

# PREFERENTIAL OPTION FOR OUR NEIGHBOR

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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 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.

## **MIGRANT FARMWORKERS MINISTRY**

It's a partnership with various nonprofit organizations and churches throughout North Carolina. We offer free medical care and personal hygiene, including soap, blankets, body lotion, sunscreen, bandana, toothpaste, etc.

## **CATHOLIC SPIRITUAL COMPANIONSHIP**

St. Joseph Primary Care offers a 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 spirituality. This is not counselling, therapy, or medical treatment.





My name is Christine Johnson. I have been working and volunteering for the “Day Of Grace” free medical clinic at St Ann’s Catholic Church of Clayton for many years.

My job has been to secure medical staff for each Sunday once a month. We are blessed to have a dedicated group of volunteer doctors, nurses, translators, and a wonderful receptionist. Without these wonderful, dedicated people donating their time and talents, we could not provide free medical care to our needy population. It’s truly a wonderful experience to see “the heart of gold is the heart of a volunteer.”

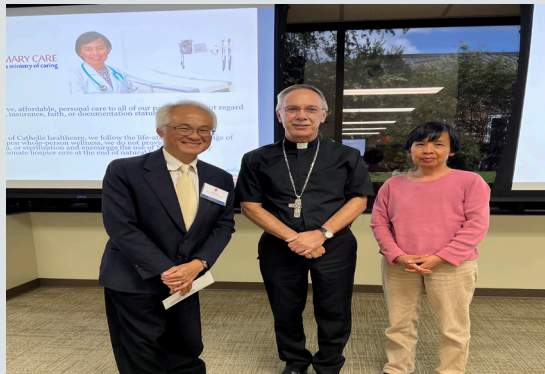
Over the years, I have watched the patients come in, see our volunteer staff treat them for their illnesses, and the transformation of the patients upon leaving with a sense of relief to have a group of volunteer medical staff listen to and help them at no cost. Without a doubt, I know we are doing God’s work. On the Day of Grace, everyone receives God’s grace.

I look forward to the growth of our program in the coming year. I invite you to join us on the Day of Grace. Please let us know if you or someone you know has medical training and would like to help us with our mission.

Please get in touch with us at [INFO@STJPC.COM](mailto:INFO@STJPC.COM).



**Meet Dr. Stephen Chiavetta:** He’s one of the volunteer physicians and has joined the Ministry of Caring at St. Joseph Primary Care on numerous outreach programs. On one occasion at the Day of Grace (free clinic), Dr. Chiavetta carried his “doctor bag” that he received when he entered medical school 40+ something years ago. “This bag has been with me throughout my career. At the beginning of my career, I trained to be a pathologist. But, I decided to become an internal medicine physician. Carrying this bag gives me joy and a reminder of who I am as a physician.” On behalf of St. Joseph Primary Care, we “thank you” Dr. Chiavetta for always lending us a hand to help.



This year, we had the honor to have lunch with Bishop Zarama from the Diocese of Raleigh. On this occasion, we received a gift of \$760. This money will help us do the “work of mercy” by providing free and charitable care for our neighbors.

The money was part of the Bishop’s Annual Appeal (BAA), a yearly effort that enables the Diocese of Raleigh to fund various vital programs and ministries. The BAA is an opportunity to make a difference in and beyond an individual parish like St. Joseph Primary Care. Thank you, Bishop Zarama, for supporting our mission.



Thank you, Dr. Trinh, for saving my life. You exemplify Christ, the Healer, and go way above and beyond for your patients. I was so sick and lived far away from St. Joseph Primary Care.

Yet, in the silence and deep into the night, you came and knocked at my door and gave me the medicine I needed the most. I would not be alive, nor would baby Benedict, if not for your help during our time of need. You are a blessing to your patients, and your ministry is truly heaven-sent.

Merry Christmas to you and your family.

- The Blair Family -

## ANNUAL REPORT



360

Patients served



75

Tetanus vaccines



2,238

Patient visits

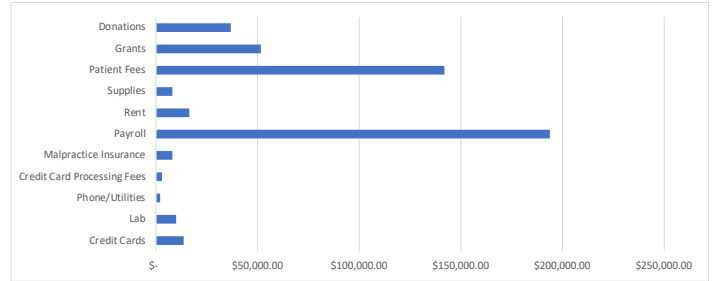


127

Influenza vaccines

### OUR SERVICES

- Primary Care
- Geriatrics
- Women's Health
- Charity Care at UNC
- On-Site Prescription Drugs
- On-Site Lab
- Care Management
- Specialty Referral
- Chronic Disease Management
- Day of Caring (Health Fair)
- Day of Grace (free clinic)
- Free Mammogram
- Free Flu Shot Clinics



Credit Cards: \$13,361  
 Lab: \$9,769  
 Phone/Utilities: \$2,153  
 Credit Card Processing Fees: \$3,131  
 Malpractice Insurance: \$8,033  
 Payroll: \$194,000  
 Rent: \$16,500  
 Supplies: \$7,858  
 Patient Fees: \$141,893  
 Grants: \$51,445  
 Donations: \$36,695

Expense: \$254,805  
 Revenue: \$230,033  
 Profit/Loss: (\$24,772)

St. Joseph Primary Care is a 501(c)(3) not-for-profit organization. Your tax-deductible donation is at work and makes a difference. Thank you for your support and showing your love. Tax ID: 46-5192720



## CATHOLIC CANCER SUPPORT GROUP

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

**(919) 386 - 6866**

## 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-deductible. 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**



During this holy season, when we celebrate the birth of our Savior, we hope you will consider a year-end tax-deductible contribution to the Mercy Fund to help us continue the ministry of caring at St. Joseph Primary Care. Thanks for your support and showing your love.

To donate online, visit:  
<https://stjosephprimarycare.org/donate.html>

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VIDAL-BARRETO LUCIA  
PETER LE



## JOY TO THE WORLD

“May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.”

Romans 15:13

St. Joseph Primary Care  
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