



Straight from the Heart

From the Desk of Maria Gomez, President and CEO

Dear Friends,

The Snowzilla blizzard, non-stop primary election coverage, the Super Bowl, the Oscars, and more. We are certainly off to an exciting start in 2016! As always, there are many local and national headlines vying for our attention. I know staying informed is a priority to our Mary's Center family and for this reason, I'm pleased to announce our New Year's resolution: To share more news and updates with you!

This is our inaugural e-newsletter edition just for YOU: **Full Circle @ Mary's Center**. Delivered to you in one monthly dose will be the latest news about our participants, our new and innovative programs, our successes and our challenges. We'll share the many ways that you can become even more involved in our mission in action and make sure you have important events on your calendar well in advance.

As you will read in your first edition of **Full Circle @ Mary's Center**, we've been tackling the challenges of providing care amidst the fearful climate created by the wave of raids targeting hardworking immigrants; we've introduced a new group care model for pregnant women that has delivered successful outcomes for both the mother and baby, thanks to grant funding from CareFirst; [what you need to know about the Zika virus](#) from our resident Infectious Disease Doctor, Dr. Sandra Ali; and we turn your thoughts to a warmer season – our 4th Annual Golf Classic taking place May 17, 2016 at Lake Presidential Golf Club in Prince George's County. Enjoy a beautiful day with your colleagues!

These are just a few of the highlights, we hope you enjoy this monthly Mary's Center feed. As we approach Valentine's Day weekend, I thank you for your friendship and love. We ♥ you!

With much fondness,

A handwritten signature in black ink, appearing to be "Maria Gomez".

Maria Gomez



2015: A Snapshot

Thanks to the effort of partners and passionate supporters like you, we accomplished a great deal in 2015 and offered a better quality of life by providing a powerful combination of health care, social support and educational needs to the most vulnerable in our community.

12 new national and regional, a brand new Sonography Clinic, and the beginnings of our expansion into DC's Ward 5 are just a few of the great things you helped us accomplish.

[Click here to read more about what we achieved together.](#)



Centering for Success, with CareFirst

Disadvantaged communities, especially Hispanic women of childbearing age, have disproportionately high rates of negative perinatal outcomes. Thanks to the generous grant from **CareFirst**, Mary's Center has been able to successfully implement the Centering Pregnancy program.

And what a success it has been! **Since the program began in 2013, a total of 253 women have participated in 30 Centering pregnancy groups.**

[Learn more about this innovative program here.](#)



From Our Hearts to Yours: Happy American Heart Month

At Mary's Center, we prevent and treat heart conditions every day. By combining group based interventions and individual one-on-one health education, we have set thousands of patients on the path to their healthiest hearts yet.

In honor of February being American Heart Month, we've included *5 Tips to Health Health*, provided by the American Heart Association.

[Click here to read more about Mary's Center commitment to heart health and small changes that can make a huge difference for your heart.](#)

Mary's Center remains a "Beacon of Hope" during the ICE Raids

For decades Mary's Center's Social Change Model has served as a gathering place for immigrant families to more easily integrate into the larger community by staying healthy, thriving on the supports provided by other participants as well as Mary's Center and receiving the educational instruction necessary to blossom in our country. **Recently, families we serve have become the targets of the latest rounds of Immigration and Customs Enforcement (ICE) raids, drastically affecting the community's public health.**

Many families throughout the world who receive treatment from Mary's Center come to us as survivors of war, gang violence, and serious physical hardship seeking safety in the United States. **Fear of these raids causes disruption of necessary medical care, education and the re-traumatizing of these young families.**

The mission of Mary's Center is to provide health, education and social services throughout the region to all community members who are working tirelessly to provide their families the tranquility and joy of life that it takes to move up the economic ladder

"With your support, as we continue to provide tailored services to the immigrant community, together we become a beacon of hope ending the cycle of violence that has tormented our families for generations," says Maria Gomez, President/CEO of Mary's Center.

[Read the full press release here.](#)



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