



2015

ODIM - Guatemala Annual Report



Our Mission:

ODIM Guatemala is an organization comprised of local and international staff, health promoters, and volunteers who work in collaboration to enrich the quality of life of the Tz'utujil Maya in the villages of San Juan and San Pablo La Laguna through healthcare, education, and housing.

From the Executive Director

Building the ODIM Leadership Team was the top priority for 2015, and by December our talented team was in place.



In January, Gloria Mendoza, who began as our receptionist 7 years ago and recently graduated from nursing school, stepped up and into the role of Interim Clinic Administrator, serving with extraordinary dedication.



Jan Capps, our new Clinic Administrator, comes to us with 20 years of Public Health experience, working with Spanish-speaking populations in the USA. Jan joined us in August and brings the skills we need to create systems and structures to assess and improve all of our clinic services.



Holly Burkoski started in February as the Manager of our Community Health and Education Programs. From day one, Holly was charged with assessing our programs and launching the new multi-faceted “Healthy Mommy and Me” program.



Yaneth Cholotio stepped up and into the expanding role of Manager of International Volunteer Programs. Yaneth is the first local person to be given this responsibility and she gives our visiting teams an intimate connection to our communities.

Our second emphasis has been and continues to be the creation of “partnerships that make sense”. We look for partners who will complement the work we are doing, to the end that we serve the people of San Pablo and San Juan la Laguna to the very best of our ability. We look for opportunities to partner with universities, foundations, churches, non-profit and mission organizations in order to advance our mission. Our current partners include United Methodist congregations, Wellesley College, the United Methodist Committee on Relief (UMCOR), Duke University, WINGS Guatemala, and the Peace Corps.

I invite you to read this Annual Report, catch the excitement that is contained in these pages , and consider investing in this little organization that CAN!

Jeff Hassel

Executive Director

From the President of the Board



On behalf of the Board of Directors, I want to thank you for your support of the wonderful work carried out by the ODIM staff in San Juan and San Pablo La Laguna, Guatemala.

Please know that the accomplishments described in this 2015 Annual Report simply could not have been realized without your contributions. This past year has been one of transition as new leaders have assumed their roles, and new staff and new programs have been added to meet the considerable needs in the communities we serve. I

hope you are as pleased by the growth and developments in ODIM.

Your efforts as volunteers and your generous donations are making a difference in the lives of the San Juaneros and San Pauleños. We hope we can continue to count on you to help us secure a sound future for ODIM.

Saludos,

Ron

Ron Wilhelm,

President of ODIM Board of Directors

Health Clinics

Accomplishments

Women's health has been an area of growth in the last year. Through our partnership with ALAS/WINGS, a Guatemalan family planning agency, our staff have been trained on how to conduct the acetic acid (vinegar) test for cervical cancer and insert IUDs and implants for birth control. Since the local Ministry of Health has no family planning methods in stock, many more women are turning to ODIM. Also, with the addition of a nearly full time nurse midwife on staff, ODIM has been able to serve more pregnant women.



"The medicines I've received through the clinic have helped me in my prenatal phase and in maintaining the health of my children. The clinic has made medical checkups accesible by providing low cost care in our own community. Most importantly, the care we receive is from trustworthy healthcare providers. The service the clinic provides our community is impactful. It is changing my life as a woman and stay-at-home mom, and the lives of others in my community."

Dora is a 41 year-old woman from San Pablo la Laguna, who visits the clinic for pre-natal checkups and when her children are sick. Her interview was translated from Tz'utujil.*

**For the patient's privacy, we have not used her real name or photo.*



The two clinics in San Juan and San Pablo offer basic primary care by trained staff in the local language, Tz'utujil. The clinics are equipped with a pharmacy and simple lab tests that are included in the price of the consult, just Q10, or about \$1.25. The chart below shows the number of patient visits for 2015.

Type of visit	Number of patient visits
General consult	7095
Family planning	516
Prenatal care	466
Dental	981
Audiology	77
Bach Flowers	283



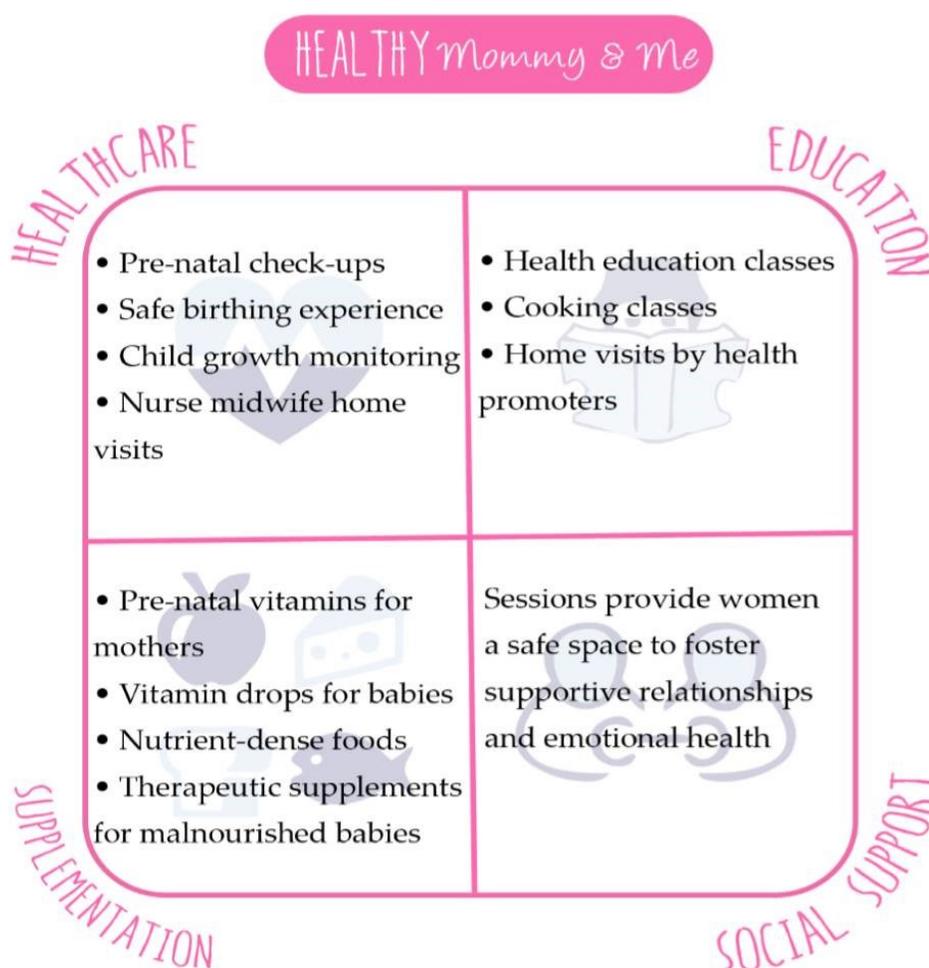
Clinic staff complement the **diabetes** program to monitor the nearly 200 patients with diabetes. After diabetic patients meet with a health promoter to check their glucose levels and receive counseling, they then have a consult with a healthcare provider who checks their overall health and adjusts medications as necessary. **Dental** services are desperately needed in this region. Though the population is more accustomed to visiting a dentist only when an extraction is needed, we are encouraging people to come for preventive care by making cleanings and fluoride treatment affordable.



Community Health and Education

Healthy Mommy and Me

Our villages are plighted by an epidemic of chronic malnutrition, with more than 6 of every 10 children stunted. Stunting hinders a child's development and robs them of a promising future. Imagine the immense challenge a community faces to prosper when over half of its members are not equipped to realize their potential.



What can be done?

The World Health Organization is calling on governments and non-profits alike to emphasize the First 1000 Days—bolstering health and nutrition for mom and baby from conception to a child's second birthday, when the impact of healthy practices can last a lifetime.

ODIM has joined this global movement by launching Healthy Mommy and Me. Inaugurated in May of 2015, Healthy Mommy and Me promotes nutrition and quality healthcare to ensure a healthy future for hundreds of women and children in our villages.

By the end of 2015, positive results were already evident. The rate of malnutrition for Healthy Mommy and Me babies was notably lower than the average in the community. Several babies recuperated from malnourishment. Mothers were engaged, educated, and mutually supported in the program. A buzz about this new opportunity started to spread across our villages, prompting women to visit the clinics to see if they could participate, too.

Impact: Over the course of a mere 8 months, this program has become a pillar of ODIM and is fulfilling a profound need in our villages. In 2015, Healthy Mommy and Me put in motion rewriting the story of 125 children.



“Healthy Mommy and Me is a very good program...because I have five children and... I am learning many things to help me take care of them.... Malnutrition is a big problem in my community because we do not have sufficient resources. My hopes for the program are to learn more and to teach others in my community. And I hope that our children can grow to be healthier. I want to thank the program because we have learned much and we can apply it in our families.”

-Paulina, Healthy Mommy

Diabetes



2015 was a year of growth and progress for our five Community Health and Education Programs which promote better quality of life in response to our villages' most pressing needs. With the creation of Holly Burkoski's position as Program Manager, this limb of ODIM's work received focused direction.

Approximately one of ten people in our villages suffers from diabetes. Management of this complex condition is especially difficult for individuals from rural indigenous communities where access to healthcare, education and nutritious food is limited, and the disease is highly stigmatized. Our diabetes club, *Caminemos Juntos* (Let's Walk Together), provides healthcare, education, exercise and social support for diabetics.

This year, we focused on planting seeds of diabetes awareness in our community. In April, promoters facilitated ODIM's first Diabetes Mini-Conference, to exchange knowledge with colleagues from other parts of the country. For World Diabetes Day in November, we coordinated an awareness-raising crash course on diabetes for community leaders.

Impact: *Caminemos Juntos* supports more than 300 diabetes patients in San Juan and San Pablo La Laguna.



Scholarships



Francisca is an elementary school student who has been sponsored by ODIM for three years. Francisca has a passion for mathematics and lights up with enthusiasm as she explains the satisfaction she feels over solving an addition problem. She made honor roll this year, and hopes to one day share with others her thirst for learning by becoming a teacher.

Francisca's mother, who was only able to study until 3rd grade, makes and sells ice cream in order to support her and her sister. For families like hers in San Pablo, costs of schooling often make it impossible for children to attend school. Francisca and the other scholars receive a scholarship, weekly tutoring, and lessons about instilling healthful habits (like brushing their teeth!).

In 2015 we began providing scholarships to high school students, paving the way for San Pablo youth to reach higher-level education.

Impact: In 2015, this program impacted the lives of 19 children and their families in San Pablo La Laguna. All high school students passed their courses and will advance to their next year of study in 2016.

Reproductive Health

Teenage pregnancy and the cycle of poverty that typically follows is only one of countless consequences that can be averted by educating and empowering youth. In 2015, promoters worked with teens to break down taboos and misconceptions and engage youth on subjects ranging from discussing sexuality to understanding anatomy to learning proper use of contraceptives.

In 2016, we are evolving this program to tackle broader themes relevant to youth's lives, such as healthy relationships, substance abuse, and nutrition, and to provide youth healthcare through our clinics.

Impact: In 2015, we enhanced the knowledge of over 300 young people in San Juan and San Pablo La Laguna.



Nutrition

Semillas de Salud (Seeds of Health) was established to help promote lifestyle change when our clinical team identifies severe malnutrition in a child.

In 2015, this program saw a group of women through the completion of the 18-month curriculum, with class themes ranging from early childhood nutrition to the benefits of pregnancy spacing. This program boasted a high level of participation and effectively rehabilitated at-risk children. This will be the final class of women to complete this program, as we continue to combat malnutrition in our communities through the Healthy Mommy and Me program.



Impact: In 2015, our nutrition program guided 38 mothers and children on a path to health.



Volunteer Programs

The volunteers are an important part of ODIM because through them we can do more. In 2015 we hosted 15 volunteer teams: four of them were medical, and nine were construction teams.

With the help of international **medical teams** we can dramatically increase the number of patients served in the clinics and reach more of the population of San Juan and San Pablo la Laguna. One week in June, two dentists came and saw more than 100 patients during the week (usually we see just 24)! More important than an increase in the patients served in one week, a lasting difference is that our local staff improve their knowledge and skills as a result of the rich interaction with international medical teams.

In 2015, **construction teams** worked in San Pablo to build six houses for families living in extreme poverty. When we build a house for a family, we are improving their lives in many ways, not the least of which is in regard to their health. If they had a dirt floor, they were exposed to scabies and other parasites; if they had a leaking roof or were cooking over an open fire (usually inside), they were at risk of chronic respiratory illnesses. Once we have selected a family as a candidate to receive a home we seek to educate for life change. To this end, we have created a series of 6 educational workshops with the topics of home care and maintenance, personal hygiene, nutrition, healthy cooking, and an introduction to all of the services that ODIM Guatemala provides.



"It was a wonderful week and experience. We served, we learned and we relaxed in a very meaningful and memorable way."



"My most memorable experience was meeting a little girl at the work site, she was very creative and always tried to help. Her smile brightened my days and I hope I brightened hers."

This is the story of Maria & Felipe:



Maria and Felipe have three lovely kids. Felipe works in the coffee fields and Maria makes hacky sacks with the help of their three kids after school every day. They make just enough money to get by on a daily basis. They were trying to save money to build a new house because they were living in a house made of mud and sticks. Some days the rain was so strong that it washed the mud down, and leaked through the roof. Maria

thought that it was no longer a safe home for her family, and came to one of our clinics to ask if she could apply to the housing program.

After almost two months of receiving our visits to her house, she was told that she will get a new house. Maria was overjoyed. Now she says that her family couldn't believe the news; they thought it was just a dream or maybe a joke. Then the construction began and they received a new home.

In Maria's Own Words: "It has been almost a year since our house was built. A few days ago one of my sons and I were remembering when it was starting to be built. We hope that this opportunity will come for more people who are in need.... We are so thankful to God, ODIM and each person who worked with us on this project."

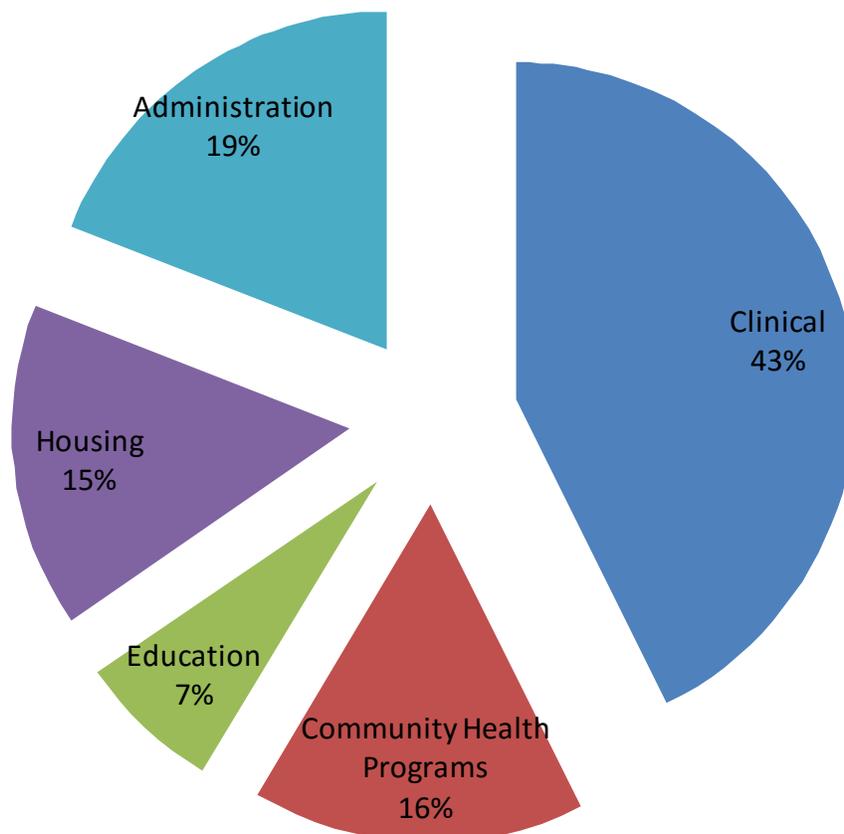
In Felipe's Own Words, "This house is a blessing because our old house was not safe for us anymore. Also, we are so thankful with each person who collaborated to build our house and for those who support ODIM in different ways."

Financial Summary

ODIM began 2015 in a strong financial position as a result of donations in 2014 and the success of our first-ever participation in the Giving Tuesday campaign through the United Methodist *Advance*.

The Board and Executive Director realize that with the growth in programs and staff, have stretched our informal ways of raising donations to the point that if we are to continue to grow (and by that we mean deepen and improve our programs and services) we need to create stronger fundraising/friend-raising systems to support our talented staff and all the services they provide to the people of San Juan and San Pablo. Learning from the realities of 2015, ODIM Guatemala has created a strong fundraising/friend-raising plan for 2016 and has put it into action.

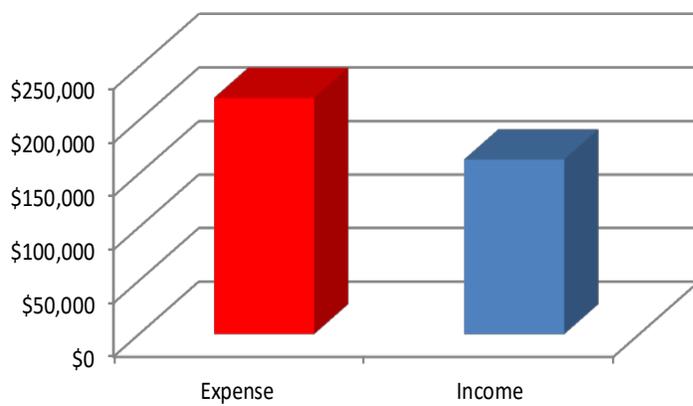
ODIM Expenses by Area, 2015



ODIM Expenses by Area, 2015

Expenses	YTD December 2015	Actual
Clinical		\$94,298
Community Health Programs		\$35,102
Education		\$15,126
Housing		\$34,309
Administration		\$42,109
Total Expenses		\$220,945

ODIM Income & Expenses



Expense	Income
\$220,945	\$163,263

Our Staff

Jeff Hassel—Executive Director

Pedro Mendez—Business Manager

Yaneth Cholotio—Volunteer Program Coordinator

Jan Capps—Clinic Administrator

Milton Ilovares — Global Mission Fellow

Holly Burkoski—Community Health & Education
Program Manager

Timoteo Ixcaya Ixcaya—Nurse

Gloria Mendoza—Nurse

Josefa Ixcaya—Nurse

Aracely Mendoza Quic—San Juan Receptionist,
Social Worker

Veronica Elena Ujpan Ixcaya—Coordinator,
Healthy Mommy and Me, Nutrition, and
Reproductive Health programs

Melyna Antonia Cholotio Perez—Coordinator,
Diabetes and Scholarship programs

Monica Leja—San Pablo Receptionist, Student
Tutor

Lesbia Cholotio—Midwife, Healthy Mommy and
Me

We are proud to be providing professional opportunities for our competent, motivated Guatemalan staff. Facilitating personal and professional development for everyone on our team is an integral part of our mission. We are proud that in 2015, we began to offer university scholarships to our full-time staff, like Aracely.

“Because of the lack of resources and lack of employment, I dropped out of school in 2011. In 2015, I received a great surprise, that ODIM is offering a new university scholarship program. This news encouraged me to continue my degree. Thanks to ODIM and our donors, this year I began my bachelor’s degree in Social Work with a focus on Sustainable Development. I like this career because I see the reality that is lived in my country and my community and want be a leader of change. I am very grateful for the employee scholarship program.”

-Aracely Mendoza Quic



Our Board

Dr. Ronald Wilhem — President

Rev. Jeannie Jensen — Secretary

Sandra Kramer — Treasurer

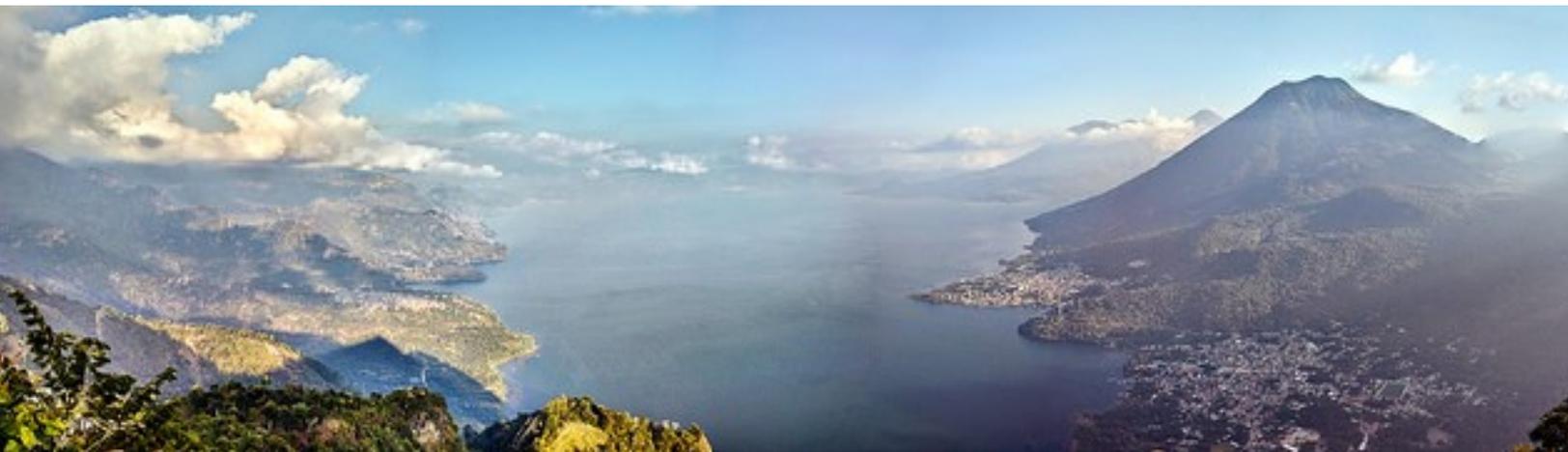
Elizabeth Dequine

Dr. Trey Harrell

Alyse Lopez-Salm

Dr. Jeremy Johnson

Jackie Benjamin



How to Help

Thank you. The leadership, staff and Board of ODIM Guatemala could not have achieved all we did in 2015 without the generous support of our donors and volunteers. With your continued help we will deepen our impact on the lives of people in our communities in 2016 and beyond. Thank you.

How to Donate:

1. **Give by check.**
Mail your check (payable to "ODIM")
to:
Martha Stowe 1527 Waterside Ct.
Dallas, Texas, 75218
2. **Give online** using a credit/debit card or PayPal
account: www.odimguatemala.org/donate

ODIM Guatemala is a registered 501(c)(3) in the United States and your gift is tax-deductible to the extent allowed by law.



To provide an idea of what your donations provide:

- ⊙ \$1,200 supports a child through her first 1,000 days in Healthy Mommy and Me.
- ⊙ \$500 supports one diabetic patient through a year of support.
- ⊙ \$250 provides 10 people with dental care.
- ⊙ \$75 provides 5 patients with a consult and medicine.





ODIM GUATEMALA
COMMUNITY-DRIVEN
HEALTHCARE AND EDUCATION.

ODIM-Guatemala

Organization for the Development of the Indigenous Maya .

For more information, contact Jeff at ODIM.ExecutiveDirector@gmail.com