

Why is she smiling?



Because donor Karen Ohmans' gift to Mano a Mano is working triply hard. Each dollar she donates releases \$3 in matching funds from an anonymous donor. Every dollar for community based projects like schools and public baths releases another dollar. Put your money to work for Mano a Mano and you, too, can triple your investment in better health, education and prosperity for Bolivia

Here's what your donation (plus matching funds) buys:

- Your \$500 purchases all fixtures for a community bath house.
- Your \$250 pays a nurse's salary for one month in one of our community clinics.
- Your \$100 pays for a week of a doctor's salary.

Send your tax-deductible gift to:

Mano a Mano, 774 Sibley Memorial Highway, Mendota Heights, MN 55118
Or call us at 651-457-3141 to learn about advanced giving opportunities.

Donate on line at www.manoamano.org. Click on "Donate"



Current Needs

If you can help with any of these pressing needs, please contact Mano a Mano at 651-457-3141.

Matching funds for clinic construction and water projects

Fetal monitors and ultrasounds

Wound care supplies (tape, gauze, bandages)

Gloves

Thank you!

Boletín

SPRING 2006

OUR 11TH YEAR!

Moving Mountains in Bolivia

Minnesota visitors assess Mano a Mano's impressive impact

What's Dick Nelson's most vivid impression of Bolivia? "The mountains! They are so beautiful—and so challenging for the people who live on them," says the long-time Mano a Mano volunteer, who visited Cochabamba last November. Dick had plenty of time to observe Bolivia's craggy, snow-capped mountains as he criss-crossed them by airplane and by jeep on his 16-day visit.

close your eyes, cross your fingers and hope for the best!"



Dick Nelson: Close-up view of Mano's work in Bolivia.

"In our first week in Cochabamba, we went way up into the mountains with Mano a Mano staff doing the driving," Dick recalls. "The roads are really rough, with huge rocks and sharp turns. The mountains make it so hard to get around, even though they are so gorgeous." Dick's party drove for seven hours to the community of Kirusillani, where Mano a Mano workers and community members had recently finished building a clinic. "Turns out we weren't all that far from the city, maybe 100 miles as the crow flies," Dick marvels. "But it took us all day to get there, on roads that sometimes just made you want to

Dick is more familiar with a different kind of mountain—the towering stacks of boxed medical supplies and equipment Mano a Mano ships to Bolivia several times per year. The father of 3 and grandfather of 11 is a regular volunteer on Saturday packing days at the warehouse. A former Northwest Airlines employee, Dick puts his post-retirement energy to good use, hefting boxes, strapping beds together and loading pallets. His recent trip to Cochabamba was, in part, a mission to see how his volunteer

laborers are mirrored in Bolivia. Seeing the dedication of the clinic at Kirusillani, Mano a Mano's 57th completed clinic, was well worth the trip, he says. "The people of the village seemed so appreciative. They built two huge arches made of flowers in the road that we drove through on our way in. They were lining the road, walking alongside our cars. There were probably 200 people milling around, even though the village itself

didn't consist of more than a couple homes," Dick said. "They served us a huge meal of potatoes and goat meat, and we all held hands and danced around the clinic building—twice!"

The clinic serves a catchment area of 4,000, in an area where the nearest hospital is five hours away. Many patients will have to walk miles to see the doctor and nurse, who themselves endure hardship living in the clinic where they work. "The male nurse slept in

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Music for Mano!
Don't miss the multi-national benefit concert at Unity-Unitarian Church, Sat., March 25. See details, page 3.

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About Our Work: Why and How

Mano a Mano Medical Resources is a non-sectarian 501c(3) non-profit organization with over 11 years' experience bringing health care into impoverished Bolivian communities. Mano a Mano, Spanish for "Hand in Hand," operates on principles of volunteerism, frugality, competence, accountability, empowerment, flexibility, respect and partnership with communities.

Our Mission

To create partnerships with impoverished Bolivian communities that improve health and increase economic well-being.

Our Core Strategies

- Obtain donations of needed medical supplies and equipment that are surplus in the US and ship them to Bolivia for distribution to non-profit health care programs that serve the poor.
- Partner with communities that have no access to health care to build, equip, operate and staff community health clinics.
- Empower community residents to manage their own clinics and related projects that meet local health, community development and educational needs.

For more information, to request a brochure, or to make a donation, please contact Mano a Mano's office at (651) 457-3141, or visit our web site at www.manoamano.org.

Our Year: 238,000 Patients, 12 New Clinics & More

As you can see from the highlights below, 2005 was a year filled with progress for Mano a Mano. As always, we salute our volunteers, donors and staff in the US and Bolivia for bringing better health to rural Bolivians. Below, find a sampling of our accomplishments, with comments from people affected by our work.

For more details on what we got done in 2005 — and for a look at our finances — go to www.manoamano.org after March 31 for a full annual report, including audited financial statements.

Health Services

- Clinic doctors and nurses saw 237,986 patients.
- 39,271 women and children were vaccinated.
- 1,285 babies were born in safe clinic conditions—none died at birth.

Clinic Construction

- 12 community clinics were completed in 2005—an average of one clinic per month.
- 10 volunteers in each clinic community were trained to serve as health promoters and emergency first responders.

Medical Supplies & Equipment

- 160,000 pounds of medical supplies and equipment were collected, sorted, packed and shipped.
- 7 containers were shipped and cleared through Bolivian customs in 2005.

Infrastructure

- Public baths and laundry facilities were built in 3 communities.
- 47 kilometers of roads were leveled and improved, connecting isolated villages to main roads.
- *"The road Mano a Mano helped us build was the only hope for opening*

the gates of our community to commerce." — *Community leader, El Palmar*

Sustainable Health Care

- 29 clinics built by Mano a Mano have reached complete financial independence. In self-sustaining clinics, Bolivian sources provide staff salaries, the clinics bill a national health care fund for services to pregnant women and young children; and other patients pay 15 to 30 cents per clinic visit.
- *"My salary is now paid by the government but I always feel a part of Mano a Mano. I love my patients. They travel long distances to be seen by the doctor and me. I could never abandon these people."* — *Nurse, Mano a Mano clinic at Campo Vibora*

Schools & Teacher Housing

- 6 new school buildings and 7 new housing units for teachers built



Dr. Pablo Flores examines a patient.

during 2005.

- *"The teachers who had just moved into their new homes showed us their old quarters—thatched roof shelters with dirt floors. A young woman teacher remarked that when she cooked soup in her old home, the roaches would fall from the roof into her food."* — *Mano a Mano volunteer, describing old and new teacher homes in Campo Vibora*

Emergency Medical Transport

- 3 new landing strips built in remote communities.
- 686 hours of flight time used to rescue critically ill patients or transport personnel.

Find out more about our work (or make an online donation!) on our website at www.manoamano.org.



Resident helps build a new medical clinic in the village of Mama Huasi.

Volunteers Move Mountains, Continued from Page 1

a tent until the clinic was dedicated," Dick said. "The doctor who will work in that clinic also serves four other nearby communities. He travels around by motorcycle to get to them all."

Dick was impressed by the dedication and energy of so many of the Mano a Mano staff in Bolivia. "Even though I can't speak Spanish, we communicated well using gestures and pictures. And I watched them in action. I can tell that what they are doing for the Bolivian people is something really special." (Unlike many international development organizations, in which most key personnel are foreigners, Mano a Mano's paid staff in Bolivia is all Bolivian, a policy which ensures that donations are of greatest benefit in-country. In 2005, 2% of Mano a Mano's entire budget was spent on US operations. Not much more than that—less than 6 percent of the budget—goes to administration in

Bolivia. The rest all goes to Mano a Mano's programs, all of which will be described in detail in our 2005 annual report, to be posted on our website.)

Was the trip worth repeating? Just ask Dick. "I would go back in a minute. You learn so much," he says. "For one thing, you see how blessed we are in this country. When I came back I passed a bar at the Miami airport where beer was \$3 a glass. I thought back just a few hours, and realized I had been in a place where many people don't earn \$3 in a week! It doesn't seem right. Why do we have so much here?"

"I didn't bring back any souvenirs—I didn't need any!" Dick concludes. The kids in Kirusillani all shouted after us when we were leaving, "Take us with you! Don't forget us!" I couldn't take them with me of course. But how could I possibly forget them?"

Don't Miss This Benefit Concert

Music Funds Mano: Mark your calendar for a great sampling of music from all over the world, including the Andes. Singers Ruth MacKenzie, Leo and Kathy Lara, and the Mila Vocal Ensemble are just some of the musicians participating in Global Connections, a benefit concert for Mano a Mano, 7 PM, Sat., March 25, at Unity Church Unitarian, Portland and Grotto in St. Paul. Tickets are \$15, with a \$30 cap per family. Call 651-228-1456 for more information.

US Staff Doubles! Mano a Mano USA doubled its staff size recently by hiring Nate Knatterud-Hubinger, a 22-year old graduate of the University of Minnesota's Global Studies and Spanish programs. Nate, who studied in Ecuador and Chile as an undergrad, wanted the job because it gives him a chance to broaden his knowledge of South America while improving the lot of Bolivia's underserved rural population. Nate works with volunteers, coordinates donation pick-ups, manages inventory and performs office tasks. Despite occasional Saturday work and lots of heavy lifting, Nate reports that he's pleased with the job. "I get up every day eager to go into work," he says.

Jubilee Sale: Buy crafts and food — and help support Mano — at the Jubilee Sale, set for 9 AM - 4 PM, Sat., March 25, at Gloria Dei Lutheran Church, at the corner of Snelling Ave. and Highland Parkway in St. Paul. We'll have a booth at the semi-annual craft sale, which features handiwork from around the world.