



SewHope

Health ■ Opportunity ■ Education



Annual Report 2015

SewHope exists to provide Health Care, Nutrition, Education, Spiritual Growth and Opportunity to marginalized people in one of the most neglected parts of the world – Petén, Guatemala.

We believe that when we share God's love, we empower others to find sustainable solutions to the injustices of poverty.

WWW.SEWHOPE.ORG
P.O. Box 12522, Toledo, OH 43606

Dear friends,

At the inauguration of our new Community Health and Education Center this year, I had to give the opening talk to hundreds of people who came to celebrate with us. Ladies in the community had made a chicken dinner for all. Chairs and tents were donated and with all the balloons and streamers, it looked like the opening day at the Olympics. I took the microphone and looked out at the hundreds of hopeful faces; at the workers who had spent grueling days in sweltering heat to make it all happen; at our Guatemalan staff who were beaming with pride. Pride not for the building but for what it represented; *one small victory against poverty and injustice; hope for a people too often in despair.*

In that moment, I got that overwhelming emotion you feel when you know God is revealing Himself to you; when the tears start to flow, when your lip quivers and you can barely swallow. It was that same sensation I had seventeen years earlier when I first witnessed the deplorable conditions of the poorest in Guatemala living in a garbage dump – the moment when God shouted in my ear that it was NOT OK to just lament the sadness; that compassion for the poor and suffering did not mean a bunch of empty words or a small donation; that these were his children and no child should live like this. At that moment, I felt so helpless not knowing where to begin but it was also at that moment that I was reminded of the words in Romans 8:26. *“In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express.”*

But now, seventeen years later, my tears were different – they were not out of sadness and not even out of happiness or pride in all the workers had done. They were tears which acknowledged the realization that yes, it is true. God is so faithful, so gracious if only we follow his command to love. *“Neither he who plants nor he who waters is anything, but only God, who makes things grow.”* (1 Cor 3:7)

I also cried realizing the possibilities for the future. Yes, the work of SewHope really is saving women from a premature death from cancer. Yes, we have over 100 children who have participated in our after-school program for several years and who now have a hope for a real future. Yes, babies are being born in a safe place. Yes, people are receiving nutrition and even more importantly, they are learning how to grow food. **So as you look at this annual report and see how far we have come with your help, dream of the possibilities with us.** Dream with us of a place where people will no longer want to escape – where great poverty, economic injustice, oppression and suffering will be made better through the efforts of those who care. *“Honor one another above yourselves. Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. Be joyful in hope, patient in affliction, faithful in prayer. Share with God’s people who are in need.”* (Romans 12:11)

Martin Luther King once said **“Everybody can be great ... because anybody can serve. You only need a heart full of grace. A soul generated by love.”** We hope you will join us in hearts full of grace and soul generated by that love.



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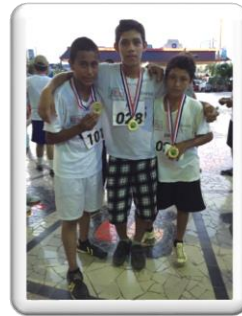
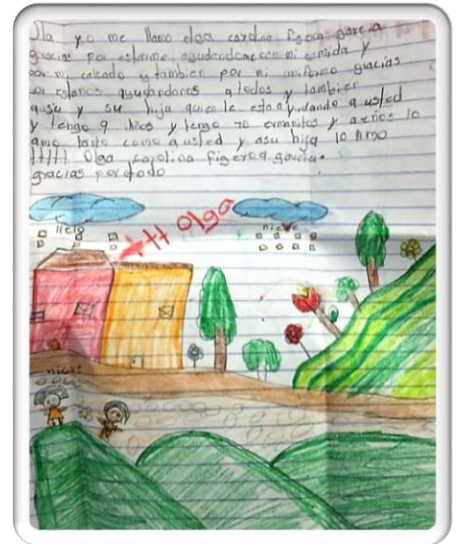


Seiner Lopez – Director of
After-School Program

EDUCATION

2015 was a year of abundant growth and blessings for the more than **100 children in our after-school program**.

- Under the guidance of our Director, Seiner Lopez, the children are thriving.
 - Through our **internet-based math and reading programs**, the children are advancing rapidly in ways not thought possible before.
 - Reading and comprehension levels have increased dramatically. The programs allow students to advance at their own level.
 - The dedication, focus and concentration that the students are showing has been inspirational.
 - Thanks to **Ottawa Hills Schools**, over **500 books** have been sent to our library which the children can borrow and read at home.
 - This year, nine students graduated and went on to higher education in nursing, education and tourism.
 - We have expanded our Sponsorship Program so that now 45 students have sponsors. Through this program, the children receive a uniform, shoes, access to a computer, books, and a daily meal.
- We hope that in 2016 we can find sponsors for all of our children!!**



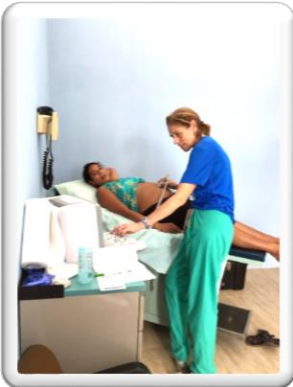
NUTRITION

SewHope understands that nutrition is essential for good health, mental development and learning, and the ability to work. Therefore, we are striving to empower Guatemalans to develop sustainable food resources that meet all their nutritional needs. Our approaches include the support of cooperative farming, family gardens, enhanced farming practices, and identification of new food resources or reintroduction of forgotten ones.

As these programs develop, there is still a huge amount of hunger and malnutrition in areas where we work. We are committed to reducing that by supporting children, pregnant women, and families most in need with healthy meals through our Kids Against Hunger program.



SewHope Community Health and Education Center



Dr. Anne Ruch



Dr. Kim Collins (above)



Dr. David Mallory & Amy Remaklus, RN



Ed Matus (left) working on the new building.

With the completion of our new *Community Health and Education Center*, we are now able to achieve goals not possible before. With five exam rooms, a pharmacy, and a procedure room as well as two large classrooms, we can now expand our programs.

Shannon E. Wilson Award

Each year, an award is given in memory of Shannon E. Wilson, a young doctor who had worked with us many times in Guatemala before her death at a young age. Shannon's humility, kindness and dedication to serving the poor were the epitome of everything that SewHope stands for. A prolific writer, Shannon often said that she found her purpose in life by serving the poorest. She often referred to Isaiah 6:8 "Then I heard the voice of the Lord saying "Whom Shall I send and who will go for us. And I said "Here I am. Send me." This award is given in her name annually to a person who exemplifies this response in Isaiah.

*This year, the award was presented to **Alex and Lyndsey Matus**, twin sisters, who are Juniors at Central Catholic High School. Alex and Lyndsey first became aware of the great need in Guatemala through the many stories and pictures their mother, Coral Matus, MD, would share after returning from week-long trips. These second graders began talking about what they would do if they could go and help. They were especially interested in the students, their lack of supplies and poor facilities for learning. During spring break of their third grade year, they first visited Petén, Guatemala, and immediately fell in love with the country and the people. Alex and Lyndsey have spent subsequent years working to improve the lives of the children in our after-school program. Three years ago they organized the **Student Sponsorship Program**. Last year 40 students received assistance to continue their education. They have been able to visit and work with the sponsored students during yearly trips. They have encouraged correspondence between the sponsors and students, using and expanding their Spanish skills translating the letters back-and-forth.*

Shannon Wilson with 2 children in Guatemala



Alex and Lindsay receiving their award from their mom Dr. Coral Matus at the SewHope LEAP event in 2015

Women's Health

CASA MATERNA

2015 was our first full year of deliveries at our new Birthing Center (Casa Materna) staffed by a Guatemalan midwife. Here, we were able to provide prenatal care as well as prenatal ultrasound.

Over 50 babies were safely delivered in this beautiful and safe Center in 2015.



Catalina-Guatemalan Midwife



Dr. Coral Matus and Dr. Anne Hoekstra attend to a newborn baby during one of their mission trips to Guatemala.

Cervical Cancer Prevention



Mayra Martinez

Our cervical cancer program continues to grow significantly. With an additional 1300 paps in 2015, we have now provided **cervical cancer screening to over 6000 women**. Furthermore, **we provide further testing and treatment with colposcopically-directed biopsies, cryotherapy treatments and electrocautery to the 12% of women who have abnormal results**. For the women who sadly have already developed cancer, we do everything we can to support them and to connect them with the National Institute of Cancer in Guatemala City.

We are especially pleased to report that we now have a full time Guatemalan nurse/cytotechnologist who works for us at our clinic. Mayra Martinez is able to continue our work while we are not there and through her efforts we are able to be even more effective in achieving **our goal of dramatically reducing invasive cervical cancer in the Petén**. We are very thankful to the Rotary Foundation of Toledo and the Toledo Chapter of Zonta International for their funding of this project.



Clean Water Project

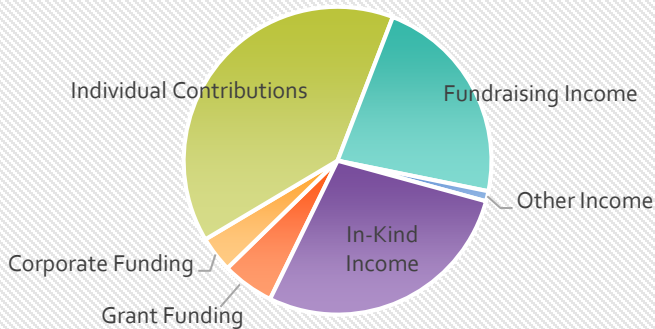
We continue our wonderful collaboration with the University of Toledo and "Clean Water for the World" based out of Kalamazoo, Michigan. With the help of these partnerships, we have now installed four purification units which use ultraviolet light to kill bacteria and viruses in water. **Each unit has the capacity to produce up to 5 gallons of purified water per minute or 300 gallons per hour**. Our Guatemalan staff monitor and maintain these units which have been provided to 4 different communities. We plan to expand this project in 2016.



Financial Information

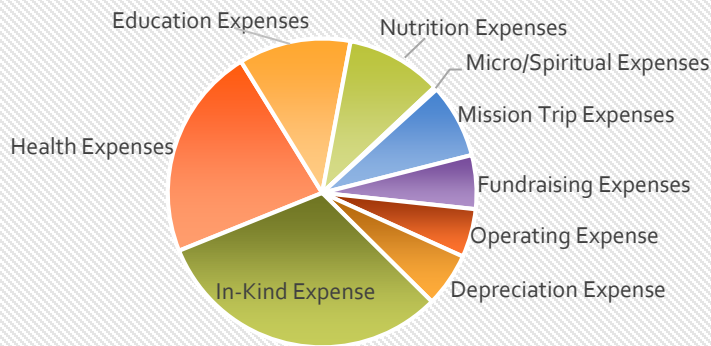
Net Assets Beginning of 2015 \$194,344
 Net Assets End of Year 2015 \$226,652

2015 Revenue



| | |
|----------------------------|------------------|
| Grant Funding | \$13,500 |
| Corporate Funding | \$9,257 |
| Individual Contributions | \$82,320 |
| Mission Trip Contributions | \$14,761 |
| Fundraising Income | \$55,052 |
| Other Income | \$2,626 |
| In-Kind Income | \$68,945 |
| (Non-Cash Donations) | |
| Health | \$38,457 |
| Education | \$1,106 |
| Mission Trips | \$11,205 |
| Fundraising | \$17,958 |
| Administrative | \$219 |
| Total Revenue: | \$246,460 |
| Net Income: | \$32,402 |

2015 Expenses



| | |
|---------------------------|------------------|
| Program Expenses: | |
| Health | \$47,750 |
| Education | \$25,163 |
| Nutrition | \$21,472 |
| Microenterprise/Spiritual | \$672 |
| Mission Trips | \$16,607 |
| Fundraising Expenses | \$12,051 |
| Operating Expenses | \$10,858 |
| Depreciation Expense | \$12,141 |
| In-Kind Expense | \$67,345 |
| Total Expenses: | \$214,058 |

MISSION TRIPS 2015

We thank God for the generosity of the people who gave their time and talents on SewHope mission trips in 2015. They spent a total of 11 weeks in Petén, Guatemala.



| | |
|-------------------|-----------------------|
| Anne Ruch, MD | Virginia Hiltner, CNP |
| Randall Ruch, PhD | Anne Hoekstra, MD |
| Coral Matus, MD | Enas Kanama, MD |
| Ed Matus | Tim Kuhn |
| Lyndsey Matus | David Mallory, MD |
| Alex Matus | Emma Mallory |
| Brent Matus | Amy Remaklus, RN |
| Gary Collins, MD | Megan Simmons |
| Kim Collins, MD | Sarah Smith |
| Thom Dartt | Nizam Zahar |

LOOKING AHEAD

One of our big goals for 2016 is to begin construction on our **planned HOSTAL** which will be built on the current site of our Health and Education Center. ***This hostel will enable us to house mission teams as well as provide living space for volunteers who want to spend extended time working for SewHope in Guatemala.***

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