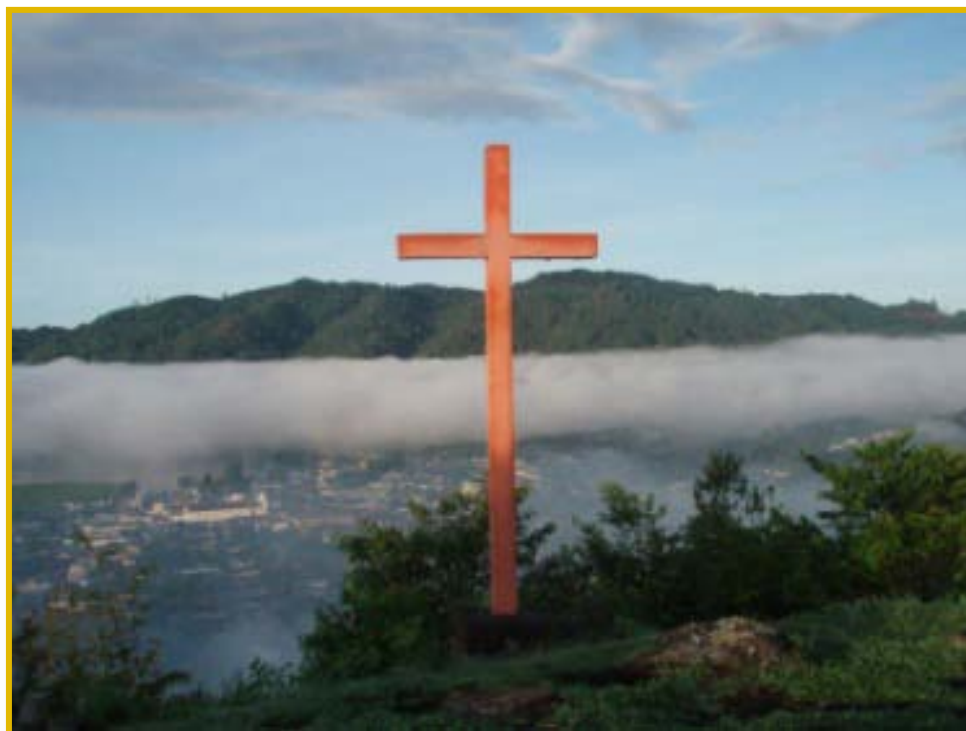


# SEW HOPE

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

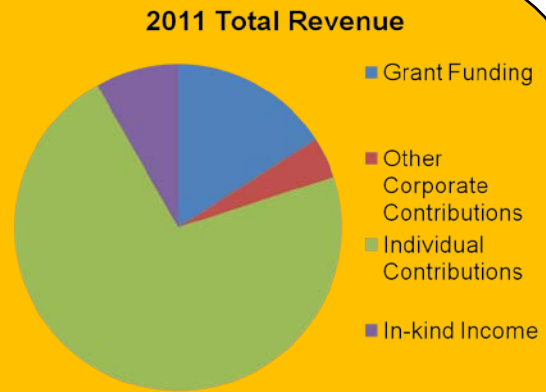
When we are in Guatemala, we pray with those who request it. We also work with and support pastors and other church leaders to help them build and strengthen their church communities. We feel blessed to be able to share our faith in these ways. At home, we continuously seek God's guidance in our efforts. 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**

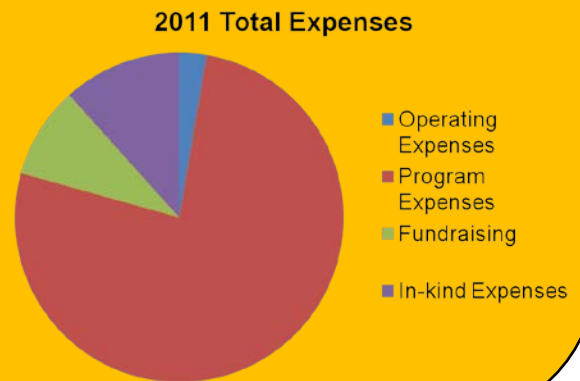
**2011 Total Revenue - \$239,949**

- 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**

Mark and Gloria Buganski  
 Veela Burks (in memory of Karen  
 Cothren)

**\$5,000 to \$9,999**

Birmingham School/Kraft Foods  
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 Edward and Coral Matus  
 Dennis and Karen Stickley  
 Toledo Rotary Foundation  
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 Sharla Cook  
 Julian Davies and Mary Kay  
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 Richard and Deena Ellis  
 Genoa Christian Women's  
 Fellowship

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 Toledo Roadrunners Club  
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 Leigh Ann and Ken Meinecke  
 Ottawa Hills School System

Brooke Guerrero  
 Michelle Huepenbecker and  
 friends  
 Miranda Hillard  
 Las Lomas High School  
 Donna Martin

**\$250 to \$499**

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Sally Binard  
Julie Brotje-Higgins  
Lauri and Rod Cooper  
Christopher and Jane Drage  
Shanelli Fernando  
John and Michelle Hills  
Nancy Lougheed  
Maurice and Carmel Manning  
Janet Masters  
Notre Dame Academy  
Promedica Health Systems  
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Puja and Shree Venkat  
Jennifer Zak

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Joe and Pat Balderas  
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Joseph and Elizabeth Beham  
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John Collins  
Lawrence Conway  
Corpus Christi University Parish  
Bradley and Mary Crown  
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Michael and Darlene Durbak  
Kathryn Eisenmann  
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Daniel Heintshcel  
Jim and Virginia Hiltner  
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Patricia Kelley  
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Mark Kimmet  
John Krause  
John and Karen Laney  
Mark Levine and Terrell Allen  
William and Vivian Maltese  
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Kathy Mefferd  
Joseph and Cindy Mehling

Edward Mohler  
Linda Mowat  
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Kevin and Krystal Phelps  
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Kevin and Joann Savage  
Edna Schulze  
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Jean Thieroff  
James and Joan Trempe  
University of Toledo Alumni Association  
Bryan Waugh & Kristen O'Neal  
Anne Wondolowski

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Richard and Loviah Aldinger  
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Robert Arthur  
Joe Baker  
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Michelle Bauer  
Anne Marie Bauman  
Lakshmanrao Bhandaru  
Harlan and Lois Billow  
James and Nancy Bingle  
Tom and Beverly Bishop  
Phillip and Jahnine Blosser  
Leslie and Ellen Breininger  
Gayle Campbell  
Linda Carter  
Anna Chlebowski  
Rodney and Sharon Clark  
Kimberly Collins  
Ann Conklin  
Kevin and Shelly Coulter  
Patrick and Kathleen Daney  
Denise Dashner  
Sarah Decker  
Henry Demain  
Meredith Dorr  
John and Nichole Flores

Truitt and Hope Fogle  
Patrick Francis  
Brian and Kristen Fritz  
Kara Ganser  
Sr. Jeanne Marie Glorioso  
Richard and Sylvia Goeke  
Carol Goldsmith  
Shaun Gotha  
Deborah Guntsch  
Brad and Pam Heil  
Ted and Wendy Held  
Donald and Janet Hickey  
A Hodge  
Ed and Marcia Holtz  
Kandi and Paige Ireland  
Dave Irion  
Saul Jaffe  
Kirk Jewell  
James and Pamela Kennedy  
Carol Kopfmann  
Evan Kreutzer  
Stephanie Kuhlman  
Daniel and Colleen Kurz  
Matthew and Roseann Licause  
Joseph and Mary Mascazine  
Bruce and Robin Maxwell  
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  
Barbara Skinner  
Denise Southern  
Sue Stokes  
Joseph and Bethany Taylor  
Jerome Tonc  
Robert Trumbly  
Calvin Tuttle  
Kara and Emma Valare  
Justin and Tiffany Ways  
James and Kimberly White

William and Janet Wikander  
Jennifer and David Wolfe  
Marcia Wolford  
Ed and Theresa Zarnick

**Corporate Sponsors, In-kind Sponsors, and Partners who Provided SewHope with Financial, Organizational, and Other Support**

Borders Books  
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Elmwood Local Schools  
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

SEWHOPE

[www.SewHope.org](http://www.SewHope.org)



