

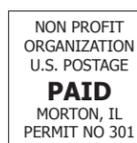
A heartfelt thank you to Child Sponsors who continue to support the Medical Mission with monthly, quarterly and annual gifts. Your continued generosity is greatly needed and very much appreciated!

If your support ceased with the end of the Sponsor Program, would you consider beginning again with perhaps \$10, \$15 or \$20 per month?

One very important way your dollars will help is with our Medika Mamba Program for severely malnourished infants and children. Without this nutrient dense "peanut butter medicine", as the Haitians call it, children will die.

Medika Mamba brings these infants back from the brink of death, but is expensive for a six week course. We have had to limit the number of babies put on the program due to cost. As you can imagine, this is heartbreaking. Your monthly gift will help us provide Medika Mamba to all children who need it, as well as maintain other life-saving, impactful programs!

If you are able, please help.



Work Team Leaves Clinic Gleaming

THANK YOU to the work team who spent the first week of March doing heavy-duty scrubbing of fans, cupboards, windows, counter tops and anything within reach of a soapy cloth, bleach solution or straight ammonia (Jane Hense, Jane Gray and Maggie Jackson). And to Corkey Gray, who lead the team in painting most of the 6,000 sq. ft. clinic, with the help of Haitian workers.

Thanks also to Ed Monroe and Bill Cicalla, who worked diligently to get the Pharmacy ready for the incoming Team.

"We are happy and proud of the bright clean walls and organized rooms, of the new sheets on every bed and the stacks of new towels for our medical teams' comfort. We are making notes to ourselves about what we want to do next time and regretting the work we couldn't get to this time, but we have had such a great productive and fun week here," said Jane Hense.



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Newsletter • Spring 2015

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Welcome to our Spring edition of the FOTCOH Newsletter, which is full of truly wonderful developments and examples of great work done by our many volunteers.

As I review this one last time, I am struck by two things: 1) the fact that FOTCOH has sustained itself for 30 years and we are celebrating our 30th anniversary is truly amazing, and 2) YOU are the reason for this. Whether you are a long-time team leader or volunteer, a present or past Board Member, a former Child Sponsor, a financial donor, help with operational projects, or are newly acquainted with us, one truth remains: the last 30 years would not have been possible without your support.

For all you've done, and for all you will do, we are truly grateful.

The following excerpt from a recent post on our blog really demonstrates that what we are all working together to achieve is actually showing results. We are living out our mission each day, each clinic, each year.

Thank you for being part of this extraordinary story!

Shelly Peters,
Executive Director

Container Full of Necessities!



Thanks again to a team of Caterpillar employees headed up by Dan Brindenbaugh, from the Global Supply Network Division, a 20' container is on its way to the clinic, scheduled to arrive in late April. Volunteers will soon sleep comfortably on brand new mattresses and sheets.

A huge thank you to Sherman's, who provided 30 mattresses deeply discounted, AND waived their delivery fee! New bath towels, and four portable air conditioners, will provide volunteers with much deserved comfort. Donated cabinets and countertops will replace the 14 year old kitchen cabinets.

The container will remain in Haiti, to be used as long-needed storage at the clinic. THANK YOU to everyone who donated their time, talent and funding to make this happen!

Voices from the Clinic



I am so proud to be part of this organization in such a small way. The amount of time, effort, and financial support necessary to keep these clinics running every other month is staggering. Some people solicit corporate sponsorship, some create pockets of sponsorship at their home parishes and work places, some call on friends and family members to contribute to the cause, some are organizational donors, and some participate hands-on by attending the medical mission trips. This requires using personal vacation time and paying for room & board and airfare. We even take our food with us.

During my first mission trip in 2009 there was rampant, uncontrolled diabetes and hypertension (high blood pressure). There were lots and lots of severely malnourished children and adults.

Breastfeeding wasn't the preferred option for mothers for a variety of reasons. Now, in 2015, mothers are breast feeding longer, babies are plumper, blood pressures are decreasing and diabetics are in better control and get diabetic education as part of their care.

The Haitians come to us for treatment from all over Haiti. We have a reputation for good medical care with ongoing pharmaceutical support for hypertension and diabetes. We have a program for feeding severely malnourished children. We are organized, highly skilled health care professionals that truly care about the people and are committed to the organization's mission and goals.

We save lives. We make a difference.

Marzo Spence, RN, March Team 2015

The Most Challenging, Most Rewarding, Thing I Have Done in My Life

This has been such an amazing and surreal experience; I don't know where to begin!

First off, our team consists of exceptionally smart volunteers who are all so loving, compassionate, and helpful. We have a great mix of new and experienced volunteers. This is my first time at the FOTCOH clinic, and I am so grateful to be part of this fantastic organization.

Since our team has many volunteers that have been coming for 10+ years, they have been able to see the impact that FOTCOH has had on the people of Haiti; both the diabetes and hypertension numbers have improved significantly.

I heard from many Haitian people how much FOTCOH has done for them and how appreciative they are for the help. Some people even travel 8 hours each way to see our providers! Then they are so patient while waiting in line, sometimes all night and all day to be seen. Never in my life have I seen children so well behaved and quiet. It is amazing how no matter how sick someone is, when you ask them how they are feeling, they reply "not so bad" (in Creole of course!).

All of the people we have seen are so beautiful. It's hard to convey any and all of the emotions and experiences I have had thus far. This has by far been the most challenging thing I have done in my life, and also the most rewarding. At first I was afraid that I could not do enough for the people and the children, but I

have found that we all do the very best we can, and everything helps . . . although I think I will always be trying to do more, and do better.

I can't sugar coat the living conditions of people here or their health. We have seen so many starving and malnourished children. One child was 17 months old and weighed only 10 lbs! We've also seen many other children around 1 year of age who only weigh around 10lbs. We are so blessed to have the Medika Mamba program, which provides a nutrient-dense peanut butter medicine paste for the severely malnourished children. It is so unfortunate to think that every day, people in Haiti are dying of starvation. This breaks my heart, and then to think of the drastic difference of perspective many of the people in the States have of what poverty really is.

The amazing thing here is that no matter the conditions or ailments, no one complains of what they have . . . or rather what they do not have. I am so thankful and blessed to have this opportunity to help the people of Haiti. My perspective will forever be changed for the better.

*Jessica Wallis,
Family Nurse Practitioner Student*



Interested in being a volunteer member of an upcoming medical mission?

There may still be room on one of these upcoming Teams. Contact Team Leaders directly for more information.

- **May 11-22** Team leader: Shellie Coleman. coleman@fotcoh.org
- **July 6-17** Team leaders: Jenna Ford and Shelley Briggs-Callahan. Jennaford23@yahoo.com or Shelley5000@hotmail.com
- **Sept. 7-18** Team leaders: Steve Trainor and Peggy Gentes. Stephen.p.trainor@osfhealthcare.org or peggy.a.gentes@osfhealthcare.org
- **Nov. 9-20** Team leaders: Jenna Ford and Krissy Miars. Jennaford23@yahoo.com or Kjmairs@yahoo.com

Unable to be a mission volunteer but would like to support the teams financially?

Donating just got easier!

With a few simple clicks of your mouse, you can donate any amount you like! Simply go to <http://fotcoh.donorpages.com/May2015Team> to make your donation. It's completely secure and your information is used only by FOTCOH.

Donor Pages, an on-line fundraising software, was recently launched by FOTCOH and has raised nearly \$7,000 to date!

New Windows for the Clinic!

After fourteen years of salty sea air, surviving multiple storms and hurricanes and one devastating earthquake, the windows at the clinic were in dire need of replacement. Many, especially those in the sleeping areas, would not open properly, making sleeping in the hot, humid conditions quite miserable at times for our volunteers.



A total of 30 windows on the second and third floors were replaced with beautiful, side-opening windows. A heartfelt thank you to Steve and Maggie Jackson, who helped make this happen.

Every Little Bit Helps

By choosing Friends of the Children of Haiti when you shop at www.smile.amazon.com, Amazon will donate 0.5% of your purchase to FOTCOH!

If you do a lot of shopping on Amazon, please remember us -- a little of a lot goes a long way -- spread the word! Thank you for your support!

Would you like to follow the work being done at the clinic?

Go to www.fotcoh.wordpress.com to read "Voices from the Clinic," where all past blog posts can be found, and sign up to be notified of new posts in the future.

Mark your calendars! July 24th and September 28th, 2015

•The FOTCOH 30th Anniversary Celebration

will be held the evening of Friday, July 24th on Peoria's Riverfront, in conjunction with the Peoria Park District's Concert Series.

Live music, provided by "The Boat Drunks" on CEFCU Center Stage at The Landing, will include songs from The Beatles, Eagles, Beach Boys, REO Speedwagon, and their own originals. Please plan to join us as we celebrate this amazing milestone . . . FOTCOH-style!

A night full of fun and surprises is in store for you as we show our appreciation for all your support over the years.

•The 17th Annual Golf Benefit

will be held at the Country Club of Peoria on Monday, September 28th.

Whether you golf a lot, a little or not at all, plan to attend our largest fundraiser of the year, hosted by Corkey & Jane Gray and Steve & Maggie Jackson.

It's sure to be a fantastic day with friends, food and fun!



We would love to communicate with you via email in order to keep costs down.

Please provide your current Email address: _____

Name: _____

Clip this and mail to: **PO Box 789, Peoria, IL 61652** or Email your info to **Dgootee@fotcoh.org**