Dear friends,

Many of you are aware of my medical mission last year to Abancay, Peru, with Dr. Ray Sachs and the rest of our team, where we identified what we felt was a neglected area of pediatric orthopedic care, namely congenital hip dislocations and hip dysplasia, along with other pediatric orthopedic conditions like club feet. Consequently, Dr. Sachs and I came up with a plan to teach the nursing staff at the Abancay Hospital and the surrounding community clinics to identify hip dislocations in newborns and those in the first few months of life. Here at home, newborns are checked numerous times for hip problems beginning in the newborn nursery and subsequently by their pediatricians during well baby visits for the first several months. Sadly, this is not a common practice in this very poor region where many children are born at home in remote communities and are subsequently swaddled with their hips extended and adducted, which increases the rate of dislocations and dysplasia.

Since last year’s visit, we purchased 4 latex pediatric mannequins that had dislocatable hips and more than 20 special braces to be placed on infants noted to have unstable hips. We taught a local nurse to supplement our planned teaching program by visiting the many small regional clinics that we couldn’t hope to visit during our brief stay in Abancay. In addition we purchased pediatric hip plates to be used as needed for surgical corrections.

[Image: Dr. Austerlitz examines a child for a young Peruvian mother.]
Maria Valenzuela and the Phoenix Program gain international recognition
How you're helping bring health issues before Congress and the world

It's been a fruitful 2017 for Esperança's Phoenix Program Director Maria Valenzuela and her team. Recently, Maria spoke at the Fourth Global Forum on Human Resources for Health in Dublin, Ireland. Organized by the World Health Organization, the forum focused on resources for healthworkers (doctors, social workers and community health educators). Esperança utilizes the latter to provide culturally-relevant education and resources uniquely relevant to local communities.

Maria was also recognized by the Phoenix Business Journal as a "Healthcare Hero," has spoken in front of the United States Congress on the importance of healthworkers, and has continued to directly transform thousands of lives.

Additionally, the Phoenix Program has partnered with Maricopa County Department of Public Health to launch the Parent Ambassador Program to teach parents in title I schools how to advocate for the health and well-being of their children in school. Topping off a year of successful accomplishments, a grant from Aetna was instrumental in the successful completion of a follow-up program to Salud con Sabor Latino (Health with a Latin Flavor), which Maria created as a peer-reviewed and evidence-based obesity-prevention curriculum with special attention given to the cultural traditions and strengths of the local Hispanic population.

At the forum in Ireland, Maria spoke about the challenges she faced throughout her own childhood and how they drove her to do the work she does today. In the spirit of the conference and to promote the event, Esperança's staff listed some reasons why healthworkers like Maria are so important:

Healthworkers count because:
- They Transform Lives
- They build community
- Healthier people mean a healthier society
- Health is a human right
- They provide outreach efforts and culturally sensitive solutions to communities in need
- They provide hope, knowledge and opportunities so that our children and their families have a healthier and brighter future
- They respond to local needs
- They make kids' lives better

Let us know why #healthworkers count to you!
A grateful Abancay, Peru welcomes back

Continued from page 1

and brought a pediatric orthopedic surgeon with us on this mission.

Well, we just completed this year's mission, which I must admit was a resounding success. The patients this year had been prescreened for the pediatric problems we were trying to address in addition to other problems that might need surgical treatment, or at least tertiary orthopedic consultation. There were still some children and young adults with orthopedic conditions resulting from polio and severe cerebral palsy that were beyond our help. We were kept busy in the operating room for three days and conducted accredited teaching sessions each afternoon that were attended voluntarily by the nursing staff and some of the Orthopedic attending staff. Their enthusiasm for what we were trying to accomplish was contagious and word spread quite rapidly. Our translator's sister heard about our program and asked us to teach a class at her hospital outside of Cusco upon our return from Abancay.

On our last day at Abancay, a local film crew came to the hospital to report on our stay, the hospital administrators gave us departing gifts in addition to their sincere gratitude, and the OR staff all wanted to have their pictures taken with us. Last year we were a novelty in Abancay, but our return this year showed that we were committed to helping them improve the orthopedic care of their children, and their response was overwhelming.

After last year's mission, many of you asked how you could help and generously donated funds for this year's visit. In addition, my Bridge partner, Mimi, donated the funds to purchase a portable fluoroscopy machine to be used in the operating room, where items such as paper shoe covers, masks, and gowns are in short supply. The thought of a portable C-arm wasn't even an imagination on their Christmas wish list.

Dr. Sachs examines a newborn and teaches Peruvian nurses how to look for hip instability.

Peruvian mothers customarily swaddle their children with their legs together, increasing the risk of hip dislocation and dysplasia.
esperança volunteer surgeons

Each of our missions costs about $11,500, which pays for supplies which I alluded to above, plus all of our surgical supplies and subsequent replacements that are used during the mission. The doctors and volunteer staff pay 100% of their own expenses, including transportation, housing, and meals. This means that whatever is donated is completely used for the benefit of the people we treat.

So at this time of the year, when many of you are deciding which charities and civic organizations you are going to support, I hope that you keep Esperança in mind. You can donate online by visiting WeTransformLives.org.

I wish all of you and your loved ones a happy and healthy holiday season. – Mark Austerlitz

2017 Shipments of HOPE!
Thanks to the generosity of a local donor, Esperança’s Phoenix office has a state of the art warehouse to hold millions of dollars of donated medical supplies in Nicaragua and Peru. These are desperately needed supplies that would otherwise take up space in a landfill. Instead they’re saving lives! In addition to our shipments to Nicaragua this year, we made our first ever shipment to Peru! Our 2017 year surpassed previous records, thanks to you.

$5.45 Million

110

Value of in-kind supplies and services
2016
$4.3 million

Number of surgical and warehouse volunteers
2016
75 volunteers

3 shipments to Nicaragua and 1 shipment to Peru
2016
2 shipments to Nicaragua and 0 shipments to Peru
New mental health program in Bolivia

Together, we're bringing help to troubled high school students

Rolando is a 12-year old boy, one of six children raised by his mother, as his father left the family more than a year ago. In his first year of high school, Rolando was able to participate in a project that involved comprehensive family health administered by Esperanza Bolivia, Esperança's in-country partner, with financial and technical support of Esperança.

Rolando's mother is a hardworking woman, who despite her family's economic limitations, strives to be close to her children and have open lines of communication. She is one of the mothers who always attends all the workshops that Esperança has to offer because she says each time, she learns more and more about her children's education.

Rolando was known by his classmates and teachers as a young rebel, earning failing grades and distracting his classmates.

The mental health program developed by Esperanza Bolivia consists of ongoing recreational workshops in which Rolando has been participating. The themes of the workshops are personal values, self-esteem and interpersonal communication. He worked hard in the area of violence prevention and anger management and other topics that promote mental health in the family.

The psychologist working with Rolando noted that he was gradually changing his attitude and demonstrating more empathy with his peers. At the end of the series of workshops, his mother thanked the psychologist for the support provided by the program, and therefore her son.

"Thank you! Now my son is more communicative and respectful, responsible with homework and chores around the house," his mother said. In addition, Rolando was congratulated in public by his peers because they immediately noticed that he talked in class less and listened to the teachers more. He no longer bothered other students in class, but rather demonstrated cooperation and respect.

Esperanza Bolivia reports that Rolando's story is just one of many success stories they have seen evolve over the course of the program.
Esperança Tributes & Memorials

In Memory of Richard Gonzales
Maryalvin Gonzales

In Memory of Francis Pachel
Mildred Pachel

In Memory of Dr. Winthrop R. Stewart,
Esperança's first Executive Director
Regina Stewart

In Memory her brothers Father John Tupper, OFM;
Father Luke Tupper, OFM; Gerald Tupper, JD and
her husband, Stefan Florescu
Caroline Florescu

Would you like to honor a friend or family member for a birthday or other special occasion, or make a gift in memory of a loved one? Your gift to Esperança can be designated as a tribute to or in memory of someone special.

We attempt to ensure the accuracy of our donors' names. If you note an error or omission, please contact Nicol Emerick at 602-252-7772 x107.

Tributes and Memorials from September 1, 2017 – December 8, 2017