

Making A Difference At Home & Abroad 2024 At A Glance



85

Businesswomen own and operate cottage industries in Tanzania.



694

Tanzanian villagers received medical, dental, and vision care in our portable clinics.



180

Orphaned and impoverished children received free tutoring six days a week.



13,500

Meals provided to underfed Tumaini Tutor students.

Empowering Change with \$249,207 in Donor Support and 4,100 Volunteer Hours in 2024.

2024 By the Numbers



\$249,207 in Total Funding

- **\$23,881 Fundraising**
- **\$110,191 Grants**
- **\$115,135 Individual Gifts**

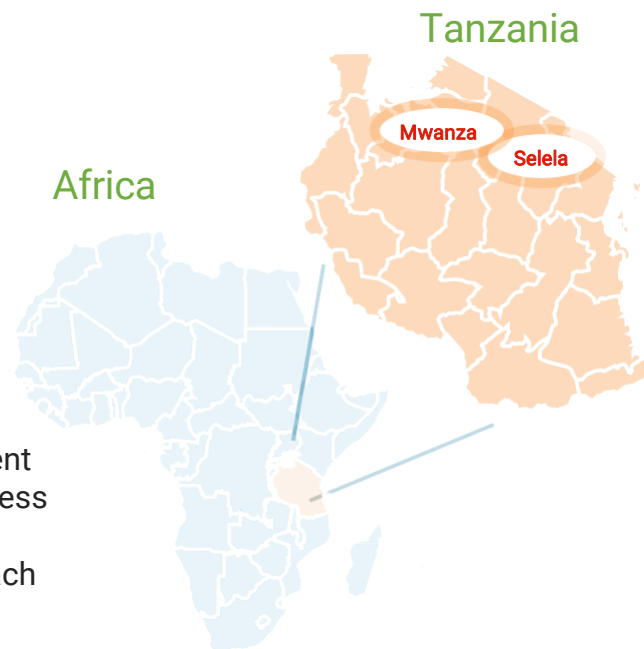


\$249,551 in Total Expenses

\$224,258 in Program Development

- \$44,106 to Women Economic Empowerment
- \$13,044 to Healthcare & Community Wellness
- \$112,204 to Education
- \$54,904 to International Healthcare Outreach

\$25,293 in Operational Costs



Making Meaningful Changes A Reality Together!

- **HEALTHCARE OUTREACH TANZANIA**



In June, ten healthcare volunteers from the Northwest traveled to two areas in Tanzania to provide free medical, dental, and vision care, along with preventive education.

Our Tanzanian support team joined us in offering care to the Maasai community of Selela Village, students and teachers at Tumaini Tutor School, and women participating in our Women's Business Empowerment Program in Mwanza, Tanzania.



Healthcare for every BODY!

Thanks to 'You

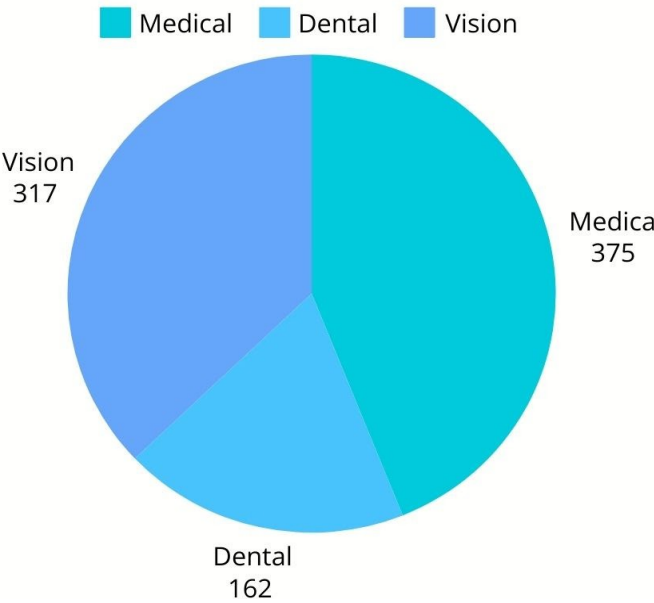
694

People Received Care



887

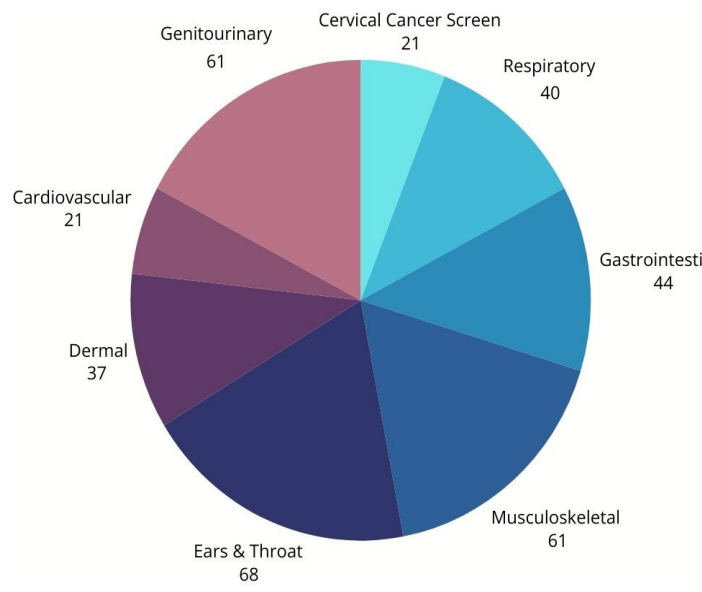
Healthcare Services
Provided





In addition to healthcare services, **1,000 toothbrushes, 350 UV protective sunglasses, 75 pounds of vitamins, and 600 washable menstrual kits** were provided.

Medical Needs Addressed

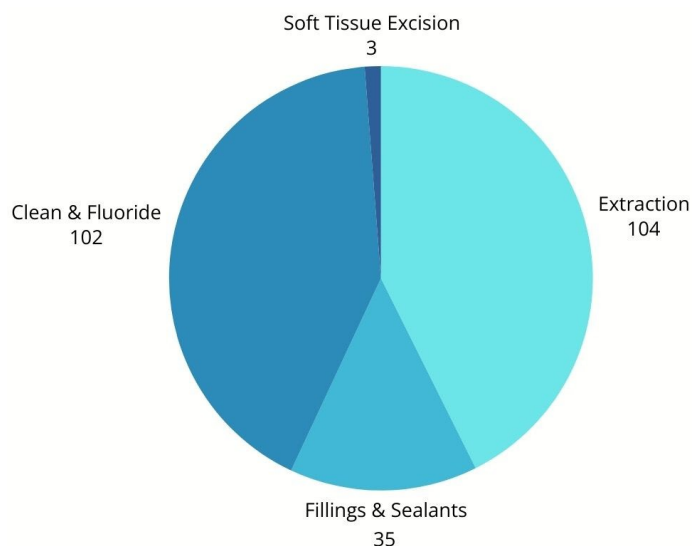


Patients in Selela ranged widely in age, from 2 months to 99 years, presenting a diverse array of medical needs often compounded by nutritional deficiencies.

Healthcare & Education Partnership

Health & Hope Foundation collaborates closely Maasai community leaders to present classes on HIV Prevention, Family Planning, Dangers of Female Genital Cutting, and Benefits of Prenatal Care and Childhood Vaccination.

Saving Smiles!

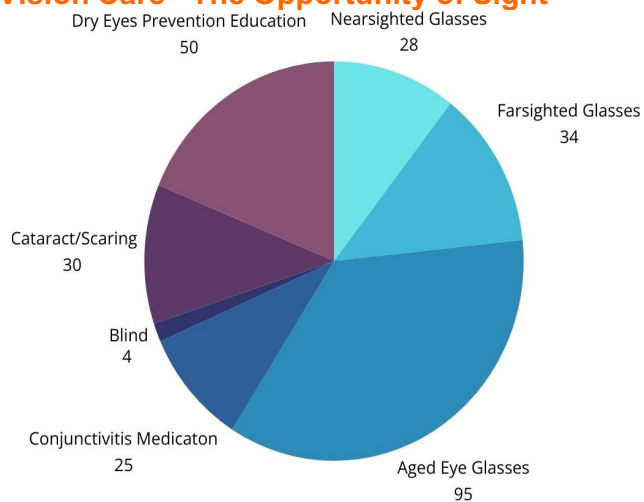


"The smiles on the faces of my translator, Osbon, and my patient reflect the joy in my heart for the opportunity to make a difference in someone's life. Thank you for inviting me to participate in this mission".
Dr. Bob Hughes, Mukilteo, WA

Preserving Teeth = Improved Health.

For the first time, we achieved a higher rate of tooth preservation through fillings, sealants, cleanings, and fluoride treatments than the teeth we needed to extract!

Vision Care - The Opportunity of Sight



Gifts of seeing clearly.

"To see the blackboard, read a book, or see a market sign is possible!" Aliza, age 10

Interchangeable lenses and frames allow us to customize prescriptions for near and far-sighted corrections. Sunglasses protect against eye diseases and trauma and light sensitivity due to vitamin deficiency.

Safe Water

Children collect household water from community taps contaminated with bacteria.



Preventing waterborne gastrointestinal and urinary infections is a critical community health priority. We collaborate with local healthcare leaders, such as Andrew, a lab technician at Selela Dispensary, to provide ongoing education for microbiological water testing and treatment.

• EDUCATION

Tumaini Tutor School, Mwanza, Tanzania

Each month, 300 free tutor sessions are provided to primary and secondary school students.

180 children facing poverty and loss continue regular access to education through individual and group tutored learning, and nutritional support.

Solar Lights Deliver Bright to the Night

With light, learning does not end when the sun sets. Results include higher rates of completed homework, improved class rankings, better National Exam scores, and increased student confidence and pride.



"Lights for Learning" year-end 2023 funder provided 180 Tumaini Tutor students and their families the delivery of solar light into their homes and lives. It is time to put away the smokey and dangerous kerosene lamps and candles!

Tumaini new Science Laboratory Enhances Physics, Chemistry, and Biology Curriculums.



A new student microscope with battery-powered illumination has been added, allowing learning to continue even during frequent power outages. Mr. Methu guides students in identifying cellular structures from a diverse range of specimens using the Tumaini boxed slide kits.

To prepare for our exams we practice lab skills together. This gives me confidence for the practical lab exams. Tumaini teachers help me tackle questions, and I'm ready to do well in all subjects, including math. Thank you!" Aisha Y., age 17.

Maasai Healthcare and Education Programs



Adult Healthcare Classes: 20 classes were provided to 452 Maasai villagers in remote areas of Monduli District. Classes included HIV Prevention, Family Planning, and Dangers of Female Genital Cutting and presented in partnership with Naisula Women's Healthcare Organization of Tanzania.



Childhood Education:

Maasai girls attending Ngorongoro primary and secondary schools receive washable menstrual kits made by Health & Hope volunteers. This generous support empowers hundreds of girls to pursue their education without interruption.

Maasai primary students from Ngorongoro Crater Area, without means to continue their education, receive Health & Hope scholarships to attend secondary public-boarding. Scholarships provide tuition and essentials -mattress, broom, soap, uniform, notebooks, and a metal trunk for storing all belongings for the year under their bunk beds.

- WOMENS BUSINESS EMPOWERMENT



Women who struggled to provide for their families through manual labor, such as stone crushing to make gravel continue to expand and diversify their businesses and strengthen their families. Donor support of increased capital provided increase in farming acreage and yields, poultry production, as well as outside markets for vegetable, fruit, and cereal sales.

Our poultry group has enclosed chicken shelters and an egg incubator to increase hatch rates. Vaccines, vitamins, nutritious feed, and education seminars increase our business." Mama Anna Makli



Fish Vendors Donor support provided two ice boxes for fishing boats, enabling them to stay longer in deeper waters and catch larger fish. Fish are taken directly from the boat to the airport for prompt transport and sales in Dar es Salaam, resulting in a 19% increase in profit. *"We serve our customers beautiful, fresh fish. Our sales have increased. We are able to employ honest men to help us. We are happy and proud mamas!" Mama Pili Maziku*



Vegetable Farms and Sales Business revenue allowed our 20 farmers to increase their land to 4 rented plots totaling 395 acres and employ three male laborers. Donor support provided the huge benefit of a 2nd irrigation pump. Women pump water from the lake to irrigate fields and reverse pump from fields to the lake during high rains, protecting fertilized crops. All land work is still done manually by hand and hoe.