



## Get Involved

You're invited to join us on a study tour! Experience our work abroad firsthand and contribute your skills to help our projects thrive.

- **Kenya, June 17-25**
- **Guatemala, 9 days between July 15-31 (exact dates TBD)**
- **WakeMed Obstetric Nurses in Guatemala Spring 2024**
- **Lead your own!**

Contact Andrew Herrera at [andrew@curamericas.org](mailto:andrew@curamericas.org) for more information.

**Our 40th anniversary celebration is in Durham on September 14, 2023.** We are bringing our global partners from Bolivia, Guatemala and Kenya to join us as we celebrate their accomplishments.



Leadership trip to Kenya in May 2022



Curamericas Global helps moms ensure their babies have happy, healthy childhoods.

## Honoring Ira Stollak Upon His Retirement

Ira Stollak has been Curamericas Global's secret ingredient for 15 years. Having Ira take leadership for our programs was a pivotal step for Curamericas Global as it expanded and replicated programs. Ira took to our census-based, impact-oriented (CBIO) approach like a duck takes to water. He was captivated by our history and by our commitment to community partnerships.



Ira's baptism into Curamericas was by traveling to Liberia and leading the development of a proposal to the Child Survival and Health Grants Program of the United States Agency for International Development for \$1.5 million over five years, which was funded. He then was sent to "boot camp" to learn about CBIO on the ground in Bolivia from experts like Mitma and Dardo Chavez. He still talks about how this experience shaped his entire perspective on global, community-based health.

In 2013, Ira provided training, leadership and mentorship to our colleagues in Liberia. After extensive trainings of our team in Liberia, the staff there asked Ira, "Why has no one ever shared this with us before?" Ira's leadership was pivotal in producing an incredibly successful project estimated to decrease under-5 mortality by 63% and to save the lives

of 500 children. From 2013 to 2015, Ira supported Mario Valdez and his team in Guatemala in bringing our child survival and operations research grant there to a spectacularly successful conclusion. He proved to be a master at guiding our field staff and graduate public health students from the United States in the collection and evaluation of monitoring and evaluation data, as documented in 10 papers recently published in the *International Journal for Equity in Health*.

Over the past five years, Ira has been an indefatigable support to the Guatemala team and to Andrew Herrera, executive director, and Barbara Muffoletto, program manager, providing technical leadership training in French for our newest project in Haiti. It has been our enormous privilege and joy to work with such a talented and committed public health professional who cares so deeply about saving lives of impoverished and marginalized people in a way that is just, equitable, and empowering.

Ira, congratulations on your retirement — but we aren't done with you yet! As a new member of our board of advisors and a lifelong friend, we will continue to count on your passion and commitment so that the people we serve will benefit!



Ira Stollak, center

## From Andrew

Since 1983, Curamericas Global has worked to save lives and prevent suffering. Our local partners are heroes, each day working with communities to meet their needs and build sustainable health systems. We are able to do this because of the help of our Curamericas family, whose tireless commitment helps bring us closer to our shared vision of a world free of unnecessary suffering.

We are forever grateful to the many volunteers, donors, and students who go above and beyond. We hope they know that they are part of a global team of health champions. We hope they know that, when they sit down to help Curamericas after a long day of work, they are not alone. Across the world, a nurse is working late into the night, a health worker is walking up a dirt path to reach the home at the edge of a village, a mother is patient and determined, coaxing her young infant to eat. We are all fighting for the same cause. Hundreds of people each day work to make our world better, and together we will continue to achieve great things.

Over the years, thousands of volunteers, staff and community members have joined together to make a meaningful difference in our world. Our family continues to invest because we see that it's worth it – to volunteer, to donate, to work long hours – all so that lives can be saved. **As we look toward the next 40 years, we can see a better world, one where no mother and no child dies from treatable and preventable conditions. Imagine that: ZERO unnecessary deaths.** It is this vision we work towards every day, using science, compassion, and integrity to have the greatest impact we possibly can. The need is urgent, and it is immense. I believe that our efforts are worth it, and that together, we can craft a better world for the children of tomorrow.



*Andrew Herrera*  
Executive Director, MPH, MBA

*Vision without action is a daydream. Action without vision is a nightmare.*

**"Life's most persistent and urgent question is, 'What are you doing for others?'"**

– Dr. Martin Luther King, Jr., 1957

## Hope through Health

**Join Curamericas along with UNICEF, USAID and organizations around the world by committing to end preventable child and maternal deaths by 2035.**

**86%**

of children who showed danger signs of pneumonia were attended by a health worker.

**63%**

Since its inception in 2008, Curamericas' Nehnwaa Child Survival Project in Liberia has reduced child mortality by 63% cross 120 communities.

**1,700,000**

Since 1983, Curamericas Global has provided health education and care to more than 1.7 million people in impoverished communities across the globe.

**56%**

Curamericas Global reduced maternal mortality in our project area in Guatemala by 56%.

**Thank you for partnering with us in our mission.**



## BOLIVIA Update

Since 1983, our partners at CSRA in Bolivia have continued to work in both Montero (the Amazonian lowlands) and El Alto, a fast-growing city on the Altiplano. CSRA continues to prioritize hard-to-reach indigenous communities through community-based activities such as education, vaccine distribution and the professionalization of local community health workers.

Recent accomplishments:

- Provided ongoing mentorship and training to 220 promoters, who are now providing education in their communities.
- Immunization coverage has increased in the municipalities we worked for.
- Twenty health facilities received vaccine stock.
- Improvements on health facilities continue. A water tank was installed to keep water available throughout the clinic.

< Training of health promoters in El Alto

## DONOR SPOTLIGHT: The Young Professionals Board

First founded in the fall of 2019, the Young Professionals Board (YPB) is now entering its fourth year of service. The YPB is a formal association of emerging leaders committed to advancing their professional and civic development while creating a global impact through their support of Curamericas Global in its mission. The YPB is fashioned after traditional nonprofit boards of directors and is uniquely positioned in various metropolitan areas, such as Miami, San Francisco, Baltimore and Raleigh/Durham. The board provides its members with networking and learning opportunities with other globally conscious professionals. Members of the YPB are tasked with special

projects that align their skills and interests with the needs of Curamericas Global. Projects include international program support through data cleaning and analysis, organizing fundraising activities, increasing Curamericas' network and brand, spearheading private-public partnerships, and coordinating volunteer projects. The group has raised more than \$8,000 for projects, such as bringing reliable solar power to rural health facilities, and continues to provide meaningful support to our programs here and abroad.

Do you know a young professional who is a good fit for our 2023 cohort? Send them our way!

### Meet the Young Professionals Board of 2023



**Liana Kostak**  
Member since 2021  
Baltimore, MD



**Stacie Arechavala**  
Member since 2020  
San Francisco, CA



**Claudia Tejada**  
Member since 2022  
Miami, FL



**Alexis Shindelham**  
Member since 2020  
Durham, NC



**Alyssa Rosenfeld**  
Member since 2021  
Miami, FL



**Christina Perez**  
Member since 2022  
Chapel Hill, NC



**Elysia Su**  
Member since 2020  
San Francisco, CA

## HAITI Update

In 2020, Haiti Outreach Ministries and Curamericas leadership came together to build a community-based, maternal-child health project in Repatriote, Haiti.

The collaborative project is called *Pwojè Manman Ki An Sante, Timoun Ki An Sante* (Healthy Mothers, Healthy Children Project) and goes by the acronym MASTAS. Project implementation began in 2022 and will take place in two phases, eventually expanding to reach 6,400 people in the community. The project will educate mothers on the prevention of disease using simple home-based practices, promote health-seeking behavior for common conditions and diseases, and empower communities to take ownership of their own health through proactive health outreach and the formation of health committees.

Once covered by sugar cane fields, Repatriote is now home to a quickly growing community on the edge of the busy Port-au-Prince city center. Repatriote earned its name from the many Haitian refugees who were forced out of the Dominican Republic and returned to Port-au-Prince seeking opportunity and a better life. It was developed, as are many informal urban settlements around the world, with land and roads carved out after the influx of families and workers had arrived. Families often live in small houses made of cinderblock and tin, with the poorest families living along the edges of Port-au-Prince Bay. Passing rains flood the dirt roads and sewage channels in the community throughout the year.

The first few months of the project focused on building a strong foundation for the program. MASTAS hired and trained its staff in fall 2020. Staff then gathered information on the area through focus groups and individual interviews with members of newly formed health committees,

clinical staff and government health workers to get their insights on the primary issues affecting mothers and children in the area. By summer 2021, the team had completed a census of Repatriote, which included mapping and visiting every household in the area to talk to families about the project and conduct a demographic census.

The census results shed new light on the situation. At that time, the project area contained around 1,213 households and 600 children under age 5. The average household income was 6,987 Haitian gourdes per month (US \$47), with approximately 33% of the previous months' income devoted to covering medical expenses. Families suffered from severe unemployment, with only one out of three adults having regular work or employment. While 78% of households had access to an improved latrine, only 12% had a handwashing station with soap and water. Census data was shared with the community to create awareness and generate buy-in for the program. This data will be complemented by a health indicator and mortality census in early 2023 to better understand the existing barriers, opportunities, and health outcomes of the area.

In spring of 2022, MASTAS began hosting Care Group lessons. The Care Group methodology is an evidence-based behavior-change intervention that empowers mothers to become health leaders and educators in their neighborhoods while providing systems of support for behavior change at the household level. Since they began, Care Group lessons have helped

**"Because the work is based in the community and led by community members, they can continue lifesaving work when much of the rest of the country shuts down."**

*– Caroline Chambre Hammock, executive director of our partner Haiti Outreach Ministries*

orient mothers to the project and provide lifesaving information on how to combat and treat cholera. The rest of the lessons will be determined after baseline data is collected, with the goal of reducing unnecessary maternal and child deaths and reducing child malnutrition.

The beginning of MASTAS has not been an easy one. In early 2020, Haiti continued to be rocked by economic instability, protests, and demonstrations. This was followed by the COVID pandemic, a presidential assassination, fuel shortages, the reemergence of cholera and an increase in violence. Currently, 60% of the country is controlled by gangs, with considerable activity in Port-au-Prince. Despite this, the MASTAS project continues. The project employs staff who live in the community and are aware of how to navigate the area safely. But, according to our partners in Haiti, the Curamericas Global-supported community-health project continues without delay.

## GUATEMALA Update

The first children to be born at a Curamericas Guatemala Casa Materna are now finishing sixth grade (see photo). Ensuring that all children thrive long-term remains key to the mission of Curamericas Global. The Casas Maternas have decreased maternal mortality in the area to ZERO in 2022 and continue to provide quality care and manage high-risk births. At the brink of 2023, twins (recognized as a complicated birth even in high-resource settings) were successfully delivered at a Casa, thanks to the teamwork of a skilled delivery team.

In 2022, Casa Materna staff conducted an evaluation to assess how well Casas were offering respectful, culturally appropriate care. In postpartum assessments, mothers who had delivered in a Casa were asked to rate their care according to 13 indicators

of respectful, culturally appropriate care. The overall rating of care across Casas was 93%, demonstrating that the Casas have been successful not only in achieving positive health outcomes, but also in doing so in a culturally affirming way. Casas staff are using data from the evaluation to learn from one another and identify areas for further improvement.

Along with providing maternal care at the Casas, teams conduct outreach that contributes to community trust and well-being. In 2022, such outreach included home health visits, meetings with women's groups and community leaders about the importance of COVID-19 vaccination, nutrition trainings for adolescents,

and engagements with community leaders to strengthen the prevention of child malnutrition. Casa teams go above and beyond typical expectations of their posts – a trademark that is central to the years of success seen at the Casas Maternas.



## KENYA Update

Our work in Kenya is through our local partner KIKOP. It is a maternal and child health organization that works with local communities, the Ministry of Health, the Ministry of Education and other institutional partners to improve



the lives of mothers, children and adolescents in Kenya's Kisii County. Our strategies to accomplish the program goals include increasing access to quality, respectful maternal and newborn services; improving attention to obstetric emergencies; increasing provision of essential newborn care; and reducing stunting in children under the age of 2.

*Recent efforts include:*

- **Saving lives** – Through annual census and rigorous data collection, we have seen a 77% reduction in maternal deaths from 2018 to 2021, with zero deaths reported in 2022! For infant deaths, the reduction is even more impressive: 74% fewer deaths among infants. We estimate that the deaths of 24 moms and more than 135 infants were averted over that time.


- **Solar power** – Our communities face many weeks a year without power or consistent electricity. A battery backup and solar combination saves funds and ensures that no mom has to give birth in the dark. We are installing our third solar panel and battery backup at a Community Birthing Center in Kenya. A big thanks to United Solar Initiative, Haymount United Methodist Church, JoAnn and Dave Heiser and the Young Professionals Board for investing here.
- **Sustainability** – Through annual audits, capacity building and fundraising, Curamericas Global is able to leverage each dollar invested in Kenya to recruit local investment from the community and local governments.



Curamericas Global  
HOPE THROUGH HEALTH

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Curamericas Global partners with underserved communities to make measurable and sustainable improvements in their health and well-being.

Your gifts make a lasting impact on the health of communities around the world. Thank you for your support!

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## Ways You Can Help

You can join Curamericas Global in providing Hope Through Health for moms and children here and around the world.

### You can make a difference by:

- **Giving** to Curamericas Global at [www.curamericas.org](http://www.curamericas.org)
- **Joining** the Mom-a-Thon at [www.run.curamericas.org](http://www.run.curamericas.org)
- **Liking and sharing** the impact of Curamericas Global through social media channels at [facebook.com/curamericasglobal](https://facebook.com/curamericasglobal); [@Curamericas](https://twitter.com/Curamericas); or [linkedin.com/company/curamericas-global](https://linkedin.com/company/curamericas-global)

