SEWHOPE

STRENGTHENING AND EMPOWERING WITH HEALTH, OPPORTUNITY, AND EDUCATION



2013 Annual Report

Dear Friends,

In 2013, we continued to have *innumerable opportunities* to *joyfully* share our lives with the poorest in Guatemala. As always, we see that while these people suffer from *a lack of the most basic needs*, they are so *rich in love, faith and spirit*; things that we Americans so desperately crave. When we *break the barriers* and allow those of us with the "stuff" to share our lives with people "without the stuff", all of our lives *become complete* and we share in *the fullness of all that God meant for his children*.

I have learned that during our lives, God will put the people in our paths that He wants us to respond to. For those of us who work with SewHope, these people are the poorest of Guatemala. We struggle every day to understand meaningful ways that we can lessen their load; ways that we can provide them with those most basic of needs - food, water, shelter, education and health care.

In 2013, we have found so very many ways to *expand our programs* to help ease the burden of these people. Our after-school internet-based education program is now *successfully teaching* the children how to read and learn basic math skills. Health of the villagers has been *dramatically improved* with water filters, clean energy-efficient stoves with chimneys and solar lights. Our agriculture projects now include *eighty families* whom are now growing large vegetable gardens which will provide *nutrition and money* for their families. Our clinic is expanding and we have hired *a full-time nurse* in addition to the fifteen weeks of short-term mission teams we sent to the Petén.

In the pages that follow, I hope that we will give you a glimmer of the lives of those that *struggle with the basics* but who *bask in the joy of life with God*. With the purchase of *two acres of land* in 2013, we eagerly *look forward to construction* of a new clinic, education building and hostel for our visiting teams.

I *thank you all* for joining with us in *lightening the load* for those in greatest need; for your willingness to share those things that *God has blessed you with*; for your heart for *those that God has put in your path*.



Board of Directors

Anne Ruch, M.D. - Chairman and Executive Director

Randall Ruch PhD., MPH - Vice Chairman

Gloria Buganski - Treasurer

Coral Matus, M.D. - Director of Medical Projects

Gary Collins, M.D. - Director of Pediatrics

Rev. Julian Davies, Ph.D., M.Div. - Director of Spirituality

Roxanne Ward - Director of Education Projects

Lisa Gathard - Ex-Officio



Our Guatemalan Staff

Ismael Martinez - Project Coordinator
Orfelinda Guerra - Director of Social Work Projects
Hanssel Martinez - Director of Agricultural Projects

Carmen Coc

-Clinic Nurse

Our Mission

We will rely on the transformative nature of God's love to partner with the poor, marginalized and exploited in Petén, Guatemala to empower them to end the injustices of poverty and to bring about sustainable solutions in their individual lives and villages. We envision communities and individuals transformed by the love of God and equipped with the skills and tools to self-determine their futures.

2013 MISSION TRIP VOLUNTEERS

Nathan Balusik Holly Little Randy Ruch Sr. Pamela Buganski Alexandra Matus Iris Schell Anita Chary **Brent Matus** Chetti Smith Gary Collins Coral Matus Linda Smith **Edward Matus** Kim Collins Carmen Stickley Dennis Daniels Lindsay Matus Casey Stickley Joshua Hamoud Peter Meinecke Eric Suba Jody Harland Madeline Myers Puja Venkat James Hiltner Gladys Offori-Atta Lauren Wondowlowski Virginia Hiltner Anne Ruch Johnathan Zee

THE 2013 SHANNON WILSON AWARD RECIPIENTS



Sister Pamela Marie Buganski, SND

In 2012, Sister Pam responded with great love and enthusiasm to God's call to work with the poorest in Guatemala by joining SewHope's team there. Sister Pam lived each day with great simplicity and a yearning to serve those around her in ways that bring them closer to our Lord. For 18 months, she committed her life to transforming the lives of those who came into her path through her great generosity of heart and her true, selfless love of Jesus. She worked diligently to find other organizations that SewHope could partner with to better serve these communities.

She forged better relationships with local schools and brought our education program to a higher level.

We will always be indebted to Sister Pam for all that she did.

Peter Meinecke

Ever since graduating from college, *Peter* has sought to find ways that he can *devote his life* to improving the lives of the poorest. In 2012, he worked with *a VISTA project* in a local Toledo church to expand their Community Garden program that *feeds hundreds of people* each year. Armed with that experience, he brought that *knowledge* to Guatemala. Fluent in Spanish and *brimming with a huge heart* for those in need, Peter spent 2013 working with SewHope. From *starting a Community Garden* in one of the local schools to *installing clean, safe stoves* in the homes of many families, Peter always *exemplified* the ultimate in humility and *concern for God's most vulnerable*. When his name is mentioned in any of our communities, the *faces of the children light up* and they scream "Yeah, Peter, Peter!"

Thank you Peter for being a living example of Christ's love!



ADDRESSING THE GREATEST HEALTH ISSUES OF WOMEN AND CHILDREN

Cervical Cancer Prevention



Although cervical cancer is entirely preventable with adequate screening programs, it is the *leading cause* of cancer death in women of Guatemala. *SewHope* is working to eliminate this cancer in the Petén. *Over 4*,000 pap smears have been performed and all women with pre-cancerous lesions have been *treated*. We have begun training Guatemalan women to learn this screening program.

- Built first free-standing Birth Center in Petén - almost ready to receive our first baby!
- More than 4,000 women have received pap smears and have been treated when indicated
- This year, 30 volunteers participated in over 15 weeks of physician-led Medical and Surgical Mission, providing care to the poor and underserved



Pediatrics

Each year, we bring teams of physicians, residents, medical students, and nurses to care for *children in need*. In addition to "well-child" visits, we monitor *vaccinations* and provide *healthy meals*, *fluoride* treatments for teeth and *regular medications* for deworming. At times, children come along in need of *cleft palate repairs*, *limb prosthesis* or *surgeries*. Sometimes we can meet these needs ourselves and sometimes we work with other organizations to *address their needs*.



Preventing Maternal Deaths



The women of Guatemala suffer from one of the *highest rates* of maternal mortality in this hemisphere. *Inspired* by a local Guatemalan midwife, Dr. Coral Matus is leading our efforts to *reduce* these needless deaths. We are nearing completion of the Petén's *first free-standing Birthing Center* which will be a *clean*, *safe* place for low-risk mothers to give birth. The community has worked along with our team to *complete construction* and are now in the final phase, expecting that *our first baby* will be born here in 2014!

STRENGTHENING AND EMPOWERING

ADVANCING EDUCATION



This past year, SewHope was able to *expand* its educational goals and use computer technology to bring students of the Petén into the 21st Century. During her eighteen months of service, Sister Pam Buganski, SND, established relationships with three local schools and worked directly with the children in our after-school education programs. We have developed a library of *over* 400 *books* that are being enjoyed by children who have never before had the opportunity to read. Over 80 computers were sent to allow children access to web-based education, dramatically improving the children's instruction of math, reading and general knowledge. American sponsors provided 100 students with shoes, book-bags, uniforms and a small stipend so they could attend school. Over 70 children are able to take advantage of our after-school education programs, including Luz de Esperanza, a group of young girls who are mentored by our social worker Orfelinda Guerra to learn the skills that will help them succeed in life.







FEEDING THE HUNGRY

75% of the children of the Petén suffer from chronic malnutrition among the highest rates in the world...



We are proud to say that we are achieving our goal of *substantially reducing reliance* on external unsustainable and expensive sources of food in favor of local production.



We have sent almost *one million pre-packaged highly nutritious meals* of soy, rice, dried vegetables, vitamins and minerals since 2008. However, we have always looked at this as an *emergency measure*.



We have now *expanded our family and community gardens* as a means to *provide nutrition* beyond the typical diet of beans and tortillas. Our Project Coordinator, Ismael Martinez, has developed a "demonstration agricultural area" that shows the people *how they can grow* their own fruits and vegetables including tomatoes, peppers, cilantro, bananas. A full chicken and fish farm is also being demonstrated. Gardens have been planted at local schools. *Students and their parents* will maintain the gardens and select the crops to be *grown and harvested*.



THE DIFFERENCE JUST ONE PERSON CAN MAKE

Stories of our Team Members

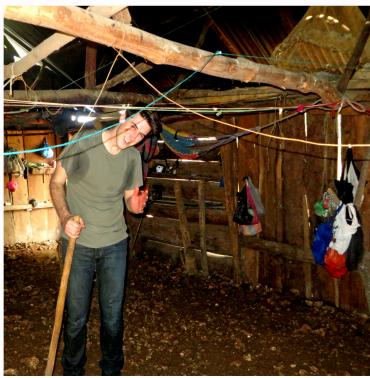
"In spite of a long history of Western exploitation, Guatemala is a beautiful country, filled with many kind and hopeful people. This January I was lucky to meet some of them. In San Juan Comalapa, Long Way Home showed us around their fantastic, sustainably-built community school. In San Benito, I helped Ismael, his son, and my dad lay concrete over dirt floors at two families' homes. It was exhausting work but they were extraordinarily generous to us - one family going so far as to feed us a hearty chicken dinner despite having little to eat themselves. Ismael himself was a towering example of resolve and quiet charity, working late into the night to finish leveling a floor so the family wouldn't have to sleep outside that night.

"I left Guatemala with *a sense of deep debt*. As an American I have taken much, much more from Guatemalans than I will ever repay through these small acts of charity. But visiting the country, becoming inspired to *join with others* to study and radically alter our country's relation to theirs, was an *invaluable experience*, one I will carry with me

...the rest of my life."

-Russ Ruch









THE STORIES OF OUR TEAM MEMBERS

Dennis Daniels, Jim Hiltner and Ed Matus used their construction talents to bring our new Birthing Center to near completion. This project has been a true example of how the best projects are ones both desired by and worked on with the local people. Local Guatemalan teams completed the roof and the cement floor and while work was stalled during the "the rainy season", the community continued to work to lay tile and install the septic system, doors and windows. Dennis, Jim and Ed then managed to frame all of the interior walls and install electricity in the center in just six days! Ismael and some men from the community placed the drywall. Through the combined efforts of all, women should be safely delivering babies here by the time of the *next* "rainy season"!

Dr. John Lane used his podiatric skills to debride diabetic foot ulcers, splint feet and ankles, fashion cushions for worn shoes and even fit Jose, an eight-year-old boy, with new prosthetic legs! Jose lives in a small remote village; so remote that it is a wonder we found him! Though he was born without hands or feet, he has a perpetual smile and a joyful spirit despite his disabilities. Dr. Lane traveled to Jose's village and changed the life of this one child, finally allowing him to walk. While it only took Dr. John one week of his life, Jose's life was changed forever!







STORIES OF OUR TEAM MEMBERS

"Last January I spent some time organizing the stacks of children's books donated to **SewHope** over the years, but I didn't really understand their importance until I met the library's first customer, Cecilia. A few hours after I helped her choose a book, I spotted Cecilia sprawled out on the porch, immersed in the story completely. Soon, other students came to the clinic library clamoring for *a book of their own*, and I wasn't surprised when Cecilia returned the next day for another book. During my trip, I had the opportunity to work with a variety of students from Santa Ana, Purushila and the surrounding area. I was taken aback by the enthusiasm and eagerness of all the students I met in Guatemala, from preschoolers to 6th graders, in spite of school conditions that can leave much to be desired. Even though children like Cecilia are oblivious to how important they are, young people who are excited for school and restless to learn are a powerful force of good. By helping young people build strong foundations in literacy and math, SewHope is helping empower entire communities. The support of SewHope volunteers in gathering and maintaining educational resources for these communities is indispensable in the fight against poverty and injustice, and though it's a slow process, the resilience and ambition that I saw in these students is

-Moira Casados Cassidy

HELPATHOME

SewHope's efforts in Guatemala would not be successful without all of the help and support we recieve more than 2,500 miles away from the people in need... right here at home! Each and every person who supports our efforts in any way that they can - mission trip participants, board members, in-kind donations, volunterring time and services, and monetary donations - is directly improving the life of the people we work to serve. No effort is too big or too small! We cannot thank each of you nearly enough for all of your love and support!







The Sisters of Notre Dame Organize Shoe and Purse Drive

SewHope would like to give very special recognition and thanks to Sister Marie Penwell, SND who led the Sisters of Notre Dame in an event which raised almost \$6,000 to provide clean water to the families we serve in Guatemala. For several months, the Sisters put in long hours to collect over 25,000 pairs of shoes and almost 10,000 purses! These items were then sold to another charity for money that is being used to provide water filters for our health projects in Guatemala. Diarrhea caused by water-borne illness is one of the leading causes of death in children in Guatemala. A tremendous thanks to the sisters for bringing health to those most in need.

STRATEGIC PRIORITIES for 2014 - 2015

- Tontinue to expand *cervical cancer screening* to all women in the Petén. Train *Guatemalan cytotechnologists* and begin a *School for Cytology*.
- Tontinue work on a *new Community Center* complete with a clinic, classrooms for *adult education* and after-school programs, *housing* for visiting teams, and a *chapel*.
- Texpand *prenatal programs* so that all women receive *four prenatal visits* in accordance with the Safe Motherhood Initiative.
- Tontinue to build our *after-school education* program.

 Efforts are focused on reading, basic mathematics and expanding the world-view of the children.
- Continue our student sponsorship program so that the poorest of children can attend school.
- **Continue to expand our *public health programs* including water filters, safe efficient stoves, handwashing stations and latrines.
- ** Continue expanding our *garden programs* so that many more families will benefit from *good nutrition* and an opportunity to gain *meaningful income*.

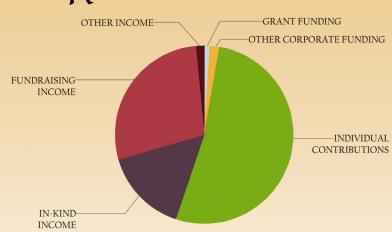
2013 Finacial Information

Net Assets - Beginning 2013 \$178,102 Net Assets - Ending 2013 \$178,727

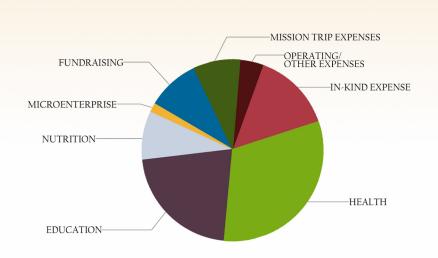
2013 Total Revenue

Grant Funding \$1,000
Other Corporate Funding \$4,100
Individual Contributions \$70,516
Fundraising Income \$81,210
Other Income \$2,355
In-Kind Income \$28,853

Total Revenue: \$188,034



2013 Total Expenses



Program Expenses:	
Health	\$45,217
Education	\$43,423
Nutrition	\$17,196
Microenterprise	\$3,092
Mission Trips	\$16,691
Fundraising	\$18,595
Operating Expenses	\$8,106
Other Expenses	\$6,237
In-Kind Expense	\$28,852

Total Expenses: \$187,410

Thank you for your support.

2013 SewHope Contributions

\$25,000 and above

Randy & Anne Ruch

\$10,000 to \$24,999

Edward & Coral Matus

\$5,000 to \$9,999

John & Georgia DeKeyser Michael Gathard & Lisa Thaman Edward & Joyce Shultz

\$2,500 to \$4,999

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