



SALUD JUNTOS

HEALTH TOGETHER

2811 10th Place W, Seattle, WA, 98119 | www.saludjuntos.org | info@saludjuntos.org

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Dear Friend of Salud Juntos,

Another year is coming to a close, and it has been a year of significant change for the world, Honduras, and Salud Juntos. Over the past year, the world has seen the end of the US involvement in Iraq, the preparation for another presidential election, various natural disasters, advances in technology, and public outcry against the global economic system. Honduras has, unfortunately, met increased social upheaval and violence this year. The presence of narcotics traffickers, the proliferation of gangs, and the lack of international support have further pushed much of Central America to a crescendo of instability and insecurity. In 2011, Honduras will be ranked as the nation with the highest murder rate ever recorded. The lack of empowerment and poverty, which contribute to and are reinforced by ill health, strongly influence this increase in violence and instability.

Salud Juntos has not been impervious to these realities. In late June we were forced to make the heart-wrenching decision to move our US volunteers out of Honduras due to security concerns. It seems that many other organizations are following suit – including the US Peace Corps. While Salud Juntos maintains its primary obligation toward its mission to *collaborate with Honduran communities in the development of the best sustainable public health practices and integrated medical services*, we clearly need to make sure that the fulfillment of this mission is not done while incurring undue risk to our volunteers or ourselves as an organization.

Currently, Salud Juntos is left unable to complete its objectives in Honduras the way that it had previously pursued them – by putting professionals and students from the US and Honduras face to face in a peer-to-peer model used to train and empower staff and volunteers in Honduras. Yet, Salud Juntos has become a flexible and adaptable organization over the last four years, and we view this current reality as a) another sign indicating how important it is that we continue to contribute to the provision of human services and the empowerment of local communities in Honduras and b) a challenge. As we prepare to enter 2012, we are renewing our commitment by investigating ways to do **Development at a Distance programs** – meaning using simple internet communications technologies to meet with our peers in Honduras to train, share, and explore how to best meet chronic disease needs in rural Honduras. We have a very strong organization in Honduras, made up of a Honduran Board of Directors and Honduran staff (consisting of one administrative health worker, 3 community health workers, and one clinical assistant). Additionally, we have committed professionals

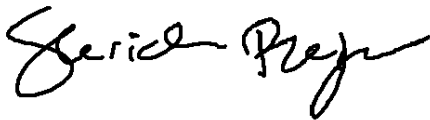
and students in the US that regularly interface with Salud Juntos members in Honduras to develop diabetes programming, maintain our asthma program, and to further our hypertension groups.

As a member of Salud Juntos, I have been amazed by their ability to affect change in rural Honduras on a grassroots level. **I urge you to consider a tax-deductible donation to Salud Juntos:**

- \$20 pays for an internet connection for a community health worker in Honduras so that we can be connected and they can receive trainings.
- \$75 enables Salud Juntos community health workers to start another high blood pressure management group which sustainably connects 50+ people to proper care and medications to manage their blood pressures.
- \$150 covers a community health worker's salary for one month.
- \$300 pays for a netbook with all necessary programs for our Honduran bookkeeper so that we can connect with our Honduran board and staff.
- \$1000 pays for 6 months salary for one of our community health workers.

Your help is critical to continue supporting our programs and training dedicated healthcare workers who are Salud Juntos' agents of change. These donations can be made by mail or via PayPal on our website (www.saludjuntos.org) – where you can also sign up to make automatic monthly donations. Donations empower both Salud Juntos and Hondurans to build clinics, provide basic medical care, and improve the lives of countless in need. **Your support will change lives for the better!!**

Best Wishes and Have a Happy New Year,



Sheridan Reiger, MDc MPHc
Executive Director
sheridanr@saludjuntos.org

P.S. Excitingly enough, I had the opportunity to present findings from our hypertension group at the **American Public Health Association** annual conference in November and we have very compelling data which shows that what we are doing with high blood pressure works! A summary of these findings, in addition to photos and donation information, can be found at www.saludjuntos.org.