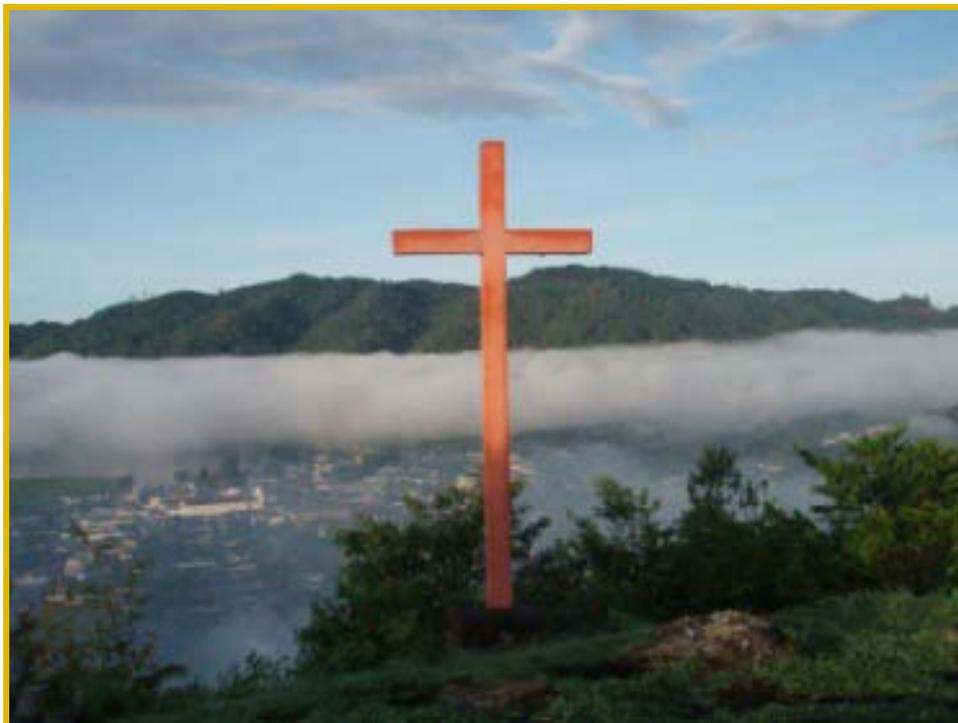


SEW HOPE

STRENGTHENING AND EMPOWERING WITH
HEALTH, OPPORTUNITY, AND EDUCATION.

2011 Annual Report



Dear Friends of SewHope,

As we enter into the fifth year of our work in El Petén, we see the results of the hope we have worked so diligently to inspire in the communities we serve. In a part of the world devastated by years of civil war and genocide while the international community shamefully stood by, we are often faced with unanticipated challenges. Yet with every passing year, we see glimmers of hope in ways great and small. In contrast to the fear the people had for us in that first year, they now eagerly ask to have their communities enrolled in our programs. We are indeed planting many, many seeds of hope. While the consequences of extreme poverty are so complex, it is much easier to move forward when we simply listen to God's guidance and serve humbly as a demonstration of His great love.



We are energized by the thanks from mothers who tell us their children now have light in their eyes and can learn because they are less hungry. We are inspired to know we are helping young people become educated. We are encouraged to continue when a patient shares a hug and then promises to pray for us every day! As these relationships grow, we are humbled to realize we are becoming like family to each other as we share smiles and tears in deeply moving moments.

Two very significant events from 2011 illustrate this and how necessary our work is and how that work is making a difference. First, our Project Coordinators learned that two men from families in one of the villages where we work had been ruthlessly murdered during the Civil War and had been buried in a shallow "grave" outside the village. Our Coordinators arranged for the Forensic Anthropology Foundation of Guatemala to excavate the bodies for forensic studies and also to formally recognize and memorialize the loved ones' deaths which previously had been unrecorded. As I watched and wept with the family members as the men's remains were unearthed, the statistic of "200,000 Guatemalans massacred" became not just words in a historical report, but a reality. I also thought about the great atrocities and injustices that occur today for these poorest of the poor. I was moved all the more to not be one who just "stands by". It is our responsibility to help these brothers and sisters battle the many inequalities they still face. The pain of these murders will be felt by the family for many years, but the exhumation and recognition of the murdered men will give dignity to the family and allow them to begin much-delayed healing. It will also teach the community and especially the children a history that should never be repeated and will show them they have rights and honor despite their poverty.

A second example culminated last October, when we lost 27 year-old Flori Martinez to cervical cancer. Our SewHope friends in Toledo put forth an incredible effort to bring her to the U.S. and provide her with the latest medical treatments. Sadly, her disease was too advanced. Her cancer had gone undetected for too long because she had been denied basic health care. In reality, she was another tragedy of the Civil War. The subsequent economic devastation and political/social instability that is still ongoing in Guatemala has left it broken in so many ways. Flori and others are being denied the most basic of human rights: basic health care, education, jobs, women's rights, clean air and water, land ownership, religious freedom, safe working conditions, etc. – things that we often take for granted. Although we could not save Flori's life, her story has spread across the Petén. Now poor women come from far away to our clinic for cervical cancer screening and they see, hear, and learn that they and their families deserve a better life and how they can achieve it.

Flori's family and the family of the murdered men still grieve, but they know the deaths of their loved ones were not in vain. They and others know there is far to go, but because of your help they can envision a life away from extreme poverty and can achieve those dreams. We thank you for walking this path with us.

With gratitude,

Anne

Anne Ruch
Board President

SEWHOPE

- **SewHope** is a not-for-profit 501(c)(3) organization based in Toledo, Ohio (Tax ID No. 261639100)
- **SewHope** promotes spiritual growth, health, opportunity, and education for the underserved and largely indigenous people of the Petén, Guatemala
- **SewHope** was founded in 2007 by Christians who were involved in short-term mission trips to Guatemala after they realized that long-term solutions were needed to address the many needs resulting from extreme poverty
- **SewHope** plans and develops its goals and projects together with the people and communities it serves in accordance with the United Nations Millenium Development Goals

SewHope's Goals

1. Reduce extreme hunger and poverty by

- a) Provision of high quality, nutritious meals through our "Kids Against Hunger" food program
- b) Family and community garden programs

2. Improve education through

- a) High school sponsorship program
- b) Improved infrastructure in the existing government primary school
- c) Provision of books and supplies and in-service teacher training
- d) After-school enrichment program
- e) Community library
- f) Adult literacy education
- g) Solar lighting in homes

3. Promote gender equality and empower women by

- a) Improved education for girls
- b) Community education programs
- c) Microcredit opportunities and home vegetable gardens

4. Reduce childhood and maternal morbidity and mortality by

- a) Eliminating parasitic diseases through installation of composting latrines and biannual de-worming, provision of clean water, and education in personal sanitation and hygiene

- b) Reducing dehydration through education regarding oral rehydration solutions and providing clean water
- c) Reducing infectious disease by promoting breastfeeding, adequate immunizations, and appropriate use of antibiotics
- d) Reducing the incidence of malaria and Dengue fever through provision of bed nets and other preventive measures.
- e) Monthly visits from American medical teams with goal to train and hire local health care providers and midwives
- f) Improving nutrition through vitamin supplementation, KAH food, and increased access to vegetables through garden program
- g) Improving dental health through dental hygiene education and fluoride sealant application every six months.
- h) Providing prenatal care as outlined by the Safe Motherhood Initiative
- i) Reducing respiratory and eye disease and accidents by eliminating open fires in homes through use of appropriate stoves and chimneys
- j) Reducing death from cervical cancer through expanded cervical cancer screening, treatment of cervical neoplasia, and education about sexually transmitted diseases
- k) Reducing unwanted pregnancies by removing obstacles to family planning, providing contraception, and educating and empowering women with job skills

5. Promote spiritual growth by

- a) Supporting village clergy with training and worship materials
- b) Demonstrating God's love in all we do

SewHope Board of Directors

Anne Ruch, MD – President/Secretary
Randall Ruch, PhD, MPH – Vice President
Gloria Buganski, BS – Treasurer
Julian Davies, PhD, MDiv – Spiritual Director
Kathleen Kolodgy, Esq – Member
Robert Kolodgy, MBA – Member
Coral Matus, MD – Chair of Medical Committee
Robert Robinson, BS, CPA – Member
Sr. Pam Buganski, SND, MNA – Ad hoc member

2011 SewHope Project Accomplishments

Providing Nutrition: Food Supplements and Sustainable Garden Programs



250,000 nutritious meals (rice, soy, dried vegetables, vitamins, and minerals) were packaged and shipped to Guatemala through our “Kids Against Hunger” food program. Children in eight elementary schools and families in greatest need received the meals daily along with vitamins provided by Toledo-based “Give to Grow”. Seeds, fertilizer, garden equipment, and education were also provided to help families establish vegetable gardens. We also helped a women’s cooperative plant and harvest six thousand pounds of tomatoes from a one acre plot which were sold for income or donated to families in need.



Offering Educational Opportunities to All Ages



Our sponsorship program enabled fifteen students to attend Junior High and High School. These students have no such schools in their villages. SewHope provided them with bus transportation, uniforms, shoes, books, school bags, and computer access. Over three hundred books were also sent to support our after-school enrichment program that is run by our Project Coordinator,

Orfelinda Guerra. She meets with children and teens two-three times a week to work on schoolwork and service projects that develop character, self-esteem, and responsibility. Orfe also runs an adult literacy program. Recent graduates are shown at left with their certificates. Solar lights that enable evening study were also provided to students and adults in these programs.



Promoting Gender Equality and Empowering Women

One hundred twenty women attended our first Women’s Health Conference where we addressed issues of women’s reproductive health and rights. We also held a conference to educate Midwives and Health Promoters from rural communities. SewHope is also working with a group of women who have formed a cooperative in their rural village, El Cartucho, to help them expand their shampoo and soap enterprise. The products contain traditional Mayan medicinal herbs, flowers, and other plant products. Other women are being taught weaving, another Mayan tradition, by a Master Weaver from San Benito.



Fighting Childhood and Maternal Morbidity and Illness

At the right is our clinic in Santa Ana where we send bimonthly medical teams. In addition to providing all aspects of women's and children's health care, we work with the local health care providers to support their efforts through education and provision of much needed supplies.



Cervical Cancer Prevention: We continue to fight cervical cancer, the #1 cause of death of Guatemalan women, through our Pap smear and follow-up treatment program. Women from throughout the Petén now visit our clinic for their exams.

Prenatal Care: Prenatal care is given following the Safe Motherhood Initiatives outlined by the World Health Organization. Because our clinic can offer ultrasound, we are able to identify many pregnant women who are high risk and should deliver their babies in the regional hospital rather than in their village.



During our visits with these women, we work to reduce unwanted pregnancies by removing obstacles to family planning, providing contraception, and educating



and empowering women with needed job skills. This year, Dr. Coral Matus led a group which offered a Basic Life Support Obstetrics Program which taught the local midwives resuscitative maneuvers for infants after delivery.

Pediatric Clinic: We also work to reduce infectious disease in infants and children by promoting breastfeeding, ensuring children receive proper immunizations, educating families about the appropriate use of antibiotics, and making sure children and breastfeeding moms have adequate nutrition.

Dental Care: We also work to improve dental health through dental hygiene education and fluoride sealant application every six months.



Clean Water and Improved Hygiene: Waterborne parasites and other pathogens are major causes of childhood disease in this region. We work with communities to improve water quality through filtration systems and other methods and to enhance sanitation through use of latrines, hand-washing, and home cleanliness.



Sometimes in our work, God places an individual who needs special attention. "Daniel", a young boy with a terrible medical problem, is such a person. Dr. David Mallory and our team connected with Daniel at the deepest level and have done everything possible to ease his suffering.



Spirituality

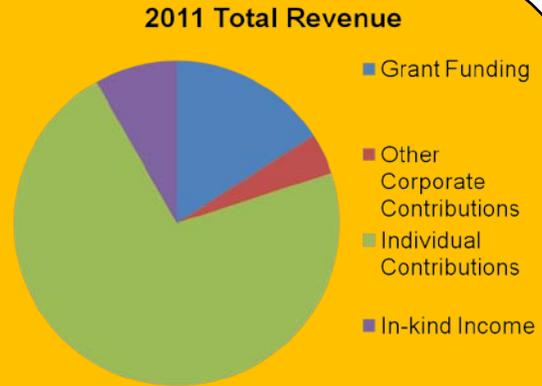
When we are in Guatemala, we pray with those who request it. We also work with and support pastors and other church leaders to help them build and strengthen their church communities. We feel blessed to be able to share our faith in these ways. At home, we continuously seek God's guidance in our efforts. Through the leadership of Pastor Julian Davies at the University Church, we hold weekly spiritual guidance meetings to consider all of our work and how we can best serve the people and communities God has put in our path.



Net Assets Beginning 2011 - \$96,690
Net Assets Ending 2011 - \$152, 836

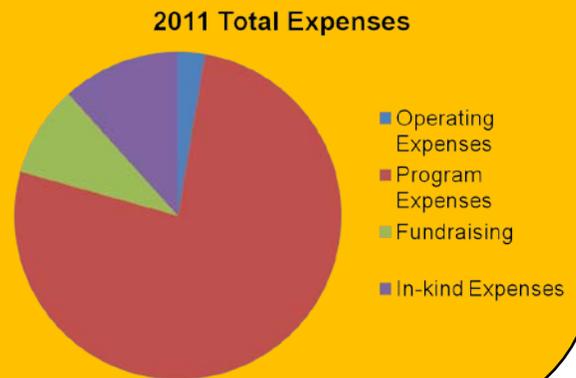
2011 Total Revenue - \$239,949

- Grant funding - \$38,200
- Other corporate contributions - \$9,795
- Individual contributions - \$172,233
- In-kind income - \$19,721



2011 Total Expenses - \$169,003

- Operating Expenses - \$4,546
- Program Expenses - \$129,552
 - Nutrition - \$68,194
 - Health - \$31,085
 - Education - \$29,893
 - Microenterprise - \$380
- Fundraising - \$15,184
- In-kind Expenses - \$19,721



2011 SewHope Supporters

\$25,000 and above

Dell Corporation
 Anne and Randall Ruch
 St. Paul's Lutheran Church

Owens Illinois Center for
 Transformational Leadership
 Reddy Family and Friends

Christine McMahon and Robert
 Robinson
 Miles for Missions 5K Participants
 Jeri Moore
 Michael Riemer
 Students for Medical Missions
 Golf Scramble
 Sylvania United Church of Christ

\$10,000 to \$24,999

Zoar Lutheran Church

\$1,000 to \$2,499

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 Veela Burks (in memory of Karen
 Cothren)
 Christ Presbyterian Church
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 Fellowship
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 Michelle Huepenbecker and
 friends
 Miranda Hillard
 Las Lomas High School
 Donna Martin

\$500 to \$999

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 Sherri Mossing
 Douglas and Colleen Perry
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 Toledo Roadrunners Club
 Mary Towey
 Mark and Bonnie Walton

\$5,000 to \$9,999

Birmingham School/Kraft Foods
 Friends of Guatemala
 Edward and Coral Matus
 Dennis and Karen Stickley
 Toledo Rotary Foundation
 Zonta International – Toledo Club

\$2,500 to \$4,999

Paul and Lori Fenton
 Robert and Kathleen Kolodgy
 David and Patricia Mallory
 McCord Road Christian Church
 Leigh Ann and Ken Meinecke
 Ottawa Hills School System

\$250 to \$499

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Maurice and Carmel Manning
Janet Masters
Notre Dame Academy
Promedica Health Systems
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\$100 to \$249

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Corpus Christi University Parish
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Gregory Rein
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Russell Ruch
Edna Savage
Kevin and Joann Savage
Edna Schulze
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Steve Smith
Tom and Lynn Sorg
Nova Sticklely
Timothy and Dianne Stroshine
Michael Thaman and Lisa Gathard
Jean Thieroff
James and Joan Trempe
University of Toledo Alumni Association
Bryan Waugh & Kristen O'Neal
Anne Wondolowski

\$1 to \$99

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Joe Baker
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Connor McNamara
Patrick McWilliams
Miles for Missions 5K Participants
Pamela Mohler
Alan Mutchler
Debbie Myler
Kate Myers
Ronica Neuhoff
Thomas Pruitt
Charles Riley
George Royer
Anna Ruch
Eva Santelli
Sylvia Schadek
Lisa Scheider
Linda M. Shaw
Michael and Gloria Sheline
Marlin Short
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James and Kimberly White

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Jennifer and David Wolfe
Marcia Wolford
Ed and Theresa Zarnick

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3M ESPE Dental Products
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Friends of Guatemala
Give to Grow
Hologic LP
Daniel O'Connor & Don Brinkley
Ottawa Hills School System
Promedica Health Systems and
The Hickman Cancer Center
The Department of Pathology
The Department of Surgery

St. Paul's Lutheran Church
Second Sole Running Store
Shear Designs Hair Studio
University of Toledo Medical Center
University of Toledo Medical Missions Hall of Fame
University of Toledo Students for Medical Missions
Zion Lutheran Church

2011 SewHope Mission Trip Participants

Kim Collins
Gary Collins
Sharla Cook
Julian Davies
Deena Ellis
Erin Fenton
Brooke Guerrero
Miranda Hillard

Steven Hiltner
Virginia Hiltner
Jim Hiltner
Virginia Hiltner
Bethany Mallory
Katherine Mallory
Ryan Mallory
David Mallory
Alex Matus
Brent Matus
Coral Matus
Edward Matus
Lyndsey Matus
Leigh Ann Meinecke
Sara Meinecke
Colleen Perry
Andrew Riemer
Anne Ruch
Laura Ruch
Randall Ruch

Goodbye Flori

As we end 2011, we also say good-bye to Flori Martinez, the young mother who touched all of our hearts. Flori has inspired us to fight even more resolutely for those who have no voice and for those most in need. Her beautiful loving face, peaceful demeanor, and infectious laugh will stay with us forever.



Flori with her mom

SEW HOPE

www.SewHope.org

