Dear FIMRC Family,

2018 was a year of unwavering focus for FIMRC as we forged effective partnerships, and continued to build and improve the services we provide to our communities across the globe. While there were difficulties to face, we remained resolute as a FIMRC family. We are poised to grow and expand in ways that we only dreamed would be possible when we first started this organization in 2002.

We are continuing to expand our FIMRC family, bringing on new team members to help extend our reach as we increase the number of volunteers who serve at FIMRC sites. We saw these efforts yield many successes, including helping us achieve our targeted Giving Tuesday donation to date, benefiting Project Bududa, Uganda. In addition, we developed exciting new partnerships with universities, high schools, and other non-profits and continued to ensure that primary care and preventative health remain at the forefront of our mission, with our communities being at the center of consideration.

I was especially proud to see our FIMRC site staff and communities truly demonstrate what it means to support one another, even across long distances. This commitment was particularly evident when we had to pause volunteer operations in May 2018 at Project Limón, Nicaragua. Thanks to our FIMRC family, clinical programs remained intact and we continue to serve this community with the same level of care that we provide across our sites. Every FIMRC site, especially within Latin America, stepped up to accommodate our growing volunteer base. In fact, we exceeded our 2017 volunteer numbers! All of our sites, we are committed to focus on access to healthcare through clinical services, health education programming, and outreach initiatives based on the feedback of the community. Because 94 percent of our staff is local, we are able to remain nimble and provide programs and services tailored to each community’s unique needs.

I’m excited for the year ahead, and to see the different ways that we’re able to expand our mission to improve access to healthcare for families around the world. As always, your support is invaluable to accomplishing our mission, and we’re so grateful to have you as a part of our FIMRC family. Your contributions, whether they may be in the form of donations, sharing your experience, or continuing to volunteer with FIMRC, have a global impact on the health of our communities; I hope you continue to engage with FIMRC for years to come.

Meredith Welsh
Chief Executive Officer

Letter from the CEO

Our Mission
To provide access to medical care for underprivileged and medically underserved families around the world.
FIMRC is a 501(c)(3), non-profit organization dedicated to improving the health of families in the developing world through the implementation of innovative and self-sustainable health improvement programs.

Through a network of outpatient clinics and partnerships, we assert a multidimensional strategy that includes clinical services, community outreach efforts, and health education programs.

All of our efforts fall under three objective pillars:

**Access**
We work to ensure that the communities we serve have the ability to seek a healthcare professional. If no infrastructure is present, we build it.

**Education**
We collaborate with partners, governments, and community members to build health education programs tailored to prevalent needs.

**Participation**
We engage with communities, volunteers, donors, and partners to make improving health from the ground up a reality.

**How We Work**

- Saw nearly 50,000 patients across 10 project sites
- Held more than 7,400 health education sessions across 10 project sites
- Welcomed more than 900 volunteers across 9 project sites
Thank You

FIMRC is able to have a powerful impact only with your support. Thank you for making tangible improvements possible!

#GivingTuesday

Thanks to the amazing support of our FIMRC Family, our 2018 Giving Tuesday campaign was our most successful campaign to date! Our Maternity Ward at the FIMRC clinic has been delivering babies since 2016, and at times there is an urgent need to refer laboring mothers to nearby hospitals for more advanced care. The only transportation available to our mothers in emergencies were motorcycles (bodas).

In 2018, our Giving Tuesday campaign supported FIMRC’s efforts to purchase our own boda ambulance that includes a motorcycle and sidecar. This transportation guarantees the safe and immediate transfer of laboring mothers to the Bududa hospital. We are so grateful for the support from our FIMRC family so we can ensure quality healthcare to our mothers and their babies at Project Bududa.

Over $5,348 raised through personal FIMRC Facebook fundraisers for #GivingTuesday.

348 babies delivered in FIMRC’s Maternity Ward in 2018.

2018 Highlights

More than 94% of our field staff are locals from the communities we serve.

267 volunteers who traveled to our sites also contributed locally through FIMRC chapters.

90% of our funds came directly from our volunteer program.

Of our 900 volunteers, more than 362 volunteers came from 33 partner organizations.

More than 70 FIMRC chapters from colleges, universities, and high schools contributed to FIMRC’s mission.

Through fundraising efforts, our chapters raised more than $18,000.
With more than 70 FIMRC chapters across high schools, colleges, and universities worldwide, FIMRC's chaptership Program provides crucial support to accomplish our mission. Even from a distance, students have the opportunity to impact communities around the world. In 2018, the University of Michigan's FIMRC Chapter -- historically one of our highest fundraising chapters -- raised $2,100 to support Project Restauración's mobile clinics. Through UofM's fundraising efforts we have been able to support mobile clinic staff and volunteers for an entire calendar year. Project Restauración operates a mobile clinic each month and these funds help provide medications, testing, and other direct medical care for patients who otherwise would not receive consistent care.

Following their donation, the UofM Chapter was able to see the impact of their extraordinary efforts through a chapter trip in December 2018. For chapters, there is no greater reward than seeing how their fundraising efforts have supported a community firsthand. Members' commitment to FIMRC grows stronger after participating in on-site programming, and they return to campus with a renewed energy to advocate for their FIMRC family.

1,511 patients received consults and screenings on mobile clinic outreaches and community health events.

50 health education sessions given in Restauración and surrounding communities.

105 volunteers directly contributed to on-site programs and services.

Costa Rica

Project Alajuelita

Auburn University student Holden Camp first volunteered with FIMRC in 2017 as part of FIMRC's Summer International Health Fellowship (SIHF) at Project Limón, Nicaragua. Holden's experience in Nicaragua inspired him to advocate for FIMRC through student organizations on Auburn's campus. In December 2018, he led an Alternative Spring Break volunteer trip to Project Alajuelita. During their week-long G.H.V.P. trip, Holden’s 12 classmates developed the same enthusiasm and passion he discovered during his first FIMRC trip.

“It was apparent they were falling in love with FIMRC, a foundation I have come to admire so much, and I couldn’t have been happier. It’s a very surreal moment when you get to introduce people to something you are passionate about and then see them reciprocate the same feelings.

It is incredible to see the change in volunteers’ perspective after one week at a FIMRC project site. Holden is just one example of our truly committed alumni around the world who volunteer with and advocate for FIMRC. His continued involvement with FIMRC has had a ripple effect, not only changing lives on his campus but in communities worldwide.

3,191 patients received medical care at FIMRC’s clinic. Additionally, our psychologist held 4,860 counseling consults through individual and group therapy.

211 health education sessions offered at the FIMRC clinic, community events, and on home visits.

282 volunteers directly contributed to on-site programs and services.

Dominican Republic

Project Restauración

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G.H.V.P.

The Global Health Volunteer Program (G.H.V.P.) provides opportunities for individuals and groups from all backgrounds to travel and serve across our many sites. Through G.H.V.P., volunteers gain direct experience in global health and learn how FIMRC ensures sustainability through unique, grassroots projects and services.

Chapters

Chapters support FIMRC through three pillars: volunteering, fundraising, and advocacy. While their focus is on supporting FIMRC’s global reach, chapter members are able to contribute to their local communities through volunteering opportunities on campus.

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Project Las Delicias

While the volunteer program has been paused at Project Las Delicias since May 2016, operations continue through the full-time local staff who operate FIMRC’s clinic and outreach programs. We take our commitment to communities seriously and appreciate the continuous support of those who help FIMRC provide access to healthcare. Megan and John Kane contribute to Project Las Delicias through monthly donations that help sustain the clinic and health education services run through our clinic. Each month the site staff have the autonomy to decide the clinic’s priorities, responding to the direct needs of the community. The Kanes’ donations have provided funding for items and programs that improve services offered, like dental treatments.

FIMRC’s self-sustainable model enables volunteer program donations to be divided among all sites, allowing continuity of care for our communities, even when political unrest keeps our volunteer program from continuing. We firmly believe in access to quality healthcare for all, and we continue to remain dedicated, flexible, and determined to find creative solutions to challenges in order to work toward our mission no matter the circumstances.

Ecuador

Student Adventure Program

In 2018, FIMRC launched SAP, its first volunteer program developed exclusively for high school students. Paloma Loudermilk, a junior at University High School in Carmel, Indiana, developed a strong connection with the community at Project Anconcito, Ecuador. Her two-week volunteer experience provided a new perspective on healthcare through clinical work, such as taking patient’s vital signs and participating in community health education programs. Beyond her healthcare perspective, Paloma’s world view expanded by living immersed within the community she served and participating in weekend excursions where she dipped her toes in the Atlantic Ocean for the first time. Paloma returned to the US determined to continue supporting FIMRC through her own fundraising initiative. Her lavender company, operated in her hometown Carmel, donated proceeds to organizations needing vitamins, and she chose to give to FIMRC upon her return. The funds were used to support medical initiatives at FIMRC sites in El Salvador and Nicaragua. SAP helped confirm Paloma’s dedication to a future career in healthcare, and continue supporting FIMRC’s mission.

El Salvador

Project Anconcito

While the volunteer program has been paused at Project Anconcito since May 2016, operations continue through the full-time local staff who operate FIMRC’s clinic and outreach programs. We take our commitment to communities seriously and appreciate the continuous support of those who help FIMRC provide access to healthcare. Megan and John Kane contribute to Project Anconcito through monthly donations that help sustain the clinic and health education services run through our clinic. Each month the site staff have the autonomy to decide the clinic’s priorities, responding to the direct needs of the community. The Kanes’ donations have provided funding for items and programs that improve services offered, like dental treatments.

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Project Limón

FIMRC is committed to developing programs that ensure our sites operate in an ethical and sustainable manner. Our commitment to sustainable programs translates to our people as well, that’s why 94% of our staff are local and live in the community they serve. Under this grassroots model, community members lead FIMRC’s programs and improve health conditions from the ground up. At sites such as Project Limón, where volunteer programs are currently on pause, this local involvement is especially crucial to maintain consistent and effective care. Our staff and the surrounding communities miss having FIMRC volunteers on site, but thanks to FIMRC Adopt-a-Projects funded by FIMRC chapters, we can continue site operations uninterrupted. In 2018, more than $3,000 was raised to support clinic structural improvements, the purchasing of condoms as a preventive health measure, and implementation of a clean water initiative through FIMRC’s Micro-Health Insurance Program. Thanks to Chapters at Marquette University, Clemson University, University of Arkansas, and the University of Wisconsin-La Crosse, Project Limón will be able to continue offering these essential health services throughout the following year.

2,325 patients received medical care at FIMRC’s clinic. This includes specialty care for malnourished children and expecting mothers and their babies.

307 health education sessions given in Limón and surrounding communities.

56 volunteers served on site before our volunteer program was put on hold due to in-country political unrest.

Project Kodaikanal

Medical professional volunteers play an important role at our sites, offering medical services and expertise that might not otherwise be readily available in the community. At Project Kodaikanal, dental hygiene is a common health concern due to many patients lacking proper dental care, especially from a young age. Kristhel Altamirano, a dentist from Ecuador, provided dental screenings to children at the crèches (daycares) and government schools in the district. In total, we screened 194 patients during her two-week volunteer trip. In addition to providing dental care, this trip allowed Dr. Altamirano to teach toothbrushing and other oral hygiene techniques. She also provided toothbrush donations for every student who attended the lessons. Her work enhanced FIMRC’s health education efforts in the community and will help sustain dental health education and promotion.

Each volunteer who serves abroad brings to the site a set of unique knowledge and skills that can benefit our grassroots programs. By creating custom programs tailored for both our volunteers and community needs, we are able to address prevalent health issues needing attention.

Adopt-a-Projects

Adopt-a-Projects provide sites the opportunity to request additional funds to achieve their goals in improving clinical services or programming for health education. Chapters or individuals choose which initiative to sponsor based on their passions, and funding throughout the year is used to make it a reality.

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Project La Merced

Through our partnership with Notre Dame Marymount University’s Pharmacy School, students spend six weeks volunteering at a FIMRC site. Students, such as Alyssa Dyett and Zainab Raza, gain a better understanding of healthcare systems in resource-limited settings, learn the importance of pharmacological care as part of health system improvement efforts, and contribute sustainably to the community by developing community-centered health education initiatives. During their time at Project La Merced, Alyssa and Zainab led health education sessions focused on personal health and hygiene as part of our Vida Saludable program; this aspect of CHIRP is what influenced them to choose Project La Merced. In addition to completing pharmacy rotations at La Merced Hospital, Alyssa and Zainab had the opportunity to rotate through the triage, operating room, and “Control de Crecimiento y Desarrollo” (pediatrics) departments. They also gained real-life exposure to how medicine differs in global settings and the importance of clinicians providing thorough patient education, especially when prescribing.

Both volunteers returned home with a newfound zest for the interconnectedness of the healthcare system.

782 patients received medical services through health outreach programs and community screening events.

63 health education sessions given through FIMRC programming and at community events.

1,921 patients received medical care through Project Huancayo’s health campaigns and outreach initiatives.

161. Volunteers directly contributed to on-site programs and services.

389 health education sessions given in La Merced and surrounding communities.

70 volunteers directly contributed to on-site programs and services.

Chirp

The Comparative Health Immersion Rotation Program (CHIRP) provides graduate-level students the opportunity to fulfill a medical rotation with a global health perspective. Participants gain experience in new healthcare settings, and modules led by site staff build knowledge of the challenges within a development setting.

Peru

Project Huancayo

A new partnership with a medical scrub company, FIGS, offered hands-on medical expertise and led health campaigns during their three days on-site. FIGS employees, including students, nurses, and physicians, volunteered at Project Huancayo as an initial trip to better understand FIMRC’s work around the world; their efforts resulted in treating more than 150 patients. FIGS’ Ambassador, an FIGS’ Ambassador, was emergyed by FIMRC’s work of “helping the healthcare system that’s already in place” and that when we left, the community continues to “have the resources to pick up where [they] left off.” In addition to returning to FIGS, FIGS’ Ambassador expressed interest in sending 1,500 high-quality medical scrubs to the local hospital in Project Huancayo. This will provide an even greater sustainable impact on FIMRC’s partner health facilities. FIGS continues to support FIMRC and help FIMC’s team reach our [desired] media campaigns. By encouraging potential volunteers to support FIMRC through volunteering and advocacy, they help ensure our efforts to build sustainable responsible programs can continue to thrive.

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161. Volunteers directly contributed to on-site programs and services.

Peru

Partnerships

FIMRC creates complementary partnerships with our communities’ needs in mind. The goals and structure may vary but always work towards achieving our mission. Partnerships currently include corporations, post-secondary institutions, high schools, and other non-profits looking to make a sustainable and ethical impact.
Repeat FIMRC volunteer Daniel Griffin, MD, has answered our call for his expertise by serving at multiple sites since 2017. In 2018, Dr. Griffin collaborated with community partners at Project Bududa, FIMRC’s largest clinical operation across our 10 sites, collaborating with the physicians who built FIMRC’s electronic medical record system. Dr. Griffin also took on the role of leading Continuing Medical Education (CME) trainings for staff on site. One of the most impactful contributions physician volunteers can make, CMEs are essential to FIMRC’s commitment to developing sustainable programs by providing staff with essential training needed to provide consistent and quality healthcare. Dr. Griffin educated FIMRC outpatient staff on administrative as well as emergency response protocols. Like many other FIMRC alumni, Dr. Griffin continues to support programs, even when he is not on site, by developing educational materials for our CHIRP volunteers. Having experienced site operations first-hand gives him context to create appropriate materials for the medical students to use. Long-term volunteer relationships, like our amazing partnership with Dr. Griffin, are crucial to improving our sustainable, responsible programs.

27,314 consults given at the FIMRC clinic, including outpatient visits, HIV testing/counseling, maternity ward deliveries, and maternal-child health services.

6,129 health education sessions given at FIMRC’s outpatient clinic, outreach programs, and maternity ward.

48 volunteers directly contributed to on-site programs and services.

**Philippines**

**Project Cavite**

FIMRC’s Summer International Health Fellowship provides an immersive experience to bond with a cohort of like-minded young adults in a new environment. Living within the community long-term offers volunteers the chance to build strong relationships with staff and the community, learn about a new culture, and gain a holistic understanding of how educational and health services work together to improve the health of a community. In addition to leading their SIFH projects, Fellows Jeanette Ortega and Marie Maniquad participated in a mobile-eye campaign to provide access to diagnostic services in the region surrounding Project Cavite in the Philippines. Both also had the unique opportunity to combine their volunteer experiences with the chance to reconnect with their family back home in the Philippines.

**S I H F**

The Summer International Health Fellowship (SIHF) provides undergraduate, first and second year graduate students the opportunity to serve at one FIMRC site for one or two months during the summer. Fellows gain clinical exposure, participate in health education, and contribute to a sustainable project.

244 patients seen through health campaigns, home visits, and screening fairs.

9 health education sessions given in Cavite and surrounding communities.

48 volunteers directly contributed to on-site programs and services.

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**Uganda**

**Project Bududa**

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**Alumni Program**

FIMRC’s Alumni Program engages former volunteers to continue contributing to our mission. Opportunities are endless through the Reference Program, visiting new project sites, becoming a Campus Representative, starting a FIMRC Chapter, funding an Adopt-a-Project, or making other contributions.
Your support and involvement is important to us and has a sustainable and ethical impact across the globe. We hope to continue to have your support for years to come.

Thank you to our FIMRC Family

Financial Report

Financial responsibility and transparency are FIMRC priorities. Thanks to dedicated partners, volunteers, and donors that join our mission, we continue to improve the care we offer worldwide.

Total revenue earned: $1,590,312

94.6% of revenue came from FIMRC’s Volunteer Program

Expenditures

83% Programming
14% Administrative
3% Service & Credit Card Fees

94.6% of revenue came from FIMRC’s Volunteer Program