

## **Annual Report 2011**

We are providing you an account of the foundation's activities and its work aimed at trying to improve the quality of human life. We manage and carry out philanthropic programs that link those who suffer with those who can grant the help that these people require. The foundation, in agreement with its objectives and principal goals, is a bridge between the people that have the means to give and those who have a variety of needs.

### **Our mission and vision:**

It is our aim to improve the quality of life for all members of not only the Chilean community, but also for people throughout Latin American and the world, especially those considered poor or who are disabled. Our main purpose is to carry out philanthropic works, especially those aimed at improving health, education, housing, nutrition and clothing. At the same time, we aim to contribute to the process of social adaptation and to improve the means of communication.

### **Institutional Development 2011: Reconstruction**

Contributions from the Chilean consulate in Melbourne made it possible for the Help for the Andes Foundation to assist in the reconstruction of the Fisherman's Cove in the town of San Antonio. It's important to acknowledge the valuable work of our team during the reconstruction of the Fisherman's Cove, which benefits 30 local fishermen and improves their quality of life and that of their families. The Foundation received several donations to carry out this project.

### **Women's rights**

Our president, Rosita Raffo has participated with the ECOSOC (The United Nations Economic and Social Council) High Level Segment by way of a presentation and has written about educational opportunities for women in the regions of the Andes. Documents have been filed that show and promote changes in policies. This document has been translated into 6 languages by the NGO Branch of the United Nations Department of Economic and Social Affairs. She wanted make people aware that improving the quality of life of Andean women is no longer optional; it is an urgent matter of social, economic and ethical necessity. The recent worldwide trend that notes an increase in female poverty is alarming, and the situation of women demands special consideration in the implementation of policies to correct social

injustices. She stated that: “Women have a vital role in combating poverty in both the formal and informal sectors of the economy, through paid and unpaid work, at home or in the marketplace.”

## **Humanitarian Aid and Medical Development**

In a important project regarding medical development, our Help for the Andes team continues its hard work to obtain humanitarian aid and has achieved what seemed impossible, the establishment a continuous source of donations from hospitals and organizations in the USA via shipping containers.

In the month of June, 60 donated Hill Rom electric clinical beds were delivered to the medical center of Dr. Sotero del Rio, and 20 beds to households of families with vulnerable elderly family members. Our organization has installed 600 hospital beds in recent years. We continue to receive humanitarian aid so that we can distribute it in ways that are useful in mitigating the suffering of the disadvantaged.

This work helps us to maintain and strengthen the ideals that inspire us so that we can continue to develop positive projects to help society. In compliance with worldwide international humanitarian law and with the collaboration of partners, we successfully raised funds in order to send a large donation of medical supplies and equipment to the Ministry of Health in Palestine to be used in hospitals in Beit Jala, etc. The donation is valued at approximately \$300,000.00 USD.

## **Social and Health Education**

### *Human Touch Program*

On June 3 and 4 at the Gala Hotel in Viña del Mar, the Foundation sponsored and organized the seminar/workshop on “Human touch and the Elderly” aimed at caregivers for the elderly. This program included the collaboration of SENAMA (National Senior Service of Chile), Valparaíso; the financial institution, Caja los Andes; the Instituto del Envejecimiento (Institute on Aging); CDI Chile (Committee for the Democratization of Information); the program “Vamos que se puede”; and the SEREMI de Salud (Regional Ministries of Health) of the fifth region.

In order to create awareness against the abuse and mistreatment of the elderly, 50 professionals of the regional office of SENAMA were trained in the frameworks of the seminar “Human Touch and the Elderly.” The aim of this activity was to improve the skills of those caring for older adults through the 169 regional precincts of SENAMA,

in order to address the diverse social needs of the elderly. The regional coordinators of SENAMA valued the implementation of this training and stressed that this initiative is of great importance because projections indicate that by 2025 half of Chile's population will be elderly; this is in addition to the current large population of older adults in Valparaíso.

The showcasing of various academic specialists, such as don Manuel Pereira (founder and creator of SENAMA, Chile), was aimed at all facets of elder care and considered the bio-social aspects that influence their lives and development. The seminar/workshop was divided into 11 sessions, and delved into issues such as developing meaning in life, intellectual stimulation, the need for movement, and exercises on how to deal with loneliness, fear, and abandonment, among other issues.

In 2011, the Help for the Andes Foundation with its collaborative program "The Human Touch" carried out important joint projects in the Valparaíso region. In conjunction with the Regional Coordinator of National Services for the Elderly, SENAMA Valparaíso trained caregivers for the elderly who work in long-term care facilities. In addition, they arranged for the visit, for the first time in Valparaíso, from the distinguished American doctor, Hunter "Patch" Adams, who gave the presentation "The Joy of Caring" on November 23. This program encouraged the implementation of a humanistic and comprehensive medical practice model that includes all the participants in a patient's care and, in that context, promotes an awareness of the value of life and old age, and the importance of humanizing in the relationship between healthcare professionals and the patient.

The collaborative project, "The Human Touch," from the Help for the Andes Foundation brought Dr. Patch Adams to Valparaíso, Chile! This event was possible thanks to the support and collaboration between the Help for the Andes Foundation; the University of Valparaíso; the financial institution, Caja Los Andes; and the management of the Port of San Antonio, Chile. During his stay, Dr. Patch Adams visited health centers in the city of Valparaíso.

Help for the Andes made possible the successful talks of Dr. Adams at the University of Valparaíso and the Federico Santa Maria Technical University in Viña del Mar. The president noted the important role of the Foundation in procuring the distinguished doctor and in presenting the program "The Joy of Caring." It was a well-regarded presentation that sought to encourage and raise the awareness of the participants

regarding the value of life and the importance of humanizing their relationships with patients.

The program produced lecture halls packed with participants who were encouraged and made aware of the value of life, with a focus on older adults, and the importance of humanizing caregivers' relationships with their patients.

In addition, the creator of laugh therapy began his extensive presentation by recalling anecdotal passages from his own life, especially in regard to his comprehensive medical practice. "No school teaches that compassion is fundamental, so I hope to develop a drug that has among its priorities the teaching of compassion," explained Dr. Adams.

Also, the founder of the Gesundheit! Institute, confided that the "worst experience I have ever seen as a doctor is [patient] loneliness and that we need friendship as much as we need water and first aid," noting that "if there is something that the elderly or any person wants, it's simply to be hugged."

It was with messages like these, before more than 2,500 participants, that Patch Adams shared his experiences on how to find the joy and the power in caring for others. His messages were not only meant to affect the lives of patients, but also to help those in the role of caregiver, by preventing the emotional fatigue that comes from caring for someone who is ill.

The Help for the Andes Foundation underscores its commitment to continue creating synergy between organizations, in pursuit of common objectives that permit sustained efforts toward comprehensive growth and for the health of this community.

### **Courses/ Training**

First aid course and patient care: A Peru-Chile work integration program aimed at community members and migrants who for one reason or another are trapped in extreme poverty and need our help to educate themselves. A certification of studies was given to participants that passed the course. The certification was delivered in collaboration with the University Wiener and the Professional Institute Carlos Casanueva in the presence of the Chief Consul for the consulate of Peru in Chile.

In recent years, this program has produced many successes. The

courses are taught during the day on Saturday and Sunday of each week with comprehensive educational training, designed especially for domestic workers.

It should be noted that this training has been provided to 140 participants during 2011. This number of participants is emblematic of the work done, the effort developed, and the training successfully completed.

**Our plans:**

The Help for the Andes Foundation has made and continues to make significant and lasting contributions to the improvement of the health, education, housing, nutrition, and clothing of the community. It also contributes to the process of social adaptation and aims to improve the means of communication.

**A. Lecture series 2012 with international speakers, world-renown in their fields.**

**The Human Touch, The sense of Life and Leadership**

During 2012, the Help for the Andes Foundation along with public and private institutions will develop, through its collaborative program "The Human Touch," a series of conferences and meetings by international figures that will allow for reflection about important themes such as the Human Touch and the Sense of Life and Leadership.

The lecture series will be designed for professionals from different areas, academics and students from various disciplines, among others, with the aim of encouraging them in their daily work, and in the search for solutions and actions that permit them to address the needs of people experiencing social vulnerability and who require special attention and care.

**General Objectives:**

- To address and foster reflection about an individual's abilities to contribute in specific areas and in ways that benefit the most vulnerable age groups, including older adults.
- To motivate participants to develop the skills necessary to achieve constructive change in their own lives, in their relationships with others, and in their communities.

**1.- Gustavo Zerbinio Conference**

Survivor of the Andes: The meaning of Life and Leadership

Forty years have passed since 1972 and what has come to be known as the “Tragedy of the Andes,” in which a Uruguayan Air Force plane, traveling with members of the Old Christians rugby team, crashed in the Cordillera of the Andes. The world is still moved by the testimonies of the survivors.

Through the personal perspectives of the survivors of the tragic accident, he will share the personal perceptions, strengths, hopes, and the limitations that may confront human beings. Thoughts will be offered on how to acquire inner strength and how to strengthen teamwork to overcome adversity in search of common goals.

## **2.- Julia Moulden**

The speaker is an internationally recognized, award-winning journalist, as well as the author of best-selling books.

“Life after 50”

Topics include: the search of social entrepreneurs and leadership with meaningful careers and the importance of change and the need to continue growing and changing throughout our lives.

Addition topics include: strategies in times of uncertainty and the strength of older adults. They are our living links with tradition and a powerful reminder of universal human values.

## **3.- Hunter “Patch” Adam in Chile with the “Human Touch”**

We again hope to bring the tremendous impact of Dr. Patch Adams’s message of love and compassion to students, professionals, authorities, and the general public.

We hope that the distinguished American doctor will return to the 5<sup>th</sup> region in order to visit the socially vulnerable patients institutionalized in medical care units and/or in long-term care facilities in the region of Valparaíso.

## **B. Chile-Peru Integration**

This project will be held in the Peruvian highlands as a joint program with the Peruvian community and Peruvian women in Chile.

It involves working with children living in Obrajillo and Canta by fostering and encouraging creativity, entrepreneurship and local identity. The project is aimed at children from families with very scarce economic and social resources. It seeks to promote local identity, which would allow these children to hold on to their cultural heritage and use it in their enterprises in order to dramatically improve their future.

It is hoped that by learning a variety of subjects, the children will be able to create or strengthen a family business, using tools such as the Internet, web design, marketing techniques applicable to their business, and English.

The children of the communities of Obrajillo and Canta will see their cultural identity strengthened and will realize their creative and entrepreneurial potential. They will also work on issues of self-esteem and self-worth in a country far from their roots.

The project will operate in conjunction with public entities, and work with about 40 children. The team of professionals will be responsible for conducting weekly workshops; the workshops will be conducted in schools in their communities. Training will cover basic education, marketing, English, social skills, entrepreneurship, art, design and web tools.

It is intended that the children from both communities will interact via the Internet, enabling an exchange of ideas and activating their cultural identity. Fairs will be organized at which they will have the possibility of showcasing their culture to the community thus fostering a strong cultural identity. Arrangements will be made jointly, allowing for frequent monitoring to ensure the quality of the intervention.

### **Final Words:**

The summary of the activities reflected in this report serve to strengthen our hopes for the work that will be undertaken in 2012. It fortifies our resolve to follow the principals that guide us. As always, we count on the valuable people and companies that have contributed and worked selflessly for this cause. To all of them, we offer our greatest and most sincere thanks.