



ESF's mission:

"To build cultural connections one person and one community at a time through health and wellness"

August 2011 Newsletter

Greetings!

At ESF, We Dream, We Believe, and WE DO!

The **2011 CNN Heroes Nominations** is now open until October! ESF has accomplished amazing programs and projects in 3 years it has been established, it only makes sense to consider **Shonta D. Collins** a true hero! We want to nominate Shonta for her commitment and dedication to providing health care not only to our local community but also to Haiti, Senegal, and Jamaica, an estimated total of over *15,000 persons served, 95 outreach projects* span between local and global communities and *100% volunteer-based grass roots organization*. Shonta's biography is posted on our website under **Leadership** located at www.ExplorersSF.org. Please take action and nominate Shonta on the CNN website located at ww.cnn.com/SPECIALS/cnn.heroes/index.html.

We are now launching **Shop 4 ESF!** Use the link on our website to make *any* purchase on Amazon.com and our commission (based on a % of your purchases) will go to ESF's humanitarian efforts at **no cost to you!** Learn more here: www.explorerssf.org/shop-4-esf/

Please take a look below at some other events and exciting opportunities we have going on at ESF. Thanks for being a part of our journey and be sure to visit us online for more details about these upcoming and past events!

Sincerely,

Explorers Sans Frontières (ESF)

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ESF STRATEGIC PLAN

ESF has completed their strategic plan from 2011-2014!

Our goal is to provide you with an insider's view of ESF's mission, visions, and goals. Most importantly, we invite you to learn about both of our successes and challenges as identified in the SWOT analysis.

There were 100's of hours placed into using evidenced based research tools to effectively execute an all-inclusive strategic plan for a grassroots organization. The strategic plan will guide the executive and volunteer team members in developing, managing and evaluating ESF programs. Moreover, we now have a beginning point and direction that has a clear vision and benchmark for

the organization to measure the successes and challenges.

We invite you to take a look at our strategic plan here: <http://explorerssf.org/2011/08/02/esf-strategic-plan-2011-2014/>

DOMESTIC PROGRAMS & NEWS

ESF Leadership Team spoke at LaSalle University - July 28th

The students in the Masters of Public Health hosted alum Shonta D. Collins as a speaker during one of their summer classes. The class was focusing on violence in the public health spectrum and provided a wonderful opportunity for Collins to show how ESF combats violence through health and wellness education.

Fundraising through Indiegogo

ESF has created a fundraising campaign through a popular website: Indiegogo. You can make donations and spread the word as we reach our goals! Visit <http://www.indiegogo.com/> and search for our two campaigns "*Braille Books for Senegal's School of the Blind*" and "*Explorers Sans Frontieres: Haiti Mobile Medical Project*".



HEALTH

Explorers Sans Frontieres: Haiti Mobile Medical Project

BY: Shonta Collins

Providing free medical services and education to Haitians.



EXPLORERS SA FRONTIÈRE

EDUCATION

Braille Books for Senegal's School of the Blind

BY: Shonta Collins

Changing lives with each shipment.

INTERNATIONAL PROGRAMS & NEWS

ESF Team Haiti, Group H -September 1-7, 2011

Our next ESF Team Haiti group will be deployed at the beginning of September. The team will mainly comprise of local volunteers will be assisting in diagnosing and treating adults and children, performing physical exams, and continue to help the local community through mobile clinics and the completion of the urban garden initiative. Our commitment to the Haitian community is strong and that we want to employ strategic, sustainable foundations to grow and develop. Long-term goals include having a on-going team that reside in the communities we support.

Congratulations to our 3 youths and 2 college students in Haiti

College students, Rousevelt Ocean and Anderson Pierre successfully brought the opportunity for education with three children at the AMURT ran school called AMSAI. Ocean stated, "*Life is*

precious, therefore health is important and ESF understands...they brought help, hope and support to Haitian people." After many trips to Haiti, the ESF Team decided to get involved in education and send Olson Pierre, Gela Damieux, and Adassa Lochard to AMSAI to receive an education. They believe that education is the key to success and these children yearned for knowledge. They did their best and concluded the school year with an average of 7, which is a superior grade marking! The youths feel grateful towards ESF and send a special thanks to the team members that made it possible. Although Rousevelt and Anderson were responsible for managing the youths success in achieving their education, they too passed their exams with flying colors.



Congratulations to them and also a special thanks to all the ESF volunteers who made this possible. Specifically, ESF volunteer, Chris Rathmann, provides ongoing support for this initiative.

ESF MEMBERS & AWARDS

ESF Interns

We want to thank our amazing interns from Drexel University and UPenn who were extremely successful during their time with ESF. The presentations for their respective institutions are available online. Thanks again for all of your hard work and dedication to our cause. We wish you much luck in the future!

Albert D'Alonzo Award

This past month, 3 of our Student Leaders received The Albert D'Alonzo, D.O. Memorial Student Award, a very prestigious award in honor of the late Dr. D'Alonzo class of 1956 at the Philadelphia College of Osteopathic Medicine. **April Elder, David Pierre, and Matthew Stensland** received a grant that will help fund a future trip to Haiti in June, 2012. Congratulations, guys!

VOLUNTEER OPPORTUNITIES

Macy's Shop for a Cause - August 27th

For the 3rd year in a row, ESF will be participating in Macy's Shop for a Cause. We will be hosting a health and wellness fair at Willow Grove Mall August 27th from 10am-4pm.



CDC Rhythm & Blues Festival - September 17th

ESF will co-host a community health fair at the Rhythm & Blues Festival September 17th from 11am-4pm. The festival is sponsored by the Partnership CDC (CDC) and a host of other supporters. The festivities will be located at 40th and Market Streets in West Philadelphia.



West Philadelphia Senior Center - October 9th

ESF will co-host a community health fair at the West Philadelphia Senior Center October 9th from 10am-2pm located at 1016 N. 41st Street, Philadelphia, PA 19104.



To volunteer for these upcoming events, please contact Kelly Quaye at kcquaye@gmail.com

Thanks for being a part of our journey! Also, you can give year-round through the **Giving Seed** www.thegivingseed.com or buy Fair Trade Coffee through **Dean's Bean Coffee** at www.explorerssf.org

Sincerely,
Explorers Sans Frontières (ESF)