



**TIMMY**  
GLOBAL HEALTH

2021-22  
Annual  
Report

# Foreword

As I reflect on 25 years of Timmy Global Health I am amazed at how far we have come, but I am also faced with the realization that we still have a very long way to go. Back in 1997, I had a vision for what we could do to create better health care and better healers. But the reality is that many are still suffering from a lack of resources both here in America and in countries around the world.

This year we were able to deploy two Timmy teams, something we haven't done for a couple of years. I was able to get back to Ecuador to check on projects started long ago and implement new initiatives with some of our ongoing partnerships.

We brought the Timmy Takedown back. It was a fantastic event highlighting 13 wrestlers. With the gracious support of donors and sponsors not only did we brighten the lives of some great children, we also raised some funds for Timmy initiatives.

The highlight of our year continues to be the people who support Timmy, work with Timmy, and carry out the mission of Timmy. We have been blessed with much this year. In June Timmy was recognized by Kiwanis International as the recipient of their prestigious World Service Medal.

Kiwanis World Service Medal is presented annually at the international convention. Timmy now joins the ranks of previous winners including Mother Teresa, Sir Roger Moore, Audrey Hepburn, First Ladies Nancy Reagan and Rosalynn Carter, and Heifer International.

Thank you for believing in the original mission. Thank you for helping us expand the vision. And, thank you for continuing to support the work of Timmy Global Health as we reach out to those who have limited or no access to health care.

Dr. Chuck Dietzen  
Timmy's founder and volunteer

Thank you!





# Access to Healthcare

*The primary focus of our work is facilitating access to healthcare. Through the two medical service trips that have taken place in 2022 so far, and through the work of our local partner organizations and clinics, Timmy has continued to support access to healthcare for vulnerable communities*

## Our medical service trips in 2022

In 2022, the Timmy chapters at Notre Dame University and Indiana State University in coordination with our partner Hombro a Hombro brought 2 medical service trips to Ecuador. The sites served were Santo Domingo and Guangaje. This is the first time after the pandemic halted travel that these communities received healthcare through medical service trips.

In total, 47 volunteers traveled to participate in these 2 medical service trips, including 11 medical professionals, 32 students and 4 general volunteers. In addition, a total of 3 doctors were hired locally to provide healthcare to patients and support the volunteer teams on these trips. We look forward to continue fostering the collaboration between Timmy chapters and international partners, in the coordination of this medical service trips.

During the 2 medical service trips that took place in 2022, a total of 641 patients were seen by medical professionals. Of these patients, 55 were referred to local health centers, hospitals and partner organizations to receive further examination and treatment.

"A newborn was identified as requiring surgery for obstructive defecation. The baby needs to wear colostomy bags to defecate. The medical brigade team cared for the baby and made a donation with which Hombro a Hombro purchased colostomy bags to allow the baby to maintain an adequate quality of life while awaiting for surgery."  
(Hombro a Hombro, Ecuador)

# 2

medical service trips

# 32

student volunteers  
traveled

# 14

medical  
professionals  
provided care

# 641

patients served

# 55

patients referred  
for follow-up care



## Our COVID-19 response

Despite not being able to organize medical service trips after March 2020 and seeing a large reduction in the impact of our trips compared to 2019, Timmy has continued to support the needs for healthcare through the work of our local partner organizations and clinics in the Dominican Republic, Ecuador, Guatemala and Nigeria. Because of the pandemic, the existing needs and struggles of these partners have only heightened, as each of them works in areas where resources were already scarce. Hence, Timmy's support was - and still is - needed more than ever.



## Our local partners

During the June 2021 to July 2022 fiscal year, we worked together with the following 6 local partner organizations: **32 Volcanes (32V)** (Xela, Guatemala), **Banelino** (Mao & Montecristi, Dominican Republic), **Bebor Model Nursery & Primary School** (Rivers State, Nigeria), **Hombro a Hombro** (Santo Domingo, Ecuador), **Mercy Missions** (Amichi, Nigeria), and **Tierra Nueva** (Quito, Ecuador).

## Our support

Timmy helped partners with direct financial contributions and facilitation of in-kind donations. With this support, our partners have been able to pay for the salaries of local doctors, buy essential medications and supplies, provide personal protective equipment (PPE) to clinic staff, pay for the transport of patients, train community health workers, provide food in response to increasing food insecurity and more. Since our local partners started to work in full capacity after the major effects of the pandemic, they have attended to worsening health conditions in the patient population.

“With every patient visit I feel very good, because I can better understand the conditions of each patient, as they express their condition and that of their family. We are able to notice any changes through the monthly monitoring and evaluation of each chronic patient and children, and in this way we are also able to promptly identify any new need.”

(Community health worker, Dominican Republic)



## Local medical professionals

During the 2021-2022 fiscal year, Timmy's financial support contributed to the salaries of 4 local doctors, 1 local nurse, 5 professionals with expertise in various areas related to community health, and 6 community health workers/facilitators in the Dominican Republic, Ecuador and Guatemala. These are some of the passionate individuals that have continued to provide healthcare and support to their communities:

# 16

local professionals  
partially funded by  
Timmy



**DR MARIA DISLA  
BORBON**

*Banelino, Mao,  
Dominican Republic*



**DR JUANA MARY  
GOMEZ**

*Banelino, Montecristi,  
Dominican Republic*



**DR ESCARLETH  
PÉREZ**

*32V, Xela, Guatemala*



**DR CARMEN  
BENITEZ**

*32V, Xela, Guatemala*



**MERCEDES MERO**

*Community Health Coordinator  
Hombro a Hombro, Santo  
Domingo, Ecuador*



**CARMEN MARIA  
ALVARADO**

*Psychologist and Waldorf teacher  
32V, Xela, Guatemala*



**IRIS ROMERO**

*Accountant, facilitator &  
translator  
32V, Xela, Guatemala*



**OMAR CÓRDOVA**

*Nutritionist  
32V, Xela, Guatemala*



**MICHELLE GUZMÁN**  
*Community Health Worker*  
32V, Xela, Guatemala



**MANUEL GUZMÁN**  
*Community Health Worker*  
32V, Xela, Guatemala



**KATHERINE MIRANDA**  
*Agronomist*  
32V, Xela, Guatemala



**MICAELA GUACHIACH**  
*Teacher and facilitator*  
32V, Xela, Guatemala



**CHRISTIAN BARRIOS**  
*Physiotherapist*  
32V, Xela, Guatemala



**VERONICA ISTASUY**  
*Nurse Practitioner*  
32V, Xela, Guatemala



**MICAELA GUACHIACH  
Y GUACHIACH**  
*Teacher and facilitator*  
32V, Xela, Guatemala



**MARIA LUISA LÒPEZ**  
*Nurse and community leader*  
32V, Xela, Guatemala

Furthermore, our partners 32V, Banelino and Tierra Nueva work with 59 community health workers in total. This year, Timmy financially contributed to their training and personal protective equipment.



## Dominican Republic

With the financial support of Timmy, our partner organization **Banelino** has continued to provide healthcare services to patients in **Mao** and **Montecristi**, serving a total of 2,064. They made 69 visits to the bateyes (Primarily Haitian migrant communities) to see patients. In addition, Banelino's team of 5 community health workers was able to monitor 51 pregnant women, and 233 chronic patients, continuously providing them with folic acid, prenatal vitamins and medications for hypertension and diabetes. Also, during a local women's health brigade, 44 additional women received a free pap smear test.

In order to do all of the above safely, personal protective equipment (PPE) was purchased for local medical professionals and community health workers - a total of 13 people. The health team also identified 29 children suffering from malnutrition, after running some tests, taking some measurements, and interviewing the families in a specific community, where about 3 children had died from unknown causes. As a result, these children were provided with multivitamins as well as food kits for their families, while BANELINO works on a more comprehensive nutrition program to pilot in this community.

2,064  
patients served

233  
chronic patients  
received medications  
and monitoring of their  
condition

44  
women received a  
free pap smear test



"I am grateful for the collaboration and for the support for my health that was deteriorated."  
(Maria Senolina De los Santos)



# 9,023

patients seen by  
Hombro a Hombro in  
Santo Domingo

# 48

chronic patients  
were part of a  
support group in  
Santo Domingo

# 2,257

community visits by  
the Tierra Nueva  
health team in Quito

# 180

individuals  
participated in  
psychotherapy  
sessions in Quito

## Ecuador

In *Santo Domingo*, our partner **Hombro a Hombro** served 9,023 patients at their clinic - providing general medicine, cardiology, dentistry, psychology, laboratory and post-consult services. In addition, Timmy supported an initiative called "Food for All," where they gave hens to 15 families facing food insecurity. These families were able to consistently complement their diet with eggs. With Timmy's financial support, Hombro a Hombro also grew their program "Salud y Vida", which went from supporting 18 to 43 chronic patients with educational sessions and clinical follow-up (*see page 12*). Finally, Hombro a Hombro along with Engineers without Borders followed up on Timmy's Amazon Safe Water project in Napo, piloted in 2020. As a result, professional groups in Ecuador have committed to provide monitoring and assistance to specific communities in the project (*see page 9*)



In *Quito*, our partner **Tierra Nueva** served 200 patients in total, with 2,257 visits to the communities. The most common diagnoses included type 2 diabetes, high-blood pressure, and urinary tract infections. Timmy financially contributed to the healthcare services that these patients received. Moreover, Tierra Nueva works with 52 community health workers, who received 14 training sessions on self-care, the four pillars of the immune system, gastritis, colon cancer, using glucometers, the elderly, exercise and its effect on diabetes, and more. Also, the community health workers conducted monthly follow-ups on 91 chronic patients that are part of the Timmy-Tierra Nueva chronic care program, monitoring their condition and dispensing essential medications. Finally, 100 individuals received psychology consultations, and 80 individuals were part of group therapy sessions focused on selfcare.

# Guatemala

With Timmy's financial, our partner **32 Volcanes** (32V) has continued to provide healthcare to 513 patients - with a total of 1,940 consults - in **Xela** and surrounding communities, both at their clinic and during home visits. With Timmy's financial support, 32V delivered medication to chronic patients whenever possible, supported 49 referrals, and collected patient data on an EMR system.

In addition, 32V continued to grow their Pollinators Program, a Community Health Worker (CHW) program that started in June 2020. The CHWs (of whom two are funded by Timmy) received 40 training sessions on topics related to public health and WASH strategies, cultural competence, and maternal and infant nutrition. These CHWs work in their communities to directly monitor the most vulnerable patients, conduct workshops, and address food insecurity through the food sovereignty program (see page 13).

In order to improve the quality of life of every patient, 32V also provided access to nutritious food, a cooking club, physical exercise sessions, and psychological support. All CHWs were very involved in leading and collaborating with these sessions. About 407 beneficiaries participated in at least one of 70 sessions on topics such as a) Qi gong for the elderly as a low impact activity and meditation b) low impact exercise for patients with diabetes and obesity c) emotional management and chronic diseases d) herbal medicine for stress e) from the vegetable garden to the food plate f) fermented food h) cooking with amaranth g) and healthy deserts. Despite the health challenges imposed by the pandemic, this work led to a 22% decrease in doses and number of prescriptions, and 29% Improved their weight.

"The CHWs have supported the community with family gardens, cooking clubs, composting, mushroom modules, and reforestation, and much more."  
(32V)

# 1,940

patient consults  
by 32V

# 407

beneficiaries  
participated in  
cooking club,  
physical exercise,  
and psychology  
sessions

# 40

trainings given to  
community health  
workers



# 105

patients underwent  
cataract surgery in  
Irrua, Nigeria

## Nigeria

In Nigeria, Timmy Global Health's co-founder, Mercy Obeime along with Irrua Specialist Teaching Hospital led an Eye Surgery Brigade, where 105 patients underwent surgery for operable cataracts.

Funding for the project came from the Rotary Club of Indianapolis World Community Service Committee, the Indianapolis Links, Inc., and Timmy's co-founders Dr. Chuck Dietzen and Dr. Mercy Obeime.

# 1,450

students dewormed  
and immunized by  
Bebor in Rivers  
State

In *Rivers State*, Nigeria, our partner **Bebor Model Nursery & Primary School** led a health program covering the 6 schools they support and the 1,450 pupils attending those schools.

Bebor's health program currently features 4 main components: 1) Stocking 5 sickbays; 2) public health education for the children, parents and teachers; 3) providing basic vaccines and immunizations including measles, polio, tetanus, typhoid, Vitamin A supplements and yellow fever; and 3) deworming treatment twice a year.

# 40

students with  
disabilities enrolled  
in school with  
access to Bebor's  
health and nutrition  
programs

In addition, Bebor continued to fund their nutrition program, operating at 3 of the schools they support (*see page 11*). Furthermore, besides providing scholarship funding for students from all 6 of the schools, Bebor launched the Priscilla Lezor Memorial Scholarship (PLMS) fund for students with disabilities at their original school in Bodo.

Timmy contributed to these initiatives in Nigeria through the facilitation of donations.



"Through our work in this community, we found an entire family with congenital cataracts. For the baby, this requires an urgent cataract surgery to avoid developing amblyopia (the retina doesn't develop normally, and the eye goes lazy).."  
(Mercy Obeime)





# Water, Sanitation & Hygiene

*As part of our focus area on water, sanitation & hygiene, Timmy supported two safe water projects in Guatemala and Ecuador, providing access to and training on water treatment technologies to reduce the incidence of water-borne diseases.*

## Project: Clean Water Pilot Program

Location: Buena Vista, Xela, Guatemala

With Timmy's support, 32V in Guatemala along with community health worker, Maria Luisa López, have monitored and maintained a communal water purifier, installed at a school in Buena Vista, Guatemala.

With this filter, 402 students and family members have been able to collect clean drinking water at the school.

# 402

students and family  
members have access  
to clean drinking water



"Water is life, and it is sacred.  
they are giving us life back".  
(Buena Vista water filter user)

## Project: Water, Sanitation and Hygiene (WASH)

Location: Napo, Ecuador

In 2020, in collaboration with local partners, Timmy started a pilot project with ceramic water filters in San Vicente de Los Ríos, a small and remote Kichwa community located next to the Napo river. After all the limitations and restrictions brought by the pandemic, Hombro a Hombro, with the financial support of Timmy, has been able to return to San Vicente de Los Ríos in order to monitor and evaluate this pilot project, while assessing the WASH needs of other surrounding communities in the Napo region. As a result, Hombro a Hombro, with the assistance of Engineers Without Borders, is working on designing, funding and building a new water source and water treatment for the communities of Nueva Jerusalén, Los Ríos y Runashitu. Two Engineers Without Borders' chapters, namely the San Francisco Professional Chapter and the Colorado Mesa University Chapter, are involved in this project.



# Nutrition

*To address malnutrition, food insecurity, and nutrition-related non-communicable diseases in vulnerable communities, Timmy supports several nutrition programs of our local partners in Nigeria, Guatemala and Ecuador.*

**Project: Nutrition Program**

**Location: Rivers State, Nigeria**

Through the facilitation of donations, Timmy has continued to support the nutrition program of our partner Bebor Model Nursery & Primary School in Rivers State, Nigeria.

In Rivers State, despite food price inflation, Bebor has continued to implement its nutrition program at the primary schools in Bodo, Biara and K-Dere. In total, over 250 children are now provided weekly with a nutritional supplement made out of locally available ingredients, such as crayfish, millet and soybeans. This nutritional supplement called Ogi Soy Plus was developed by a local Nigerian food scientist, and overall this nutrition program is carried out by local Nigerian doctors, nurses, teachers and volunteers.

"Our nutrition program is premised on the late Dr. Paul Farmer's observation that our students deserve "the only known treatment for hunger: something called food.""

(Scott Pegg,  
Chairman, International  
Friends Committee of  
Bebor Model  
Nursery/Primary  
School)



# 250

children enrolled in  
a nutrition program  
in Rivers State,  
Nigeria

# 168

children enrolled in  
the nutrition  
program in  
Guatemala

# 100%

of children  
recovered from  
acute malnutrition  
and improved their  
height within 6  
months

# 2,016

packages with food  
and supplements  
for children  
partially funded by  
Timmy

Project: 32V Nutrition Program

Location: Xela, Guatemala

In Guatemala, the country with the highest rates of chronic malnutrition among children under 5 years old in Latin America, Timmy supports the nutrition program of our partner 32V.

In total, 168 children from 11 communities were enrolled in the nutrition program. These children received monthly food packages - 2,016 packages in total, consisting of 2 packets of amaranth; 2 packets of nutritional supplements (Chispuditos for the child enrolled in the nutrition program and Incaparina for the mother and siblings); 30 eggs; fava beans; and vegetables from the community gardens.

Timmy funds "Chispuditos" (a mix of corn and soy, fortified with 21 vitamins and minerals) for specifically 120 (71%) of the children enrolled, while 100% of the amaranth and eggs in the food packages are funded by Timmy. Additionally, for all 168 of the children enrolled, Timmy provides funds to take care of their medical needs, including transportation and medication.

Regarding the impact of the nutrition program, 8 children graduated from the program; 100% recovered from acute malnutrition; and 100% of the children with stunting improved growth velocity (from 0.26 cm a month to 0.87 cm a month on average). Most of the new children enrolled were at high vulnerability due to increased food insecurity and the loss of crops. In fact, 52 cases reported by the Ministry of Health in 2021 were completely supported by TGH and 32 Volcanoes.

"Abiel started in the program when he was only 1 year old. He and his mother were exposed to lead poisoning from mines, which highly affected them with a severe anemia. Abiel was hospitalized at least five times because of acute malnutrition. However, they both improved when we supported the family with food security, a family garden, and a mushroom module. The child has now an average weight for his age, and his growth velocity has reached the expected parameters. They were going to migrate to the USA when the situation worsened during the pandemic; however, the sale of mushrooms, medicinal herbs and vegetables from the garden helped them to stay. Now Abiel is going to school, playing, and happily eating at 32V's Family Support Center, where he also got a scholarship to continue thriving."

(32V)



**Project: "Salud y Vida"**  
**Location: Santo Domingo, Ecuador**

In Ecuador, our partner Hombro a Hombro grew their "Salud y Vida" program in Santo Domingo, from supporting 18 in 2020 to now 43 patients with chronic diseases such as diabetes and hypertension. These patients received training sessions on their condition, possible complications, diet, and lifestyle, and even participated in a craft workshop. Moreover, they received clinical care at the Hombro a Hombro clinic to monitor and treat their condition.



**Project: Food Security Program**  
**Location: Xela, Guatemala**

Since 2020, 32V has been working to address issues of food insecurity. With Timmy's financial support for their nutrition program, they created 18 family and community gardens and trained 194 women, mothers of the children enrolled in the nutrition program. Additionally, 7 modules of mushrooms were built. This mushroom harvest aims to be an alternative for protein and a support for interested families in the mushrooms market. With a 1,457kg mushroom harvest per module, 32V estimates a \$228.26 monthly profit per family.

The species that were planted in the gardens included basil, peppermint, chamomile, chard, cabbage, onion, tomato, amaranth, corn, beans, arugula, chia, carrots, fava beans, green peas, radish, and sunflowers. The harvest of these gardens directly contributed to the food packages that were given to the 168 children enrolled in 32V's nutrition program, as well as a further 102 chronic patients.

43

chronic patients in  
Santo Domingo  
received training  
on nutrition

7

mushroom modules  
created in  
Guatemala

18

vegetable gardens  
built in Guatemala

270

children and  
chronic patients  
provided with food  
from the gardens



# Global Engagement

*Timmy's student chapters continued to play a vital role as partners and advocates of our work at home and abroad.*

During the 2021-2022 fiscal year, Timmy had 17 active student chapters. This year, a total of 32 students traveled to volunteer on two medical service trips in Ecuador. Despite the fact that very few of the current student chapter members have had an experience serving abroad with our partners, they continued to support the programs of our local partners through fundraising - raising a total of 20K dollars - and amplifying their impact. In particular, high school students from Saint Ann's School in Brooklyn, NY, and the International School of Indiana came up with creative ways to fundraise, from raking leaves to offering tutoring sessions.

However, being part of a Timmy chapter also gives students a chance to make a difference on their campuses and in their own communities, through advocacy and volunteer service. For example, Timmy chapters at the University of Rhode Island, Wayne State University, and Butler university collaborated with local organizations that address food insecurity by donating food and sending volunteers. Similarly, the Timmy chapter at Notre Dame partnered with Unity Gardens to learn about the intersection of Health, Justice, and Social Advocacy.

# 17

active student chapters

# 32

students traveled to participate in medical service trips

# 20K

dollars fundraised by student chapters

"My work with our Timmy chapter is one of the most rewarding experiences of my professional career. It gives me the opportunity to engage motivated students who seek to serve and learn from our local community and the communities of Guangaje. It has been my privilege to join the students on this journey."

(Dr. Eric Glendening, Faculty Advisor for the ISU Timmy chapter)





# Financials

*Despite our challenging financial situation during the pandemic, Timmy has made it a priority to financially support our local partners, so that they could continue providing healthcare, education and prevention programs to their communities.*

In total, **\$154,686** in financial support was provided to partners in 2021. Of this amount, the majority was spent on patient care (**\$53,928**), which includes primary and specialty care with providers, labs and exams, medication, as well as patient transportation to and from communities, followed by the salaries of local medical professionals (**\$48,324**). Timmy also provided funds for nutrition programs (**\$33,794**)

In addition, partners spent funds on personal protective equipment for local doctors, community health workers and patients (**\$3,634**), general programmatic support (**\$8,234**), water, sanitation and hygiene programs (**\$1,641**), a youth program (**\$2,131**), and an electronic medical record system (**\$3,000**).

Besides these financial contributions to the work of our partners, **\$5,112** worth of medications was distributed during the the 2 medical service trips as well.



## \$154,686

total financial support  
provided to partners

## \$53,928

spent on patient care

## \$48,324

spent on salaries of local  
medical professionals

## \$33,794

spent on nutrition  
programs

## \$3,634

spent on personal  
protective equipment

## \$1,641

spent on water, sanitation  
& hygiene programs





# Special Events

*Timmy is funded with two special events each year, the Annual Dinner and Auction and the Timmy Takedown, as well as our network of faithful and generous donors.*

The 2021 Annual Dinner and Auction raised just over \$121,000 this year and was attended by almost 200 people including donors, students, and medical professionals. Thank you to our generous sponsors!

Thank you to the Timmy Takedown Sponsors as well, with your support we raised \$1,630 and we had 13 wrestlers showcase their amazing abilities.

# 13

## Wrestlers Defeat Dr. Doom



"I like the Timmy Takedown because it gave me a chance to win something. It gave me a feeling of success. It helped me make a lot of friends. I felt so bad for the losers after a while I decided to let Dr. Doom (Dr. Chuck) win."  
(Alex, also known as Alexander The Great)



# Thank you to the sponsors of our 18th Annual Gala - Travel the Globe with Timmy!

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## Table Sponsors

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## Photo Booth Sponsor

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Thank you to the sponsors of our  
20th Annual Timmy Takedown!





# Thank you, thank you, thank you to each and every one of you that make our work possible.

A.M. Susie Selmier  
Adam & Betty Plate  
Adam Hillis  
Alan & Janine Bercovitz  
Alan Weinschel  
Alexandra Wawryk  
Alicia Kurtz  
Amanda Peters  
Amazon Smile Foundation  
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Melissa Brewer  
Melony Mikhail  
Michael Bode  
Michael Crawley  
Michael Handleton  
Michael Hudson  
Michael Ingram  
Michael Malloy  
Michael Petrie

# Thank you, thank you, thank you to each and every one of you that make our work possible.

Michelle DeYoung  
Michelle Martinez  
Mike and Sue Smith Family Foundation  
MOD SuperFast Pizza, LLC  
Mohammed Sarray  
Mt. Vernon High School  
Nancy Rosselot  
Nancy Yeadon  
Nathaniel Nienow  
Neesha Mathur  
Neil Bahri  
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