

VHC Medical Brigade

20+ Years in the Making



Virginia Hospital Center
MEDICAL BRIGADE

2021 Annual Report

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2021 ANNUAL REPORT

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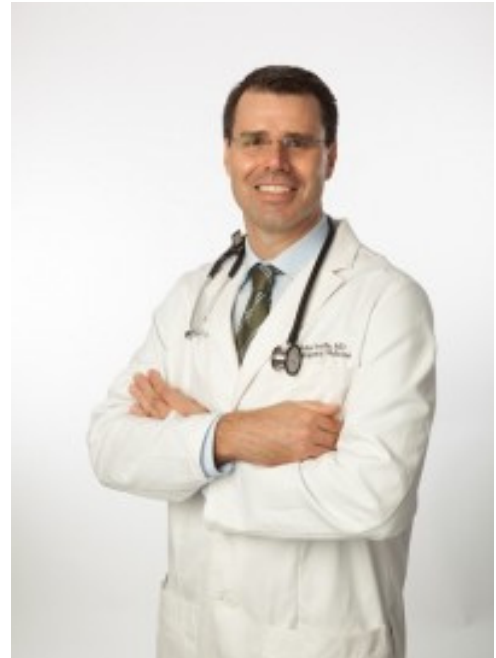
A Letter from the Board Chair - JJ

Dear Friends,

2021 was a challenging but enormously successful year for Honduras and for the Brigade. During the COVID-19 pandemic, programming has been complex but we have remained unwavering in our commitment to partners on the ground - Regional Hospital Santa Teresa, San Benito Jose Medical Center, El Ayudante Honduras, the Comayagua Rehabilitation Center, Central American Technological University (UNITEC), the National Autonomous University of Honduras (UNAH) and others.

The Brigade has learned to serve from afar by raising money for equipment and PPE not only for the hospitals but for the major COVID-19 triage center in Comayagua. As with most years, we sent an entire 40-foot shipping container filled with donated and purchased COVID-19 related equipment and supplies to Comayagua to help our partners manage the pandemic.

Our community development efforts in rural villages have seen successes as well. Throughout the pandemic, with regular visits from our Honduras-based Director of Operations, Nelson Martinez, we have helped maintain the water systems and supported the community health workers in 11 rural villages. In addition, in 2021 we launched a new water project in the villages of El Tablon and Veracruz. This was accomplished in partnership with Rotary International, a water quality monitoring non-profit (EOS International), and the local Comayagua government.



Dr. John P. Sverha

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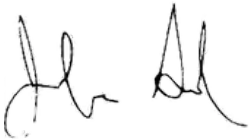
In November, for the first time since the onset of the pandemic, the Brigade surgical and physical therapy teams returned to Honduras. Our physical therapy team focused on providing training to local providers related to the care of patients debilitated from COVID-19 related illness. The surgical team worked out of San Benito Jose exclusively, given the continued burden of COVID-19 infections on Santa Teresa Hospital. A total of 62 surgeries were able to be performed to correct strabismus and remove cataracts.

Another success of this year's trip was to test cutting edge technological solutions to health access challenges, incorporating telemedicine into our care. Using specialized telemedicine equipment, we were able to pre-screen surgical and provide post-operative care remotely with the assistance of local Honduran ophthalmology residents.

With the end of 2021, I will rotate out of the Board Chair role and welcome in my fellow Board member, Mark Kerigan, who brings a wealth of business leadership, senior management, and strategic thinking experience to the team. Mark will join our new Executive Director, Aaron Moore, and our long running Field Operations Director, Nelson Martinez to round out a highly experienced and committed leadership team. Together with our staff and volunteers, they will build on our many successes and continue to deliver our vision of empowering Hondurans to build healthy families and healthy communities.

My heartfelt thanks to all.

Sincerely,



J.J. Sverha, MD
Board Chair
VHC Medical Brigade



Mission, Vision, Values

Our Vision: A Healthier Honduras

Our Mission: We empower Hondurans to bring health and sustainable development to the most vulnerable.

| Community Development | Health Services | Health System Strengthening |
|--|---|---|
| <p>Communities are sustainably empowered</p> | <p>The most vulnerable have access to health services</p> | <p>Improved quality of national and local health care systems</p> |
| <ul style="list-style-type: none"> • Community Leadership • Clean Water • School Feeding • Health & Hygiene Education • Preventative Health | <ul style="list-style-type: none"> • Surgeries • Eye Care Services • Rehabilitation Therapy • Community Health Workers • Rural Clinic Construction | <ul style="list-style-type: none"> • Training & Support • Medical Supplies & Equipment • Telehealth & Technology Solutions • Equipment Repair |



Project Profile

Community Development

Objective: Ensure communities are sustainably empowered

Rural mountain communities rely on subsistence agriculture and face increasing poverty and slower development than urban areas. One in four children are undernourished, and According to the UN, 2.5 million people in Honduras need better access to clean water, with 1.3 million in critical need. Improving access to clean running water, sanitation, and health awareness are crucial. Development needs vary by community but are widespread and urgent, especially following the challenges of the pandemic.

Our Approach

With the help of local leaders, we empower remote communities to organize, problem-solve, and advocate to local government authorities. Each clean water and development project begins with unifying and collaborating with the community to ensure sustainability and meet critical needs. Our school feeding programs help encourage school attendance, learning outcomes, health, and nutrition. The Brigade also supports local schools with hands-on preventative health awareness and deworming medication.

2021 Impact

- We started construction on our largest water supply system reaching two villages and over 600 people, bringing the total water supplies to 12 communities and nearly 5,000 people receiving clean water.
- We mobilized and trained two new water boards to support construction, collect nominal per-house maintenance fees, and sustainably manage the new water systems. This brings a total of 12 trained and active water boards serving nearly 5,000 people.
- We supported 12 communities in managing pandemic responses.
- We distributed 60 boxes of food to communities most affected by the pandemic



Project Profile

Health Services

Objective: The most vulnerable have access to health services

Honduras has one doctor per 7,000 people, one of the lowest numbers of doctors per capita in the world. In Comayagua, there is only one Ophthalmologist for its 100,000 residents. The Government (SESAL and IHSS) provides health services to around 72% of Hondurans. Still, these available services are centered in urban areas, leaving most rural communities in desperate need of health provisions. The Brigade strives to fill this void. Currently, our three clinics are the first and, in many cases, the only accessible health care services for many rural communities in Honduras.

Our Approach

We address unmet healthcare needs by developing local health services and providing international medical support. We aim to expand primary care services to rural, unreached areas by building clinics and organizing volunteer community health workers. We also mobilize international medical professionals and local partners to deliver life-changing surgeries and provide ophthalmology and physical, occupational & speech rehabilitation services.

2021 Impact

- We supported 13 community health workers who provided 2,000 consultations to low-income remote village residents.
- We ran three clinics providing essential health services for nearly 5,000 people in 12 villages.
- We organized a medical trip to deliver 62 Surgeries, health consultations, and capacity-building strategies for our partners.
- We distributed PPE to four partner clinics and hospitals.
- We had wheelchairs and mobility aids donated for people with disabilities.



Project Profile

Health System Strengthening

Objective: Improve the quality of national and local health care systems

While the government ostensibly provides health services, public hospitals and clinics are severely overstretched and underfunded and have suffered years of mismanagement. The country lacks specialists and training programs; there is currently no emergency medicine or intensive care residency programs in Honduras. Finally, a lack of equipment, maintenance, capacity, and shoestring budgets leave an overburdened health system needing urgent support.

Our Approach

We train, equip, and modernize local and national healthcare systems and provide equipment and supplies. We offer local and national medical schools technical training for: primary care, surgery, therapy, emergency medicine, and ophthalmology. We work with local partners to overcome community challenges by implementing technological solutions. We provide telehealth remote consultations and partner with biomedical engineers to repair and restore medical equipment.

2021 Impact

- We donated an entire shipping container of medical goods to partner hospitals and clinics, including 5,028 pieces of medical supplies.
- Implemented pilot assessment of broken medical equipment repair needs in 8 hospitals or clinics
- Implemented 1 Ophthalmology health pilot, testing the new technology in surgical pre-and post-surgical assessment
- Training in rehabilitation therapy best practices for 15 physical rehabilitation therapists
- Equipped a complete operating room suite in Santa Teresa Hospital with Ultrasound, surgical light fixtures, and anesthesia machine

2021 Financial Overview

All of this work was made possible thanks to the kindness of our partners and supporters. The Brigade has been growing since our founding 1999, with 2021 being the Brigade's largest year to date. These funds were used to purchase and deliver goods and food in Honduras, to run the organization's programs in Honduras, to manage the warehouse, and to fundraise stateside.

The Brigade continues to leverage cash donations with in-kind donations and volunteer hours from medical and other professional volunteers. Total 2021 cash and equivalent revenue was \$355,505, with an additional \$256,481 value of donated time, medical supplies, and equipment.

The cash expenditures total \$327,770, with \$169,723 for programming, \$84,855 for general management, and \$72,555 for fundraising. With donated goods and volunteer time included, expenditures come to \$583,614, with \$426,204 for programming, \$84,855 for general management, and \$72,555 for fundraising.

Leveraging Small Budgets into Big Impact

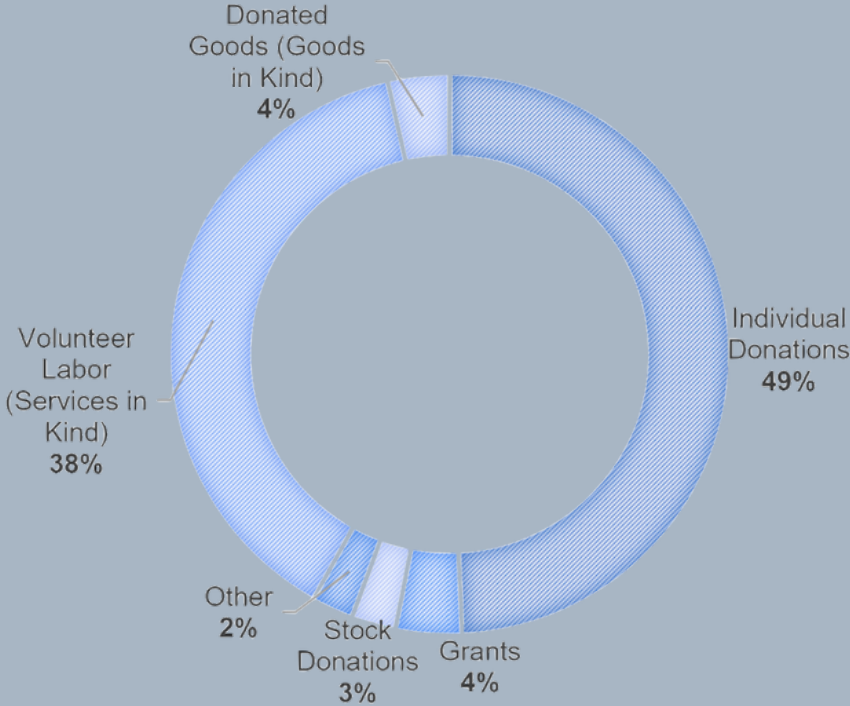
The Brigade was founded as a volunteer organization. We have a small staff and team, however, most of our work is still performed by an impressive cadre of volunteers. These dedicated individuals enable us to stretch donor dollars into higher impact.

In fact, we are well recognized among charities for our high impact, transparency, and quality. Charity Navigator awarded us an impressive 95 out of 100 "Give with Confidence," Guidestar awarded us a Platinum Transparency award, and the Washington Catalog of Philanthropy declared us as "One of the Best" for 2021.

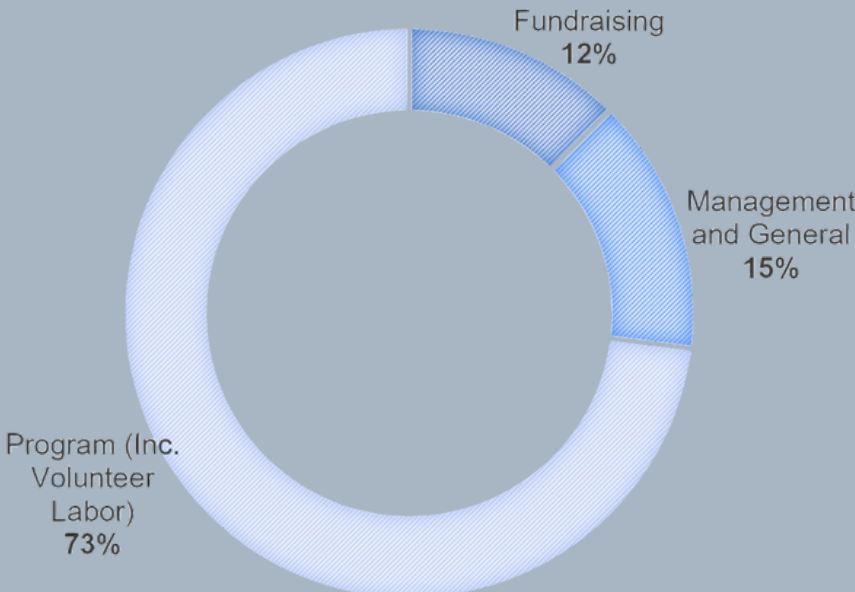
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2021 INCOME SOURCES



2021 EXPENDITURES



A Letter from the Executive Director



Aaron Moore

I am honored to have joined the Brigade in February 2022, and have been thoroughly impressed with the fantastic work the Brigade is achieving.

When visiting our programs, I have been so encouraged with the empowered leaders and local ownership of the work. I saw villages delighted to have clean water running to their homes for the first time, but even more impressive is the ownership and practicality of the water boards who now maintain those systems. Likewise, it is heartwarming to see children receiving school lunches, bringing smiles and full bellies to the young students, and helping the students achieve a learning mindset and a brighter future.

The Brigade's medical trips are bringing world class surgeries and services to the most vulnerable, made possible by the impressive cadre of volunteer medical professionals who help Hondurans expand their quality and quantity of health services. This compliments the rural clinics and community health workers who demonstrate spectacular skills and commitment in running the rural clinics, with volunteers averaging almost a decade of serving in these volunteer roles.

The common theme across our work is empowering Hondurans to achieve solutions to their challenges. In every part of our work, we continue to empower, equip, and encourage partner organizations and volunteers to make a difference. By mobilizing volunteers and partners, we sustainably do more with less. This builds the capacity of the individuals, increases trust among community members, and gives communities a greater sense of hope and agency in their future.

All of this starts with your support, which is critical in continuing the success we've achieved. We hope that you will be an active supporter of this work in 2022, helping to empower Hondurans to bring health and sustainable development to the most vulnerable.

We thank you for your support!

A handwritten signature in black ink that reads "M. Aaron Moore". The signature is fluid and cursive.

M. AARON MOORE
EXECUTIVE DIRECTOR



Virginia Hospital Center
MEDICAL BRIGADE

Thank you!



✉ community@vhcmedicalbrigade.org

☎ 571-882-1247



VHC Medical Brigade 1069 West Broad Street, Suite 747, Falls Church, VA 22046

The VHC Medical Brigade is a 501(c)(3) nonprofit organization. Federal ID #37-1659721

2021 Donors

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Kristine Bragado
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Ellen Bushmiller
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Schwab Charitable
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Dr. Trevor Myers
Dr. Andrea Myers
Aida Olkkonen
Krupa Patel
Gina Pearlman
Pam Peterson
Bruce Pfeffer
Susan Pfeffer
Melanie Pringle
Jill Rawlins
Beatrice Regan
Michael Rexrode

Jose Riera
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Jeovanni Rivas
Kristin Rivas
Ginger Roll
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Roberta Speace
Elizabeth Stevenson
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Stefanie Stieger
Carol Stone
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Dr. John Sverha
Judy & John Tigner
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Karin Tucker
David Tweed
Martha Uhey
Susan Van Gelder
Elaine Vaudreil
Gonzalo Vicente
Gayathri Vissa
Mark Watson
Sharon Wenzel
Bonnie Williams
Beverly Willich
Thomas Willich
Dr. James Worden
Karen Young

In Memoriam

Sally Speicher Kozlowski, RN

Sally Speicher Kozlowski was an early and frequent volunteer with the Brigade team and, along with her husband Fred and daughter Marisa, provided enormous support to the pharmacy and eye care teams through their hard work and generous spirits. You could find all three on weekday nights at various packing sessions getting ready for our Brigade missions.

Sally was certainly the "matriarch," infused with concern and kindness for all. Many of our team members loved chatting with her at the end of the day, as she always had a story to tell and a gentle way of getting to know each member. She invested in people and received energy from each encounter.



Dr. Mary Elizabeth Crowther

Dr. Mary Crowther was an amazing example of service to others, both in her practice at Virginia Hospital Center and as a volunteer in Honduras, where she provided surgeries and worked in the rural mountain areas.

Mary represented the best of humanity: kindness, love, selflessness. She always strove to do her very best for anyone that needed her exceptional skills as a physician or required her understanding as a friend. Mary has left for all a legacy of compassion and we are grateful.



Dr. Mitchell Davis

Dr. Mitchell Davis was a humble yet generous donor whose incredible compassion for people in need greatly expanded the Brigade's programming in Honduras.

In researching high impact charities across the DC area, Dr. Davis came across the Brigade in the Washington Catalogue of Philanthropy. He was impressed with our mission, as well as our high Charity Navigator scores. As a retired ophthalmologist, he also noted our success in expanding health care and ophthalmology in Honduras.



Dr. Mitchell Davis (Photo: Bill O'Leary/The Washington Post)

Dr. Davis approached the Brigade completely unsolicited to donate the largest gift in our history, followed later by additional substantial contributions to the Brigade. His humble generosity has enabled assistance to thousands of people in need in Honduras, making a lasting impact. We mourn his loss, but know that he has changed the world for the better, and remains an example of kindness and compassion to all.

Elizabeth Koop, MS, CRNA

Elizabeth Koop, known to all as Betsy, was one of the original volunteers in the Brigade and a founding member of the Rural Village Project (RVP), which has provided clinics, clean water and health education to communities in remote areas of Honduras.



Betsy loved taking care of children. Before every surgical Brigade, Betsy would scour the aisles at her favorite big-box retailer to find the fanciest and dazzling shoes for some lucky little girl undergoing surgery in Honduras. In remembering Betsy, we think of descriptors such as compassionate, big hearted, always prepared, a planner, wry sense of humor, super intelligent...the list goes on.