



## Dr. *Catalina Mendoza* **AND HER legacy to** **INTEGRAL-VISION WELFARE**

### SUMMARY

We remember our eternal president and founder of Congregación Mariana Trinitaria, Dr. honoris causa Catalina Mendoza Arredondo, as a wise woman with special gifts. Our eternal president witnessed the way low-income families had to pawn all the tools they had as a desperate act to face health problems, so her work was always focused on the improvement of life conditions.



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The legacy that Dr. honoris causa Catalina Mendoza Arredondo left behind was the combination of her commitment to service, and the goodness to perform teamwork to help the ones who need support. This is possible through the efforts made by an organization with a solid backup of 25 years of activities, as well as national and international presence: Congregación Mariana Trinitaria, CMT.

*With respect, work,  
“and trust we have  
demonstrated that it  
is possible to combat  
poverty”.*

Dr. h.c. Catalina Mendoza Arredondo,  
eternal president and founder of  
Congregación Mariana Trinitaria.

### Healthcare as the main foundation

Undoubtedly, Dr. Mendoza Arredondo knew that studying about Mayan medicine will allow her to have enough tools to help unfavored people, so she started studying and developing it, and also combining it with her studies on nursing. Since that moment, her particular gifts, efforts, heart, and talent have improved the lives of thousands of people around the world.

After seeing thousands of families losing all they had to guarantee stability in their lives, in 1995 she created a Volunteer's Board, and years later it became what we know as Congregación Mariana Trinitaria, A.C., whose main objective is to prevent diseases through an integral perspective.

Regarding that issue, Dr. Catalina realized that “people do not want things for free anymore, they want to participate and to be responsible for the development of their future”: From that perspective, the spirit able to make the dream come true was the spirit of collaboration and co-responsibility.

*Dr. Catalina Mendoza had it clear, so she constantly mentioned that speeches were not necessary, but actions aimed to attend deprivations; and as a result of that, improvement on the life of people who need support would be possible.*

After 25 years of activities in Congregación Mariana Trinitaria, the love of neighbor and nobility may be found in the thousands of actions resulting from the big efforts made by Dr. honoris causa Catalina Mendoza Arredondo.

### Thinking deep on healthcare

In matters of healthcare, especially the ones related to rescue traditional medicine, our founder developed her own healthcare model. One of her main objectives was to study deeply on the knowledge and systematization of her model, and the incorporation of traditional, complementary, and allopathic medicine to contribute to human healthcare.

Her commitment to help people was so strong that she did rigorous research on her own healthcare model. The objective was the promotion and encouragement of knowledge in that area to also encourage participatory research and acknowledge the ones who were also focused on the study of it.



*Dr. Mendoza Arredondo is remembered for the nobility of her words and the courage in her actions, she never stopped helping people who needed support.*

### A legacy framed with tangible results

After the implementation of her healthcare model and after giving assistance to thousands of patients coming from different parts of the country, and even beyond our borders; as well as the implementation of different actions and public policy focused on integral welfare; we are currently able to validate the legacy of a woman like Dr. Mendoza in all the people who got support at CMT: “Effort and work allow to combat poverty”

Nowadays, Dr. Catalina Mendoza Arredondo lives in each heart she was able to touch and fill with different expressions of love and tenderness, as well as the different actions taken to help every single person. On top of that, it is important to mention that her intact legacy is still between us thanks to the 25 years of constant activities aimed at the promotion and integrative welfare developed by all the people who are part of Congregación Mariana Trinitaria. That fact turns it into one of the most important organizations in that sector, which has demonstrated its commitment to social sense, and aimed at changing lives.

We thank Dr. Mendoza Arredondo for being an important part of the life of all the people in this association, because her values showed us that noble causes make sense, and they are the engine of change.

*Today and forever, we have to commemorate her legacy through her example.*

**We have to thank Dr. Catalina Mendoza Arredondo**

*for creating this humankind-centered association, full of values, and also for showing us that people with noble causes are able to make substantial contributions to this world.*