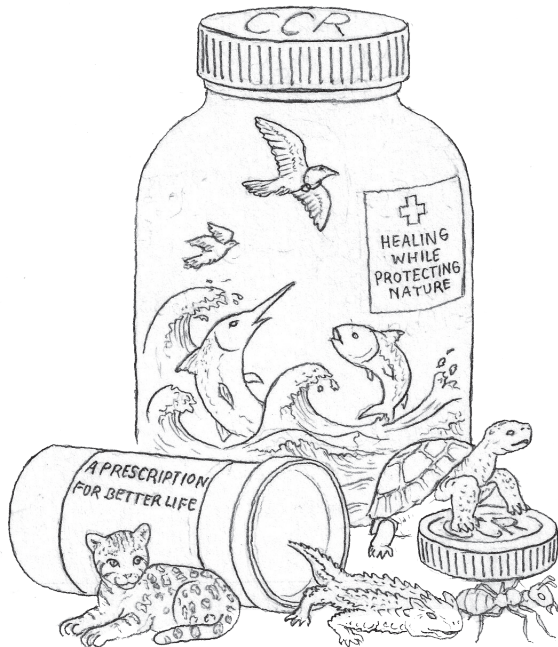


HOUSTON METHODIST AND CACTUS CREEK RANCH

Houston Methodist's health initiative is deeply personal to Mary Jo Bogatto, the owner and operator of Cactus Creek Ranch (CCR). Mary Jo established the ranch in 1995, where she has continued her lifelong dedication to protecting the outdoors and pioneering native habitat restoration. As a child, Mary Jo's Auntie M would ask, "If you are sick, where do you go?" and she would answer, "Methodist!". Over a lifetime of travel in her conservation career, that answer has never changed. Mary Jo has always returned and trusted the doctors and nurses of Houston Methodist to stitch her back together, allowing her to continue her work in the rugged wildlands she loves.



CONSERVING THE FUTURE A.W.A.K.E (Accountability for Wildlife, Asset Protection, and Knowledge Enforcement): THE FAMILY, HEALTH & NATURE MANDATE

Mary Jo's ultimate wish is to prove how urgently our world needs more native wildlife ranches. Through 30 years of endless trials, determination, and challenges, Mary Jo has strived to be a shining example, proving that the future of human health relies on protecting wild spaces. Cactus Creek Ranch was once a wasteland from decades of overgrazing cattle. Over 30 years of stewardship Mary Jo has transformed this land into a thriving 400-acre sanctuary. A Native Wildlife Ranch, where the wilderness is supported and allowed to fully reclaim its raw, untamed rhythm, without livestock - only native wildlife.

IMMERSED IN THE MESQUITE

CAMPFIRE & HEALTH ELIXIR:

Chemical Surge: Fire warmth and native wood scents release mood-boosting serotonin and oxytocin

Stress Relief: Flickering light paths reduce internal stress markers by up to 60%

Immune Defense: Natural tree phytoncides boost human viral immunity and protect forest wildlife

SPECIES WHO SHARE OUR HOME:

Federally Endangered: Ocelot, Northern Aplomado Falcon

State Threatened: American Bumble Bee, Texas Horned Lizard, Texas Tortoise, Reddish Egret, Black Skimmer, Harris' Hawk, White-faced Ibis, Wood Stork

Vital Protected Host Plants: Annual Seepweed, Texas Prickly Pear Cactus

Birds: 255 species recorded on eBird

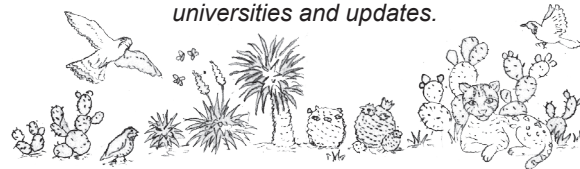
SCIENCE & RESEARCH:

TAMUCC McCracken Lab in their (2024-2026 Study): Verified CCR holds the region's highest biodiversity

Snapshot USA: Data contributed to the Smithsonian Mammal Survey

USGS Longevity: Black-crested Titmouse (8y 11m) and Bronzed Cowbird (held record with a male and then female)

Check the CCR website to see research, universities and updates.



HOUSTON METHODIST CENTER FOR HEALTH & NATURE

Mary Jo's lifelong dream has been to bring more medical professionals into her world, inviting them into the raw beauty of the brush country so they can return to their clinics refreshed, renewed, and ready to save more lives.

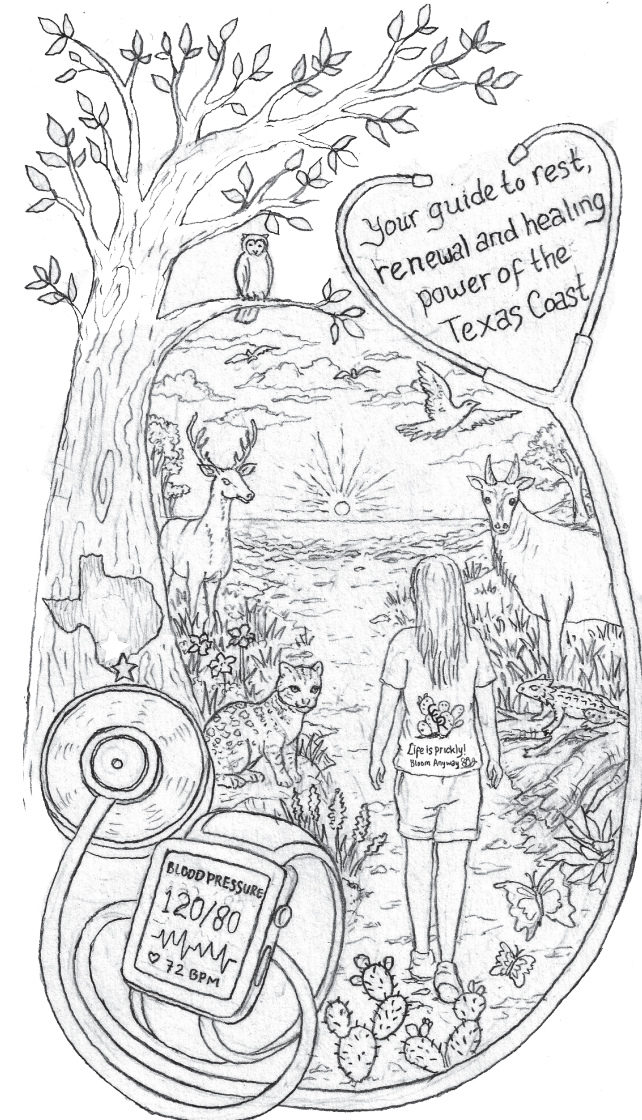
Now those dreams are coming to fruition. Cactus Creek Ranch is supporting Houston Methodist's Center for Health & Nature to create a perfect circle of hope. Professionals and patients participating in a human somatic study will experience firsthand the healing properties. You will be greeted with soothing natural scents like mesquite, desert sweet wood, and honeyed ebony floating on the gulf breeze. Without taking a single step, your healing will begin. Medicine is not just found in a clinic, but in the deep restorative South Texas wildlands like Cactus Creek Ranch.

The Sanctuary of the Senses:

A 30-Year Legacy on Cactus Creek Ranch



A Lifelong Bond

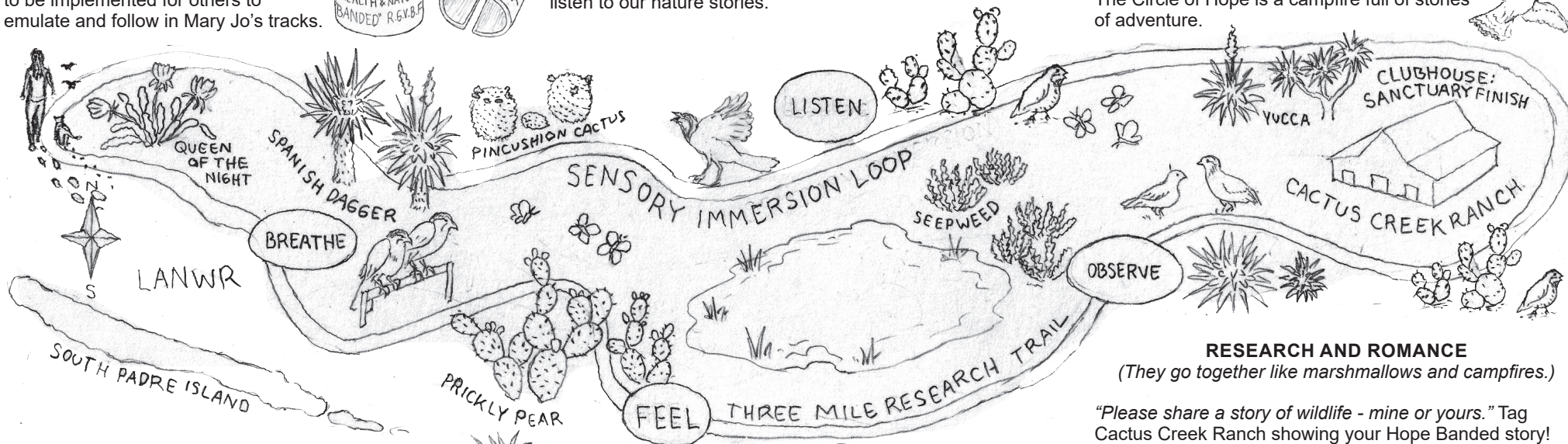


BANDING FOR THE FUTURE CENTER FOR HEALTH & NATURE

Center for Health & Nature
"Hope in Nature" 2026
CactusCreekRanch.org Banded 4351

YOUR NATURE IMMERSION JOURNEY

Inside your packet you will find a necklace with a bird band attached. The necklace attached is a tangible wearable symbol designed to inspire you and those you care for to reconnect to the wild. CCR believes in the clinical dream of preserving human life and meeting the ecological dream of protecting the wild to create a perfect circle of hope to be implemented for others to emulate and follow in Mary Jo's tracks.



A CALL FOR THE FUTURE HERE



Here your senses are immediately heightened by ranch elixirs of nature scents - the thick thorn brush mystique, desert branch sweet wood, and honeyed ebony bloom floating on the gulf breeze.

THE PHILOSOPHY OF CCR SOMATIC ECOLOGY

Your heart rate slows, your respiratory pace drops, and your nervous system downshifts from clinical fight-or-flight into deep, alert relaxation. Without taking a single step, 6 nature enthusiasts will be riding in the CCR Eco-mobile in a ground-breaking human somatic study, proving that medicine isn't just found in a clinic, but in the deep, restorative currents of the South Texas wildlands.

BANDING THE FUTURE MEDICINAL

This 3-mile research trail was established creating collaborations that sit on an unbroken chain of discoveries since we were established in 1995. Along the trails, Mary Jo and researchers actively search for answers to nature's mysteries. For the last 20 years, Mary Jo has partnered with Mark Conway to band birds at CCR. Today the ranch has invaluable data sets and holds the longevity records for the black-crested titmouse, bronzed cowbird, and more - showing that during migrations they return to the exact same feeders year after year. You can see the shining bands of hundreds of birds returning banded at this location from our very own Cactus Creek Cafe. While viewing the birds and having lunch you can listen to our nature stories.

HOPE BANDS

Birds are not the only things banded at CCR. Every researcher is banded as a migrant to CCR. As you enter the main hall you will see academic posters and some CCR awards - Lone Star Land Steward Award (Special Education & Outreach) 2011, WOVE SPI Birding and Nature Center Award 2017, and Texas Environmental Excellence Award 2013 lining the walls. They detail the work that has been made possible by Mary Jo. These posters wait for the next generation to be inspired and continue the science. Guests are also banded at CCR and wear a Hope Band necklace inspired by the ranch campfire where Mary Jo married Silas Smith on 11-26-21, and researchers are banded. The Circle of Hope is a campfire full of stories of adventure.

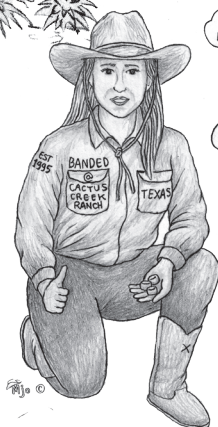


RESEARCH AND ROMANCE

(They go together like marshmallows and campfires.)

"Please share a story of wildlife - mine or yours." Tag Cactus Creek Ranch showing your Hope Banded story! We would love to hear from you! We must tell more stories connecting us to nature, inspiring others not through fear, but through absolute awe.

For a list of cooperatives and research projects please visit CactusCreekRanch.org and for a true adventure go to Facebook for CCR and look at our many photos and videos.



Please scan the QR code, go to the site and leave us your name, contact, & band number along with where you were banded, for a private chance to visit CCR. If you would like to talk about ways we can work together, please leave your information on our "keep in touch" page, or visit our page and look for Coastal Conservation Cooperative Nature Partners for ways to visit.