



हिमालयन स्वास्थ्य सेवा

Himalayan HealthCare

HHC ON THE BIG SCREEN

In 2010, Himalayan HealthCare was selected to be the subject of a film showcasing our humanitarian efforts in Nepal. During the spring 2011 and 2012 treks, Debi Lang, a photojournalist who covered the Iraq War, and her volunteer film crew traveled to the Dhading region of Nepal with HHC medical volunteers to shoot the documentary *Hearts In the Himalayas*.



Lang interviews Anil for *Hearts in the Himalayas*

"Our entire team was honored that HHC trusted us to tell their story," says Lang. "It is amazing what they have accomplished over the last 20 years, especially when the chaos of a decade long civil war is factored in. HHC has definitely raised the benchmark for the selection of future documentary subjects."

To view a preview of the film, visit the HHC website: himalayanhealthcare.org/node/56

The film premieres September 22 in Boston and will be shown at other HHC fundraisers across the US.

MOVIE SHOWINGS

Himalayan HealthCare will host the New York City premiere of *Hearts in the Himalayas* on the evening of Friday, September 28, at the Scholastic Auditorium, located at 557 Broadway. The viewing will be followed by a cocktail reception and crafts sale featuring JeevanKala products

Anil Parajuli, HHC cofounder will attend the event in New York City as well as other events around the country. In Boston Anil and Ms Lang will discuss the making of *Hearts in the Himalayas*.

September 20, Buffalo, NY
September 22, Boston, MA
September 23, New Hampshire
September 28, New York City
First week October, Boulder, CO

For details and tickets visit the HHC website.

UPCOMING TREK DATES

November 17 – December 3, 2012
March 30 – April 15, 2013

HELP FUND WOMEN'S REPRODUCTIVE HEALTH

Paula R. Dhanda, MD, a specialist in surgery, obstetrics and gynecology and the founder of Worldwide Healing Hands is coming to Ilam, Nepal. After working in Chad in 2009 and Haiti in 2010 and 2011, Dr. Dhanda is bringing a team of physicians, a midwife and two anesthesiologists who will perform surgeries at our hospital in Ilam during the course of their stay and provide further training for HHC and government clinic midwives. In this geographically isolated area, the assistance of a skilled midwife is often the only chance a woman and her child have to survive childbirth. Dr. Dhanda is seeking \$3,000 to sponsor the midwife training camp in Ilam as well as 500 clean delivery kits to be used by HHC midwives.

MEMORABLE EXPERIENCE

BY Caroline Jones, MD

It was the first day of our medical camp and Dr. Gary was teaching the health care workers about newborn examination when the child arrived. Her thin and tiny mother was carrying her in the traditional way – in a woven basket on her back supported by a strap across her forehead. The child was 3 years old but weighed only about 15 pounds, her emaciated body shrunken and spastic from a previous illness.

The child's large brown eyes were sunken and unfocused, her skin wrinkled, her lips cracked. Her mother had walked for a whole day to get to the clinic, leaving three

other children behind to fend for themselves. Her father had left a year or so before to work abroad – a common story for many of the families in these mountain villages. The child was feverish and motionless, severely dehydrated and near death.



Phe Dorje (HHC), mother, child, Drs Jones and Nichols

It is a rare family that hasn't experienced the death of a child. I wonder how these people can live with this horror.

We gave intravenous fluids and antibiotics intermittently as iv access proved particularly difficult and temperamental. The child remained mute except for weak tiny mewes each time a needle stick was attempted. The next day she did not seem any better and intermittently one of us would enter her room to see how she was doing, expecting to see her slipping away. I never saw her mother leave her. She cradled her child in her crossed legs tempting her to suckle every few minutes at her breasts. The mother's wide dark eyes were terrified and full of heartbreak and hardship and potential loss. I felt unable to give her much comfort and hoped that she could sense our caring.



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Late on the second day we watched in hesitant relief as the child's color returned, her eyes started to focus and she attempted to feed. The following morning she was even brighter and as we packed up and left for the next camp in Lapa, her mother, smiling, left with her in the opposite direction with a supply of oral antibiotics.

Quietly I wondered at this baby and her mother's future – it looked bleak but for the moment the child was safe. I felt privileged to have worked in a community so different from my own, to step into this world, to ask these people intimate questions about their lives and to appreciate their strengths and their struggles. This was my fourth trek with Himalayan HealthCare since 2008 and each year I have seen improvements in the villages. There are more latrines and the children are cleaner and better nourished. Yet many of our patients have never been seen by a health care provider and the need for care is ongoing and acute. I am in awe of the health care workers who remain in the villages to fend alone and do so much with so little.

BOB JACKSON STEPS DOWN FROM BOARD

Bob Jackson, MD has announced his retirement from the HHC board of directors after nearly two decades with the

organization. Bob served as president of HHC from 2000 through 2005.

Bob first became involved in HHC after reading a note in the *New England Journal of Medicine* concerning a new medical group dedicated to helping the poor of Nepal. In the spring of 1994 Bob joined HHC founders Anil Parajuli and Lisa Gomer, as well as other physicians and dentists, for a four-day trek to the village of Tipling. Chosen by HHC for its lack of government services and extreme poverty, Tipling is far off the typical tourist itinerary.

"Bob appeared as a quiet soul," said fellow board member Jack Levine, a dentist who also participated on the trek. "He was serious about his work, loved the adventure and took an immediate loving to the people of Nepal. Little did I know that this gentle face was also a leader. Bob guided us through difficult times and we were able to sustain our programs." On that first trek Bob was struck by the prevalence of diseases



Bob in Mabu with Buddhist priest and family

that had become rarities in his practice back home. The work carried out by HHC to educate the villagers, adults and children alike, and the emphasis placed on helping Nepali women compelled Bob to take a long term role in the organization.

Bob is a professor at the University of Miami where he is involved in the care of patients and is active in research and the training of physicians and researchers. Bob has received research awards from the National Institutes of Health, American Lung Association and various other organizations. Although Bob has made many trips to Nepal his current duties as Associate Chief of Staff for Research at the Miami VA are keeping him in Miami.

HHC LAUNCHES JeevanKala

Earlier this year Himalayan HealthCare launched JeevanKala, its new line of artisanal crafts handmade in Nepal. The crafts, which include handbags, woven baskets, and table linens, are primarily made using recycled materials, such as plastic snack wrappers and rubber inner tubes. The profits from the sale of JeevanKala goods support HHC programs in the artisans' villages. The artisans are paid a salary approved by the Fair Trade Association.



JeevanKala is currently being considered for membership to the Fair Trade Federation and will participate in the New York International Gift Fair, to be held at the Javitz Center in New York City from August 18-21, 2012.



JeevanKala's Booth at Winter NYIGF

JeevanKala's crafts will be located in the Handmade Global Design division and featured in the SustainAbility Display, a special juried exhibit of eco-friendly and socially responsible products. In February, JeevanKala participated in the Winter 2012 NYIGF where it sold products to dozens of retailers in 15 states across the U.S. and Canada. For more information, please visit: www.jeevenkala.com

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