

Summer Mission Trip 2013

Dear Members,

My name is Jenny T. Nguyen, a member of The Culture of the Golden Heart Association (TCGHA). This past May through July, I went on my third mission trip to Vietnam, along with a group of others. There, we visited Ha Tien, Rach Gia, and two different leprosy clinics

This mission trip consisted of treating patients with acupuncture, chiropractic treatment, giving out Western & Chinese Herbal medicine for different medical problems, and passing and handing out goods and donations to leprosy victims. The medical problems that we helped to treat included hypertension (high blood pressure), cholesterol, pain, diabetes, and stomach ulcers.

The very first location we went to was at a temple, Chua Sac Tu Tam Bao Tu in Ha Tien province. Sac Tu Tam Bao Tu, 75 Phuong Thanh, P. Binh San, TX. is a monastery that wrote us a letter to summon us here to treat the 87 nuns living on the temple's grounds and over 200 other villagers. The total amount of people that we helped was around 300. The first day, we only treated 100 people, which were the nuns, with acupuncture & chiropractic treatment. The second day, we saw the rest of the villagers, which totaled around 200, and did the same treatments on them. The third day consisted of passing and handing out medicine to the different medical problems that each patient had. During those three days, I helped with checking the patients in, taking their vitals, and handing out medicine.

The second location for our mission trip was in Rach Gia at a different temple. Upon our arrival the first day there, we were informed that we could not do

our services to help the sick patients, although we had our paperwork all done and ready. Unfortunately, a government official would not let us stay so we had to leave. As a result, the patients that showed up that day ended up having to go back to where they came from, without being helped or treated. Fortunately, we were able to treat some patients at a different location.

The third and last location(s) that we visited were two different leprosy clinics. The first clinic, we met with the head of the clinic, a lady that runs the place, and we passed out food and donations to the leprosy victims. We then proceeded to walk the clinic grounds and saw the other leprosy clinics and also handed out goods and donations to them. At the second leprosy clinic, we also passed out good and donations to different families of the leprosy victims.

The people that were a part of the trip, I would like to list them and also give them a special thanks for coming on this trip and helping us:

- Van Phap- president of TCGHA and TCM Doctor (Traditional Chinese Medicine)
- Steven Nam Nguyen- member of TCGHA and Martial Arts instructor at Thanh Long Mon
- Huy Le- DT/chiropractor
- Tuan Mai- DMP/podiatrist and TCM
- Jenny T. Nguyen- college student and member of TCGHA
- Pham Van Mot- TCM from Vietnam
- Ngoc My- TCM from Florida
- Stephen Belmore- TCM from Florida

- Su Co Hoa- TCM
- Sophary Chet- Cambodian college student
- Thanh Tiffany Cao- Pharm. D
- Hoa Tran- college student
- Hung Tran- college student
- Hanh Hoang- college student
- Duc Luu- college student

Rest of volunteers from Vietnam:

- Linda Lam Nguyen
- Dung Ho
- Patty Quach
- Jenny Huong Tran

along with several others that helped us with passing out food, drinks, and working securities at each location. I want to thank everyone again who took their time away from their work and school schedules to come on this trip, in helping others out in all ways possible.

Like I have mentioned earlier, this was my third time going on a mission trip with TCGHA. Every time, I just learn so much more about life, people, and also myself during and after the trip. Things are so different here in the U.S. than how it is in a third world country. It honestly makes me value and appreciated more with what I've been blessed with in my life when I see how people live in Vietnam, especially children.

I, myself as a college student, am grateful for an opportunity to have a choice in what I want to do with my future and where it will take me, whereas I see little children in Vietnam, as young as 3 or 4, working in the streets for their family, selling and begging for money. These trips just makes me look at life at such a more open perspective for what we have in our lives and to be thankful for it each and every day that we are alive and healthy. I hope to be a part of more these opportunities of going on these mission trips in the near and far future. I hope that TCGHA will keep this program for as long as they can because it has truly helped a lot of people out.

Once again, I would like to thank Master Van Phap, the president of TCGHA for helping to start out this program, along with everyone else that attended the 2013 Summer Mission Trip.

Sincerely Yours,

Jenny T. Nguyen