

# Building Bridges

Children's Medical Aid Foundation

The Year in Review, March 2010 - Feb. 2011



**Children's Medical Aid Foundation**  
*Bridging healthcare needs and services in Nepal.*





## Looking Back, Looking Forward

*Namaste!*

What a busy year we've had! We completed Phase I of the Itahari Hospital Project in East Nepal, launched a new partnership to reopen a medical clinic in Bhawanee, and provided a record number (150) of surgeries through our Corrective Surgery Program.

At the same time, we implemented several vital administrative projects, including developing a new, more interactive website, updating our Facebook page more frequently, and participating in GuideStar ([www.guidestar.org](http://www.guidestar.org)), which helps donors, foundations and others access a broad range of information about our important work.

I had an exciting, productive trip to Nepal in October and November 2010. I met with Nepalese Rotary Clubs to keep them informed of our progress, helped put up the first fence at the Itahari Hospital campus, and delivered donated medical supplies to our Corrective Surgery

Program partners at Model Hospital in Kathmandu.

Going forward, we will focus on expanding and more deeply engaging our community of supporters, including donors, volunteers and partners. We are actively reaching out to other nonprofit organizations that serve women and children in Nepal to discover synergies and new partnership opportunities.

The Corrective Surgery Program will continue to be our core program. Our annual budget allows us to fund at least 100 surgeries - 100 changed lives - each year. And now we are raising funds to reopen a medical clinic in Bhawanee to serve thousands of families who have no access to basic medical care. Our partner in this new venture, Debendra Karki, is a native of Nepal and has a strong background in healthcare development, including work with USAid-Nepal and the World Health Organization on HIV/AIDS issues.

We're excited to announce the first of our hosted trips to Nepal in fall 2011, a fund raiser for CMAF. We'll be exploring 2000-year-old temples with stunning views of Himalayan peaks and riding elephants in Nepal's sub-tropical forests. Participants will get to meet the people with whom we work in Nepal, and enjoy comfortable accommodations. All the details can be found on our website, including a video of the various daily destinations along the way.

Thank you to every one who has been supporting CMAF this past year, many of you since our founding in 2004. Your support means so much to us and the children and families we serve in Nepal. We'll continue to keep you informed of our activities and the impact you are helping us make.

*Carol Vernal*

Carol Vernal  
Founder & CEO

## *Our Mission*

Children's Medical Aid Foundation is dedicated to improving the lives of impoverished children and families in remote, rural areas of Nepal by bridging healthcare needs with healthcare services. We facilitate fund development, local and international partnerships and volunteer assistance to increase access to affordable healthcare services, with a commitment to economic and environmental sustainability.

# Record Number of Corrective Surgeries Performed in 2010



CMAF helped raise funds and donated medical equipment and supplies to provide 150 children with corrective surgeries in 2010 – an increase of almost 30% over 2009 and a record number since we began our work in 2004.

Two percent of Nepalese children are born each year with a congenital defect that is easily detectable at birth – a higher rate than children born in Western countries. Some contributing factors are poor nutrition, inherited tendencies, absence of pre-natal care, and mineral deficiencies during gestation.

Nepal is one of the poorest countries in the world, with many Nepalese children living in remote villages where medical treatment is unavailable due to geographic constraints, poverty, lack of medical supplies and/or absence of trained personnel. CMAF addresses these barriers by providing support for the Nepalese Mobile Surgical Team; soliciting, collecting and delivering needed medical supplies; and assisting with post-operative care. For many children, surgical intervention may be their only chance to be freed from the stigma, shame and handicaps associated with a congenital defect.

While some organizations focus on the important work of correcting cleft lip and palate defects, CMAF seeks to assist children with other types of birth defects – children that would have no other alternative if CMAF did not assist them. We help locate children in need (often by word-of-mouth), educate families about their options, and work to dispel the fears and beliefs related to the cause of the defects.

CMAF partners with a specially trained Nepalese Mobile Surgical Team, led by world-renowned plastic surgeon and CMAF Nepal Director Dr. Shankar Rai, to treat a broad range of congenital defects, such as syndactylism (webbed fingers), disfiguring moles, polydactyly (supernumerary fingers or toes) and hypospadias (male genito-urinary problems).

Surgical reconstruction offers these children with functional and aesthetic benefits, transforming their futures with the hope of a normal childhood and better life. Villagers with post-traumatic injuries such as ulcerated wounds and disfiguring scars are also eligible for surgical treatment. Services are provided to those in need at no charge, regardless of caste, religion, or political beliefs.



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## Changing the Outside to Heal the Inside



*Madhu suffered from discomfort and infections due to a loose, extra toe on his foot. He had difficulty wearing shoes to protect his foot and his extra toe got traumatized when playing games barefoot. After surgery he was able to walk free of discomfort and infection in comfortable fitting shoes. This was a very simple surgery that will make a huge difference in Madhu's life.*



*Some conditions require multiple surgeries. Here, 13-year-old Shivani has had the majority of her face mole removed, leaving just the eyebrow area. When her face has healed enough, the CMAF Medical Team will follow up with specialized surgery to replace the eyebrow.*

# CMAF Helping to Reopen Chisang Clinic



*Villagers will be an integral part of establishing how the clinic will best serve the needs and concerns of the surrounding community.*

## Facts about Chisang Clinic

**Location:** Bhawanee, Morang District, East Nepal

**Area population:** Estimated 200,000 living within 12 miles of Bhawanee.

**Residents to be served:** 30,000 villagers living within a 3-mile radius of Bhawanee.

**Property/building owner:** Debendra Karki, CMAF's collaborative partner and CEO of Chisang Service Committee, a Nepalese NGO that will manage the clinic.

**Reopening:** 2012



*Six kiosks in front of the clinic can provide needed products and services for patients and rent income for the clinic.*

While CMAF Founder and CEO Carol Vernal was in Nepal in late 2010, she met Debendra Karki, who introduced her to his village, Bhawanee, and a small empty clinic that he had built in 2003. The clinic was operated by a Nepalese NGO for five years, providing primarily OB/GYN services. Political unrest resulted in the clinic closing, and it has been vacant since, waiting for someone to adopt it.

Debendra has a Ph.D. in Health Management and Policy, and a post graduate degree in Anthropology from Harvard University. He has worked with the World Health Organization and USAid in Nepal. He is now dedicated to reopening the medical clinic, to be called Chisang Clinic, and will partner with CMAF to achieve that goal.

## Services

- OB/GYN
- Pediatric (diarrhea, colds, cuts, rashes, etc.)
- First aid for burns and snake bites
- Nutritional counseling
- Family planning consultations
- Diabetes education

## 2011 Fund-raising Goal: \$35,000

## General Development Plan

1. Clean and renovate building.
2. Work with International Medical Equipment Collaborative to ship low-cost medical supplies and equipment for the clinic.
3. Obtain and organize office equipment and supplies.
4. Develop job descriptions and policy and procedure manuals.
5. Hang charts and training posters for diabetic care, family planning, snake bite, and other ailments.
6. Hire, train and supervise 2 – 3 medical staff.
7. Post a list services available and hours of operation for clinic and home visits.
8. Open doors in 2012.

## Economic Sustainability Factors

- Six potential revenue-producing kiosks are located near the clinic.
- A small fee for medical services will be charged for those who can afford to pay (sliding scale).
- Villagers will assist in the maintenance of buildings and grounds.

As partners we can share our energy and experience to provide medical care for his village and the surrounding community, estimated to have 30,000 people living within a 3-mile radius of Bhawanee. Debendra has formed a grass-roots Nepalese NGO, called the Chisang Service Committee, to design and operate the clinic.



*The clinic includes rooms that can accommodate four people each, and one private room or office for future use.*



## Phase I of Itahari Hospital Project Completed



Children's Medical Aid Foundation (CMAF) is partnering with Public Health Concern Trust of Nepal (phect-NEPAL) to improve the availability and quality of healthcare for women, children and trauma victims in Eastern

Nepal. In 2009 and 2010, we participated in Phase I of the Itahari Hospital project, helping to raise funds for the purchase of land for the hospital campus and meeting with representatives of phect-NEPAL and community organizations to develop a business plan. Bay Area architects STRATAa/p worked with Nepal architect Rajesh Strestha to complete architectural plans for the new facility.

When completed, this hospital will provide the following services:

- Reconstructive surgery for children with congenital defects
- Surgical repair of post burn contractures
- Pediatric services
- Outpatient Department
- OB/GYN services
- Emergency Room/Trauma Center for traffic accident victims

In late 2010, CMAF participated in the installation of four sections of fence during completion of Phase I of the Itahari Hospital project. Villagers and local people were in attendance to share in the excitement. The chain link fence will establish the property line while enclosing approximately three acres of land. It will also serve to protect construction material from theft and accommodate the planting of young trees and flowering vines along the fence line.

Goats, cows, and water buffalo will be given a new home for grazing as the newly planted trees grow and flourish to provide shade and produce fruit.



*CMAF CEO Carol Vernal and CMAF Nepal Director Dr. Shankar Rai help install fencing for the new Itahari Hospital campus.*

## CMAF Launches New Nepal Excursions to Raise Awareness and Funds



Carol Vernal has been traveling to Nepal since 1989. After founding CMAF in 2004, she began spending longer periods in Nepal to work with the Mobile Surgical Team through CMAF's Corrective Surgery Program. She now spends about three months out of each year in Nepal.

Over the years, she has developed an intimate knowledge of the customs, special places, and unique people and cultures of Nepal.

Capitalizing on that knowledge, Carol will be leading CMAF excursions to Nepal, beginning in fall 2011. Limited to just 15 participants, the Nepal trips will introduce travelers to Nepal's extraordinary

beauty while raising funds for CMAF.

The fall 2011 excursion is scheduled for October 19-29, with an optional 5-day trek to Poon Hill (Annapurna range) Oct. 29 to Nov. 2. Participants will enjoy a variety of one-of-a-kind experiences, including riding elephants in a subtropical jungle park; visiting a monastery at 11,000 feet with stunning views of Himalayan snow-capped peaks; and taking a boat to a temple in the middle of a lake. There will be plenty of time for sightseeing and dining in a different location every day. Accommodations throughout the trip are western-style and very comfortable.

The trip also includes a variety of healthcare presentations focusing on traditional healing practices and a visit with Dr. Shankar Rai and the Mobile Surgical Team to experience CMAF's important work first-hand. CMEs and CEUs will be available for physicians and nurses.

For more details, including a daily itinerary and accommodations, please visit our website at [www.childrensmadaid.org](http://www.childrensmadaid.org).

# Kathmandu Fall Festival Raises Funds for CMAF

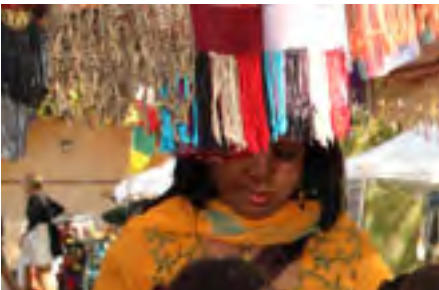


The Children's Medical Aid Foundation (CMAF) presented the 6th Annual Kathmandu Fall Festival on September 11 and 12, 2010 at Depot Park in Sonoma, CA. The Festival celebrated the vibrant cultures of Nepal, India and Tibet with freshly prepared cuisine, music and dance performances, and an open-air bazaar with clothing, toys, art and hand-crafted items.

The popular event raises awareness about the diverse cultures of the Himalayas, with proceeds benefitting CMAF's Corrective Surgery Program.



*Dancers and musicians performed throughout both days.*



*Vendors sold a wide array of hand-crafted and imported items.*



*Delicious traditional Himalayan dishes were freshly prepared and served at the Festival.*



*Members of the Kathmandu Klub celebrate the success of the Festival and receive recognition for their outstanding volunteer work.*

## Medical Supplies Donated

During the last year, CMAF collected \$4,200 worth of donated or discounted medical equipment and supplies. Carol and other volunteers shepherded these supplies to Nepal, and coordinated their pick-up and distribution when the shipments arrived.

Examples of supplies delivered include:

- A portable tourniquet system purchased by CMAF at a discount for \$1,300 from Delfi Medical.
- Sutures and surgical instruments donated by Med Share.

CMAF is currently raising \$7,000 to ship \$200,000 worth of donated medical equipment and supplies to reopen the Chisang Clinic in the village of Bhawanee in fall 2011.



*Some donated medical supplies are carried and delivered by volunteer couriers. Larger pallet shipments are collected and distributed when they arrive in Kathmandu.*

# *Support Our Work*

Children's Medical Aid Foundation is a non-profit, tax exempt 501(c)(3) organization. Your financial contributions are tax deductible to the extent allowed by law. There are a variety of ways you can support our work:

## **Donate Online via PayPal**

Visit our Support page at [www.childrensmedaid.org](http://www.childrensmedaid.org).

## **Write a Check**

Make a donation in any amount by writing a check to "CMAF" and mailing the check to:

CMAF

PO Box 301

Sonoma, CA 95476

## **Automatic Monthly Debit**

Automatic monthly debits from your checking account are an affordable, easy way to make a difference in the lives of the children and families we serve. In one year, your gift of just \$20/month can:

- Provide a child with corrective surgery and follow-up care
- Help us reopen the Chisang Clinic in Bhawanee, Nepal
- Make it possible to obtain and distribute urgently needed medical supplies

Please contact us to arrange for an automatic monthly debit gift in any amount you wish.

Phone: (707) 938-1807

Email: [childmedaid@gmail.com](mailto:childmedaid@gmail.com)

## **Philanthropic Online Search and Shopping Sites**

You can help raise money for CMAF just by surfing the web and/or purchasing products online at no extra cost to you! CMAF is registered with the following online philanthropic search/shopping sites:

- [www.goodsearch.com](http://www.goodsearch.com) or [www.goodshop.com](http://www.goodshop.com)
- [www.igive.com](http://www.igive.com) (search and shop)
- [www.we-care.com](http://www.we-care.com)



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PO Box 301  
Sonoma, CA 95476  
(707) 938-1807  
[childmedaid@gmail.com](mailto:childmedaid@gmail.com)  
[www.childrensmedaid.org](http://www.childrensmedaid.org)