

# AmeriCares®



FALL 2009

## Emergency Airlift to Refugees in Pakistan



Photo ©2009 International Medical Corps

A boy receives health care services at a refugee camp in Pakistan

When escalating violence between Taliban forces and the government forced more than 2 million Pakistanis to flee their homes, AmeriCares airlifted medical aid to families living in crowded refugee camps. Civilians wounded in the conflict arrived at the camps in desperate need of medical attention with shrapnel lodged under their skin, bullet wounds, severe burns and other injuries.

Because of your donations, AmeriCares was able to swiftly deliver critically needed surgical supplies, antibiotics, pain relievers and topical solutions that prevent infections.

“Sadly, many people were injured in the conflict. Some even had open wounds from the bombings,” reported an AmeriCares relief worker on the ground. “Others walked barefoot for over 30 miles from the war zone that was once their home, their feet raw and covered with cuts.”

Pain relievers and medications for people with chronic illnesses, such as diabetes and high blood pressure, were also included on the airlift.

Since its founding in 1982, AmeriCares has delivered nearly \$47 million in assistance to Pakistan. After a 7.6-magnitude earthquake in 2005, AmeriCares provided emergency aid, supported the rebuilding of local health centers and established a state-of-the-art field hospital, which still serves as the primary hospital for over 50,000 people.

## Preparing for a Swine Flu Pandemic

As fear of a swine flu pandemic spread this spring, AmeriCares swiftly delivered medicines and supplies to health clinics across Mexico, Latin America and the United States. The shipments included medicines for those who fell ill as well as facemasks, gloves, hand sanitizers and other items to prevent the infection from spreading.

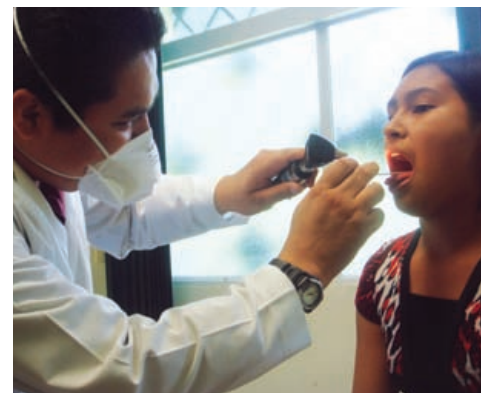
By early summer the swine flu, also known as the H1N1 influenza virus, had sickened nearly 100,000 people worldwide and had been linked to more than 400 deaths. Thanks to your generous donations and the support of many pharmaceutical manufacturers and distributors, AmeriCares had infection control supplies on hand, enabling us to respond immediately. The supplies were quickly sent to Mexico, where the first cases were reported, as well as Colombia, Ecuador, El Salvador, Guatemala, Haiti, Honduras, Nicaragua and the Dominican Republic.

Now, as we head into flu season, health officials are bracing for a swine flu recurrence that’s even more virulent and deadly.

“AmeriCares is watching the H1N1 epidemic very carefully,” said Dr. Frank Bia, AmeriCares Medical Director and an expert in infectious diseases. “As swine flu infects more people, it can adapt and become more dangerous – like a hurricane picking up strength over warm water.”

Here in the United States, supplies have been sent to clinics that provide basic health care services to the uninsured and underinsured in Texas, Mississippi, California and Connecticut. As more Americans lose their health insurance during these difficult economic times, these clinics fill an increasingly vital role.

We are also working with clinics in Arkansas, Illinois, Kentucky, Louisiana, Michigan, New York, North Carolina and Wisconsin to help them prepare for future flu outbreaks. Outreach will continue with



AmeriCares staff photo

A doctor at the AmeriCares family clinic in El Salvador wears a facemask while examining patients to avoid swine flu

our network of over 150 clinics in more than 35 states nationwide.

“The current swine flu outbreak is the same H1N1 strain as seen during the flu pandemic of 1918 when more than 20 million people died,” Dr. Bia said. “Even though we have advanced medicines today, the risk is still great – particularly in the developing world where health care is out of reach for so many.”



### From the Founder

Fondest Greetings,

Since its founding, AmeriCares has been totally a team effort, ours and yours. This has been so inscribed that we rarely use the first person singular. My letter today will be the exception, and I hope you'll understand.

Having been in a wheelchair for several years, I've had much time to THINK and THANK:

I think all of us long to find our purpose in life, and I am thankful that AmeriCares offers opportunities for us to find a life-saving purpose.

I think there is no better purpose than helping those in need. Simply and powerfully that's exactly what AmeriCares does. I thank each and everyone for making this possible.

I think we absolutely must continue to reach those who are suffering, and I thank the pharmaceutical companies for making valuable, necessary donations.

I think we have serious obligations to make these available to those in great need wherever they might be. I thank you for caring and financing our delivery to them.

I think of those waiting in line at our AmeriCares clinics hoping for medical help that they cannot afford. I'm thankful that we can serve our community by offering such compassionate care.

I think I've had the greatest privilege of a lifetime to be the founder of AmeriCares, and I thank our board members and all of our staff, past and present, for their complete dedication to our purpose.

Most of all, I thank you for believing in us.

Deepest gratitude,

Bob Macauley

# Strengthening Hospital

From the Americas to Africa and Asia, AmeriCares supplies hospital training for medical staff. AmeriCares supports more than 2,000 hospitals the world. Here are some examples of the lifesaving programs you

## TRAINING EMERGENCY MEDICAL PERSONNEL IN EL SALVADOR



Photo courtesy of Glasswing International

### First responders participate in an AmeriCares-funded training program in El Salvador

AmeriCares funds a program that trains police officers, firefighters and emergency medical personnel in rapidly assessing and treating patients experiencing medical emergencies. The goal of the program, run by Glasswing International, is to standardize procedures so first responders are better coordinated and patients arrive at hospitals stabilized with a greater chance for survival. The program also includes training for emergency room and intensive care unit doctors and nurses, as well as an exchange program bringing medical professionals from top U.S. hospitals to El Salvador to share best practices.

## IMPROVING HEALTH WORKER SAFETY IN TANZANIA



Photo courtesy of the Bugando Medical Center

### Nurses at the Bugando Medical Center learn how to safely dispose of syringes during a training session sponsored by AmeriCares

Contracting infectious diseases is an occupational hazard for health care workers everywhere, but the risks are even greater in the developing world where hospitals routinely run out of latex gloves and other protective supplies. Statistics show that more than 90 percent of health care workers infected with blood-borne diseases each year live in the developing world. AmeriCares has made a three-year, \$3.6 million commitment to improve health worker safety at the Bugando Medical Center in Tanzania – the only specialty care hospital serving a population of 13 million. AmeriCares is providing the facility with a three-year supply of safety syringes donated by BD to help prevent accidental needle sticks. Facemasks, latex gloves and other supplies will also be included. The program also provides training in safe medical practices, immunizations for hospital employees, post-exposure treatments for hepatitis B and tetanus, and improvements in hospital waste management.

## Partner in Profile: Abbott

Despite rapid economic progress over the last 20 years, a concerning number of children in Vietnam still do not receive the nutrition they need. According to the World Health Organization, more than one-third of Vietnamese children under the age of five have stunted growth and 20 percent of children in the same age group are underweight.

To combat malnutrition in Vietnam, Abbott, the global health care company, and the Abbott Fund, its philanthropic foundation, have generously supported a school-based nutrition program in partnership with AmeriCares and the Gao Diem Humanitarian Foundation. The partnership, which began in



Photo courtesy of Abbott

### A boy in Vietnam enjoys a nutritious meal thanks to a program supported by Abbott

# als Around the World

als with critically needed medicines, medical supplies and essential hospitals, clinics and community health programs in every region of r donations have helped.

## NEW HOSPITAL WING OPENS IN SRI LANKA



**AmeriCares President & CEO Curt Welling and Country Director Lisa Hilmi present medical equipment for the new hospital wing to Minister of Health Nimal Siripala De Silva**

After the Southeast Asian tsunami devastated Sri Lanka in December 2004, AmeriCares invested more than \$20 million to provide survivors with health care facilities, train nurses and rebuild schools, hospitals and water systems. One of AmeriCares largest projects in Sri Lanka was the \$3.5 million renovation and upgrade of the District Base Hospital at Elpitiya, which serves a population of 150,000. AmeriCares funded the construction of a four-story addition with two operating rooms, maternity ward and medical and surgical wards. The construction, which began in 2008 and was completed this summer, added 150 beds and doubled the number of patients served. AmeriCares also fully equipped the new facility with medical equipment and furniture.

## MOBILE CLINIC DONATED TO CHILDREN'S HOSPITAL IN NEW ORLEANS



**AmeriCares President & CEO Curt Welling hands over the mobile clinic to hospital officials**

AmeriCares recently donated a mobile clinic to the Children's Hospital in New Orleans, allowing the hospital to continue a highly successful immunization program that has vaccinated more than 55,000 children against dangerous childhood diseases. The program, called the Greater New Orleans Immunization Network, was in jeopardy of cutting back services after 11 years because the bus it had been using was becoming too expensive to maintain. With the new vehicle, hospital staff will be on the road four or five days a week administering an average of 200 free vaccines to children each session. The mobile clinic will also be available for use as a primary care facility in the event of any future emergencies in the New Orleans area. AmeriCares received the mobile unit from Nycomed U.S. Inc. and Fougere Cares, the philanthropic arm of Nycomed's Fougere division.

2006 with 372 school children in rural villages, now assists 2,300 children annually. Each child receives nutritious soy milk and other locally available, protein-rich foods, in addition to daily multivitamins. During the rainy season, when soy milk production is limited due to flooding and electricity shortages, Abbott provides its pediatric nutritional supplement PediaSure® to help maintain the nutritional gains achieved during the first half of the school year. The results seen from this successful model have been significant – in 2008, the percent of malnourished children dropped from 35 percent to 30 percent. This program is just one example of the many ways Abbott partners with AmeriCares to improve health and save lives throughout the world.

Since 1986, Abbott has provided more than \$500 million in medicines, nutritional supplements and medical supplies for people in need in more than 100 countries – including Survanta® for the prevention of respiratory distress syndrome in premature newborns in Kosovo. These donations support both AmeriCares ongoing health care programs as well as emergency shipments for Darfur refugees and survivors of major disasters like the 2008 Myanmar cyclone.

In addition to the tremendous volume of product donations, Abbott and the Abbott Fund have supported AmeriCares with cash grants including a \$1 million donation in 2005 for tsunami relief efforts.



### From the President & CEO

Dear Friends,

Despite the economic environment, AmeriCares delivered \$1 billion in aid for the second year in a row. Your continued commitment allowed us to reach this milestone and for that, we thank you.

AmeriCares delivered aid to 94 countries last fiscal year. We shipped medicines and supplies to control disease outbreaks like the devastating cholera outbreak in Zimbabwe and the swine flu pandemic that gripped the world's attention. We also provided much needed medicines and supplies for survivors of major floods and earthquakes and refugees forced out of their homes because of political violence in Darfur, Pakistan and Sri Lanka.

During this same period, AmeriCares was again awarded Charity Navigator's 4-star rating which reflects that we are growing our programs and services efficiently and effectively. In fact, more than 98% of our expenses directly support programs and aid and less than 2% represent administrative costs and fundraising costs.

We are committed to doing everything we can to help people around the world live longer, healthier lives, and to do it as efficiently as possible. We are grateful for your continued support and confidence.

With sincere appreciation,

Curtis R. Welling

# Creative Ways to Give

You can support AmeriCares by making a gift in honor of someone you care for, by shopping online or donating unused airline miles. Here are some ideas for creative ways to support our lifesaving work around the globe:

## Make a tax-free contribution from your IRA

Charitable gifts up to \$100,000 are tax-free until Dec. 31, 2009 for taxpayers age 70 ½ or older.

## Donate depreciated stocks

If you sell securities that have lost value and then donate the proceeds, you will receive two tax benefits – a charitable tax deduction for the gift and a tax deduction for the loss on the sale of securities.

## Send Hallmark Business Expressions holiday cards [www.hallmark.businessgreetings.com](http://www.hallmark.businessgreetings.com)



When you purchase cards from the Charity Collection and select AmeriCares as your charity of choice we will receive 20 percent of the net proceeds.

## Donate airline miles

United and Continental Airlines allow you to donate miles to AmeriCares to help defray the cost of transporting relief workers around the world.

## Shop uncommongoods.com

Uncommon Goods' "Better to Give Program" will give \$1 to AmeriCares if you select us as your charity of choice at checkout.

## Donate in honor of someone instead of buying them a gift

Don't fight the crowds this holiday season, make a donation in tribute to a friend or loved one on [www.AmeriCares.org](http://www.AmeriCares.org) and they will receive an E-card letting them know you have made a generous gift in their honor. It's a great idea for birthdays, anniversaries and other occasions, too!

# Voices from the Field: Niger

Barbara Margolies is the founder and executive director of the International Organization for Women & Development, Inc., a New York-based nonprofit organization that performs fistula surgeries for incontinent women in Niger. Here Margolies shares her thoughts and impressions from her work in the field supported by AmeriCares Medical Outreach Program.

I'll never forget the first time I met Mariama, a young woman who had been living with an obstetric fistula for 15 years and could not control her feces. The shame was overwhelming. She was a wreck and ready to die. She tried to commit suicide by throwing herself down a well, but her mother stopped her in time. She had given up all hope.

It was January 2004 and our medical volunteers changed Mariama's life by repairing her fistula. Today she's remarried and working for our organization as a nurse's aide, holding the hands of women living with the same humiliating condition as they go into surgery.

An obstetric fistula is a hole in an internal organ that results from a difficult, prolonged labor without medical attention. Women with fistulas constantly leak urine and feces, and are often abandoned by their husbands and ostracized from society. While fistulas have been largely eliminated in the U.S., it's estimated that at least 2 million women in the developing world today live with the repairable condition.

With help from AmeriCares Medical Outreach Program, which has donated \$2 million worth of medicines and medical supplies to our program over the years, our surgeons have improved the lives of 1,000 women in Niger like Mariama

who developed fistulas during childbirth. We bring teams of surgeons three times a year and hundreds of women are waiting in the hospital courtyard when we arrive.

Medicines and supplies are hard to come by in Niger, and oftentimes our teams have more antibiotics, catheters and other supplies than the hospitals themselves – in large part because of the donations we receive through AmeriCares. As a nonprofit organization, we could never afford to buy all of the supplies we need. Without AmeriCares, I honestly don't know what we would do.



Barbara Margolies (right) with a patient in Niger

## Countries Receiving Aid

Angola • Armenia • Belarus • Belize • Bolivia • Burkina Faso • Cambodia  
Cameroon • China • Colombia • Dominican Republic • Ecuador • Egypt  
El Salvador • Eritrea • Ethiopia • Gambia • Gaza/West Bank • Georgia  
Ghana • Guatemala • Guyana • Haiti • Honduras • India • Iraq • Jamaica  
Kenya • Lebanon • Malawi • Mexico • Mongolia • Myanmar • North Korea  
Namibia • Nepal • Nicaragua • Niger • Nigeria • Pakistan • Paraguay • Peru • Philippines  
Romania • Russia • Solomon Islands • Somalia • Sri Lanka • St. Vincent • Syria  
Tanzania • Uganda • United States • Uzbekistan • Vietnam • Zambia • Zimbabwe

## \$1 Billion Aid Milestone Reached

AmeriCares extends a special thank you to all of the supporters who helped us deliver \$1 billion in aid last fiscal year to 94 countries.

We couldn't do it without you!

# AmeriCares®

AmeriCares is a nonprofit international disaster relief and humanitarian aid organization which delivers medicines, medical supplies and aid to people in crisis around the world.

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