



# 2013 Annual Report

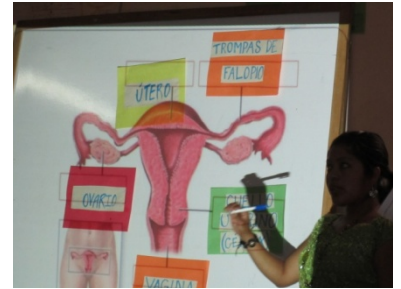
Organization for the Development of the  
Indigenous Maya (ODIM)



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of the Indigenous Maya

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## Our Mission

We work within the Guatemalan community addressing education and healthcare needs. Our vision is for the community to have a hopeful future for themselves and their children.

# Medical & Dental Services

- ▶ ODIM offers medical consults Monday through Thursday in the Clinica Sanjuanerita, and Friday mornings our small auxiliary clinic in San Pablo. In 2013, we saw a total of 5,752 patients.
- ▶ In 2013, we continued to offer accessible primary care consults by our local nurse, Timoteo Ixcaya who offers medical consultation for patients in their native language, Tz'utujil. We also continue to receive support from a local doctor who provides consults for complicated cases. Additionally, we are blessed collaborate with foreign medical providers who volunteer with ODIM offering their services and educating our local staff. We also continue to offer comprehensive care to our patients, including a laboratory for tests, bach flower consults (for emotional problems) and a pharmacy. This year our Lesbia Cholotio, a local midwife and nurse received support and training from Saving Mothers, a US based NGO that focuses on training of traditional birth attendants. This has enabled her to offer prenatal consults in our clinics midwives and their patients would otherwise not have access to. Critically, this also allows early detection of complications during pregnancy and time for proper referrals to be made.
- ▶ In 2013, we improved and expanded our referral network for complicated patients identified as needing surgeries or consults with a specialist. This year, health promoters accompanied patients to the majority of their external consults and surgical evaluations, where they provide critical health navigation, patient advocacy and interpretive services to ensure patients understand their health information and are treated with dignity and respect. We have found that patient accompaniment is essential to successful outcomes for our patients.
- ▶ ODIM continues to provide outstanding dental care, including extractions, fillings and cleanings in our dental clinic two days a week.
- ▶ Making services affordable for patients is one of the core elements that allow patients to access our high-quality healthcare that is truly accessible. Patients currently pay Q10 (\$1.33) for medical consults including medications and Q15 (\$2.00) for dental care. In our 2013 annual patient satisfaction survey, patients repeatedly mentioned that affordability of consults and medications is one of the most important services ODIM provides.



***Sometimes the clinic refers women to other places [for care] and we are very grateful for this and for what this clinic does.***

*-San Juan focus group participant*



***He [my husband] said this was better, that the whole family has [eats] the same thing, the food continuum that I received here in the [daibbetes] club, I shared it with my family and it is a guide that I use in the kitchen.***

*-Diabetes club participant*



# Community Health Promoters (CHPs)

## Health Promoter Education and Activities

- ▶ Our 25 community health promoters (CHPs) are the heart of ODIM's health education programming. CHPs apply information they learn through ODIM educational opportunities in the community and are essential to the development and successful delivery of ODIM's health education programs.
- ▶ Over 150 community members participated in the Diabetes Fair in San Pablo organized by CHPs and diabetic patients in order to raise awareness about the importance of preventing and treating diabetes during World Diabetes Day 2014. This fair included blood pressure checks, discussions on body mass index, nutritional guidance and a parade led by the diabetic patients in San Juan and San Pablo. The event culminated with the sharing of healthy snacks and a race to the neighboring town.
- ▶ ODIM also benefitted from the services of a 2013 Emory University Global Health Institute (GHI) team of scholars who provided extensive training to CHPs and staff on women's reproductive health. This team also supported CHPs in conducting a health needs assessment regarding women's health needs in the community using focus group interviews. Additionally, the GHI team and ODIM staff collaboratively developed a curriculum plan for community health education classes focusing on improving women's reproductive health.
- ▶ CHPs also received support from board member and long-time volunteer Elizabeth Dequene, who trained CHPs in stress-management techniques and therapeutic relaxation methods.



*...this topic of women's health is very important and we want to learn where and with whom you should go for a serious problem regarding women's health, and we encourage you to continue with these lessons and trainings so that you can offer a lot to the women*

San Juan focus group participant

# Health Education Programs

## Diabetes Program

### *Caminemos Juntos – Let's Walk Together*

- ▶ The diabetes program, which began in 2012, has continued to change lives and improve health among diabetic patients and their families in the communities of San Juan, San Pablo and other close villages. Diabetes health promoters provided 46 “diabetes club” classes in 2013, focusing on a wide range of educational topics including goal setting and disease coping, nutrition and diet adherence, identification and consequences of uncontrolled blood sugar, ways to prevent diabetes among family members and creative exercise strategies. At the end of each month, participants go on group hikes that are several miles long and culminate in a healthy, shared lunch on the lakeshore. The program has gained a lot of energy this year with high levels of dedication and solidarity among participants and diabetes health promoters.



***...Before I went to many doctors and they confused me a lot about the diet, because they told me differently, for me this clinic is the best because it takes us by the hand with our disease.***

*-Diabetes club participant*



## Nutrition Program

### *Semillas de Salud – Seeds of Health*

- ▶ Malnutrition is one of the greatest threats to lifelong health faced by children in San Pablo. Through our nutrition project, ODIM provided education and health supplements to 20 families in order for children to recover from malnutrition and minimize associated illness and complications. This year, nutrition program coordinators developed a formal 12-class curriculum to implement with future groups. Additionally, coordinators assessed patients' ability to identify healthy foods using food models and pictures, enabling staff to identify knowledge areas needing reinforcement. Over 70% of the children in the program improved their height and weight gains this year and will continue to participate for 6 months during 2014 with the goal of reaching a healthy weight and height. Our community garden, an important part of this program, produced many leafy herbs and radishes this year, allowing each mother to bring home bundles of healthy vegetables throughout the year.



# Beca (Scholarship Program)

- ▶ The scholarship or “Beca” program provides students with the critical financial, educational and social support they need to be able to continue their studies and excel academically, Students are given guidance and mentorship to encourage them to submit high quality school work, maintain a hopeful future and become a productive citizen of the world, engaged in critical thinking.
- ▶ We are thrilled to share that all 10 of ODIM's 2013 becados (scholarship students) successfully passed their classes and will be advancing to the next grade.
- ▶ Three Becados received honors this year for earning the highest grades in their class. In fact, one Becado received a special diploma of recognition for her high grades.
- ▶ The beca students displayed their talent and entrepreneurial skills by launching a student cooperative for making and selling handicrafts. The goal of the cooperative is to: 1) increase saving habits of becados and 2) provide the necessary funds to cover unexpected educational costs among participants.
- ▶ ODIM's beca coordinators conducted regular meetings with becados and their families in order to engage parents and create a safe and healthy environment for our students to learn.
- ▶ Becados' teachers have reported increased skills and understanding in a variety of subjects including: language arts, math, sciences and technology.

**Right top:** Middleschool scholarship students.

**Right middle:** Beca students do community service each month. Here they are pictured picking up trash on the lakeshore.

**Right bottom:** Mothers of beca (scholarship) students participate in a Mother's Day activity the students prepared.



# 2013 Volunteers

## Medical and Construction Volunteer Teams

- ▶ Since the organization was founded, ODIM has depended on the support, energy and passion of our dedicated volunteers in order to build a strong organization. This year, we continued to develop the volunteer program in order to ensure a positive volunteer experience and provide volunteers with a memorable trip rooted in cultural exchange and dedication to the development of the communities in which we work.
- ▶ In 2013, ODIM improved the planning and execution of our medical jornadas (large clinic-based health screening events) which allowed for more consistent, quality health-care for a greater number of patients.
- ▶ Our Volunteer Agreement and Mission Covenant was created and established, and has proven to be a helpful tool in cultural orientation and guidance for volunteers and ODIM staff alike.
- ▶ Construction volunteers worked extensively on the new clinic and education building in San Pablo, which will be completed in February, 2014.

### 17 Volunteer teams

Graceland Nursing  
Students  
Emporia UMC, KS  
St. Marks UMC, KS  
Heritage College, Canada  
Missouri UMC, MO  
Duragno UMC, CO  
Pnai Or, OR  
Northaven UMC, TX  
West End UMC, TN  
Unity Chapel UMC, IN  
Emory GHI team, GA  
Denton UMC, TX  
St. Andrew UMC, CO  
University Park UMC, TX  
Father Dyer UMC, TX  
Living Water UMC, IA

### Individual Volunteers

Pam Halton, yoga, English  
Jessica Oliveria, PA  
Marcelo Trombka, doctor  
Michael Brown, MD  
Colette Swietnicki, midwife  
Nancy Campau, midwife  
Jeanne Nakamaru, hearing aid  
Trey Harrell, MD  
Sue Stein  
Nancy Hawthorne  
And many translators!

Thank you all!

***“Everything is memorable here –  
I love it here!”***

-Sandy & Larry Turner (Durango UMC, CO)

***“Observing the impact the clinic has had  
on individuals and families through  
care and education and the patience  
and kindness the local people showed  
toward the volunteers was  
motivational and very grounding.”***

-Lauren LeSturgeon (West End UMC, Nashville, TN)

***“To be a part of a mission that was  
initiated in response to the needs  
expressed by the people (instead of  
the needs assumed by the missionaries)  
opened doors of mutual trust and  
respect and made the entire  
experience a joy.”***

- Rev. Larry George (University Park UMC, TX)



Medical teams have been treating Julian for Parkinsons Disease for over 3 years.



# Statistics 2013

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## In 2013, ODIM proudly provided:

- ▶ 5,261 medical patient visits
- ▶ 958 dental visits
- ▶ 202 Bach Flower visits
- ▶ 289 family planning sessions
- ▶ 27 referrals for patient surgery (low cost or free to patient )
- ▶ 79 hours of training for health promoters
- ▶ 86 active diabetes program participants
- ▶ 40% of diabetic patients have a normal level of blood glucose.
- ▶ 184 diabetes education classes
- ▶ 12 nutrition classes taught to mothers
- ▶ 7,200 eggs distributed to women in program, (1 egg a day for 20 children to support protein intake )
- ▶ 186 hours of tutoring for scholarship students
- ▶ Becados (scholarship students) participated in 10 Saturday volunteer projects
- ▶ 17 Volunteer medical and/or construction teams generously supported ODIM's clinical and programmatic services



Cecilio received hip surgery in September.



***The change one feels is a lot, because here we receive good advice, encouragement and experiences.***

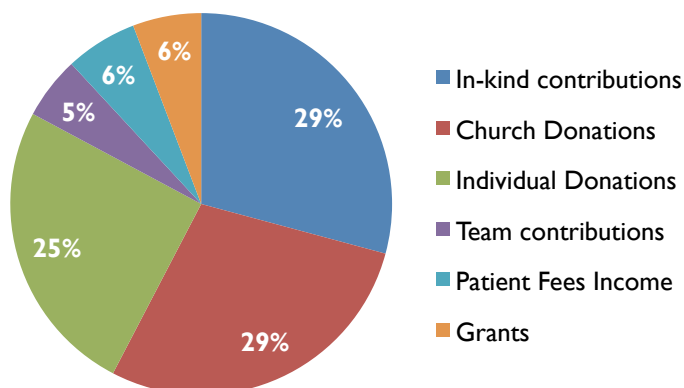
-Diabetes club participant

# 2013 Financial Summary

## ODIM Operating Financials

In-Kind Contributions*	\$36,154
Church/Group Donations	\$35,246
Individual Donations	\$31,180
Team Contributions	\$49,088
Patient Fees Income	\$7,548
Grants	\$7,186
Interest Income	\$1,030
<b>Total Operating Revenue</b>	<b>\$123,998</b>

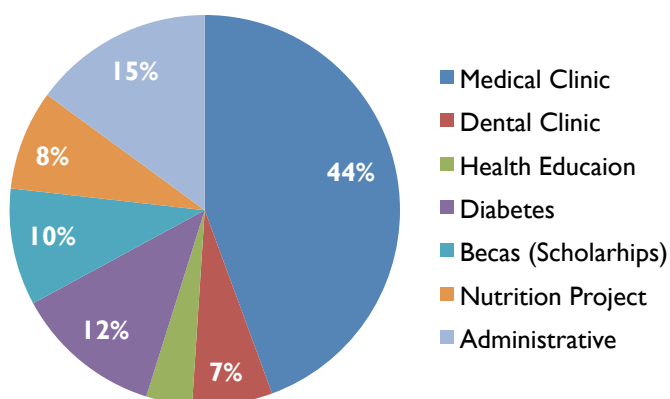
## Operating Revenue Sources



## Operating Expenses

Medical Clinic	\$30,445
Dental Clinic	\$4,554
Health Education	\$2,612
Diabetes	\$8,396
Becas (scholarships)	\$6,648
Nutrition Project	\$5,672
Administrative	\$10,248
<b>Total Operating Expenses</b>	<b>\$68,579</b>
<b>Net Income (w/o In-kind)</b>	<b>\$19,265</b>

## Operating Expenses by Program



\*Primarily medication donations

# Capital Campaign for Clinic and Community Education Building in San Pablo

In 2013, ODIM came close to finishing construction on our new clinic and community education building in San Pablo. We will make finishing touches to the clinic in January, 2014 and plan to open the clinic to the community in early 2014.

We hired new staff from San Pablo to work in the clinic and lead health education programs, and they spent the month of December receiving training in their respective areas.

The construction is a combination of natural building methods and materials, as well as concrete and steel for strength and stability on the steep slope.

We are so excited to move into this amazing space constructed by Charlie Rendall, Vicente Cuc and 18 construction teams that have volunteered since beginning the construction in June 2012! Thank you to ALL those who contributed to its financing and construction. It is a dream come true for ODIM and the communities we serve!



## Capital Campaign Financials - Expenses

Contract Services	\$56,459
Materials	\$86,999
Land Purchase	\$18,600
Equipment	\$3,539
Other	\$1,767
<b>Total Expense to date</b>	<b>\$167,364</b>
<b>Total Income to date</b>	<b>\$191,453</b>



# 2013 ODIM Staff and Board of Directors

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## Local Staff

### **JoAna Dwyer**

Executive Director

### **Noelle Battle**

Business Manager

### **Ashley Micikas**

Clinic Administrator & Nutrition Program Coordinator

### **Elizabeth Jewett**

Volunteer Coordinator

### **Pedro Mendez**

Diabetes and Scholarship Program Coordinator

### **Timoteo Ixcaya**

Nurse & Nutrition Program Educator

### **Gloria Mendoza**

Clinic Health Specialist

### **Antonia Cholutio**

Pharmacist & Diabetes Health Promoter

### **Aracely Mendoza**

Clinic Receptionist

## Board of Directors

### Executive Committee

#### **Ron Wilhelm, PhD**

Board President

#### **Rev. Jeanie Jensen**

Board Treasurer

#### **Mary Micikas**

Board Secretary

### Board Members

#### **Kevin Brogan, MD**

#### **Elizabeth Dequin**

#### **Trey Harrell, MD**

#### **Alyse Lopez-Salm**

#### **Molly Tampke**