Expanding, with Heart

Annual Report • 2016
FIMRC 2016

More Communities, More Opportunities

2016 saw the launch of our tenth project site, in our ninth country, in fourteen years. It also marked the building of our biggest clinic yet, Project Bududa (formerly Bumwaku) in Uganda. FIMRC supporters came together in record numbers, driving FIMRC’s community impact to reach more people than ever before. Across every metric imaginable, FIMRC saw growth that we are proud of and profoundly grateful for, none of which would have been possible without our supporters.
One Mission, Three Objectives

Access to healthcare is essential to the development of a community. A healthy family is more likely to achieve economic security than one who declines a timely medical intervention because of cost. FIMRC is dedicated to connecting families with the medical care that they need, when they need it, through the operation of FIMRC clinics or through connecting them with local government health centers.

Education

An educated family is a healthier family. Whether it’s teaching hand washing to kindergarteners, reproductive health education to teenagers, nutrition classes to mothers, or diabetes support to older adults, FIMRC believes that when a community is better informed, it is empowered to make better decisions that result in healthier lifestyles. FIMRC field staff provide the health education that our communities want and need.

Participation

We believe in the importance of participation at all levels: from the grassroots up to the global community. We work with communities who want to work with us. We welcome volunteers who are ready to help close the healthcare gap. With our Global Health Volunteer Program, we are inspiring the next generation of medical professionals to participate in healthcare at home and abroad.
FIMRC’s Global Impact, From Community to Community
2016 Highlights

Costa Rica:
Project Alajuelita
hosted the most volunteers:
265

Uganda:
Project Bududa
saw the most patients:
21,066

Ecuador:
Project Aracoto
began in 2016 as
FIMRC’s newest project site
From the Ground Up

A Grassroots Approach to Community Growth

Across all ten of our project sites, our pillars of access, education, and participation have been uniquely implemented to meet the specific needs of the populations we serve. We believe that the people best able to identify the needs of a community are the members of the community themselves. We strive to form the partnerships necessary to affect genuine and sustainable change for our partner communities.
Project Alajuelita

Alajuelita, Costa Rica

Project Alajuelita had the most volunteers in 2016. Not only did we welcome 265 volunteers, but with the change in clinic hours from part-time to full-time, we saw 4,118 patients this year, a 64% increase from 2015. Each FIMRC project site is custom built to cater to the unique needs of our communities, and Project Alajuelita is no different. While the clinic is in Costa Rica, 80% of the patients that we serve are Nicaraguan refugees who are unable to access the nationalized health care offered to Costa Rican citizens.

One aspect that sets Project Alajuelita apart is the full spectrum of psychological services available to our community members. Tatiana, our Field Operations Manager and resident psychologist, offers everything from individual sessions for kids and adults, to couples therapy and group therapy sessions that integrate dance and art. Tatiana provided almost 1,500 psychology sessions in 2016 alone.

Psychological services aren’t the only service available in Alajuelita. We also have a thriving primary care clinic led by Dr. Karen. Our patient waiting room education sessions are as active as ever, with volunteers and Dayan working together to present sixty different programs this year (the topic calendar being a project completed by students at Michigan State University), on top of the programs provided at Casa Club.

Access

In 2016 we provided 21% more medical consults in the clinic, and Tatiana saw 32% more patients for psychological sessions. With clinical and psychological patients combined, we saw over three thousand patients in Alajuelita last year.

Education

We partnered with a local soup kitchen to give volunteers the opportunity to immerse themselves in Alajuelita. Volunteers spend afternoons at the soup kitchen teaching health education to various groups. The program also increases awareness of FIMRC’s services.

Participation

Tatiana is becoming a leader in Costa Rica’s mental health sector as she implements a wide range of therapies to help those marginalized by poverty. To affect change on a wider scale, Tatiana started a clinical rotation program for local psychology students.

2016 Highlight

Emotions in Motion

An average of 70 people each month (over 850 total for the year) participated in expressive therapy this year. The therapy is a mix of dance and art for children and families. These non-traditional therapies help those struggling with a wide range of individuals suffering from the effects of drug or alcohol abuse, domestic violence or those searching for healthy ways to process their feelings.
Access

Our mobile clinics visit remote communities in the mountains along the border between Haiti and the Dominican Republic where healthcare is hard to find. We treated a total of 1,395 patients, a 120% increase over the number of patients treated in 2015.

Education

The staff of Project Restauración worked with volunteers to provide over one thousand education sessions in 2016. Topics included diabetes & hypertension, reproductive health, and early childhood development.

Participation

In a region where diabetes and hypertension are major issues, we run a weekly support group for 67 active patients. Services include glucose checks, education, and monthly consults with a specialist who reviews numbers and adjusts medications as needed.

2016 Highlight

Agentes de Salud

When the most enthusiastic and dedicated kids in Chicas Maravillas and Chicos Superman graduated at the end of 2015, we knew we had to keep them involved. So we started Agentes de Salud (Agents of Health), an opportunity for adolescents to become leaders in their communities. They conduct outreach on topics such as mosquito-borne diseases, sexual health, and hygiene.

Restauración, Dominican Republic

Each FIMRC project site is unique to fit the needs of their community. In Restauración, that means public health. Throughout 2016, staff and volunteers continued to refine existing programs and create new ones in response to identified community issues. Agentes de Salud trained 15 teenagers to do health outreach in their own communities, specifically with their peers. The Health Promoters, 13 area women trained in basic first aid and responsible for promoting FIMRC education classes to their networks, continued to assist their communities and we continued to refill their first aid kits throughout the year. We held a hugely successful health fair in Guayajayuco with booths offering education and activities relating to many common health concerns. Over one hundred people attended, as well as local educators and FIMRC doctors.

We taught nutrition classes at local mothers’ centers, and an “Extreme Kids” class at a local school. Our physician, Dr. Ricardo started teaching a sexual health and wellbeing class to 60 enthusiastic 8th graders. Our intern, Marina, taught a group exercise class for members of our diabetes and hypertension support group. Another intern, Alexandra, piloted a program that emphasizes the importance of early childhood development and teaches young moms different activities that they can do with their kids to encourage creative play. Those moms started teaching their friends.
Project Anconcito

Anconcito, Ecuador

Our relationship with the community of Anconcito kicked off in May of 2016 with training sessions for our local volunteers on how to take a health census. The actual census taking process had volunteers spending three days per week, every week, for three months going door to door to interview neighbors. By the end of the census, our 40 local volunteers had interviewed residents in 19 of Anconcito’s 20 neighborhoods. Census takers interviewed 1,471 households and collected health information on 6,783 people. We then analyzed the data and shared the results with the doctors at the local health center so they could more strategically plan their outreach. Then we used it to solicit feedback on health priorities from the census takers. After our analysis, we used our conclusions to form the basis of our first strategic plan for Project Anconcito.

From our analysis and community input, we learned that our first programs in Ecuador will focus on childhood nutrition (49% of children surveyed fell into subcategories across the underweight spectrum). Tackling chronic disease management is also going to be important since 40% of those surveyed reported hypertension or diabetes diagnoses. Census takers also expressed concern about the rate of teenage pregnancy, which is considered taboo and often underreported. We now have our first major projects and we’re ready to dig in.

Access

Anconcito’s “Comite de Salud” is a group of local FIMRC volunteers who work with local health officials and the community. They’re working to improve community relations, and for their first project they organized a World Aids Day event attended by 150 people.

Education

Inspired by Project Restauración’s success, Project Anconcito held their first sessions of Chicas Maravillas & Superman for 60 kids from 3 barrios, ages 7-10. This 8 week course covered topics such as nutrition, exercise, self-esteem, gender equality, and goal-setting.

Participation

When 8 medical interns left the government health clinic and only 2 new interns arrived, FIMRC stepped in to fill the gap. 3 local volunteers learned essential tasks such as patient intake and vaccinations and have been helping full time at the clinic.

2016 Highlight

Fútbol para la Vida

Over Christmas break, we took the opportunity to offer a 3 day “Fútbol (soccer) is life” camp for 13 youth ages 10-13. They spent their mornings working to hone their soccer skills and learning about HIV/AIDS and how to protect themselves so they can stay healthy to keep playing fútbol. This was one of our first youth initiatives at Anconcito and we loved the results!
Access
The clinic in Las Delicias sees, on average, 227 patients each month, for a total of 2,732 patients in 2016. 1,246 (45.6% of all patients) were children.

Education
Volunteers often give hand washing “charlas” at local schools. When our local volunteers repeated the same charla in the clinic waiting room, children present were able to teach their mothers the proper hand washing technique they learned at school!

Participation
Teaching First Aid to high school students provides the community with additional support in an emergency. It can also unlock potential and empower youth to pursue their dreams in an environment where there may not appear to be many opportunities.

2016 Highlight
Family Planning
In February of 2016, we stepped in where the government lacked resources by offering contraceptives. By December we had 58 women enrolled in the family planning program with more women on the waiting list. Not only is family planning important in promoting women’s health, it’s also a key step in helping women to take control of their own futures.

Project
Las Delicias
Las Delicias, El Salvador
One of the many challenges that all organizations face when working internationally are circumstances which are sometimes beyond our control. Take, for example, our project site in El Salvador. After observing the changing political landscape, we made the choice (out of an abundance of caution and in following the lead of the Peace Corps) to stop sending volunteers to the site in May of 2016. It was a challenging moment for us, and we wondered briefly how a lack of volunteers would hinder our work. Luckily, we embraced the idea of the FIMRC family and have continued to support clinical and outreach services despite the lack of international volunteers.

We had two local volunteers, Fatima and Cecilia, who have stepped up and become our go-to volunteering heroes. Both girls aspire to complete nursing programs and have loved the opportunity to work with and learn from Dra. Lopez (our clinic doctor) and Azucena (our clinic assistant). They have stepped in to help take vitals, have learned to give injections, observe Dra. Lopez’s consults, and help with outreach. They give “charlas” (short talks about relevant health topics) in our waiting room and accompany the team to do outreach at local schools, talking about Zika, STDs, and first aid training, for example. They’ve even started to help out with our new Diabetes and Hypertension support group, which meets once a month and adds new members each month.
Project Kodaikanal

Kodaikanal, India

Our signature programming at Project Kodaikanal takes place in different crèche programs in key neighborhoods across Kodaikanal. A crèche is a combination daycare, preschool, and Head Start program. Each month, we provide clinical and health education services to five crèches. We work with crèche administration, the children, as well as parents of all attendees to ensure that learning is provided to all stakeholders.

Between July and December of 2016, the children we serve at the crèches gained on average 5.25kg (11.55 pounds), and we saw a direct correlation between crèche attendance and weight gain, with several participants moving from “severely underweight” to “moderately underweight” and even some kids moving from ‘moderately underweight” to “normal weight.” We also work with the crèche teachers to plan regular education sessions that parents and children attend together. We see an average monthly attendance of almost 200 parents. The teachers work hard to make sessions not just educational but also engaging and creative, even going so far as to have kids perform skits for their parents about the topic of the month. The kids get to practice the material and the parents get to learn from the kids.

Access
Project Kodaikanal’s rural clinic saw 4,251 patients in 2016, an overall increase of 18% over 2015. Of which, we saw 2,849 kids under the age of 5, a 35% increase from the prior year.

Education
“Crèche parents” participate in monthly education sessions that cover a variety of topics ranging from hand washing to smoking. In October the teachers used a puppet show to educate 200 parents and kids about oral hygiene.

Participation
In November, we held a special education session for parents about the importance of family planning. Crèche teachers held a debate over the pros and cons of smaller families and educated parents on different types of contraceptives.

2016 Highlight
A Breath of Fresh Air

Many families traditionally cook meals with an open stove in their homes. The upside is that it provides heat, the downside is the constant inhalation of smoke. We have begun installing new smokeless chimneys in the homes of “crèche kids” as a way to combat chronic respiratory illness. So far, we’ve installed more than 20 chimneys but have plans to install many more.
Access

This year our child and maternal health clinic saw a total of 2,270 patients, including a 20% increase in obstetrics and gynecological patients from 2015.

Education

If you’re a pregnant woman who can’t make it to the clinic, the clinic will come to you. Our nurse, Reyneri, makes monthly home visits to all pregnant women in Limón to do an exam and provide relevant education.

Participation

On average we had eleven children participating in our malnutrition group each month, but we were also able to graduate 6 children after they maintained a healthy weight for two consecutive months.

This summer, two SIHF Fellows met weekly with adolescent girls in Limón to teach a program about dreams, goals, and reproductive health. The Fellows even went so far as to make t-shirts for the girls and to throw a party at the end of the program. When the girls took their post test after the program ended, they scored on average, 45.5% higher than on their pre tests.

Project Limón

Limón, Nicaragua

After conducting our extensive community assessment, the need was identified to provide specialty services in our community. Women’s health and pediatric services were only available in the nearest city, which is only accessible via a dirt road a couple of hours from our site. In response to that gap, we specialized our clinic. While we have a pediatrician and an OBGYN who work at our clinic a few times per week, we’ve also gotten creative in our programming—our nurses and staff also make home visits to pregnant mothers, malnourished kids, and families participating in programs that incentivize healthy behaviors.

Our programming is working—we’ve reduced pap smear processing from 4-6 months to one week. There is a high prevalence of cervical cancer in our population, so quicker results means treatment at earlier stages.

We also added weekly laboratory services which allow not just our doctors, but other health professionals in the area to more easily screen patients for a number of conditions.

This summer our SIHF Fellows looked back at our data and identified trends related to starting our prenatal home visits: there are now 30% fewer home births, 57% fewer urinary tract infections, miscarriages dropped 9%, and babies are weighing an average of 61 grams more at birth.
Huancayo, Peru

Project Huancayo brought preventative health care and education to nearly one thousand people in 2016 through holding more than 150 education sessions in and around Huancayo. Field staff and volunteers conducted monthly health campaigns to measure blood pressure, glucose, and weight. BMIs were calculated and individualized counseling was given.

We also worked in orphanages and teen mother homes presenting our Dale la Mano (“Give a Hand”) program. Dale la Mano sessions are a mix of craft projects and education on topics such as reproductive health, pregnancy, family planning, pediatric health and child development.

The Cuy project is our signature program at Project Huancayo. This project combines economic development, child and family nutrition, community health education, and organic gardening.

Working with 15 mothers in a small community outside of Huancayo, we provided them with pairs of guinea pigs (a great source of protein that can also be bred and sold to other families), nutrition education, and seeds for fruits and vegetables. We helped them plan nutritional gardens and taught them how to nurture the plants and feed their families meals that are nutritionally balanced. They then went into their communities and shared their knowledge with others.

Access
Anemia is a major concern in Peru, and guinea pigs are a common source of protein. Cuy Proyecto (guinea pig project) provides mothers with guinea pig pairs that can be bred for nutrition and extra income.

Education
We’re lending a hand (Dale la Mano) to kids at several different orphanages in Huancayo. Our program provide emotional support and focus on good hygiene, basic finances, and environmental friendliness.

Participation
Along with the cuy project, our mothers and health promoters have also planted organic gardens in their yards. These gardens include a variety of fruits and vegetables, some of which we used to provide cooking lessons and recipe demonstrations.

2016 Highlight

The FIMRC Bodega

To encourage healthy behaviors and program participation, we’ve implemented a reward program with incentives called “FIMRCs.” Community members can cash out their “FIMRCs” for things like toothpaste, soap, and school supplies. The Bodega program has increased participation by providing creating opportunities to gain knowledge and earn essential goods.
Access

The Emer Campo program brings desperately needed training and support to the volunteer firefighting crews in and around La Merced. Topics include taking vitals, CPR, wound and burn care, and other skills these teams need to save lives in emergencies.

Education

“Planeta Y WASH” (P-WASH) is FIMRC’s take on the “WASH” program, which stands for Water, Sanitation, and Hygiene. This program focuses on clean water, hand washing, and good hygiene. P-WASH is particularly popular with the kindergartners of La Merced.

Participation

San Manuelito is a school for students with special needs. Besides painting a fun and colorful mural at the school, volunteers who work in the Autism field have shared their expertise with teachers at the school, screening students and holding workshops.

FIMRC has provided the La Merced Women’s prison with the most successful prisoner program they’ve ever had: yoga. Through twice weekly sessions, women have the opportunity to experience both the physical and mental benefits that yoga has to offer. As the women become stronger and more confident in their bodies, yoga provides new tools to process trauma.

2016 Highlight

Yoga in the Women’s Prison

2016 in La Merced was all about strengthening our programming, community relationships, and the volunteer experience. As we developed our relationship with the La Merced hospital, we were able to offer expanded observation opportunities to our volunteers, both in chances to observe and in different areas of the hospital.

Our programming has consistently grown stronger and more sustainable over the year as we’ve developed our strategic plan and identified new opportunities to maximize our impact. From teaching children the hand washing song and dance, to utilizing one of our volunteers to teach CPR to the volunteer firefighters and emergency personnel.

We explored new communities this year, adding Vitoc, Incariado, Pucara, Utuyacu, and Agua Nieve. We conducted health campaigns, P-WASH sessions, installed tippy taps, and learned about their unique health needs.

We’re excited to build these partnerships further in 2017.

None of what we do would be possible without the unique collaboration of our field staff, community partners, and the energy and passion of our volunteers. One amazing group of volunteers brought a phenomenal donation of more than 2,000 pairs of eye glasses and an eye testing machine. Through the four health campaigns conducted in August, FIMRC was able to fit over one hundred people with new glasses; making work, school, and daily life easier for many people.
Project Cavite

Cavite, Philippines

FIMRC in the Philippines is about community and partnership. Through our partnership with the University of the Philippines Medical College, we work in tandem with the Phil Pen program, which gives us access to five neighborhood communities in Cavite. In 2016 we supported Phil Pen’s Barrangay Health Workers (BHWs) in screening almost one thousand people for diabetes and hypertension, two conditions that affect an alarming number of Filipinos.

If a community member is suspected of diabetes or hypertension, the BHWs will organize a trip to the Rural Health Unit (RHU), for formal testing, diagnosis, and treatment. BHWs will not only refer residents to the RHU, they’ll go along to provide support. After the screening, BHWs will also follow up with the community member periodically to check on medication and lifestyle compliance.

FIMRC’s role in the Phil Pen program includes not only helping with the organization of screening campaigns, but we provide training to the workers, educating them on how the program works, training them to take blood pressure, and hosting periodic review sessions on the necessary steps to accurately fill out the screening forms. FIMRC also developed the community data system that tracks all of the data and identifies at-risk community members for follow up care based on the World Health Organization guidelines.

Access

FIMRC Philippines provides financial, staffing, and volunteer support to the Phil Pen program, which sends health workers door to door screening people for hypertension and diabetes. Both of which are major issues in the Philippines.

Education

Just in time for New Years resolutions, FIMRC offered a series of four nutrition and cooking demonstrations that showed healthier versions of Filipino favorites such as ice candy, singagang banggus, and tinola. An average of 17 people attended each class!

Participation

What started as a one-time Zumba demonstration has now become a thrice weekly club for almost twenty members of Poblacions (neighborhoods) 1, 2, 3, and 4. They now have a regular instructor and club members are saving money to buy speakers.

2016 Highlight

Crafts at the Cancer Institute

Laughter and distraction can be great medicine. Volunteers are now spending Fridays at the Cancer Institute in Manila bonding with cancer patients. Volunteers read stories to kids, color with them, and do crafts with adults. Rosaries are a popular craft item. Our visits give patients and parents a break from the continual stress of treatment.
Access

Providing a way for laboring women get to our clinic safely is an important piece of the maternity puzzle. With funding from an Adopt a Project, we now have “Mama Bridges” built over key rivers and gorges so women can take the shortest path to safely giving birth.

Education

Our beloved “CHEs” are a favorite, not just of ours, but of our community. They play many roles in Bududa, from re-treating mosquito nets to digging pit latrines for homes that don’t have one. They also help identify people who would benefit from a clinic visit.

Participation

The Post-Test Club, known in Bududa as PTC, is a group of adults living with HIV. They support one another, participate in education sessions, and push back against the stigma of HIV. They’ve even started a savings and loan program to help each other live better lives.

2016 Highlight

“OVC” Gardens

When you’re an HIV positive child living in sub-Saharan Africa, or in any setting, being medication compliant can be challenging. Many Anti-Retro-viral drugs must be taken twice a day with food to avoid an upset stomach.

Our gardens for orphans and vulnerable children (OVC) provide nutritious food and a sense of accomplishment and ownership for HIV+ kids.

Project Bududa

Bududa District, Uganda

2016 was a remarkable and historic year for Project Bududa. It started with a bang, or a “dig” to be more specific. With a grant from the 30/30 project and partnerships with T-Mobile and Construction for Change, we built our largest clinic to date. The clinic opened at the end of February in Bushika, a subcounty of Bududa district. In the first ten months at our new clinic we provided care to over 20,000 patients. The new clinic has an on-site lab (which performed over 3,000 HIV tests in six months), a maternity ward (89 babies have been born at our clinic since July), an inpatient ward for severe malaria cases, and a pharmacy. We love our new clinic and we’re proud to be able to serve more people in the community than ever before.

Our staff has grown to include midwives, nurses, lab technicians, and more Community Health Educators (CHEs) and Patient Education Program Educators (PEPEs) than ever before. In fact health education was provided to over 10,000 of our neighbors throughout Bududa.

Malaria is one of the leading causes of death for Ugandans under five. It’s also preventable and highly treatable when diagnosed. Our clinic staff diagnosed and treated almost 3,000 cases this year and the CHE’s re-treated over 3,000 mosquito nets with permethrin, which kills mosquitoes. We tested 886 people for Malaria in October alone.
When volunteers arrive on site, we know they’re in for a life changing experience. Volunteers bring an infectious enthusiasm to our work and help us expand our reach. This year 955 volunteers donated an incredible 60,690 hours of their time to maximize our impact. Volunteers created and revised programs, made new education materials, and assisted our staff at our clinics and health campaigns.
The Global Health Volunteer Program (GHVP) is our oldest, and largest, volunteer program. GHVP volunteers spend anywhere from one week to 12 months at any of our project sites throughout the year and provide invaluable support and enthusiasm to our field staff and local communities. Here are a few of their many stories.

Dr. Daniel Griffin
Dr. Griffin spent two weeks sharing his expertise and knowledge with local medical staff, both at the hospital and during the mobile clinics. He drafted plans to improve the hospital’s infrastructure and delivered lectures on HIV and Hepatitis B to the staff. He also spoke about diabetic foot infections during the diabetes festival.

Jessica Wade, Olivia Keane
Jessica and Olivia volunteered together in May of 2016 and they had the honor of being our very first volunteers on the ground at our newest project site. Being long-term FIMRC chapter members at Clemson, they went on to start a brand new chapter at the Medical University of South Carolina.

Claire Koepke
Claire arrived with a passionate interest in maternal and child health and a willingness to share her expertise as a yoga teacher. Claire and our Program Coordinator, Dayan, led a yoga class for a group of mentally and physically challenged Casa Club members. It was one part yoga, one part dance, one part creativity, and all joy.
Our Summer International Health Fellowship (SIHF) is a unique opportunity for volunteers to spend one or two months immersing themselves in our communities. While “SIHFers” participate in many of our regular volunteer activities, they also get the opportunity to work on a special project with the guidance of our field staff.

**Matt O’Keefe**  
During his two months at Project Bududa, Matt was preparing to start his senior year at Vanderbilt where he’s in a pre-health program. He joined his fellow volunteers in observing at our brand new clinic, assisting the lab staff with HIV and malaria tests and updating education materials for our patient waiting area education program.

**Anna Guseva**  
One of our youngest SIHF volunteers, Anna had just graduated high school in her native Russia, and was preparing to attend college in the U.S. She was well regarded by the staff at Kodaikanal as being a great volunteer who worked well with a group of her fellow volunteers to build out an education module for our crèche kids.

**Sahar Jiwani**  
Sahar helped with arts and crafts projects at the cancer hospital, administered oral polio vaccines, and assisted in taking vitals and screening for hypertension with PhilPen. Upon returning to Marquette University where she’s a sophomore biomedical sciences major on the pre-health track, Sahar founded a new FIMRC chapter.
Marina Milad
A recent graduate of Hope College, Marina spent four months becoming fluent in Spanish while putting her energy into redeveloping and implementing the "Agents de Salud" (Agentes of Change) program. This program educates teenagers about physical, mental, and community health and empowers them to live healthier lives.

James Davis
How do you talk about sex with teenagers in a community that doesn’t really talk about sex? Make it fun, informative, and culturally sensitive. James (a recent graduate of Georgetown) did just that, developing the very popular Sexpertos program for local teenagers. They learned about birth control, sexual health, and healthy relationships.

Jessie Lu
Jessie took on two major projects during her internship: she taught our clinic staff members to use Excel to analyze the data available in the clinic’s Electronic Medical Records system. Jessie also surveyed community members to find out why they were willing to travel further to use FIMRC’s clinic rather than visit closer government clinics.

Internship Highlights
FIMRC interns commit to spending 3-12 months at our project sites and they provide exceptional contributions to our programming and local growth. They also get the chance to develop their language skills (to the point of acting as translators for short term volunteers), and have a unique opportunity for full cultural immersion.
The Comparative Health Immersion Rotation Program (CHIRP) is a program where third and fourth year medical & pharmacy students spend 3+ weeks on the ground with FIMRC. The Masters in Public Health (MPH) Practicum program is a six week+ program that places MPH candidates at our project sites to complete practicum projects.

**Nick Harrison (CHIRP)**

The Emer Campo program (first aid training for volunteer firefighters) received a huge boost from Nick’s time in Peru. A 4th year Medical Student at Michigan State, Nick is a future emergency physician who worked closely with our staff to build out the first aid training program. Lessons covered topics such as CPR, wound care, and vitals.

**Anna Henderer (MPH)**

As a Masters in Public Health student from Drexel University, Anna split her practicum between Project Limón in Nicaragua and Project La Merced in Peru. In La Merced she worked with our Field Operations Administrator/Yoga Teacher, Allison, to integrate trauma yoga into her classes at the local women's prison.

**Emily Pitts (CHIRP)**

A 4th year pharmacy student from the University of Notre Dame, Maryland, Emily lent not just her pharmaceutical expertise to our local partners, but also her can-do attitude to a project at the La Merced hospital where she helped to prepare a document about the adverse affects of commonly over-prescribed medications.
Chaptership

FIMRC at Home is Vibrant and Growing

Our chapter program continues to thrive with Chapters across the United States, Canada, and Australia. Our chapters fundraise, volunteer locally, and advocate for health issues across the globe. They also volunteer at our project sites, lending many hands to increase our reach in the communities where we work. Participation from our chapters increases FIMRC’s programming capacity by nearly 30%.
One of the best uses of social media that we saw in the past academic year was using Facebook, Instagram and Twitter as communication tools. That meant using social media to get your message across, reach chapter members and make the masses aware of not only chapter specific events, but FIMRC wide accomplishments. Everyone does it a little differently but the chapter at Wayne State has managed to do it particularly well and we've watched their creative and strategic use of visually appealing content generate new interest on their campus. Whether it's a beautiful poster for the fall social, a retweet of another organization's Christmas service project, or a color image reminding everyone there's a chapter meeting, Wayne State's FIMRC social media has caught everyone's attention.

The chapters at Georgia Tech and University of Georgia came together for a fundraiser to benefit both of their adopt-a-projects. In the week leading up to the big rivalry football game, both chapters set up dueling collection buckets, encouraging students to drop their pennies for the home team (and dollars against the other guys). The competition was fierce, with the Georgia Tech mascot, Buzz, putting in an appearance to rally the troops. Georgia Tech might have claimed the victory on the field but the University of Georgia claimed the victory where it mattered: the FIMRC penny war. The chapters split $368.51 between their Adopt-A-projects: the clean water initiative and Project Cuy.

Mr. Michigan strutted onto the University of Michigan's campus for the 8th year in a row, bringing eight contestants to “do a little dance, share a talent and answer ‘riveting’ questions.” Contestants represented a variety of service organizations on campus and when combined with the auction held after the winner was crowned, the University of Michigan FIMRC chapter raised almost $1500 for their adopt-a-projects in one night.

University of Michigan FIMRC chapter's annual fundraiser has not only brought in thousands of dollars over the years, it has also raised awareness of FIMRC and our programming on campus and kept the chapter going strong year after year.
Chapter Highlights

Virginia Tech

Virginia Tech maintains one of the most active schedules of all FIMRC chapters. Events include hosting healthy story time at the local library, hosting a Valentine’s Day event at a retirement home, putting together a team for Relay for Life, raising 700 pounds of food for a local food pantry, volunteering at the 3.2 for 32 event, and hosting workshops for chapter members on topics including making yourself competitive on medical school applications and the "art of the interview."

Off campus, four members of FIMRC at Virginia Tech traveled to Project Alajuelita to volunteer at our clinic and work with our community.

Kudos to Virginia Tech FIMRC for keeping members active and engaged throughout the year!

Clemson University

One key aspect of a FIMRC chapter’s long-term success is the strength of the bond between members. Members who support not just our mission but also each other are members who inspire a passion for global health in others, and in turn inspire us.

The Chapter at Clemson University does an exceptional job of turning a group of students into a family. Not only do they have regular meetings and social activities, they’ve gone so far as to build “FIMRC Families" headed by members of their Exec Board. They also plan an annual “FIMRCsGiving" potluck for all of their members and have a schedule of fun social and service activities that they participate in such as "Operation Christmas Child" which stocks shoeboxes with toys, hygiene, and school supplies for children in need.

UIUC

What earns a FIMRC chapter the honors of being “Chapter of the Year?” For the chapter at University of Illinois Urbana-Champaign, it’s a mix of exceptional fundraising, consistent chapter meetings and activities, and taking the time to make their chapter members better informed about relevant health topics.

In 2016 UIUC raised $3,662 to fully fund three different Adopt-A-Projects (HIV testing and OVC Gardens in Uganda as well as providing glucometer lancets in El Salvador). They organized multiple fundraisers throughout the year that also functioned as fun social activities for members, and each general chapter meeting also features a presentation on topics such as sickle cell anemia & malaria, biomedical ethics, and MCAT preparation.
Adopt-a-Projects are a way for FIMRC chapters and individual supporters to contribute to the health and wellbeing of our communities around the world, even if they can’t travel to volunteer on site.

FIMRC’s University of Texas at San Antonio chapter raised the bar for fundraising this year. They raised enough money for Project Cavite (in the Philippines) to purchase a used laptop for use in the office, crafting supplies for our weekly visits to the Canosa Cancer Center, and they also donated money toward the community Zumba class that is popular with both Barrangay health workers and community members working to manage their hypertension and diabetes.

How did they do it? The answer comes down to FOOD! Throughout the school year the FIMRC chapter at U.T.S.A. held at least five different fundraisers focused on one thing near and dear to the hearts of college students everywhere: cheap food. FIMRC U.T.S.A. set up their table and sold pizza, donuts, Texan Frito Pies, Raisin’ Canes, and for their grand finale, they sold fresh churros at the Fiesta U.T.S.A. campus event.

The FIMRC chapter at the University of Illinois Urbana-Champaign used their spring fundraising (including late night Quesadilla sales and their 5K run, Miles 4 Medicine) to help cover the cost of providing HIV testing at Project Bududa. Having access to reliable HIV testing is important everywhere, but is especially critical in Sub-Saharan Africa, home to the highest HIV rates in the world. We tested almost 700 patients at the clinic in just the second half of 2016, and the $1,762 raised by the U.I.U.C chapter will help us test another 2,000 patients in Bududa.

All of the adopt-a-projects for India, the Philippines, and El Salvador were fully funded. Chapters and individuals raised a combined $5,323!
University of Wisconsin-Madison

New Mom Kits

The members of the FIMRC chapter at University of Wisconsin, Madison worked together on fundraising events throughout the year in order to donate the $600 needed to sponsor a year’s worth of Project Limón’s “New Mom Kits.”

New Mom Kits are presented to expecting mothers in the Limón community of Nicaragua during a monthly baby shower which is held for all women participating in our prenatal home visit and wellness program. The goals of the program include helping more women have healthier pregnancies, and setting them up to establish healthy routines for their babies from day one. The new mom kits are a great way to encourage participation and healthy habits. What comes in the kit? Daily necessities such as baby clothes, blankets, a thermometer, nasal aspirator, diapers, nail cutters, and safe baby toys.

University of Toronto

School Gardens

Through the creative use of an annual “FIMRC Paint Night” and the occasional well-timed bake sale, the University of Toronto raised $350 to support the school gardening initiative in Anconcito, Ecuador.

What did their donation accomplish? We purchased gardening tools and seeds for two elementary schools in Anconcito. Throughout the year we helped students plant and care for their gardens while also teaching weekly classes on nutrition, good hygiene, and the environment. Veggies are divided amongst students for their families.

Adopt Your Own Project:

Inspired to sponsor your own Adopt-A-Project? Visit www.fimrc.org/adopt-a-project to see what our project sites currently need.
Financials
In 2016, we continued to improve operations and operated 26% more efficiently than in years past. As a result, we are building the foundations to serve more communities in the near future.

Total revenue for 2016: $1,808,128.19
955 volunteers donated $1,767,075.21 to support FIMRC’s programming.

Funds raised allowed FIMRC’s field staff to operate 60 programs in 2016, in addition to providing 1,425 education sessions for local community members.

Since we partnered with the 30/30 Project to build our own clinic in Uganda, our average cost per patient has dropped from $7.58 per patient to $4.98. This 34% savings was used to help treat 52% more patients in 2016.
Join the Movement