



**Providing Healthcare and Hope to Maya Families**

# AMIGOS

## Hospitalito Atitlán

**December 2017**

### **Thanks to Our Donors and Friends, Maya Families Are Getting the Medical Care They Need**

Every week, the Hospitalito social worker meets with families who don't have the ability to pay for the medical treatment they need. In 2016, the cost of free and discounted patient care surpassed \$155,000.

The Hospitalito mission is to provide preventive, diagnostic, and treatment services to reduce maternal and infant mortality. Thanks to donors, volunteers, and friends, we are able to do so.

**Help us continue saving lives and making a difference - DONATE TODAY!**

**[www.hospitalitoatitlan.org](http://www.hospitalitoatitlan.org)**

Or mail a check to **Amigos Hospitalito Atitlán 2220 Shallow Well Rd. Manakin, VA 23103**

**Please Consider Hospitalito Atitlán in Your Estate Planning**

### **Medical Volunteers Make a Difference: Meet Dr. Michael Paling**



*Dr. Paling training Hospitalito's general medicine physicians, Dr. Zaida Juarez and Dr. Roberto Mendez.*

Michael Paling, MD is an internal medicine and diagnostic radiologist from Tualatin, OR. When he first decided to volunteer at the Hospitalito, he made it clear that in addition to working with clinic patients, he was interested in providing one-on-one training in the use of our 4D ultrasound to Hospitalito's staff. The machine, donated by friends from Stillwater, MN allows staff to perform more specialized procedures.

Dr. Paling worked with Hospitalito's general medicine physicians and x-ray technicians, showing them how to use the equipment in order to maximize the accuracy of diagnoses. He quickly became a valuable mentor to younger members of our medical staff. We look forward to his return in January.

Do You Have A Specialized Skill?  
Are You Interested in Training Staff?  
Learn More About Medical Volunteer Opportunities:  
**[www.hospitalitoatitlan.org](http://www.hospitalitoatitlan.org)**

**Donations up to \$10,000 will be MATCHED by an Anonymous Donor**

Contributions made by December 31<sup>st</sup> are eligible for 2017 US tax benefits.

# 2017: A Year of New Services & Programs

Your donations helped us invest in health care and save lives in 2017. Hospitalito Atitlán helps prevent disease, cure illness, and give hope. As the needs of our patients grow, our services and programs have expanded to meet them. Below is a snapshot of our progress.



*Visiting surgical team operating at Hospitalito's facilities.*

## New Community Outreach Programs

### Nutritional Education in Rural Sololá

The prevalence of chronic malnutrition in children under five years is 1.8 times higher in indigenous communities than in the rest of the population. We recently received funds from the **Izumi Foundation** for a nutrition project focusing on the first 1,000 days of a child's life — a critical time for his/her physical and cognitive development. With this project, we will develop illustrated nutrition booklets in three Maya languages.

### Ecological Kitchens

We built four ecological kitchens that include bio-sand water filters and stoves that remove smoke from the home. The Hospitalito's nutritionist, a **Japan International Cooperation Agency (JICA)** volunteer, Kanami Tomina, uses the kitchens for nutrition education and cooking demonstrations using locally available healthy ingredients.



*Midwives, health promoters, and nutritionists gather to prepare nutritious meals for infants and pregnant women during Hospitalito's recipe contest. We compiled the recipes for our new nutrition booklets.*



## Ongoing Programs

### Managing Diabetes in the Department of Sololá

A three year project, funded by the **World Diabetes Foundation** in Denmark, provided 30,000 diabetes screenings, trained 340 healthcare workers, and equipped 26 clinics throughout the Department of Sololá for diabetes screenings.

### Reproductive Health Program

Our program, underwritten by **Conservation Food and Health Foundation** in Boston, continues educating teens in public schools and churches. This year we developed new education materials for adults and began offering family planning methods.

### Visiting Surgical and Medical Teams

We had seven visiting medical teams specializing in acupuncture, dental, dermatology, general surgery, gynecology, and ophthalmology.

## Together, We Made a Difference

The Hospitalito's successful health education and medical work is made possible by the support of various private foundations and donors that cover the costs of community training, project materials, transportation, and salaries for Maya coordinators. Offering quality healthcare requires collaboration and synergy between our different donors. For instance, the **Strachan Foundation** funds the training of health promoters who make home visits, and provides incentives for medical personnel at rural clinics. These efforts are further supported by the **Masek Foundation**, which provides funds for medicine and food for families in underserved areas, and by **Vitamin Angels** which provides vitamins for children and women of child-bearing age. In medical emergencies or in cases of low-resource families, donations from donors, like you, help us improve lives and health outcomes.

The Hospitalito volunteers also provide critical support for our community projects. Short-term medical volunteers and surgical teams led by **Dr. Glen Dean, Dr. Alan Schuricht, Dr. Rudolph Roth, Dr. Andrew Smith, Dr. Dawn Stapelton**, the **International Eye Institute**, and the **Tango Foundation**, perform life changing procedures for the Maya Tz'utujil. Long-term volunteers, like the **Princeton in Latin America (PiLA)** fellows, assist in a variety of tasks including searches for financial support to provide medical care to meet Hospitalito's mission: to reduce maternal infant mortality.

Working together in 2017, we made a difference and maximized the impact of our work within Guatemala's vulnerable populations. In 2018, we will need your help to continue providing services to those who need it most.

## Providing High Quality, Life-Saving Medical Care



### JENSI CAROLINA

Jensi is a 16-year-old who came to Hospitalito in need of an emergency C-section, but was unable to cover the costs. The OB/GYN on staff performed the surgery, and mother and baby are now healthy. With your donations and the support of our social worker, Vicenta, Jensi received help to pay for the surgery.



### VICTOR DAVID

When Victor David was four months old, he was diagnosed with moderate anemia and protein calorie malnutrition during one of our monthly visits to a coffee plantation. The HA team transferred him to a Nutritional Recovery Center where he received specialized malnutrition care for swift recovery.



### ISAIAS JUAN

Nicolasa, a mother in the maternal infant health program, gave birth to Isaias Juan who was born with bilateral Talipes equinovarus (clubfeet). Isaias is using a Denis Browne splint which will reverse the abduction of his feet, and he will continue to receive treatment from Hospitalito's new orthopedist in the months ahead.

## Be A Part of the Story...

### Sign up to be a Maternal Infant Sponsor Today!

**For only \$1 a day you can give a child the opportunity to reach his/her social and learning potential.**

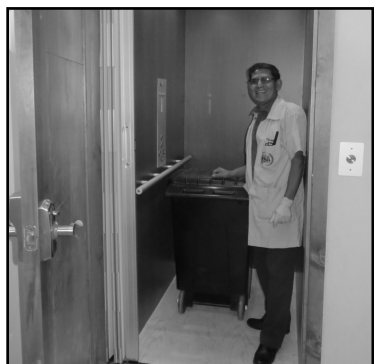
Hospitalito Atitlán's maternal and infant health program offers comprehensive prenatal care, delivery services, and postpartum medical consults to women with high-risk pregnancies. Post-birth, we follow up with well-baby and pediatric checkups, as well as maternal education, support and encouragement. The program also covers the costs of emergency room visits for the child during the sponsorship period. As a sponsor, you will receive updates and photos of the family and will have the opportunity to correspond with them.



## Donor Spotlight: Bill Cuneo



*Lab technician, Rebeca, accompanies Marvin in the elevator.*



*Above — Fredy, Hospitalito's custodian, can now use the elevator for large bins and packages.*

*Right — Salvador, a patient and friend of Hospitalito will now be able to access our laboratory, located on the second floor of the building.*

Bill Cuneo and our friends at St. Rita Catholic Church in Marin County, CA have been helping Guatemalans for more than 20 years.

Their first project was building a school and vocation center for the convent in Patzún. In 2006, Cuneo donated to the building fund for the new Hospitalito and began sending containers full of medical supplies and furniture. Ninety percent of the building's chairs, desks, and file cabinets came as a result of his generosity.

Last November, he visited the Hospitalito. While discussing his pending knee surgery, Cuneo realized the building still lacked an elevator. Without hesitation, he provided the funds to install one. Thanks to Bill Cuneo, wheelchair access to the hospital's second floor is now possible.



### SPANISH AND CULTURAL IMMERSION CME AT HOSPITALITO ATITLAN

Physicians can improve their Medical Spanish and learn more about Maya customs and culture at Hospitalito Atitlán's five-day Spanish and Cultural Immersion CME course.

Students will receive one-on-one Medical Spanish instruction, learn to perform a variety of medical tasks in Spanish, as well as learn how to better connect with patients from other cultures.

This CME is perfect for people who have mastered basic Spanish communication through study and/or travel and would like to immerse themselves in the language. It also engages students in the Maya experience, helping them to better connect with patients from foreign cultures. Visit our website for more information.

*"This is the best CME I have ever attended, I want to come back."* - **Dr. Michelle Birdseye**, Eugene OR,  
January 2014

**2018 Dates:** March 18th to 24th, May 6th to 12th, August 12th to 18th, and November 4th to 10th

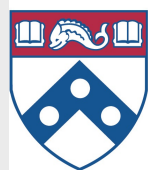
Up to 25 AMA PRA Category 1 Credit(s)

Perelman Medical School - University of Pennsylvania

The Perelman School of Medicine of the University of Pennsylvania is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The Perelman School of Medicine of the University of Pennsylvania School of Medicine designates this live activity for a maximum of 25 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### Continuing Medical Education



**Perelman**  
School of Medicine  
UNIVERSITY of PENNSYLVANIA



Amigos Hospitalito Atitlán  
2220 Shallow Well Road  
Manakin, VA 23103