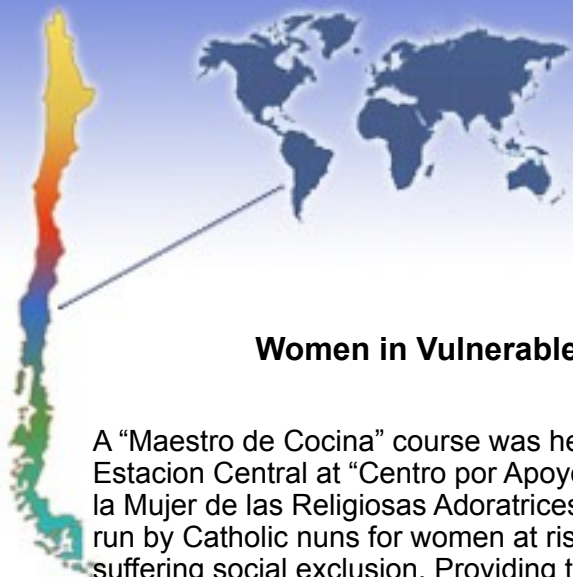


Integral Care of the Sick Course Certification

Fourteen low income students from the “Integral Care for the Sick” course received their certification. They enjoyed a short ceremony, which was attended by their families and representatives of the municipality of Lo Espejo and refreshments. Upon graduating from this course, two of the students, Pablo Perez Vega and Miriam Diaier, applied to a University to study nursing and were accepted through a special scholarship program. These attest to the quality of FEDES’ vocational programs and their effectiveness in being a bridge to a better life through motivating beneficiaries and helping them develop the skills for work or studies. A few days after the certification we received the following letter from Miriam.

*Dear FEDES Foundation,
I want to say a whole hearted thank you for what you’ve given us – the opportunity to learn and open a door to overcoming our circumstances. I feel this is a truly great institution, where people really care for and respect its students. I know that I will never forget you. I learned so much, far more than I expected in the “Care for the Sick” course. Our teacher is an extraordinary woman who taught us so much. I’ll never forget her either. I’ve always loved nursing, and your program opened the door for me to study it, and now I got accepted into a University to earn a degree in that. I start in March. I just want to write and say thank you so much for everything. Everything you’ve given me will be carried in my heart always. Thank you.”*





Women in Vulnerable Situations Study Gastronomy as a Step to a Better Life

A “Maestro de Cocina” course was held in Estacion Central at “Centro por Apoyo Integral a la Mujer de las Religiosas Adoratrices,” a center run by Catholic nuns for women at risk or suffering social exclusion. Providing these women with employability skills to earn an income is paramount to their escape from a life of vulnerability. The women who took the gastronomy course prepared a special presentation for representatives of FEDES and the administration of the women’s center to show the delicacies they created with their newly acquired skills. It was a fun and very touching occasion. The students repeatedly expressed their appreciation for their teacher Carolina Urra, for both her skills in teaching gastronomy, and her wisdom in guidance and counseling them on personal and work issues that arose during the course. One of the participants told us, “I never thought that such beautiful things could be made in the kitchen. I love it! I never even knew there were such tiny tomatoes and I could make delicate, exquisite things. I really want to keep learning and working in this job.”





FEDES Donates Supplies to Under-resourced Hospitals in Valparaíso

In the month of January, representatives of FEDES, accompanied by Senator Francisco Chahuan, took several trips to the region of Valparaíso to take medical supplies and equipment. These were donated by Vida USA and Direct Relief to public hospitals and primary care centers which attend to the poorest population in the region. In total 702 boxes of high quality medical supplies were donated.



Above right to left: Senator Chahuan, President of FEDES Steven Colon, Dr. Guillermo Pardo, Maria Mathews, and Dr. Diaz Cortez, Director of Health for Valparaíso.

Below: Steven Colon greeting the people from a shantytown in Valparaíso where they delivered hygiene kits and blankets to the families living in extreme poverty there.





Supporting Health Care for the Poor in San Bernardo

The southern districts of Santiago have the highest indicators of social exclusion and poverty in the Metropolis. A very large percentage of the inhabitants of these areas cannot afford health insurance and depend on the public medical system for their health care. However, the public system usually severely lacks adequate resources to attend to their needs. One of these districts, San Bernardo, received 223 boxes of medical supplies, donated by Direct Relief and Vida USA, to be distributed to its primary health care centers. El Pino Public Hospital in the same district received 230 boxes of medical supplies, a centrifuge, and 100 special thermal hospital blankets. Steven Colon met with Dr. Luis Leiva, director of Hospital Barros Luco, a public hospital that attends the poor in 29 communities, or almost half of the population within Santiago. He and Steven discussed the possibilities of further collaboration under the pilot project structure.



One desktop computer with its monitor, mouse and keyboard were donated to the municipality of San Ramon to be used in their productivity development department, which attends to micro-businesses and entrepreneurs.

*Build today, then strong and sure,
With a firm and ample base;
And ascending and secure,
Shall tomorrow find its place.
—Henry Wadsworth Longfellow*



Vocational School Update

It's been quite a month at the vocational school, with the air full of the scent of fresh bread, cookies, and cakes wafting through the court yard. Twenty students from the district of Independencia who either have, or are about to start their own small businesses studied baking under Chef Alvaro Valenzuela. On the closing day, the class did a presentation of all the delicious pastries they'd learned to make and celebrated by enjoying them, and a laughter-filled barbeque with FEDES' staff.



The students of the “Maestro de Cocina” course received their certification. This was the course which was held at the *Centro de Apoyo Intergral a la Mujer, RELIGIOSAS ADORATRICES*, a center run by Catholic nuns for vulnerable or socially “at risk” women.





Three Sewing Courses Begin

Three sewing courses began in the month of March. Sixty women from low income communities in three districts, San Bernardo, Puente Alto, and La Florida, have enrolled in these courses which teach creating and following patterns, sewing with three kinds of sewing machine (personal and industrial) and hand stitching. At the end of the course, students will receive a subsidy to cover the cost of their own sewing machine so they can start using their new skills to earn an income right away.



Some of the students who are currently studying sewing. On the lower left is Jeanette Alvarez modeling and finishing a skirt she is making in class. Below is Cecilia, whose husband was the main breadwinner in their family until he became ill with cancer. Now Cecilia sells used clothing on the street in front of her children's school to support her family. She has been a very avid student, as the ability to sew new clothes to sell will allow her to expand her business and increase sales. FEDES has also been able to help her family with food and other supplies.





Thank You, From FEDES

In this month's newsletter we'd like to take the chance to express our gratitude and recognition to the international organizations who have supported Chile through their collaboration with FEDES over the years, particularly in the aftermath of the earthquake



Each organization's help has made a significant difference in its respective arena. We feel that beyond partners, they are also friends and in so many ways they have been the wind beneath our wings. In October 2010 and then February 2011 President of FEDES Steven Colon traveled to the USA to present them with awards and recognition of their contributions to improving the plight of the poor here.

In Miami Steven met with the directors of **In His Love Inc.** to recognize their sustained assistance to the less fortunate in Chile over the years. Steven Colon with Carole O'Donnell, Founder and President Gigi Seay, and Pat Bass, all dear friends and collaborators.

Direct Relief International donated significant quantities of medical supplies, medicines, nutritional products, and personal hygiene items to assist in post-earthquake relief efforts and strengthening of public health systems in the affected regions. Along with the aid they provided a grant for operational costs so that FEDES could distribute aid directly to displaced and affected people in the field most effectively. They also gave a large grant to repair several medical centers that were badly damaged in the earthquake and have continued sending medical aid to improve service in quake-affected and other poor districts. Here Steven is presenting an award to Direct Relief's Executive Director Thomas Tighe, and visiting Direct Relief's warehouse with Dan Smith, Senior Program Officer for Latin America and the Caribbean.





For many years **Vida USA** has provided invaluable help by sending containers of medical aid in equipment and supplies which have benefitted hospitals and medical centers all over Chile. The warmth and commitment to service coming from its Founder Haydee Rodriguez-Pastor, Executive Director Adam See, and the rest of the administration touches our hearts and strengthens FEDES' own resolve to honor their efforts with the best service we can give on the field. Steven attended their annual fundraising event in California and gave a short presentation on the situation in Chile, as well as presenting Mrs. Rodriguez-Pastor with an award in recognition of their years of assistance to Chile. Here is Steven with Mr. See, Mrs. Rodriguez-Pastor, and Nicolas Roncaguiolo, the Peruvian Consul of San Francisco, California.



The impact of **Free Wheelchair Mission** in Chile is so great it is difficult to put into words. Disabled and elderly people all over the country have found new mobility through FWM's efforts to provide wheelchairs and improve their quality of life. In response to the earthquake they gave over 3,300 wheelchairs for those affected, and to date FWM has donated over 33,000 wheelchairs to the disabled poor in Chile. Steven met Dr. Susan Shore, the design consultant for the new GN2 wheelchair, International Operations Manager Whitney Blaesser, and FWM Founder and President Don Schoendorfer, to thank them and discuss ongoing operations.



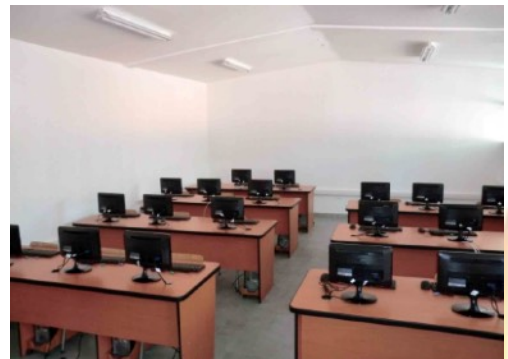
Steven with Laurie Rosen, Marci Barth, Linda Ragins, and Jill Klein: FWM volunteers who donated the funds for wheelchairs for Chile and visited the Maule region to help distribute them.



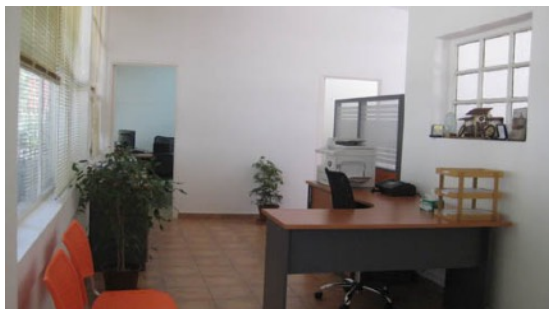
Family Care Foundation has been a partner since FEDES' inception. They have provided valuable training and networking opportunities. This year their help was fundamental in the renovation and opening of the new vocational school which will serve the underprivileged poor here in Santiago. Steven presented Grant Montgomery, President of FCF with an award in appreciation of their support, guidance, and friendship.



There are also dear friends whose generosity has made this school complete. Bob & Mikie Longman, Bob and Cindy Holloway, Dick and Carol Harris, Kimberly and Smokey McLaughlin, and Mac Allyn, we can't thank you enough. Someday we hope you can come see the laughter, the learning, the growth, and all the beautiful things you've made possible.



Photos of the new Vocational School in Lo Espejo. It has 6 classrooms/workshops, 3 industrial kitchens including cook-and-chill technology for the gastronomy courses, staff and student cafeterias, administration offices, and storage areas, all adapted to fit FEDES' programs.





*Above: Steven with Camille Grippon, Director of Latin American and Caribbean Partnerships, visiting AmeriCares' warehouse.
Below: Steven presenting an award to Adam Zayan, VP Global Partnerships at AmeriCares*

We'd like to express our gratitude to **AmeriCares** for their assistance in providing over 3 plane loads of high quality medical and personal hygiene supplies that benefited thousands of people in the disaster zone. Furthermore, AmeriCares awarded a grant to replenish supplies needed for additional hygiene kits and blankets. The hygiene kits and blankets have been distributed in camps for displaced people or other affected areas where such items were in short supply, but crucial in keeping families and communities healthy during the earthquake recovery phase.



Globus Relief board member Daniel Henrie, Steven Colon, and Doug Beck, Director of Operations at Globus Relief



Many people suffer from some level of disability, but are still able to walk with the assistance of orthopedic equipment. **Globus Relief** has been FEDES' partner for years in bringing needed walkers, canes, and crutches to low-income, disabled people and the establishments that care for them. They have also provided affordable hospital beds, medical equipment and supplies for under-resourced medical centers and hospitals in Chile. Since the earthquake, Globus Relief sent a large container of medical aid and orthopedic devices. Their help continues making a long term difference in the quality of care for the disabled, elderly, and incapacitated here in Chile.



Abbott Laboratories' quiet generosity has benefitted the poor, sick, and "at risk" for malnutrition in all the regions affected by the earthquake. Immediately after the earthquake Abbott sent a shipment of medicines, nutritional products, including Pedialyte rehydration solutions and adult nutritional supplements, to support medical systems in the disaster zone, and they've continued to supply medicine throughout the year. Initially FEDES capacity for delivering large quantities of aid rapidly to the disaster zone was hampered by only having one truck of our own available to make trips into the field for distribution. Abbott sponsored a brand new truck which has been vital in delivering aid directly into the hands of those that need it and the hospitals that treat them. The truck continues to be a blessing to all the people benefitting by FEDES projects. Steven met with Suki McClatchey, Senior Manager in Global Citizenship and Policy Abbott Laboratories to thank them for their support for Chile throughout the last year. We'd like to also say a special thank you to James Tate, Abbott Laboratories Director in Chile for his efforts, through which the relief actions were made possible.



Automotores Gildemeister has provided FEDES with free maintenance and discounts on the purchases of vehicles for years, and last year helped with a substantial discount so FEDES could make the best use of the funds donated by Abbott and get a truck with exactly the features needed. Their help has literally "kept things rolling" when FEDES has made trips to the quake affected regions to deliver aid.

There are so many other organizations and individuals who we want to thank and who have helped by supporting the goals that we share of "being there" for others in their hour of need to the best of our ability. Time and space fails us here, but we appreciate each of you so much for doing what you can to change the world, one life at a time.

We want to express our infinite gratitude to each of the friends, mayors, government ministers, senators, congressmen, health officials, police officials, social workers, community organizers, and many others here in Chile who assist us in our efforts to help the needy and vulnerable. You and others like you are the backbone of this beautiful country that we've come to love so much. Without your help and guidance, we could never have accomplished what has been done and we are proud to have the privilege of working alongside you.

There are also so many individuals whose generosity extends across the ocean to help those they've never met. To each of our friends overseas we just want to say, we couldn't have done it without you. Our joys and triumphs are yours. We wish you were here to see the effects of your love and bigheartedness reflected in the smiles of those we've been able to help. Thank you from the bottom of our hearts.



What It's All About



This month's newsletter is in a slightly different format. Rather than descriptions of our activities, we want to introduce you to some of the young people who are studying here, their backgrounds, their stories. Projects and programs are important, but we also want to share with you the joy that comes from getting to know the people, the reason that this foundation exists. These are students of the government's SENCE "Jovenes Bicentenario" International Cuisine program, a training course, taught by chefs, that includes 250 hours cooking class, 65 hours ICDE (computer skills), 70 hours personal and social development, and a 2 month internship in a business or restaurant. There are 4 class groups with 16 -18 students per group. These classes have also had visits by other international chefs, visits market places with their teachers to learn the best buying practices and how to choose high quality ingredients. They learn supply management, budgeting, and perhaps more importantly, their fellow students carry, that faith in themselves and their skills can carry them far, how to present themselves to clients or hirers, work with other people, communicate. All the students are from 18 to 29 years old, and come from the lowest income quintile in the country. Over half are single mothers or are custodians or primary caregivers to their younger siblings or other family members.





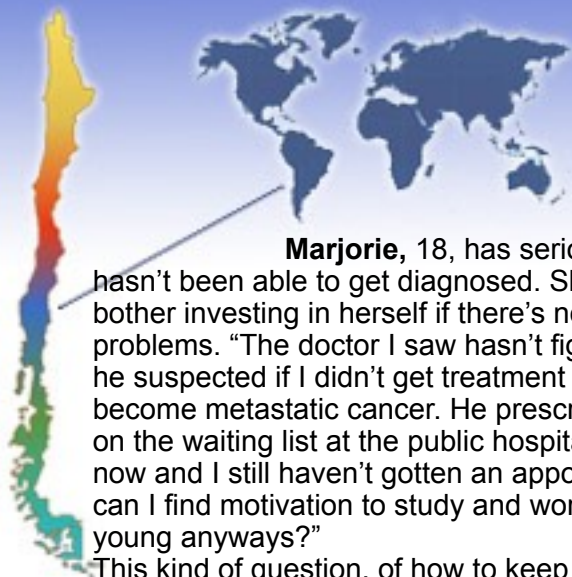
Jaime is a young man with beautiful eyes and very warm manners. While his demeanor quickly won over many of the students, in the first few weeks he faced some teasing and animosity because he is gay. In a class on teamwork, communication, and how to respond to aggression, there was an exercise with teams of students where one student had to be the aggressor and the other had to practice handling the situation calmly and respectfully. It just so happened that the “aggressor” on Jaime’s team was the biggest, toughest boy in class, and he did everything short of physical violence to try to get Jaime angry. He stood his ground calmly however, and answered respectfully no matter what the other one did. Through this and many other actions, Jaime has earned the respect of the other students in his course.

Susan was initially very shy and hardly spoke up in class, though she was very cheerful, and a hard worker. She has a little boy that she’s raising on her own. After some of the first personal development classes about having faith in yourself, fear of failure, having self compassion, and working with other people, she told the teacher. “I had a job before. I worked hard and tried to be a good employee. However, one day I was honest with my boss about something I didn’t agree with, and he started screaming at me and humiliated me in front of everybody. Every time I thought about getting another job I got scared that I’d go through that again, and I felt like a failure. This class about how fear is the greatest enemy of love and getting ahead in life really helped me. It opened my eyes to how much I’ve been letting fear of others hold me back. I’m ready to take that internship now, and I’m ready to look for a job because I’ve realized that even if there is conflict, I can’t let fear kill my spirit and my love.”



Since then Susan has come out of her shell offering her views, and helping the other students negotiate their way through the communications and team-working classes. She has become a real leader in her group. If another student is struggling with a cooking concept she helps teach them how to do it right. After one communications activity, one of the other students stood up and told everyone, “I’d like to say that Susan deserves special recognition, as she has been the person that helped us find the most unity as a class. When issues come up, she finds a way to defuse them, and she’s not afraid to speak up when she thinks something is wrong, or if she can help.”

Susan (right) with classmates Claudia, Jaime, and Joselyn



Marjorie, 18, has serious health problems that she still hasn't been able to get diagnosed. She asked how she can have hope or bother investing in herself if there's no way she can get away from her problems. "The doctor I saw hasn't figured out what it is, but he said that he suspected if I didn't get treatment very soon it was likely it would become metastatic cancer. He prescribed me a bunch of tests. I've been on the waiting list at the public hospital to receive treatment for a year now and I still haven't gotten an appointment with the specialist. How can I find motivation to study and work hard if it's likely I'm going to die young anyways?"

This kind of question, of how to keep fighting when it seems like circumstances are all against you, resonated deeply with many of the students. After all, positive thinking doesn't make our problems go away. Carmen, the teacher, explained that the only way we can have hope is to look at things through the eyes of faith, remembering that we are spiritual beings living a physical experience. Allowing yourself to be happy, be yourself, shine, and live to the full for as long as you have is the best way to live no matter how long you have.

Marjorie later told Carmen. "You're right. I can't keep living my life as if all the doors are already closed for me. I'm going to start putting more into my classes. I want to graduate, to be the best I can. Maybe I'll make it to chef! I want live life to the full as long as I can." She's certainly showed that, and began participating more in each of the classes. She's now working in "Selecta" a well-known bakery. She is also receiving treatment one of the public hospitals that FEDES has been working with.

Below: Marjorie



Left: Juan Carlos. A young man who has been the custodian of his younger siblings since he was quite young himself. He was a very motivated student.
Below: Francisca weighing ingredients
Left: One of the teachers Chef Alvaro with Fabiola.





Leonor was left an orphan at 10 years old. She was placed in a Catholic nun run orphanage, where the sisters tried to take good care of her, but she began to mix with the wrong crowd. She began to drink heavily and take drugs from quite a young age and adopted the “gothic” style of clothing and make up. She was always weak physically, but at 17 years old the doctors suddenly told her that she had to have an emergency bypass or she would die. “That changed my life,” Leonor told us. “Everything changed to for me. I knew if I wanted to live, I had to fight for myself. I had to work. I had to study.” That was 2 years ago. Leonor studied hard at the International Cuisine course and is now working at a local chain of restaurants called “Dominos” (not the American pizza chain).

Below:

1: Chef Alvaro with Geraldina

2,3,4: Jonatan and his family at their home.



Jonatan and Geraldina are a young couple who are both studying international cuisine at the Vocational School. They had good attendance until the first heavy rain of the winter, after which they started missing class. When we called to ask if things were ok they explained to us that the roof on their house had caved in one corner and soaked everything and they were trying to find materials to repair it. We went to visit their home and take roofing materials to help them fix it so that they could get back in school. They live with his mother and sister, who is also single mother. His mother was suffering an extremely painful gallbladder condition and needed an operation, but had been waiting for over 3 years to be scheduled for surgery in a government hospital. This is, unfortunately, an all too common experience among the poor who can't afford expensive private insurance. Fortunately, we were able to bring her case to the attention of our friends in the public hospital that we have been working, and she was able to receive the operation she needed free of charge.





President of ACHIGA Visits the Vocational School

The President of the Chilean Gastronomy Association (ACHIGA) Fernando de la Fuente and General Manager Jacqueline Rodriguez, along with Edwin Retamal, Cencosur Chef Overseer for Latin America, Mario Ramirez, Executive Chef for Maison de France, Frank Villablanca and Karina Valdes, Chefs from Hotel Manquehue visited the vocational school to finalize and discuss employment opportunities for the students.





Internships and Jobs



The students are now completing their internships, and many have already been hired fulltime.

Mical, Juan Carlos, and Sergio with the Executive Chef Mario Ramirez at “Maison de France”, a prestigious French restaurant. Sergio was hired fulltime upon completion of his internship, and was even invited by his Chef Ramirez to attend the Chilean Association of Gastronomy’s dinner to honor and award the best chefs in the country.



Manuel did his internship at “El Giratorio” a celebrated restaurant located at the top of a skyscraper in the center of Santiago’s shopping and business district that slowly turns to give patrons a breathtaking view of the city. The pride in his voice when he came to tell us that they were hiring him fulltime as soon as his internship was finished was priceless.

Karen Villegas (shown here singing karaoke at an “integration” activity at the school) was hired by Jumbo supermarket in a high-income area and did so well during her internship that they hired her as the head of the gourmet prepared foods department.





Several of the young people got fulltime jobs at the chain Dominos. Here are Natalie and with Denis one of.



FEDES was also honored with a visit from the Jose Luis Veguño national director of the SENCE (at the time) and his chief of staff Paola Agurto. They took a tour of the school, tried out a buffet of dishes made by the students, met with FEDES administration to discuss future projects.

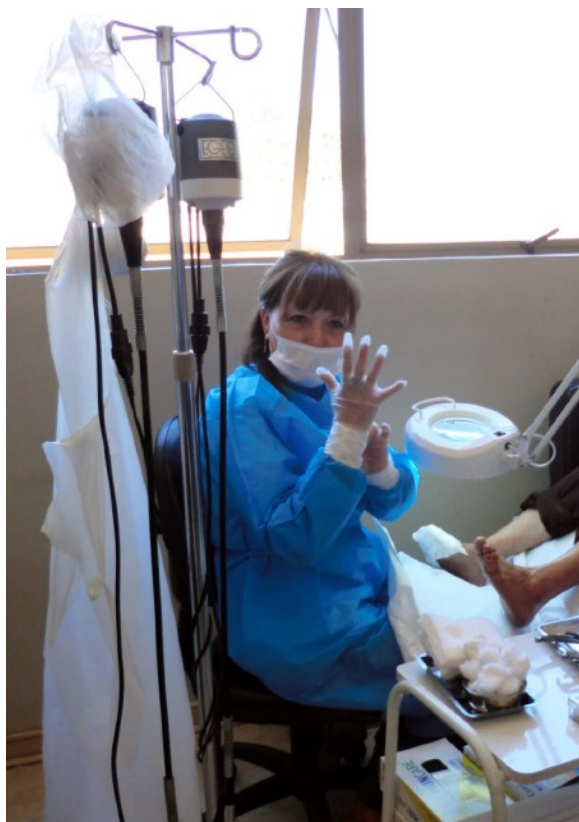




Container of Medical Supplies Donated By Direct Relief to Public Health Clinics in the District San Bernardo

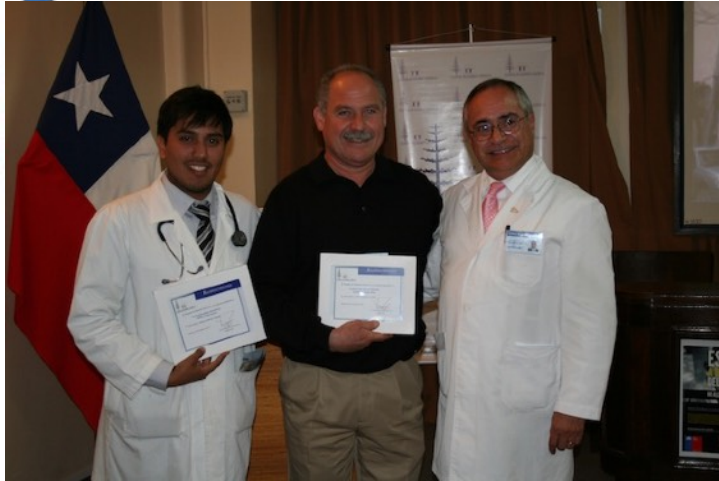


1 container of medical supplies arrived to the District of San Bernardo where they were received by Mayor Nora Cuevas for their under-resourced public health care system. These supplies were distributed between their primary care centers and hospitals which attend a large population of people living in vulnerable conditions.





Container of Medical Supplies Arrives in Valparaíso



A container of medical supplies and equipment donated by Direct Relief International was donated to the public health system of Valparaíso, with its primary destination being the Hospital Dr. Eduardo Pereira Ramirez. This is a large public hospital in Valparaíso (the coastal area that has the largest population in Chile outside of Santiago with approximately 1,900,000 people). It also attends to the poorest, often rural or fishermen communities in the surrounding areas. Wheelchairs were also distributed to people living in poverty who needed them.





Visit by FWM Representatives

The Koons and their teenage grandsons came to Chile to help distribute wheelchairs to people who desperately needed them. They went from the most miserable shanty towns built on a garbage dump in San Bernardo, to Valparaiso to deliver the chairs.



Elena Herrera met Sergio Enrique at the central market in Santiago. He was blind from diabetes and unable to walk. He slept outdoors and was growing steadily more ill. Though he was a complete stranger and she has 9 children that she is raising alone in a small shack in the middle of a shantytown of San Bernardo, she took him home and has been taking care of him for the past 10 years. Every day she would take him to the market on the make-shift cart she invented (visible on the left) where they sell whatever they can find to make their living. When they received the wheelchair, he was so happy that he literally wept for joy. Elena told us, "This wheelchair is like a Mercedes Benz for us after using that cart all this time!"

Luzmira and Maria are next-door neighbors and good friends, but both of them have developed severe arthritis and Luzmira has serious heart trouble. They were unable to leave their homes except when about once a month their family members would carry them outside to visit each other. When they received their wheelchairs the first thing they did was go out for a neighborly visit.





25 wheelchairs donated at school for the Disabled in Lo Espejo



25 people received new wheelchairs at a ceremony held with the Mayor of Lo Espejo, Carlos Inostroza, at a local school for the disabled. Most of the wheelchairs went to children who are studying at the school, and several were for other people from the area who needed wheelchairs.



Janett Romo with her teacher Chef Fabian Latrorre on the day of her certification.



Jeanette Romo took a gastronomy course at FEDES' vocational school. Imagine our surprise when we took wheelchairs to the school for the disabled and met her there with her son, who was hit by a car while on his bike at the age of 11 and left with serious mobility and cognitive challenges. He received a new GN2 wheelchair. She told us that he has also been learning pastry making at school and she plans to open a small business from home so that they can work together and she can give him the care he needs.



Andres Candia 53, was a policeman in active duty until he had a stroke which left his right side paralyzed. He also developed diabetes and had to have most of his left leg amputated. His wife was so thankful for the wheelchair. She told us, "No matter what difficulties we go through, I am just so thankful he is alive. He was in the ICU for 3 months and we didn't know if he'd make it. Now I can take care of him and this wheelchair will make it so much easier."

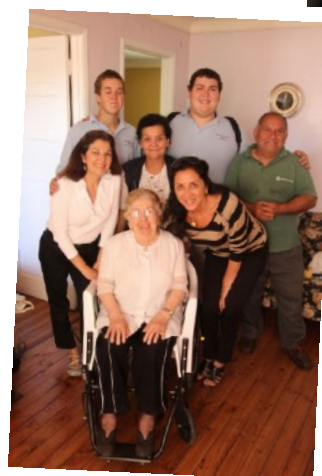


Rooming Solutions for Disabled Children in Extreme Poverty: A Collaboratory Program with Habitat for Humanity



The Koon family also visited two of the special rooming solutions that Habitat for Humanity is building in Lo Espejo as part of a collaborative effort through the pilot project. Habitat for Humanity Chile and volunteers from Canada have already built 7 special bedrooms (and in some cases, more, such as bathrooms) for children who have disabilities or chronic diseases and live in sub-standard housing.



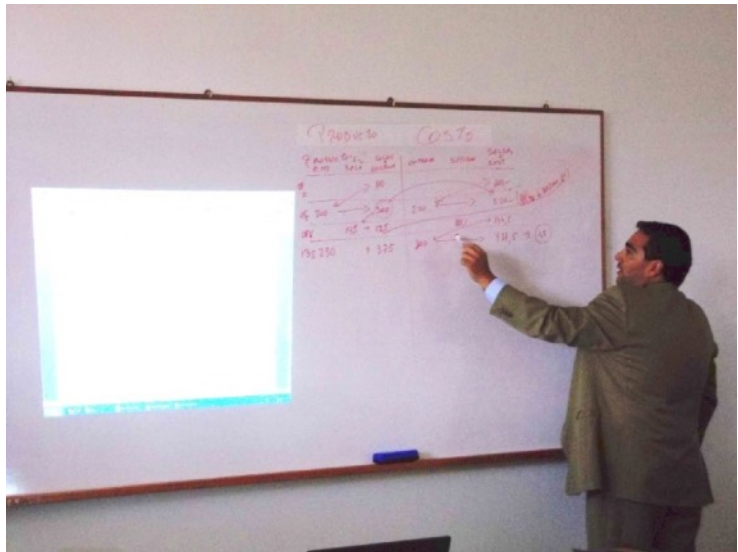


Later they visited Valparaíso to distribute more wheelchairs, accompanied by the Regional Director of SENAMA, Ana Eugenia Gutierrez and Ms. Sofia, a local “angel” who works to improve the welfare of elderly people in vulnerable circumstances. Above they are delivering wheelchairs to Jose Caraballo and Alicia Carmen. They were also received at the Senate of Chile where a standing ovation occurred in their honor and Senator Chahuan presented them with a medallion in recognition of their support for disabled Chileans living in poverty.



Training Courses for the Unemployed

Five job skills courses for unemployed people enrolled in the government's program for people receiving unemployment benefits were carried out this month. The courses were International Cuisine, Catering and Event Planning, Warehouse and Stock Management, Computer Skills (mostly Microsoft Office), and Autocad Bidimensional (a design program on the computer). These courses were 65 instruction hours each.



Cosmetology and Sewing Courses for Women



A 160 instruction hour cosmetology course, sponsored by SENCE (the government entity in charge of job skill training), was held in the district of Independencia for 20 women who are either single mothers or the main income earners of their families.

They learned basic skin care, facials, professional makeup application, waxing, how to give a manicure and pedicure, etc.



A 160 instruction hour sewing course for 20 women also began under the same program as above in Talagante. Sewing is a wonderful skill for many of these women because it allows for flexible work hours or the ability to work from home. The government is subsidizing a sewing machine for each graduate upon their completion of the course to allow them to start their own small businesses right away.





FEDES Employment Agency

FEDES, recently opened an employment agency named “Buen Empleo”. This is something that works hand in hand with our other programs, as FEDES often already helped the vocational school students find jobs.

“Buen Empleo” actively searches for and recruits unemployed people to fill available job vacancies. They are interviewed to evaluate the level of training needed in job skills in specific areas, trained if needed, and then placed in the company and position if they meet the requirements.



So much has happened this year it's hard to imagine that it's already December and a new year is about to begin. As we look back at all the wonderful things that have taken place our hearts are filled with joy and gratitude for each one of you who have helped make it possible. Each project and program has been the result of many people's efforts. We know next year will be even more exciting as new opportunities develop and come to fruition.

To each of our international partners and collaborators, such as Direct Relief International, Globus Relief, Free Wheelchair Mission, Vida USA, Family Care Foundation, Habitat for Humanity, Abbott Laboratories, we want to say thank you so much. We couldn't accomplish any of this without your support and solidarity. You are the ones that make it happen. We wish you could be here in person to see it, but since you can't, please know that you are in our thoughts and prayer, and your help truly is making a difference to many.

To all our Chilean friends, co-workers, and so many people in the senate, congress, SENCE, FOSIS, municipalities, health departments, social workers, neighborhood committees, business collaborators, and students, we want to say, it is an honor to work with you. You are the ones who help guide, teach, and facilitate us in these programs. We thank God for the opportunity to work with you and are so grateful for your assistance and hard work. Thank you so much for your collaboration and friendship. It has been a beautiful and amazing year for the foundation, and we know that so much of it is thanks to you.

May you have a wonderful Christmas filled with love and blessings and a year full of success and joy ahead.

Anti – Diabetes and Obesity Program

According to Chilean government statistics, over 60% of Chileans are overweight and 25% are obese. 90% have a sedentary lifestyle. Lack of sufficient exercise and education on healthy diet, bad food habits or lack of skills to make healthy food in appetizing ways contribute to the problem, as does the fact that many healthy foods are much more expensive than junk food. Among a poor population this can have especially devastating consequences, affecting overall health and bringing on diabetes and its subsequent complications of blindness, kidney failure, amputation of limbs, etc, since the poor are far less likely to receive adequate treatment. With governments and private citizens already feeling the burgeoning financial and social costs of these often avoidable diseases, the time to act, to prevent, is now.

An exciting new anti-obesity and diabetes program (translated: „My health, my life, in Lo Espejo” that FEDES is carrying out with Abbott Laboratories and the Health Department of Lo Espejo has begun. It was originally a program used by companies to help their employees improve their health. Abbott Laboratories has chosen to participate in the Pilot Project by sponsoring this program for the first 100 participants from this marginalized community as part of its social responsibility program. The vision is to expand to 1000, then 5000, then up to 20,000 as time goes on.

Abbott Laboratories’ Director of Commercial and Government Affairs Nestor Ortiz, who has been running this program internationally for Abbott’s staff, flew in from Puerto Rico to speak at the opening ceremony. Throughout a very entertaining discourse which was punctuated with laughter, he told the story of what motivated him to change his health habits, explained the way the program would help people to know their risk factors and health indicators, and challenged everyone present to take control of their lives and their health through changing their diet and exercise habits and lifestyles. The kickoff was attended by the Mayor and several city councilmen, all of whom enrolled in the program, Lo Espejo’s directors of health, the directors of Abbott Laboratories Chile, the chairmen of many local neighborhood committees, etc.

en
Lo Espejo
mi salud
mi vida



Patrocinan:





Participants filled out forms of their basic health history and habits, had their height, weight, waists, and blood pressures taken, as well as a photo to compare before/after the program. These participants are particularly key people because most of them are already leaders in their communities in these marginalized areas, and have the ability to help the program expand and keep rolling in the long term.



The equipment that was used to take people's health indicators, such as scales, blood pressure machines, blood testing kits, etc, were all donated by Direct Relief International over the last year. It was great to see them being used in such a new, complete program that could help save thousands of lives through prevention.



Delicious refreshments consisting of all whole wheat, natural, nutritious foods and drinks were served while people enrolled. The examples and ideas for healthy snacks and entertaining options were particularly opportune and a big hit.



Phase Two

At the third event all those enrolled had blood tests taken to determine their blood glucose, cholesterol levels, etc.



Abbott Laboratories covered all the costs of the blood tests, information pamphlets, food, banners, and signs. The municipality hosted the event and health workers from Lo Espejo's local clinics took the samples and processed them. The dedication, efficiency and team-working spirit shown by the entire Lo Espejo health department, from Director Dr. Alfred Otarola, down to each nurse and assistant has made the whole program run smoothly. The process was also speeded up considerably due to Direct Relief's donations of medical supplies over the last year. The results were all entered into the "Know Your Number" website. This is a specially designed website that analyzes a person's "numbers", or health indicators and then generates a personalized health risk assessment for each participant. The report explains what each person's risk of developing certain preventable diseases, such as diabetes, heart attack, stroke, etc, would be in the next five years if they continued their current life styles, and helps educate them on what steps they can take to lower those risks.



Phase 3



"What do my numbers have to tell me?" was the question on everyone's mind at the third event. After speakers from Abbott Chile General Manager James Tait and Medical Director Dr. Amy Chong explained the charts and the impact that each indicator would have on an individual's health, the participants each opened their personalized health risk assessment and explanation letter. Doctors and nurses from Lo Espejo's health system were present to answer any questions that people had and encourage them in the areas that they needed to change. The people whose health indicators were in danger zones had appointments made with local doctors right away to discuss the steps they needed to take to improve their health and evaluate if any medical intervention was necessary. Future developments under this program include outfitting public parks with exercise equipment, the YMCA bringing physical trainers to teach good form in exercising, both sponsored by Abbott Laboratories a community "walk-a-thon", and much more, so stay tuned!





Pilot Project in Lo Espejo and San Bernardo

Beginning in 2011, with the past eight years of experience and the lessons learned through projects related to the earthquake and tsunami in February, FEDES is convinced that the moment has arrived to take a qualitative leap and execute a new project model. The concept is to concentrate humanitarian and development efforts in one or 2 districts and attempt to impact a series of key variables in the fields of employability, public education, primary health care, and disability, among others. The vision is to achieve far-reaching, integrated cooperation between all parties involved for greater impact. FEDES has also invited other national and international players to join in the proposal.

Naturally the municipality's commitment is essential; therefore FEDES established long term alliances with the municipalities of Lo Espejo, and more recently San Bernardo (two of the districts with the highest indicators of vulnerability and lack of opportunity for their inhabitants) to jointly provide, among other things:

- Equipment and supplies for primary health care services. The public clinics in these areas are severely underequipped and lack resources. In this area FEDES is supported by several organizations, including Direct Relief and Vida USA, which generate this kind of donations from the USA.
- Donations of wheelchairs and other mobility equipment for the elderly, disabled, or others who may require them. Free Wheelchair Mission has already donated over 33,000 wheelchairs for Chileans in need. They and Globus Relief, a humanitarian organization which provides affordable orthopedic and medical equipment, support FEDES in this area.
- Vocational and job training or support for entrepreneurs in sectors which need to improve living conditions or which are largely outside the job market. FEDES has one of the best equipped vocational schools in the country for that purpose.
- Support for public education institutions through teacher training.
- Training for employees of these municipalities to improve work quality and public services.
- Mobilization of national and international volunteers and networking with organizations with expertise in public health, management, or other subjects as dictated by needs detected throughout the program.
- Aid and recovery measures when emergencies arise which affect the districts' most vulnerable sectors.

The Pilot project in no way implies the weakening or discontinuation of the activities which FEDES has been developing in many districts in nearly the whole country. Our commitment to service to all regions of Chile remains firm. With this pilot project we are trying to create a model that could be replicable here in Chile or even internationally. This is also an invitation to other collaborators, institutions or individuals, to join us in a powerful alliance on the local level.



Minister of Health Dr. Jaime Mañalich meeting with Steven Colon about the Pilot Project

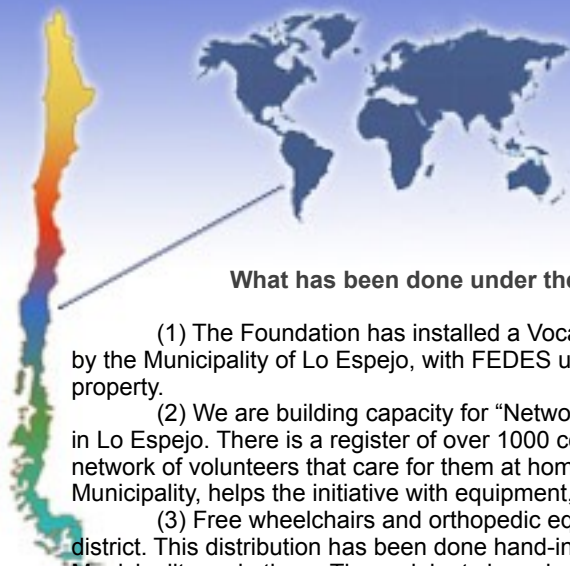


Steven Colon, with Abbott Laboratories representatives, (from left to right) General Manager for Chile James Tait, Director of Commercial and Government Affairs Nestor Ortiz;



Meetings with the mayor of Lo Espejo Carlos Inostroza (above) and María Nora Cuevas Contreras (below) mayor of San Bernardo.





What has been done under the Pilot Project so far:

(1) The Foundation has installed a Vocational School on a premises granted by the Municipality of Lo Espejo, with FEDES undertaking a major remodeling of the property.

(2) We are building capacity for "Network for the Disabled", a volunteer group in Lo Espejo. There is a register of over 1000 confined individuals in the district, and a network of volunteers that care for them at home. FEDES, together with the Municipality, helps the initiative with equipment, supplies, training, and infrastructure.

(3) Free wheelchairs and orthopedic equipment are being distributed in the district. This distribution has been done hand-in-hand with local entities, both the Municipality and others. The recipients have been registered by the district's health agents.

(4) Supplies and equipment are being donated on a regular basis to the primary health care centers. (In 2010, the value of these donations is estimated to be \$300,000 USD.)

(5) Volunteer brigades from the USA have done humanitarian activities in both Lo Espejo and San Bernardo. From these brigades have sprung small personal initiatives which have translated into homes, scholarships, and other benefits for individuals and families in the district.

(6) Food aid and household items such as blankets, personal hygiene items, and adult or infant diapers have been delivered to thousands of families in extreme poverty – inhabitants of the slums/squatter's camps which still exist in the districts, and other poor sectors.

(7) Two thousand dental hygiene kits have been donated to school children in Lo Espejo. This is part of a greater program to support the Municipality's oral hygiene education efforts in public schools that serve the district's most vulnerable kids. The supplies were donated by Americares and Direct Relief.

(8) A group of medical volunteers from one of the most prestigious private clinics in Santiago, La Clinica Aleman, has offered to support the poorest public health care centers through training programs for their personnel.

(9) An ambulance for a public clinic in Lo Espejo which had been broken down and out of use for lack of funds to repair it was fixed and is now back in service.

This "Pilot Project" in Lo Espejo has drawn the attention of the Minister of Planning (*MIDEPLAN, the government agency in charge of poverty*) and other authorities. The Ministry of Health has agreed to continue covering the incoming customs and storage costs of medical donations to the Pilot Project until they reach their destinations. Several UN departments in Chile have expressed interest in collaborating as well. Abbott Laboratories is beginning an anti-diabetes program in a community of Lo Espejo. They will be working with community and health officials to funding and technical knowledge for the program, and track its progress. *Habitat for Humanity Chile* has joined the project bringing housing solutions in the form of specially equipped rooms for disabled or confined children, elderly, or domestically abused women.





A project being carried out with Habitat for Humanity. These are the first two rooms that were built for disabled people living in extreme poverty which are being build within the framework of the Pilot Project.. We extend our deepest gratitude to Habitat for Humanity Chile and the volunteer brigades that came from Canada who, through their efforts and enthusiasm made this vision a reality.



Below, the construction process of a community center in the district San Bernardo, one of the districts with the most areas of people living in vulnerability in the south of Santiago. This was built through a joint effort of the California Community Foundation, Family Care Foundation, the Municipality of San Bernardo, and the construction companies SUBPANEL and Louisiana Pacific OSB.

