



# Metta Calana

September 2016

## When 13 is a lucky number

This marks our 13th year of making lives better for the displaced people of Burma, especially the women and children living with HIV infection and those who have never before had access to modern methods of family planning.



Through your generous donations to our nonprofit group Metta Calana, we have helped thousands of villagers from the conflict-torn areas of eastern Burma and along the Thai-Burma border region of Southeast Asia. While we cannot solve the tremendous problems facing the 500,000 displaced persons in Burma and the nearly 150,000 refugees who live in camps in Thailand, we have guaranteed medical care and are providing food and shelter for nearly three dozen HIV positive women and children and have helped train midwives who offer family planning, prenatal care and perform deliveries both routine and complicated.

Dr. Terry Smith continues his work at the Mae Tao Clinic and travels to villages in Burma to make all this happen. This last year Metta Calana supplied 48 clinics in Burma's ethnic minority areas with family planning medicines. In eight of those clinics health workers trained by Dr. Terry were able to upgrade their reproductive health skills to manage many more potentially life-threatening problems. For the most part, these clinics are isolated rural health posts in villages without running water or electricity. And despite the recent ceasefire agreements these villages remain without access to government health services. This year Terry will serve as the medical consultant over these services for the Karen Department of Health and Welfare. This means he's helping develop programs that address nutrition, immunizations, village health workers, and reproductive health services.



One of the more sustainable changes Terry has worked on is the training program for local health care workers and midwives. With this training and the medical supplies we provide, local women are teaching, educating and caring for women in these isolated villages and helping them make positive choices that improve their lives and those of their families.

Long range goals are difficult to formulate as the situation in Burma is still unfolding and many crucial aspects of the relationship between the government and ethnic groups remain to be worked out.



But we are confident that providing the tools for healthy living means people can look to the future with hope. Metta Calana's plan

for 2017 is to work with local ethnic health organizations as they expand basic health services to 10 more clinics and to upgrade five more existing clinics into ones that offer additional services, such as IUD and Implanon insertion, safe management of miscarriage and difficult birthing assistance.





*The Health Care House in Mae Sot is home to 31 women and girls living with HIV. With the anti-retroviral medicines provided to them from Mae Tao Clinic and other donors, the women are able to engage in weaving and gardening projects for income generation; the girls attend classes in the local schools with the other children from SAW.*



*The availability of long-term reversible family planning methods is new in Karen State but is rapidly gaining acceptance because of their reliability, effectiveness and ease of use. We will continue to train and equip health workers so they can offer these and other methods of family planning to even more women.*



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