



Health & Hope
FOUNDATION



2022

Annual Report

Create a cycle of prosperity.
Healthcare, education and economic
opportunity for women and children break
cycles of poverty to create sustainable change.

MESSAGE FROM OUR DIRECTOR



Loree Bolin, DDS
Founder & Director

Your compassion and thoughtfulness continue to uplift the lives of women and children. Circles of prosperity are blossoming from abject poverty.

Thanks to your support and the end of travel restrictions in 2022, our volunteers resumed crucial healthcare delivery to Tanzanian families and extended care to nomadic families in Mongolia.

At Tumaini Tutor School, orphaned children achieved personal and academic success. Each member of the Class of 2022 graduated with high national exam scores; one student even earned the highest possible score.

Our families faced challenges including critical shortages of food and money caused by drought in Sub-Saharan Africa and war in Ukraine. Masai families lost homes and livelihoods from government relocations. Despite these challenges our families remain hopeful and confident thanks to the education and tools you provide.

Your support of the Women's Business Program eased food shortages through business downturns. Optimal profits were achieved by focusing on business education and diversification.

It is a privilege to spend time with Tanzanian and Mongolian families. I can attest to their gratitude. We join them in expressing heartfelt appreciation for your unwavering support and meaningful contributions.



2022 FINANCIAL MANAGEMENT



\$183,554 in Donations

- **\$14,880 Fundraising Events**
- **\$106,668 Grants**
- **\$62,006 Individual Gifts**

\$156,770 in Total Expenses

- \$26,784 in 2022 Surplus is slated for 2023 Sustainability Programs

\$ 142,115 in Program Development

- \$4,806 to Women Economic Empowerment
- \$3,739 to Healthcare & Community Wellness
- \$104,454 to Education
- \$29,116 to International Healthcare Outreach

\$14,655 in Operational Costs

- \$10,731 in Professional fees
- \$3,924 in Printing & Postage

2022

AT A GLANCE



ACCESS TO BASIC NEEDS IS INADEQUATE



TANZANIA



of children **do not** enter high school.



of people are nomadic herders who **lack** access to healthcare.



MONGOLIA

HOW YOUR DONATIONS MAKE AN IMPACT



Healthcare Outreach: Medical, Dental, and Vision care provided in over 1,813 patient visits in our portable clinics in Tanzania & Mongolia.



Education: 250 orphaned and vulnerable children, nursery through secondary, educated at Tumaini Tutor School. 26 Tumaini students received scholarships to public school. 3 students awarded post-secondary scholarships in medicine, teaching, and mechanics.



"I feel great. I am proud. This is so very big and important to me. I never thought I could have this thing in my life. I feel someone special cares for me."
Yasinta, age 10, recipient of a Tumaini Student Sponsorship.



School Supplies: 15 Wi-Fi Tablets, 350 textbooks, 160 backpacks, 170 geometry sets, and more, provided for impoverished Tumaini Tutor students' education.



Women's Business: 78 women worked 113 small businesses in 10 cottage industries in Mwanza, with 20 Masai women farming goats and sheep in Ngorongoro Crater, TZ.



Uniform Lending Library: School uniforms provided to 250 Tumaini Tutor students allowing public school attendance.



Meals Provided: 12,600 meals were provided to underfed Tumaini Tutor students.

6400 LOCAL & INTERNATIONAL VOLUNTEER HOURS TO MAKE YOUR DONATIONS A REALITY!



HEALTHCARE OUTREACH



WE ARE PASSIONATE ABOUT HEALTHCARE

We provide healthcare via portable clinics to those with limited access, emphasizing the link between healthcare and education to promote prevention and sustainable change.



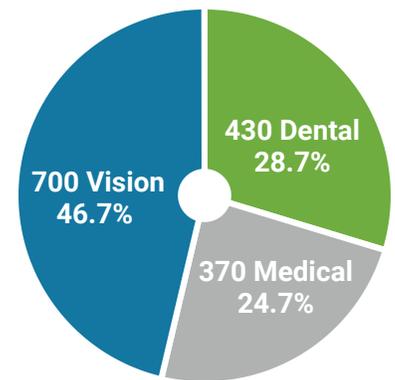
MWANZA TANZANIA

Our healthcare team of 15 volunteers returned to Mwanza, Tanzania in 2022. Dental, vision, medical care, health assessments, and preventative education were provided to impoverished families in need of basic services. Each person's chief concern and more were addressed in over 1300 doctor visits.



Our clinic for community members was followed by another for Tumaini Tutor students and women within Health & Hope Business Groups. Tumaini students received medical, vision, and dental exams and care including glasses, dental cleaning, fluoride treatments, and general health assessments.

HEALTHCARE DELIVERY PATIENTS



600 Toothbrushes
650 Menstrual Kits
59 Cervical Cancer Screenings
120 Head Fungus Treatments



"I say thank you for my glasses! Now I can see my work and walk safely. My glasses were broken and could not be fixed. Today, I am happy to see everything well again!"

Mama Bubniku, age 84.



"I used to have problems, so when I got my Girl's Kit it was everything. Thank you for removing shame from my life. Now I am confident. I don't worry about how to buy supplies from a shop. My kit is part of my life. Thank you for helping my life to shine!"
Jennifer R., age 16.

"We are not the same people that left the USA. We have grown and expanded our worldviews. Our lives changed forever in many different ways. I have a broader perspective on my life and individuals in other parts of the world. I was challenged in many ways and even surprised myself! Many thanks to HHF and all the wonderful new friends I met in Tanzania!"

Linda H.

PORTABLE DELIVERY



TREATMENT & PREVENTION BRING A BIG IMPACT

Health & Hope volunteers provided healthcare via portable clinics to nomadic communities in Western Mongolia with limited access to healthcare.



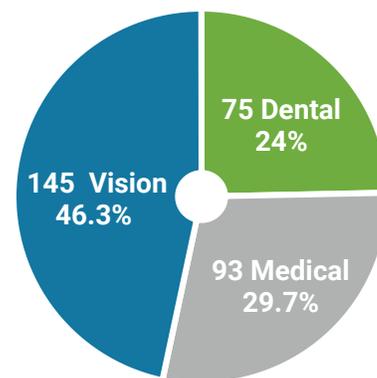
NOMADIC VILLAGERS MONGOLIA

Seven International Volunteers lived with nomadic herders in the Altai Mountains of Western Mongolia near the Kazakhstan border to provide vision correction, medical care, and dental extractions. **This was the first healthcare delivery of its kind for Tuvan and Kazakh ethnic nomads.**



These nomadic herders live in gers, heated by yak-dug fires, in frigid temperatures at 8200 feet without plumbing. Families move 2-3 times annually to find fresh pastures to feed their goats, sheep, yaks, camels, and horses. Healthcare is restricted to limited access in distant towns.

HEALTHCARE DELIVERY PATIENTS



350 Toothbrushes
200 Menstrual Kits
3 Microbiology Water Testing Sites

The heartwarming response of these nomadic tribes was overwhelming!



"I have traveled throughout the world but nothing was as meaningful or fun as the days I spent in Mongolia at the health clinics. This was an amazing cross-cultural experience. Volunteers receive on-the-ground training to provide meaningful health services. As a result of these services Mongolian families have improved health."

Allene Z.

TUMAINI TUTOR SCHOOL



BREAKING DOWN BARRIERS TO EDUCATION

Accessing public education can be a challenge, particularly for orphaned or vulnerable children, limiting their opportunities and perpetuating the cycle of poverty. Together, we can break this cycle and expand access to education for all.

UNIFORM LIBRARY

Poverty in developing nations often forces families to choose between purchasing food or public school uniforms. A lack of uniform can deny a child access to public education. In 2022 our Uniform Lending Library provided 250 orphaned and impoverished children access to school uniforms and public education, borrowing as they grow.

"I feel proud to go to public school in my nice uniform. There is no worry about being ashamed of bad, torn clothes or sent home because there is no uniform. I can think about school and learning."

Evance K., age 12.



PROPER NUTRITION

82% of Tumaini Tutor students have stunted growth and development from poor nutrition and repeated infections. This impacts cognitive development, academic performance, and overall health. To help address this challenge, in 2022 Health & Hope Women's Businesses and donor support provided our students over 12,600 meals consisting of eggs, bread, fruit, and fortified porridge.

"I like Tumaini. My home is here. I like school. I like to eat. When I am hungry, my stomach can fill. Then I feel good. I can draw and read!"

Irene K., age 6.



Wi-Fi TABLETS

In 2022, Tumaini added 15 Wi-Fi Tablets to our 10 laptops and expanded our internet access. Secondary students use Tablets for online courses and national exam practice. 50 students are enrolled in keyboarding classes. Students cherish this rare opportunity to learn computer skills, giving them a job market advantage as Tanzania develops.

"The Wi-Fi Tablet is like a teacher that I can control! I can press return to master a topic and discuss my understanding with my teachers. I enjoy the lessons and can access many subjects."

Rhoda W., age 17.



Our school provides free access to tutored education for over 250 children each year!



OPENING DOORS TO EDUCATION



Tumaini Tutor provides free education 6 days a week to orphaned and vulnerable children. This supplements public school education. Enrollment is increasingly sought after by both children and guardians.

BY THE NUMBERS

As a result of community needs, in 2022 we increased our enrollment to 250 students. Due to learning space constraints, 126 applicants were, unfortunately, turned away. Our retention, pass rates, and test scores continue to exceed national averages.



250 vulnerable children educated at Tumaini Tutor (~50/50 boys & girls).



92% student retention rate (6% moved, 2% child labor, 0% pregnancy).



100% of Grade 7 students passed their "Primary School Leaving Exam" to enter Secondary School.



100% of Secondary School Graduates passed their 21-day Final National Exams!

NATIONAL EXAMS



Top three scorers (from left) Anton, Zacharia, and Ngasa.

The Tanzanian National Exams are critical as a student's national ranking determines their eligibility for further education or vocational options. Only top scores qualify for university.

"Tumaini Tutor teachers, books, computers, and student discussions help me to succeed. Delivery of food and water to our test places helped us all test our best." Anton, 17, achieved the highest national score and won the 2022 science competition in Mwanza.

Tumaini (Tu ma ee nee) is Swahili for "Hope and optimism for a good future."



WOMEN'S BUSINESS



WOMEN MAKING A DIFFERENCE FOR THEIR FAMILY & COMMUNITY

In 2022 women embraced opportunity and education to protect incomes amid economic downturns. As a result, 30% of the 78 women in Mwanza diversified their businesses by adding supplementary ventures. Eight women initiated a first business. Enterprises were funded by donor support, Health & Hope Microloans, and women's business savings.



Fruits & Vegetables: "Mama Fruits" has ambitious plans to expand into fresh juice sales. Matching aprons and table coverings, and solar lights attract customers. Research is ongoing to identify new areas of expansion.

Farming: 2022 funding and women's savings provided purchase of additional seeds, fertilizer, safety equipment, and tools. Business is thriving with well managed crop rotation and diversity. Two plots have been added for additional rice and maize crops.



Cooking: The women moved their restaurant to a new location offering greater opportunity to include a catering business to serve community gatherings.

Pig Farming: The women maintain 2 females and 1 male. Piglets are born 2-3 times per year with over 30 piglets delivered annually. Piglet sales are to restaurants, catering, and other pig breeding businesses.



"My goats are healthy and give milk to my children. We share meat with our family. "Ormillo" disease was killing our goats and sheep. We learned from Health & Hope Foundation how to prevent this. I am growing my herd to trade for things my family needs."
Naiomi M., age 34.



THRIVING DESPITE CHALLENGES



Sustainable businesses empower widows and single women in Tanzania fostering independence and financial stability for their families.

Our businesswomen showed remarkable resilience and determination, resulting in impressive growth and success despite various challenges that arose throughout the year.



Poultry: Utilizing their egg incubator the women achieved an 88% hatch rate. Each hatch provides 160 chicks, boosting egg and fryer sales. Monthly group seminars present poultry health and brooding topics.

Cereals & Grains: The women now sell a wider variety of products to combat local shortages of wheat and rice. These include millet, beans, maize, casava, and ground nuts. Their goal is a table sieve to replace time consuming hand-sieving by basket.



Fish: The women initially sold small, low margin fish but now focus on the larger, more profitable Tilapia and Nile Perch. Additional markets have been opened for their delicious solar-dried fish. Their goal is addition of a boat icebox to obtain larger fish deeper in Lake Victoria.



ONE WOMAN
MANY BUSINESSES

With a total of 113 businesses, our ladies in Mwanza benefit from multiple and diversified businesses.

"I crashed rock to gravel for many years without much success. Thank you for your support to raise chicks and help in my other businesses. Now I have expanded my businesses beyond poultry to help tackle my family's financial needs. I raise chicks, sell grains, goods from my stand, and now I hire others to make gravel."

"Mama" Anna Makuli, 64 year old widow caring for 6 orphans.



DRIVING CHANGE



OUR COMMUNITY WORKING TOGETHER



Thanks to our local sponsors and volunteers "Move with a Mission" 4th Annual Leprechaun Leap 5K/10K was a great success raising \$14,888 to fund healthcare delivery.



Our dedicated team of volunteers met monthly, or from home, to sew and prepare menstrual kits, make eyeglass cases, and package essential medications delivered by our Outreach Teams in Tanzania and Mongolia.



In the wake of the humanitarian crisis in Ukraine, we partnered with a local community to send over 2200 pounds of supplies requested by soldiers on the Ukraine Front Lines.



Initiated by donor funding in 2020, 154 student families now have solar lights to illuminate study and home safety.

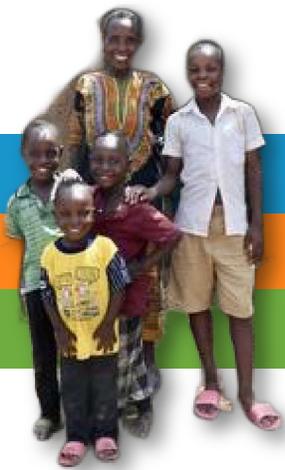
"After school, we have a lot of homework and chores to do when we get home. Before solar, when I did not finish my homework because of the dark, I would be punished at public school. Now I am comfortable seeing to finish my work. I use my light in the morning to get ready for school too."

Clement N., age 13.



THANK YOU FOR YOUR GENEROSITY

We extend our heartfelt gratitude to you for your unwavering support, generous contributions, and diligent efforts that continually motivate and uplift countless individuals. On behalf of the Health & Hope Foundation and the families we serve, we express our profound appreciation for your charitable giving.



We look forward with great anticipation to the possibilities that lie ahead in 2023, and the remarkable achievements we can accomplish together.





Health & Hope
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