



Smile
September 2016

**USE YOUR SMILE TO
CHANGE THIS WORLD,
BUT DON'T LET
THIS WORLD
CHANGE
YOUR SMILE.**



We have all been told that a positive attitude will help us get through the day. When your life is crumbling and there seems to be no end in sight, how can shifting your attention to higher vibration emotions like joy, happiness, gratitude and love really help the situation? According to psychologists, the higher frequency of these types of emotions can actually elevate your own consciousness allowing you make clearer decisions. The energy you carry will impact those around you. This doesn't change the circumstances but it will change the way that you react and interface with others during the situation. A simple smile may be all it takes to shift your energy from a doom/gloom to happiness/joy causing a total shift in your and others perspective.

**"We shall never know all the good that a simple smile can do."
Mother Theresa**

MEET THE RIOS FAMILY

The Rios family has been diagnosed with LQTS, a serious arrhythmia condition that can potentially cause fast, chaotic heartbeats. These rapid heartbeats might trigger a sudden fainting spell or seizure. In some cases, the heart can beat erratically for so long that it causes sudden death. For the Rios family, they discovered that the father carries a genetic mutation that has been passed down to all three kids in the family. Their LQTS has been categorized as Type 8, Timothy syndrome which causes other congenital heart diseases, autism, immune deficiency and complex syndactyly. Their 9 year old son was diagnosed first, then 2 year old daughter and then their father. In May, their youngest daughter had her first attack and fainted in the living room. Doctors noticed that the right side of her heart is very thin and has a lot of white scars. This is the first time doctors have seen this severe of a condition on a young child.



Recently, the father received heart surgery at Stanford Hospital because his heartbeat was so erratic and his medication was not able to control it. He spent a few weeks in the hospital and during this time, he lost his job. The children all receive medical treatments from Lucile Packard Children's Hospital. Mom would like to be able to coordinate all the appointments but the medical system just does not work that way.



In 2015, the Rios Family purchased their first home. They were extremely lucky to buy a bank owned home and had plans to complete a remodel. Now, they just hope that they are able to get financial assistance so they don't lose the home. Human Connexus is helping in providing monthly rental assistance to the Rios Family.

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What Can You Do?

You can GIVE! Give financially or volunteer to help one of the recipients at Human Connexus Foundation. You can hold a fundraiser or conduct an event to raise money. You can also help us spread these stories to others in hopes that others are willing to help too.

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Love and Peace,

Cindy Campbell
Founder & Executive Director

