



2023 Annual Report

Creating Cycles of Prosperity

Healthcare, education, and economic opportunity for women and children.

Break cycles of poverty to create sustainable change.



A Message From Our Director

In 2023, your generosity affected lives with meaningful, positive impacts!

Investing in Families: We focus our efforts on villages facing significant challenges. Your support allows us to improve the well-being, education, and economic opportunities of families, benefiting some of the world's most impoverished communities.

Four Key Areas of Impact:

- **Healthcare:** Delivering healthcare to impoverished families, providing nutrition to combat hindered cognitive development and growth, as well as equip communities with tools to prevent diseases.
- **Education:** Orphaned and underprivileged children now attend school, acquiring essential skills and knowledge for their future.
- **Economic Opportunities:** Women heading households in poverty receive business opportunities, enabling them to provide for families and move towards stability.
- **Infrastructure:** Access to solar light and clean water improves quality of life, setting the stage for economic progress.



Loree Bolin, DDS
Founder & Director

Maasai Healthcare Outreach: In 2023, we reconnected with the Maasai ethnic group after nearly a decade. Our strong relationships with Maasai leaders facilitated important discussions about community health needs. Consequently, we launched a 3-part Community Healthcare Education series addressing rising HIV rates, ongoing female genital mutilation, and introduction of family planning options.

Creating Better Lives: Together, we foster positive changes in various aspects of life. Our partnership with you reflects a shared vision for a world where every child can learn, grow, and thrive.

The Passion Behind Our Mission



Health & Hope Foundation was born from a desire to confront the challenges faced by vulnerable women, widows, and orphaned children in underserved communities.

Our journey began by addressing the struggles of widowed grandmothers supporting orphaned children through arduous labor, such as manually breaking stones for gravel. This stark reality highlighted systemic barriers perpetuating poverty.

Recognizing the urgent need for change, we were motivated to ensure access to basic needs. This drives our ongoing mission to empower individuals and communities toward a brighter future.



Continuous Efforts Will Profoundly Uplift Lives!

Making A Difference At Home & Abroad 2023 At A Glance



80

Businesswomen, including 13 new members, own and operate cottage industries in Tanzania.



1097

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



200

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



13,000

Meals provided to underfed Tumaini Tutor students.

Empowering Change with \$241,477 in Donor Support and 4,700 Volunteer Hours in 2023.

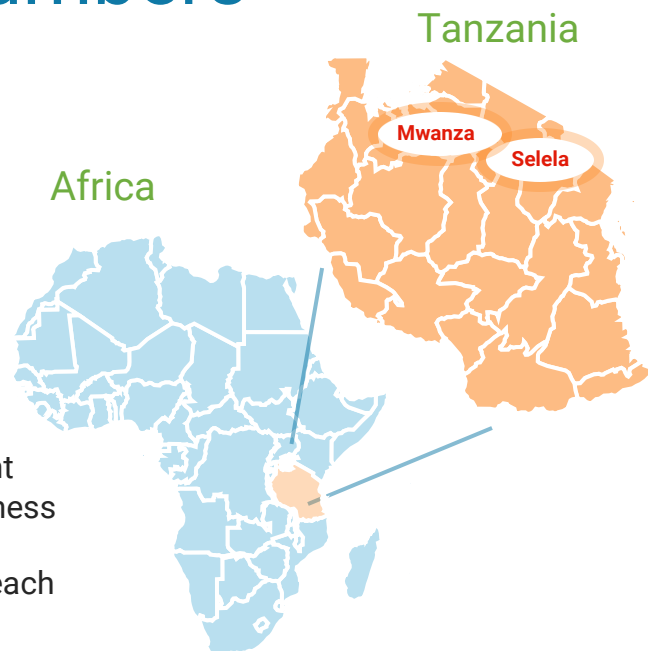
2023 By The Numbers



- \$285,094 in Total Funding**
- \$30,285 Fundraising
 - \$123,378 Grants
 - \$87,814 Individual Gifts
 - \$43,617 2022 Budget Surplus



- \$285,094 in Total Expenses**
- \$256,433 in Program Development**
- \$7,490 to Women Economic Empowerment
 - \$23,387 to Healthcare & Community Wellness
 - \$118,526 to Education
 - \$107,030 to International Healthcare Outreach
- \$28,661 in Operational Costs**



Making Meaningful Changes A Reality Together!



The Maasai believe the color red brings power and healing.

Healthcare Outreach

Making Health Happen!

In Selela, Tanzania Maasai villagers face significant barriers in accessing vision and dental care, as well as cervical cancer prevention through HPV vaccines and PAP tests. Our dedicated volunteers offer comprehensive medical services, including non-surgical treatments, vision correction, dental surgical and restorative procedures, and cervical cancer screening.



811 Patients Treated by Health & Hope Volunteers

305 Medical Exams & Treatments	77 Cervical Cancer Screenings	255 Vision Exams & Vision Correction	174 Dental Exams & Surgical Care
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- Selela is home to over 9,000 Maasai.
- This proud ethnic group has strong traditions, is patriarchal, and sometimes polygamous.
- The oral language is predominantly Maa. Literacy levels are low, however, Swahili and English are taught in schools.
- The local economy is that of a rural trading center including agriculture and pastoralism.



1000 Toothbrushes Provided



625 Menstrual Kits Provided



1 Community Water Chlorinator
(ensuring availability of clean drinking water)



In developing countries, 80% of illnesses are water-borne, a major cause of childhood mortality.

"Volunteering as a physician on this team provides opportunity to contribute meaningful interventions in the lives of people who rarely have opportunity to see a doctor. This is a big change from medicine in the USA and offers me perspective." ~ Valerie McWhorter, MD



Healthcare Education Outreach Celebration Of Education!



Over 600
villagers have
attended
classes so
far!



Fun Maasai Health
Education Classes
Create Community

"It's an honor to watch our teachers, community leaders and ambassadors. Their challenges are great with opportunities greater." ~ Loree Bolin

As an outcome of Maasai Healthcare Delivery, we collaborated with Selela tribal leaders to address health needs through a community health education program. Our relationship with community leaders continues to strengthen, fostering ongoing discussions with positive momentum.

Eliminate Female Genital Mutilation/Cutting (FGM/C)



FGM/C, is a traditional practice, lacking any health benefits and can lead to severe complications. Our Dangers of Female Cutting session was attended by 286 village ambassadors. As a result, only 30 of the 100 scheduled cutting ceremonies took place. Community efforts to discourage female cutting continue.

Dr. Grace Lemomo, a Maasai woman and Health & Hope physician, attended the 2023 International Conference on Female Genital Mutilation.



Prevent Continued Rise in HIV

In Maasai society, rising HIV rates stem from inadequate education and limited access to prevention, testing, and treatment. We conducted HIV Prevention Classes attended by 217 Maasai ambassadors from 5 villages. Each ambassador committed to disseminating class education to their networks. Additionally, we provided condom use education, a novel experience for many who had never seen a condom package.



This Village Leader jumped into the condom lesson with enthusiasm leading the class by example.



Washable menstrual kits were delivered to Maasai girls. Here the annual cost for each girl's disposable supplies is \$100, using family money urgently needed for food.



Women On The Move

Overcoming Income Obstacles



Rural Tanzanian women face barriers to reliable income due to limited education, gender disparities, and cultural norms, often while raising multiple children.



Economic empowerment programs are **essential** for overcoming these challenges and **providing sustainable income opportunities.**



Bringing Freshness To Fishing!

Now - Selling prized fish from Lake Victoria in indoor markets. A new freezer and the innovation of solar dryers increases nutrition and sales as well as the ability to sell to distant towns.



80 women in 16 Business Groups attend monthly seminars on finance, hygiene, customer service, as well as continued education in each business.

Improving Agricultural Practices for Women's Livelihoods

Previously, women manually transported water from lakes and bore holes for irrigation. Adding a second irrigation pump, more hoses, and backpack sprayers reduced workload, boosting yields.

In 2023, their fields expanded to 3 acres providing vital nutrition for their families and community. Cultivating staples like maize and rice helps offset market shortages and high costs from regional economics and drought.



**Businesswomen
Walking A Road To
Empowerment!**




“You bring light and big change to my life. We lack words to say thank you.”

~ Eva A.

Women's business groups stay diverse and adaptable, facing economic and climate changes together with palpable determination.

Expanding Access To Education

Opening doors to education and healthcare to orphaned and impoverished children. Tumaini Tutor provides free education 6 days a week to orphaned and vulnerable children supplementing public school education. **Students learn, rise, and thrive!**



Student Healthcare

135 Vision Exams & Glasses	111 Dental Exams & Treatments	150 Washable Menstrual Kits	400 Packs for GI Worms
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Computer Learning & Technology

We continue to enhance student learning with upgraded technology and WIFI infrastructure. 20 WIFI Tablets, complete with keyboards, support online classes with keyboard practice and enriched math, science, and English education.



Uniform Lending Library

Our successful uniform library continues to allow 200 students to attend public school to borrow uniforms as they grow.



Lights For Learning

90% of our students lack home electricity. Our solar light campaign will provide 200 lights for families of Tumaini Tutor School students in 2024.



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



94% student retention rate (6% moved, 0% child labor, 0% pregnancy).



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



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

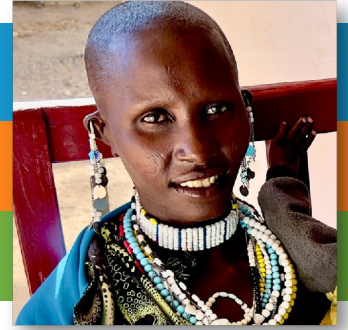
" I thank you, my friend. Tumaini Tutor teachers help us a lot. It is a good place for students to study. Your help with solar lights, uniforms, books, calculator, bookbag, and learning computer gives me what I need for my education. My life is full of joy! "
~ Angel M., age 15



Over 13,000 meals provided to underfed Tumaini Tutor students!

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

Thank You For Your Kindness & 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 Health & Hope Foundation and the families we serve, we express our profound appreciation for your charitable giving.



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