

FOTCOH

FRIENDS OF THE CHILDREN OF HAITI



PROVIDING
Healthcare
& Hope
to the HAITIAN
People



Executive Director's Corner

Nathan Ruby, Executive Director

Together, we are creating real change.

Thank you for your partnership and belief in the work we do. I look forward to sharing more of our progress and impact this year.

As we begin 2025, I want to reflect on the resilience of FOTCOH and the communities we serve in Haiti. Despite the ongoing political and economic instability which has left many nonprofits unable to continue operations, FOTCOH has remained a healthcare lifeline. In 2024, we expanded healthcare access by treating over 17,000 patients across all programs, delivering exceptional care in a region where healthcare options are nearly nonexistent. .

Looking ahead, we're staying steady and focused on being a reliable source of care and support during uncertain times. Programs like our Women's Health Initiative and WASH efforts are not just addressing immediate needs, they are laying the foundation for healthier, more resilient communities.

In a world where challenges often feel overwhelming, your support allows us to remain forward-thinking, innovative, and deeply impactful.

With gratitude and determination,

Nathan Ruby

What We Do

■ Vital Health Clinics:

Quarterly clinics serving **over 3,500 patients** with chronic disease management, prenatal care, well-child visits, acute illness and injury treatment, and medication distribution.

■ Weekly Urgent Care:

Year-round weekly care for burns, infections, chronic conditions, and other acute health issues.

■ Surgery Program:

20-25 surgeries per clinic addressing critical needs and complex cases.

■ Women's Health Initiative:

Breastfeeding education to improve child health and malnutrition treatment with Medika Mamba.

■ WASH Program:

Hygiene and sanitation education and clean water access through filters and supplies.

■ Dental Care:

Comprehensive dental services, including cleanings, fillings, fluoride treatments, and extractions.



Haiti by the Numbers

■ Healthcare Access:

- > Over **60%** of Haitians lack access to basic healthcare.
- > In rural areas like Southeast Haiti, healthcare facilities are nearly nonexistent.

■ Economic Disparity:

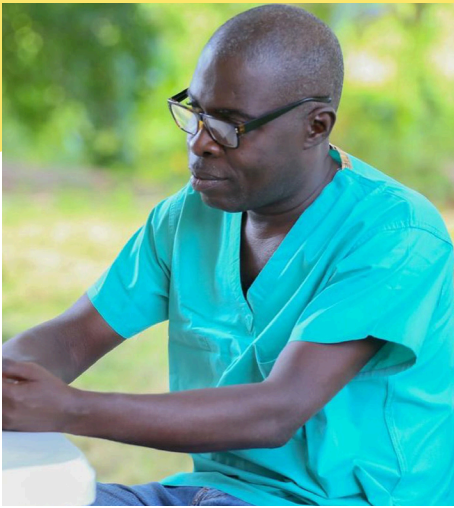
- > Haiti's per capita GDP is **\$1,693 (2023)** compared to **\$10,716** in the Dominican Republic.
- > Annual government healthcare spending is just **\$58** per person, compared to **\$12,474** in the U.S.

■ Health Challenges:

- > Neonatal and maternal mortality rates are among the highest in the world.
- > Malnutrition affects **1 in 5 children** under age five with many requiring urgent nutritional intervention.
- > Waterborne diseases like cholera remain a significant public health concern due to lack of clean water and sanitation infrastructure.

■ Infrastructure Gaps:

- > The country has no functioning public health system, leaving NGOs like FOTCOH as the primary healthcare providers.
- > Private healthcare facilities often operate on a cash-in-advance model, making care inaccessible to most Haitians.



Dr. Nelson has been a cornerstone of FOTCOH's medical team since 2017, bringing his skills as a general practitioner and his experience as a surgical liaison to the Jacmel area. Now serving as the medical director, Dr. Nelson oversees the growing demands of FOTCOH's clinics. Every day, he navigates complex medical challenges, from treating severe asthma attacks without standard medication to managing an influx of patients seeking life-changing care. **Under his leadership, the clinic has grown**

to serve up to 400 patients daily, a testament to both the immense need in the region and the dedication of the FOTCOH team.

Dr. Nelson's path to medicine wasn't an easy one. Growing up in Haiti, he was one of the few in his community who aspired to become a doctor. "When I realized that I could make this dream a reality, I knew I had to stay here," he says. Like many of his colleagues, Dr. Nelson could have pursued a career abroad, but his commitment to his homeland kept him in Haiti.

"We stayed because we love our work and we love helping people. It's not about money—it's about service."

Working at FOTCOH has allowed Dr. Nelson to live out his mission. He's seen the clinic evolve to include dental care and more advanced treatments, a progression he hopes will continue. "Our schedule is booked months

Leading the Charge for Healthcare in Haiti

Dr. Nelson

in advance and the demand is only growing," he explains. Dr. Nelson wants people to know that, despite the challenges Haiti faces, there are dedicated teams like FOTCOH providing top-quality care.

"People hear a lot of bad news about Haiti, but good things are happening here. We're caring for hundreds of people every day, showing that our country has hope and resilience."

Dr. Nelson's story is one of hope, resilience, and commitment to his community. As FOTCOH continues to expand its reach, Dr. Nelson is determined to ensure that every patient who comes to Jacmel receives the care they deserve.



Dr. Plessy, an accomplished anesthesiologist with over 15 years of experience, grew up in Jérémie in southern Haiti. Today, he lives in Port-au-Prince, yet his heart and dedication bring him to Jacmel time and again,

where he serves FOTCOH's patients. Unlike many of his peers, Dr. Plessy chose to stay in Haiti despite securing a visa to work in the United States. "I stayed because of the patients," he shares. **"This is my home and I want to make a difference where it matters most."**

Dr. Plessy is one of only about ten anesthesiologists in Haiti, a scarcity that amplifies the impact of his work. With his expertise, he's able to handle challenging, often life-saving procedures that would otherwise be impossible for patients in our area to access. One memorable case involved a young child who needed intubation for a complex surgery but traditional methods weren't working. Thinking quickly, Dr. Plessy innovated, using a nasal approach—something he'd never done before but ultimately saved the child's life.

Commitment Beyond Borders

Dr. Plessy

His dedication to FOTCOH goes beyond just clinical skills; he's deeply invested in the organization's mission. "FOTCOH is one of the only organizations in this area that provides such comprehensive medical support," he says. He dreams of expanding FOTCOH's capabilities, envisioning a future where even more people can receive care. For Dr. Plessy, working with FOTCOH is more than a career; it's a calling to help his community and uplift his country one patient at a time.

Events In Review

An Inspiring Evening at Glassy Mountain

An Inspiring Evening at Glassy Mountain

We gathered with key partners and supporters at Glassy Mountain for a memorable evening this past fall. Hosted by FOTCOH board members Brian Hersey, Ernie Aud, and Dr. Garron Lukas, along with Sharon Lukas, the event celebrated our shared commitment to FOTCOH's mission in Haiti.

We were joined via Zoom by Dr. Frantzso Nelson, Haitian Medical Director, and Andre Boyer, Country Director, who shared updates on the

Cheers to Impact at Bust'd Brewing

life-changing work happening in Haiti. Tony Ricciardi, Program Operations Specialist for Wine to Water, wowed the crowd with a live demonstration of the water filtration system providing clean water to FOTCOH's staff in Haiti for the past three years.

To show just how effective the system is, Tony took pond water from outside the Glassy Clubhouse, ran it through the filtration unit, and drank the purified water in front of an amazed audience. This system has been a game-changer for clean water access in Haiti, showing the power of innovation and partnerships in action.

Tee Off for a Brighter Future



Cheers to Impact at Bust'd Brewing

In September, Board Member Dr. Brian Bamberger hosted "Pints with a Purpose" at Bust'd Brewing in Peoria Heights. The evening was filled with energy, connection, and a shared commitment to FOTCOH's mission. Supporters came together in a vibrant show of community spirit, all united by the goal of providing life-saving healthcare in Haiti.

"The energy in the room truly showed the strength of our mission." – Dr. Brian Bamberger



Tee Off for a Brighter Future

On October 14, supporters gathered at Wee-Ma-Tuk Hills Country Club for FOTCOH's Annual Golf Outing, hosted by Board President Dr. Patrick Renick. The event brought together golf enthusiasts and dedicated supporters for a day on the green, all to support healthcare in Haiti.

With perfect weather and a shared passion for making a difference, participants enjoyed friendly competition while raising critical funds to further FOTCOH's mission. The outing was a reminder that every swing and every contribution helps create brighter futures for those we serve.

"We're not just playing golf—we're driving real change and bringing hope to communities in Haiti." – Dr. Patrick Renick



The Hammond Founder's Circle: A Lifeline of Hope for Haiti

In Haiti, where **less than 20% of health facilities function normally**, access to essential healthcare is a daily struggle. The Hammond Founder's Circle is a dedicated community committed to ensuring that life-saving healthcare reaches those who need it most.

Why Join the Hammond Founder's Circle?

Your monthly commitment changes that. It creates stability, allowing FOTCOH to plan, maintain programs, and provide consistent, high-quality care, month after month. With your help, thousands of patients will continue to receive life-saving healthcare in rural Haiti.

The Impact of Your Recurring Gift:

- You fund **surgeries** that restore mobility and save lives.
- You deliver **nutritional support** to malnourished children, giving them a chance at a healthier future.
- You ensure **clean water** and hygiene education reach remote communities, preventing disease and improving overall health.

The Impact of Your Recurring Gift:

Joining the Hammond Founder's Circle means more than giving. It's creating a healthier, brighter future for Haiti.

Become a member of the Hammond Founder's Circle today

Scan Code to sign up!



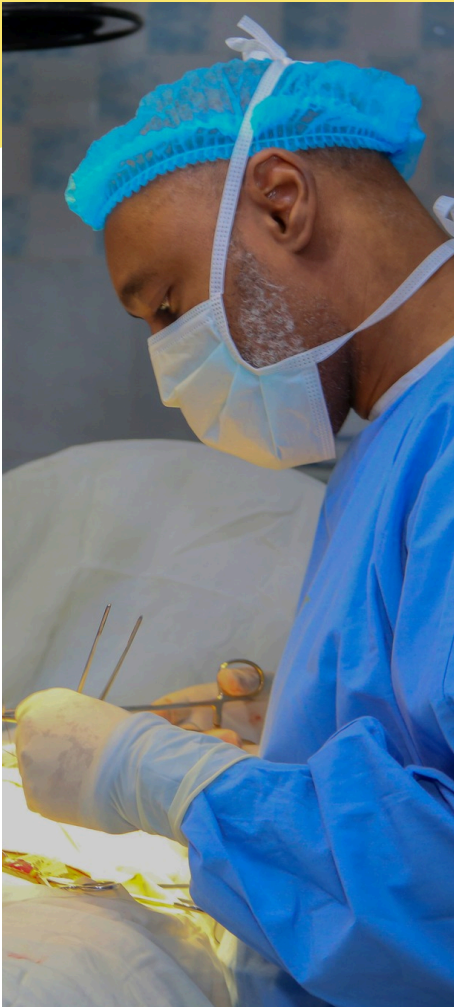
Thank you to our current members:

Lynn and Russell Avery
Ayo Bamgbose
Michael and Gretchen Brandt
Karen Cahn
Shelley and Jim Callahan
Salvatore and Lucia Caruana
Jennifer and Joshua Croland
Charles and Sandy Donley
Frank and Anne Fallon

Catherine and David Fry
Heather Hammond
James and Debra Hartrich
Jane Hoobler
Bob and Sharon Hoy
Gary and Judy Hughes
Chukwudum Ikeazor
Sarah Kelley
David Klein
Stephen and Tamara Klemm

Matthew Lerch
Mary Loftus
Elizabeth Matthews
Chontay McKay
Holly and Scott Melroe/Hawley
Timothy Nest
Kristina Oland
Henry Oliver
Michael and Marilyn Paul
Shelly and Joe Peters

Camilla Pietreniak
Marge and Jerry Repasz
Robert and Mary Ann Richardson
Matthew Smith
Debbie Sullivan-Walchuk
Donna Varda
Linda Wall Schaub
Scot and Mary Yezek



Bringing Lifesaving Surgery to Jacmel

Dr. Victor

For Dr. Victor, surgery isn't just a skill, it's a passion he's carried since medical school. Now a general surgeon with FOTCOH, Dr. Victor brings his expertise to the Jacmel area, where access to essential surgical care is limited. Growing up in Haiti, he dreamed of performing complex surgeries and helping those who might not otherwise have access to treatment. Now, with FOTCOH, he is living that dream every day.

Dr. Victor recalls a challenging yet rewarding surgery with Dr. Lukas, FOTCOH's Surgical Director. Together, they handled a complicated prostate operation for a patient who would

have had nowhere else to turn. The procedure was tough, yet the patient recovered successfully—a testament to the skill and dedication of Dr. Victor and his team. **"In Haiti, many can't afford even basic healthcare, let alone surgery," he explains. "But here at FOTCOH we're able to provide it at no cost. That's something special."**

While he's proud of the work he's been able to accomplish, Dr. Victor hopes for even greater capacity in the future. **"We do the best we can with the resources we have, but there are so many more we could help with more support."**

He envisions expanding FOTCOH's surgical capabilities to reach even more people who go without care. For Dr. Victor, his work with FOTCOH is about showing the world that Haiti has both skilled professionals and dedicated hearts, working tirelessly to bring care to communities in need.

FOTCOH

FRIENDS OF THE CHILDREN OF HAITI



OSF HealthCare

Children's Hospital
of Illinois



Meg Zakrzewski, president of OSF Children's Hospital of Illinois.

"As a healthcare organization, we are proud to support FOTCOH's mission to deliver much-needed care to underserved communities."

"Supporting the Vital Health Clinics is a meaningful way for us to live out our commitment to serving with the greatest care and love."

Partner Spotlight:

OSF HealthCare Children's Hospital of Illinois

FOTCOH is honored to recognize OSF HealthCare Children's Hospital of Illinois as a key supporter of our Vital Health Clinics. Their partnership has been essential in helping us provide consistent, high-quality medical care in Southeast Haiti.

FOTCOH is grateful for OSF HealthCare's enduring dedication to improving access to healthcare in Haiti.

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FOTCOH
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Peoria, IL 61652

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Mission Moments: Upcoming Events

Vital Health Clinics:

- April 7-17
- July 7-17
- October 6-16

TEE UP FOR IMPACT

MONDAY
OCT. 13



WEE MA TUK
COUNTRY CLUB
15722 E. KENABECK TRAIL
CUBA, ILLINOIS 61427

Grab your clubs and join us for a day of golf and giving back!
Your participation supports life-changing healthcare for those
who need it most. More details coming soon—stay tuned!

FOTCOH.org Facebook + Instagram @FOTCOH PO Box 789, Peoria, IL 61652



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