



2017- Evolving, Empowering and Moving Forward



Dear Karen and Jay,

Heal - Teach - Support. As we mark the seventh anniversary of the devastating earthquake that first brought us to Haiti in 2010, we also pause to take stock of our own evolution as an organization and we take a moment to celebrate the accomplishments of our Haitian colleagues.

Our first team in 2010 was there to **Heal**, delivering direct care to the residents of the north region and the refugees who fled there after the massive destruction around Port au Prince, many of whom were women and children. Today, we help our Haitian colleagues **Heal** as we **Teach** and **Support**, together working towards a truly sustainable health care system in Haiti, one grown from the ground up, available 24/7, rain or shine, natural disaster or beautiful Haitian day.

In 2016, with your help, HUFH was able to accomplish a great deal; in 2017 we hope to accomplish more, and share with you the stories of those we help.

Heal - Teach - Support. These are more than just words. They are the principles that guide us and all that we do at Hands Up for Haiti, work only made possible by the generous support of our donors and volunteers.

We are deeply grateful. Mesi mesi anpil – “thank you very, very much.”

From All of Us at Hands Up for Haiti

Are You For a Celebration?



Follow us at handsupforhaiti.org for further details.

HEAL – TEACH – SUPPORT

Program Focus for the Coming Year . . . More to Come

- Our Eye Team is bringing an optometrist from Port au Prince to Cap Haitien for further training and as an additional resource for the north region.
- The Malnutrition Program is expanding and opening another site in the remote mountainous village of Dondon.
- The Hypertension Program will be opening a second site.
- Our Cervical Cancer Program will be holding training in the lifesaving LEEP procedure for doctors and nurses while continuing the screen & treat program in Limbe.
- Several additional water wells have been funded and will be built, saving women miles of walking.
- We are restructuring our pediatric and prenatal clinics to improve outreach and impact.
- Our new process for streamlined buying of medicines and supplies will help all of our clinics. Use of electronic medical records is being explored as well.

To support our programs on the ground, [**DONATE HERE.**](#)

HEAL – TEACH – SUPPORT

The Transformative Power of Education on a Young Girl's Life

By Andrea Feddes, RN, just returned from 9 weeks in Haiti with HUFH

“What if we don’t learn about sexual health in school and our parents don’t teach us. How are we supposed to know how to protect ourselves against diseases if we don’t know about them?” One of my 14 year old students asked me this during our first class together.

The fact is, in Haiti there is no curriculum on sexual health. Parents don’t teach it out of fear of their kids knowing too much or because of religious objections, and the schools don’t teach it either. The truth I’ve learned is there is no such thing as knowing too much: knowledge confers power and the ability to take care of oneself.



Guided by this belief, I taught a class in sexual health during my 9 weeks in Haiti to girls aged 13-16. I held weekly lessons in two different communities with a total of 20 girls in my program. The curriculum included general reproductive anatomy male and female, puberty, menstruation, infections, sex and forced sex. My students were so engaged, asking questions, and showing interest that is so fulfilling and exhilarating to me.

I learned a lot from “my girls” as well. I learned about the power of education. I learned that when you’re teaching about STI’s, sex and rape in Haiti, it is likely that one of the girls already knew about them because it’s happened to them before, even if they are only adolescents. I learned about the resilience that the people of this country show each and every day. A lot of time “my girls” would show up late for class because it can take hours to get home from school, or they had to take care of younger siblings or neighbor kids; sometimes they had to cook meals for their family or go fetch water from the wells. No matter how late, they always showed up. They showed up because they knew they had an opportunity to learn something different, an opportunity to in return help their families and friends to learn. They showed up because they were interested, they had questions (really good ones) and they wanted to be there.



The power of HEAL - TEACH- SUPPORT.

To read Andi's full story and learn more about her girls' program, [click here](#).

To support these and other girls, [DONATE HERE](#).

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WORDS TO KEEP IN OUR HEARTS

This is the future of Haiti. With your support, it is theirs.



DONATE HERE

HEAL TEACH SUPPORT

Hands Up For Haiti is a medical humanitarian organization committed to making a sustainable and positive impact on the health of the people of northern Haiti. We do this by collaborating with and supporting the Haitian medical community, by delivering direct care and educational programs to the communities that we serve, and by partnering with allied organizations.

**Please visit our website at www.handsupforhaiti.org.
Donate to our cause at www.handsupforhaiti.org/donate.**

If you'd like to unsubscribe to our QUARTERLY Newsletter please click on the following link and let us know what types of communications you'd like to receive from us. [Contact Us](#)
We greatly appreciate your support and will do our best to only contact you per your wishes.
