



**Water, health, and education for Andean families.**

Lamay, Cusco, Peru <http://deseaperu.org/>



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## 2014 UPDATE

There have been many recent positive changes for DESEA, including a new program coordinator, an assistant administrator and a program engineer. Expansion into the new project areas of Microcuenca Ccarampa (MCC), an evaluation of community needs and water sources, filter installations and qhali training are all moving along very well.



*More than 50% of kindergarten children returning to school were suffering with anemia, following the two-month school holiday.*



*Everyone is happy to have Judy, Bryan and Jackie join the DESEA Team.*



## NEW DESEA STAFF

Judy Chavez Ipenza, who has joined DESEA as Program Coordinator, recently completed her law degree and is finishing her Master's in social justice with a focus on women's rights. Fluent in Spanish and English, Judy will be taking on a key role as coordinator of community projects and in training of women and families in issues of social justice and women's empowerment.

Also joining the DESEA team is Jaqueline (Jackie) Paucar Florez, a recent graduate in Administration at the Universidad Andina del Cusco. Jackie is assisting on a part-time basis with book-keeping, payroll, record-keeping, data entry, and training course preparation.

Bryan Ferry, with a background in Civil Engineering and Business Administration, is working with DESEA under the auspices of our Portland-based partner, Green Empowerment. Bryan spent the previous two years working with an NGO in Nicaragua in water management and solar energy projects. His work with DESEA will primarily involve implementation of water supply and sanitation projects in MCC communities with the financial support of the Vibrant Village Foundation.

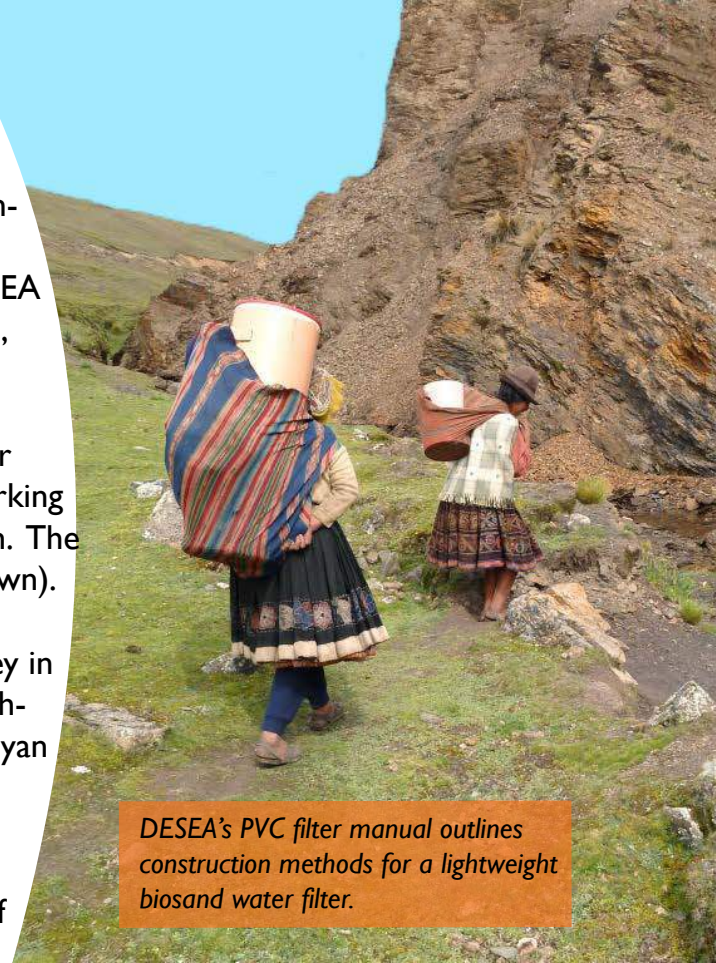


## WATER AND SANITATION

In early May, DESEA staff started up filter installations again, together with filter use and hygiene education, following the November-April rainy season. We now have approximately 70 PVC filters installed in MCC communities, with 40 more to be installed in order to provide water treatment for all homes and schools in this area. Filter monitoring by resident qhalis and DESEA nurses is continuing in DESEA's established project communities, with a near-perfect rate of correct filter usage being achieved.

Sandy has recently completed a DESEA Peru PVC Biosand Water Filter Construction and Installation Manual to enable others working in inaccessible areas to construct filters of this lightweight design. The manual is available at <http://deseaperu.org/downloads/> (scroll down).

Bryan has recently completed a detailed community needs survey in Microcuenca communities, with the help from DESEA's filter technician Rosberg as Spanish-Quechua translator and field guide. Bryan and Mary Luz are now engaged in discussions with residents in community assemblies concerning sanitation and water supply projects with which DESEA might assist. In Ttio Grande community, where DESEA will commence this work, more than 80% of residents have identified sanitation facilities as a principal need.



*DESEA's PVC filter manual outlines construction methods for a lightweight biosand water filter.*

*Qhali Juana and nurse Vilma dispense children's vitamins to 4 and 5 year olds, following hemoglobin testing and parasite treatment at the school.*



## QHALI ACTIVITIES

Qhali (community health worker) training is continuing with seven women starting the program in MCC communities plus six women in the established project communities. Each qhali is provided with a basic first aid kit so that she can assist with minor medical emergencies such as fractures and burns. This is a first in their communities, where there is virtually no community-based healthcare capacity.

Qhalis in the new project areas have now completed their first aid, prenatal and reproductive health and postnatal/neonatal health training. They are now able to support families in their communities through first aid treatment, pre-natal and post-natal monitoring, emergency deliveries, post postnatal and neonatal monitoring, illness assessment, general health visits, and water filter monitoring and maintenance.

As training proceeds the new qhalis will learn how to monitor temperature, pulse, respirations, and blood pressure and will be provided with the digital equipment to carry out basic health assessment of ill community members. Having these basic tools and an understanding of what is considered an emergency in terms of basic vital signs will significantly help community members who live up to an eight-hour walk from the nearest health post.



## COMMUNITY NURSING

DESEA nurses are maintaining their schedule of biweekly visits to each community and delivery of monthly qhali training courses. In addition they recently started offering courses to women in a range of health topics including reproductive health, and nutrition. These courses have been very well received by the women, being based on approaches using graphics and activities (such as theatre and mock stores) tailored to illiterate learners. Upcoming courses include traditional plant medicine preparation (with eucalyptus cough syrup and a balm for bronchial infections) and basic first aid. As well, DESEA plans to offer courses to men, later in the year, with topics such as reproductive health and basic first aid.

In the Cusco Region anemia testing is carried out for children up to the age of three, but not for school-aged children. Chronic malnutrition and anemia, coupled with diarrheal disease and illness severely impact the ability for school-aged children to meet their learning potential. In October and December 2013 and March-April 2014, DESEA nurse Vilma Florez and Sandra McGirr, with assistance from each qhali, conducted anemia testing of the school-aged populations in all project areas (with testing equipment on generous, long-term loan from Por Eso! Foundation). With moderate anemia found to be commonplace in the first round of testing, DESEA commenced a program of parasite treatment and iron supplementation. Levels are now gradually improving, although in some areas improvement was found to be slow during the summer break from school (where children benefit from a hot lunch program). DESEA nurses have also delivered handwashing programs and dental hygiene instruction in each school.

*Women making 'rhythm beads' to track their monthly cycle. Many women use NO birth control, so DESEA hopes that increased awareness will help prevent unwanted pregnancies.*



*A mother and child are delighted with the vitamins donated by Vitamin Angels.*



## SITE VISITS AND CAMPAIGNS

In January this year DESEA was pleased to have directors of U.S.-based Christadelphian Meal-a-Day Fund visit our filter workshop and office and tour parts of the Huarqui and Microcuenca Ccarampa Chayña project areas. Christadelphian Fund has been a strong supporter of the qhali training and community health programs.

Vitamin Angels visited in April, together with the CEO of one of their program supporters, SmartyPants Vitamins. Vitamin Angels contribute the crucial vitamin and mineral supplements for under-five children and pregnant and lactating mothers in DESEA project communities.

In May dental campaigns were funded by the Mary A. Tidlund Charitable Foundation and organized in two of the project areas with the local Ministry of Health Dentist Hilda Rodriguez. More than 80 children received crucial dental treatment for cavities and extractions and, if DESEA can raise more funds, Hilda will return to the communities this year to complete the necessary dental work for all school-age children.



## VOLUNTEERS

Numerous volunteers have been a very great help in recent months:

- A very special thanks to George Heintzman, Rotary Club of Toronto Eglinton, for his presentations to clubs in his Rotary District in support of DESEA's work.
- We're very grateful to the graphic design students of the Art Institute of Portland and to Professor Melanie Risner and Project Manager Mark Thomas for their considerable assistance and expertise in rendering our qhali training manual graphics into a more refined form and publishable format.
- Thanks to Max Kudisch for his on-going assistance with the DESEA Peru website.
- For their reviews of the DESEA Peru PVC Biosand Water Filter Manual, many thanks to Derek Baker, Eva Manzano, Melissa Schlichting, and Pat Teti.
- Thanks to Annie Barrett who has been a great help with preparation and delivery of DESEA's nutrition course for the qhalis.
- Our particular thanks to graphic designer Sara Disraeli for the production of this newsletter.

## MEDIA

Elaine O'Connor, a Vancouver Province reporter, has written an e-book - *B.C. Without Borders: 50 British Columbians Leading the Fight Against Global Poverty*- describing overseas humanitarian work by BC residents, which includes a chapter about the work of DESEA Peru.

Visit one of the following to download:

Amazon: <http://tinyurl.com/BCborders>

Kobo: <http://tinyurl.com/BCborderskobo>

iTunes: <http://tinyurl.com/BCbordersitunes>

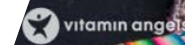
DESEA Peru's work training illiterate women as community health workers was recently recognized by the Hesperian Foundation - a leading organization in CHW training - in a Frontline Health Workers Coalition blog - <http://t.co/XnQjKi5MWA>.

Check out a video of DESEA Peru activities directed and produced by Vancouver filmmaker, Joel McCarthy - <http://youtu.be/hgI ZZ0MxInA>

## PLEASE DONATE!

Please consider helping out some of the most disadvantaged families in South America and help to pass on the word about DESEA by forwarding this newsletter. Donations of any amount are greatly appreciated!

DESEA Peru is helping to ensure healthier lives for the people of the high Andes.



Targeted donations include:

- \$300/year to support a school hygiene program (water filter installation, soap, toothbrushes, toothpaste and education).
- \$90 to purchase a permanent biosand water filter for a family including training in filter operation, hygiene and sanitation education, and filter monitoring for one year.
- \$60/month to support a qhali salary (single month or recurring).
- \$50 to establish a medical dispensary for a community.
- \$30/month – to provide first aid supplies and basic medicines for a community (single month or recurring).
- \$25 – to provide parasite medication and anemia testing for 10 under-five children.

To make a tax-deductible donation in the U.S. or Canada

**VISIT:** <http://deseaperu.org/donate/>

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