

December 2014



Water, health and education for Andean families.

Lamay, Cusco, Peru

www.deseaperu.org



<http://www.facebook.com/DESEAPeru>



<http://www.twitter.com/@DESEAPeru>



vitamin angels

Message from the Directors

This past year has been a fulfilling one for DESEA Peru, operating our core programs of water treatment, community nursing, and community health worker ('qhali') training in nine communities. Having fully established these programs, we are now implementing additional initiatives to help residents to foster healthy, sustainable, and politically-active communities. To this end, we are gradually diversifying DESEA programs, according to the communities' expressed needs and interests.

In 2014, in addition to qhali training, DESEA developed and tested several educational workshops, some of which were primarily for women and girls (such as reproductive health and nutrition), and others for residents at-large (such as first aid). All courses were designed to engage participants using theatre and hands-on activities. These courses have been very well received, with residents asking if we can provide more training.

The work that DESEA is able to carry out in project communities is very much thanks to the efforts of our active partners, financial contributors, private donors, and volunteers. We extend our heartfelt thanks for this support and collaboration. Our budget for the upcoming year is **USD \$ 134,400**. Please consider making a donation to help us continue with this work.



vitamin angels

Even the newest community members are excited about our program.

DESEA'S IMPACT IN NUMBERS- 2014!

- DESEA is now working in nine communities with a total of 2970 direct beneficiaries.
- DESEA qhalis (community health workers) made more than 2150 home health visits (with principal support from Vibrant Village Foundation, Christadelphian Meal-a-Day Fund, and Rotary Club of Calgary South).
- DESEA nurses and qhalis made 287 prenatal health visits and 990 postnatal/neonatal health visits.
- With contributions from NGO Vitamin Angels, 185 children received multivitamin supplements and 122 women received maternal / lactating vitamins.
- More than 700 children were tested for hemoglobin levels and received treatment for parasites; and more than 50 children with anemia received iron supplementation.
- The Mary A. Tidlund Charitable Foundation medical campaign in September 2014 offered 160 patients medical care in their home communities including 57 PAP smear exams (for many, their first time taking this vital preventative screening).
- Dental services, provided by The Mary A. Tidlund Charitable Foundation, ensured that 140 school children received much needed dental care in their home communities.
- NYC acupuncturists Luke Hamilton and Jennifer Allen treated 98 patients in four project communities.
- Databases have been maintained documenting resident health, household conditions, filter monitoring observations, and state of water supply and delivery systems.
- GPS mapping linked to database records has been completed for all community residences, schools, and community buildings.
- 85 PVC filters were installed in 2014 – bringing the total number of biosand filter installations since DESEA's inception to more than 400, serving more than 2900 people.
- 1970 water filter monitoring visits were made in 2014, with 97% of households found to be correctly using their installed filter.



Beneficiaries of
DESEA Peru
programs.

In 2015, DESEA Peru will make available programs such as women's rights; first aid; nutrition and; pre-natal and post-natal care; maintenance of water sources and delivery systems; and low-cost home improvement. With the exception of training for DESEA's qhalis and hygiene, sanitation, and water filter maintenance workshops, community residents have had virtually no access to such information, at least not presented in an easily-understood form. We regard such education as a key to the solution of particular problems – such as malnutrition and declining water supply – as well as to the long-term development of strong, self-sufficient communities.



Qhalis learn how to help a choking infant through our First Aid Training course.



Comparing protein value with food costs, community members learn the most cost effective way to increase protein in their diets at the DESEA's mock store.

For the community training programs which DESEA Peru is developing, community residents choose the topics in which they are interested, and DESEA nurses and qhalis provide the training in their home communities and in their first language of Quechua. Check out this video (by volunteer Patrick Seitzinger) about our approach to teaching nutrition using a mock store and theatre.
<http://www.youtube.com/watch?v=CelblrB2auk>

In the upcoming year, DESEA will be working with each project community to designate spaces for capacity-building activities. In the Microcuenca area, which serves three remote communities, with assemblies being held outdoors, the community is in need of a hall for meetings and workshops. With funding from Vibrant Village Foundation, and in partnership with Green Empowerment, DESEA is assisting with construction of this facility, with labour and local materials provided by residents. This building will serve numerous purposes, with space for assemblies, a small health centre, and a kitchen for community functions and women's training programs. This project also has the benefit of providing training for residents in sound practices for adobe construction.



The new Microcuenca community hall under construction.



The DESEA Peru PVC Biosand Water Filter Manual is now available for download at: deseaperu.org/downloads

In 2014, Sandy Hart completed a construction and installation manual for DESEA's PVC biosand water filter design (deseaperu.org/downloads). This biosand filter is especially well suited for remote locations to which the heavier concrete filters cannot be carried. DESEA's PVC design is currently being tested at the Centre for Affordable Water and Sanitation Technology's Water Expertise and Training (WET) Centre in Afghanistan.

'YOUR TRAINING SAVED MY CHILD'S LIFE' - Qhali Juana Puella Puma

Recently, DESEA Peru carried out a two-day first aid training session with new and long-serving qhalis. In this course, qhalis learn basic first aid procedures including how to manage a person who is choking. During this course Qhali Juana Puella Puma told us that, having learned how to manage a choking victim, she had actually saved her own child's life. Juana recounted, using an infant CPR doll, how she quickly responded to her young son Felipe who was choking. She told us that her baby son had put a piece of orange in his mouth and started to choke. Felipe started to turn blue and his eyes rolled back in his head as he began to lose consciousness. Juana quickly scooped up her son, placed him on his side, and began a series of back blows. She had to deliver about 10 blows before the piece of orange was dislodged. She said she would not have known what to do if she hadn't been trained by DESEA in this procedure. As Juana finished giving the team an animated demonstration of how she had saved Felipe's life, one of the new qhalis, Cecilia, quietly said that she wished she had known of this technique years.

Residents of the Andean communities with whom DESEA works have had virtually no prior first aid training. The qhalis now come together approximately every 6-8 months to review their training and to practise first aid scenarios. Since commencing training there have been many situations during which they have used their knowledge to assist their neighbours. This year, DESEA also began providing basic training to all interested community members. This educational program has been created by DESEA Peru for low literacy persons and is taught in their native Quechua.



Qhali Juana and her son Felipe – alive and thriving.



The annual Mary A. Tidlund Charitable Foundation medical campaign.

DESEA trains women as community health workers ('qhalis' in Quechua), and these women are credited with the positive health changes occurring in their communities. On average, each qhali works 40 hours per month making household visits to every family in her community and, although most of the qhalis have not been to school beyond Grade 3, DESEA's training program, which does not require literacy, teaches women the skills they need to provide health and education in their communities.

PUBLICATIONS AND VIDEO

Following are a few links to publications and videos relating to the work of DESEA Peru. Additional material is at deseaperu.org/downloads.

- DESEA Peru promotional video
<http://www.youtube.com/watch?v=hg1ZZ0Mx1nA>
- Frontline Health Workers blog
<http://t.co/XnQjKi5MWA>
- BC Without Borders Province ebook
<http://blogs.theprovince.com/2014/02/04/province-launches-b-c-without-borders-ebook/>

OPPORTUNITIES FOR CHANGE

Our supporters and donors are making meaningful change possible. Here are a few ways we can put your dollars to work in 2015.



School health program
\$ 300 USD



Education workshops
\$ 200 USD



Biosand water filter and monitoring
\$ 100 USD



One month qhali salary
\$ 60 USD



Community first aid supplies
\$ 30 USD



Hemoglobin testing and treatment for 10 children
\$ 25 USD

CONTRIBUTORS

DESEA Peru's work would not be possible without the significant contributions of its major partners. We wish to thank the following organizations for their substantial support and active involvement in the community projects:



Green Empowerment



Vitamin Angels

Our thanks to the following organizations which have made generous donations in support of DESEA Peru's work:

- Emanuel and Anna Weinstein Foundation, Maryland, U.S.A.
- Fundación Por Eso, Calca, Perú
- International Life Foundation, Florida, U.S.A.
- Rotary Clubs of Ajax, Ontario; Brighton, Michigan; Calgary South, Alberta; Toronto-Eglinton, Ontario; Toronto-Leaside; Toronto-Sunrise, Ontario; and Rotary District 7070, Ontario.

For a small NGO, donations from individuals are especially vital to project success. Our sincere thanks are extended to the following contributors:

Allison Rualt, Annie Barrett, Ben Paly, Bruce Williams, Carlyn Neek, Carolyn Sullivan, Donna Moon, Douglas Elliot, Dunnery Best and Françoise Ducret, Eleanor Golden, Elna Osso, James Orsulak, Janet Prosser, Jeanne Korn and Jeffrey Rasch, Jessi Oritz, Karl and Ingrid Seitzinger, John Kerr, Kathleen McGirr, Kurt Sable and Gretchen Jehle, Leslie Lamb and Ken Jansen, Maria Paly, Mary Gilmore, Melissa Schlichting, Mitch Brock, Neil Thrussell, Peter and Roma Shaughnessy, Richard and Peggy Akers, Robin Harris and Robin Sears, Steve Scheuerell, Teresa Newsome, and Terri Lawson.

Numerous volunteers assisted DESEA in 2014, both here in Peru and in their home countries. Our thanks to the following for all their help:

Annie Barrett, George and Marie Claire Heintzman, James Orsulak, Jennifer Allen, Luke Hamilton, Marina Flevotomas, Mark Thomas, Max Kudisch, Melissa Schlichting, Niall Hart, Patrick Seitzinger, Sara Disraeli, and Tarn Hart.

DISTRIBUTION OF EXPENSES 2014

