



'Bringing Hope and Healthcare to Guatemalan Families'

COVID Can't Stop Good! Together, We Helped Little Jessica!

November 2020

Five-year-old Jessica Micaela Julajuj Ixbalan was brought into the Hospitalito by her parents. They told staff that the child had had a "marble" on the left side of her neck since birth, which they had treated with natural medicines. When she turned three, they noticed that it had grown in size, but they continued with the natural remedies. Then, they noticed that the growth had grown considerably (see photo), and Jessica cried that it hurt.

Jessica's father earns \$4 per day and her mother is a housewife, they live with his parents. The couple has four children under the age of eight.

HA's pediatrician, Dr. Ricardo Arqueta contacted pediatric surgeons in Guatemala City for help and Jessica was transferred. She underwent surgery to remove the mass and spent eight days in the hospital.

Thanks to you, our donors, Jessica's family could focus on her recovery and all has gone well. We couldn't do it without your help.



Donations Made Before December 31st Will be Matched up to \$100,000!

An Amigos Hospitalito Atitlán Trustee is Challenging Us to Raise \$100,000!

Amigos Hospitalito Atitlán, 2220 Shallow Well Road, Manakin, VA 23103



Dear Friends,

As I think of 2020, a whirlwind of thoughts, emotions and sensations come over me. It was a year of drastic learning and growth, filled with both achievements and great sadness.

For the first few months, we saw our plans to expand specialty medical care, provide training for staff, grow our volunteer base and expand on efforts to provide free health clinics to those living in the rural villages around Santiago advance steadily. As COVID-19 was declared a global pandemic in March, everything came to a halt. We saw with great sadness and anguish how our medical volunteers had to return to their country in a hurry. There was a feeling of loneliness among us. The bad news kept coming with the cancellation of practically all our scheduled activities. However, with maturity and strength, we all assumed new roles and

adapted to the new global need: to confront the pandemic. Some more optimistic than others, we encouraged each other, confident that perhaps the pandemic would not touch the shores of Lake Atitlán.

This was true for 2 months until, on May 13, the first two positive cases of Santiago Atitlán became official. The town and eventually the entire department of Sololá became paralyzed with fear. Many of us were forced to move away from our families and as health workers we faced discrimination, that left us worried about our safety not only because of COVID-19, but also because of the violent actions of a few fearful members of the population.

However, here we remain ready to work, aware that this pandemic will not end yet. We no longer feel alone. During this time, we have been buoyed by the support of many friends who fortified us with their words of encouragement, expressions of affection and donations. We are very grateful to all of you. I take this opportunity to thank you and remind you to take preventive measures so that one day we can soon embrace each other again.

Dr. Manuel Gonzalez, Medical Director

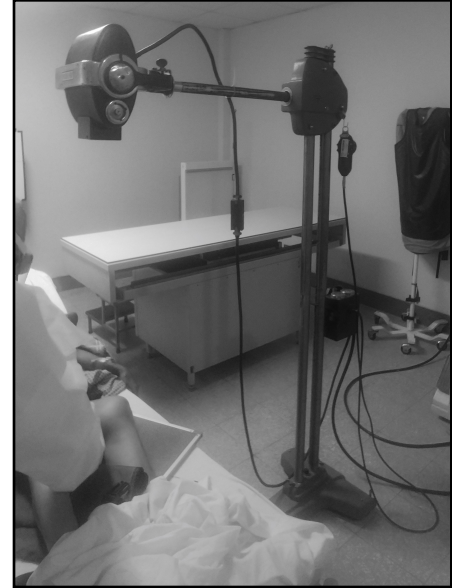
In Pursuit of a Digital X-ray Machine



Lyn Dickey, Lorna Sanchez, Zoe Barbati and Febe Sosof at the Rotary Fair in Antigua.

In January 2020, HA presented the need for a digital X-ray machine at the Uniting America Rotary Fair in Antigua. Held every four years, the Uniendo America event is an opportunity to meet the Rotarians who write global grants for medical equipment and projects. COVID-19 interrupted plans for an x-ray Global Grant.

During the summer, HA's 15-year-old x-ray machine failed and parts to repair it are no longer available, it has reached its end. Fortunately, HA borrowed an x-ray and was able to prevent interruption of this much needed service. We need your help to acquire and maintain medical equipment



40-year-old x-ray equipment currently in use at HA.

Your Gift Will Be Matched and Used to Purchase Medical Equipment & Medicine,
Provide Lab Tests and Cover Medical Expenses for Families in Need
Donate online: www.hospitalitoatitlan.org

Medical Volunteers Play an Important Role on Hospitalito's Team



Kirsten Pethan - a Physician's Assistant ended a year as a volunteer in Santiago Atitlán this August. She and her husband Andy and their three small children enjoyed the family love that Guatemalans share with all volunteers.

Andy also volunteered, working with engineers to design Personal Protective Equipment which he made with a 3D printer and distributed to local health workers.

Kirsten's calm professional demeanor provided assurance to HA staff that we would be ready for the arrival of people sick with COVID-19. We look forward to their return.

"Santiago is a really great place for a family to live, build relationships, and serve. Our daughter had a fantastic experience at a local primary school, la Puerta Abierta. She quickly learned Spanish and made friends. I really enjoyed my time volunteering at Hospitalito where I could apply my medical skills and learn some new ones alongside local colleagues. The friendships we built amongst neighbors and colleagues will last a lifetime." Kirsten Pethan, Appleton, WI

Become a Monthly Health Partner! Your Gifts will Help Families like These



Felipa and her newborn receive help in HA's Maternal Infant program.

Felipa Sosof Ixbalán gave birth at Hospitalito Atitlán in June. Thanks to our partners, the costs for care for this very young mother and her baby were paid for. As a result of COVID, many people are out of work and more families are seeking help from our social worker.

The Hospitalito's Maternal Infant sponsorship program helps ensure that these women and their babies have access to the best medical care during pregnancy and the first five years of the child's life.

The lockdown in March has resulted in a dramatic rise in the number of pregnancies. We need to be prepared to help these women.



David and his mother have received help at HA since he was born.

A baby born with cleft lip and palate needs very special care from birth until their mouth is repaired. Cancellation of surgeries during the pandemic has affected families everywhere. David Alexander Coquix Sosof was awaiting his first cleft lip surgery when the country shutdown.

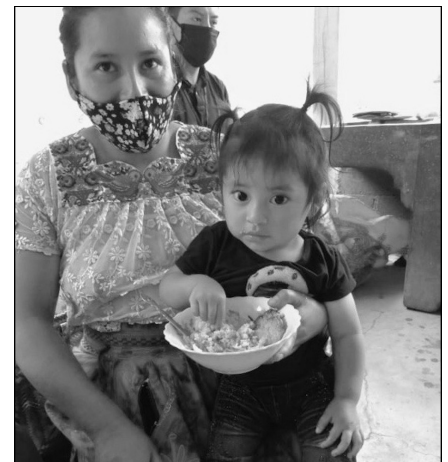
HA's social worker coordinated a special feeding bottle and our dentist worked with a specialist to create a new prosthetic every month, to help the structure of his mouth form correctly.

We hope David will have his first surgery soon and be on the road to a more normal life.

Preventing Malnutrition with Home Gardens

Hospitalito Atitlán's nutrition education program began a second three-year phase in July 2020 thanks to the IZUMI Foundation based in Boston, MA. Food shortage is something many families face every day in Guatemala. According to USAID, Sololá, the department where HA is located, has a chronic malnutrition rate of 66 percent in children under five.

The economic decline caused by the pandemic makes this new initiative more important than ever. The program will use education to help families with acutely malnourished children by establishing home gardens. Program coordinator Lilian Cox Chavajay is an agronomist who has identified plants that grow well in each village and will provide maximum nutritive value in small spaces. The families who received the gardens were chosen throughout the department of Sololá through collaborative work with the government nutrition program SESAN.



Mother and child in Pasajquim at cooking demonstration.

Pandemic Brings Need for Extra Help in the Communities



Many families had no access to basic food. HA secured donations of food staples and delivered them to more than 200 families, including families identified by the national program for malnourished children.



The national shutdown of all public transportation made it impossible for people to leave their homes to seek medical attention.



Traditional birth attendants receive Personal Protective Equipment and training at the Hospitalito to help reduce the spread of COVID-19.



Thirty clinics throughout Sololá are equipped by HA's diabetes project. When COVID-19 prevented people from getting to clinics, Hospitalito Atitlán's workers went to their homes.

A K'iche' woman with diabetes has her blood glucose checked at home by program worker.



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