

Helping Hands Health Education
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WE'RE ON THE WEB!
www.sannr.com/helpinghands

Come join us in our effort to help people who cannot afford quality health services in Nepal. Join our mission to bring help to people in need in the mountain villages of Nepal! Explore Nepal and her people with us!!

Another Way to Lend a Helping Hand

Whether you have volunteered with Helping Hands in the past, are hoping to volunteer in the future, or are unable to journey to Nepal this year, we want you to know that you can assist us in our mission all year round. Helping hands is introducing three levels to their membership program: A Helping Hand, Two Hands and A Golden Hand. Each level entitles you to receive this quarterly newsletter, keeping you up to date on the ways that we are expanding, restructuring and improving our programs. But which ever membership you choose, remember that you will be doing your part to help people of Nepal.

Fill out this detachable portion and return it to us today !

\$30 *A Helping Hand*
 \$75 *Two Hands*
 \$150 *A Golden Hand*
 Other _____

Please make checks payable to **Helping Hands Health Education**

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Merry Christmas & A Happy New Year! 2004

People in the mountains of Nepal in need of medical help!



Nepal, once known to be the most peaceful land, is at present a country in conflict. We all know that the internal conflict in Nepal has resulted in economic slack in this already poor country. This has further had very adverse effects on the tourism of the country, as foreigners have deferred traveling to Nepal. All this has not only effected the economy and tourism of this country but also has had a huge impact on the health of the poor and needy Nepalese people, especially of the mountain villages, where medical services are rarely available and where available are out of the reach of the general poor.



Helping Hands has been bringing medical help to the people of mountain villages of Nepal since the past 14 years. In these years, the organization has brought more than a 1,000 US volunteers to Nepal and has provided its services through more than 90 health clinics to more than 150,000 people of rural Nepal. However, with the riots and violence in the country and with foreigners deferring their travel to this country, the mountain people are not receiving the services they used to receive through efforts from organizations like ours. It is very evident that the government of Nepal is not able to bring such help to these mountain villages, thus the mountain people in Nepal are in dire need of help in medical sector - they need both, medical services and equipments. Helping Hands has been bringing such help to the people of the mountain villages in Nepal, however with the decreasing interests of foreigners to travel to this country, it has been difficult for the organization to continue bringing such help.



Helping Hands programs are running very smoothly despite violence in the country, as medical services are welcomed by the rebels as well as the general people of the villages. Our top priority is the security of our volunteers, thus we have a very efficient team of staff in Nepal working towards attaining the goals of the organization, while keeping the security of the volunteers as its top priority.



We urge you all to join hands with us in reaching out the poor and needy in Nepal. With the new year, 2004, we welcome you all to become a part of Helping Hands village camps and join our efforts of bringing free and quality medical services people in need. We will look forward to hearing from you all with your interests to visit and revisit Nepal.

Year 2003 at Helping Hands Health Education

Helping Hands Health Education began, yet another very challenging year during year 2003.

The goal to continue our free and quality medical relief services to the rural poor people of Nepal has become very challenging for us due to the decrease in number of volunteers and increase in number of patients by the day. As word spreads about our services in the villages, more and more people demand for our services and more and more villages are looking up to us for help. Helping Hands does not want to disappoint any patient that arrive at our door-

steps—therefore, with what little we have, we have stretched ourselves to provide health services to more and more people. January 2003 had six volunteers going to Nepal—Dr. Judy Bourget, Ms. Francie Cummin, Mr. Nilesh Patel, Mr. Kyle

Coker, Mr. Matthew Colman and Ms. Mona Gahunia. February welcomed few more

volunteers—Mr. Benjamin Platt, Ms. Roseanna Glesser and Dr. Muna Ar-Rushdi. March 2003

saw no volunteers arriving in Nepal, while the efficient Nepali team of physician worked their level best to continue the services. April 2004 welcomed Dr. Jill Sheasley and Ms. Colette

Wiseman. The summer months had couple of medical student volunteers working at our various

clinics. Our summer volunteers include Ms. Nicole Coufal, Ms. Amy Rodriguez, Mr. Aashish

Patel, Ms. Sriharani Kandasamy and Mr. Mark Neavyn. August and September had no volunteers going to Nepal and in

October Ms. Annelisa Tornberg and Mr. Deep Trivedi joined our physicians group along with Mr. John Neely. In

December, Ms. Lisa Hendy and Mr. David Smolen joined our clinics in Nepal becoming the last two Helping Hands

volunteers of the year 2003. During year 2003, the volunteers along with our Nepali team of physicians reached medical

services to various villages in Nepal which included Khandbari, Dharan, Kushma, Wana, Phalewas and Bandipur. In total,

this year Helping Hands reached its services to more than 20,000 rural people of mountain villages of Nepal through the

mobile health camps and services at the permanent clinics.

Helping Hands is working on collecting donated medical supplies and equipments and ship them for our use in the clinics

and for free distribution to patients who cannot afford health services. Helping Hands

is also working on getting funding for special projects to open up Trauma Centers

along the major highway of Nepal to provide medical services to accident victims. In

Nepal, death due to road accident due to non-availability of medical services along

the major highway, is the fourth cause of death. Thus, there is definitely a need to

open up Medical Trauma Centers at various locations along the major highways in

Nepal. Helping Hands aims to attain this goal in the near future.



THE HEALTH FACTS OF NEPAL

Nepal is a beautiful country with its mystical majestic Himalayas, traditional temple cities, beautiful landscapes; breathtaking sceneries and wonderful people. It does not stop to fascinate people around the globe with its beauties. However, the fact is, Nepal is also a country in dire need of help in the health frontier :

- with a total of only 894 physicians;
- with a ratio of 1 physician to 23,038 people;
- with only 5,120 hospital beds available;
- with 5,249 population per hospital bed;
- with infant mortality as high as 79 per 1,100 births;
- * with life expectancy as low as 58 for males and 57 for females;
- * All these statistics are astounding and demand for more health care services and facilities. Helping Hands Health Education aims to help in bringing quality health care services and facilities to people of Nepal.