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### ESF's mission:

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

## January 2012 Newsletter

Dear Shonta,

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

Happy New Year! We hope everyone had a wonderful holiday and are ready to start 2012 with a bang! If you're still trying to think of a new year's resolution, consider volunteering more of your time with ESF. We are always looking for people wanting to make a difference in their community and abroad!

2012 also marks our **4th year going strong!** We couldn't have been as successful as we are without your help! In the four years since our inception, we have:

- Opened a Global Health and Wellness Center in Haiti
- Supported over 105 outreach projects
- Mobilized 15 global missions to Haiti, Senegal, & Jamaica
- Received donations totaling over \$175,000
- Gained partnerships with key organizations in Philadelphia
- Recruited our first board members
- Distributed over \$175,000 worth of medical supplies to Haiti and employed over 75 Haitian community members

This is incredible and we hope to continue this success throughout the coming year!

We are very excited about the numerous events and opportunities planned for 2012; all details and information can be found below. Thanks for being a part of our journey!

Sincerely,

Explorers Sans Frontières (ESF)

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## INTERNATIONAL PROGRAMS & NEWS



### [2nd Anniversary of Haiti Earthquake - January 12th](#)

Jan 12th marks the second anniversary of the devastating earthquake that hit Haiti last



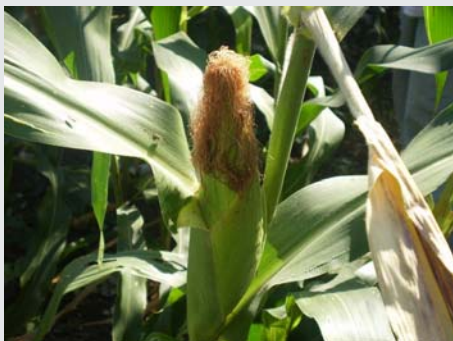
year. It is a blessing that so many people are still reaching out to help the Haitians in need.

We thank all of our volunteers who have tirelessly donated their time and skills to make a difference.

Though our efforts have helped, the country is still in desperate need of rehabilitation and funding. Consider donating to make a difference. Contact [info@explorerssf.org](mailto:info@explorerssf.org) today!

### **Urban Garden Initiative in Haiti**

Three months of growing vegetables were able to feed over 250 people in tent cities! ESF Haiti continues to make strong strides in building healthier communities.



*It is amazing how far we have come since we developed these gardens less than a year ago.*

### **AMURT School Update in Haiti**

This past year, ESF sponsored three amazing Haitian orphans to attend the AMURT-run school, AMSAI. The children have been extremely successful this year, especially Gela (pictured below in blue) who is at the top of her class!!

Adessa (pictured to the right) is holding up a "thank you" picture to Chris Rathmann for all the help he has provided the school.



### **Past Haiti Mission Update - December 2011**

We evaluated and treated approximately 450 adults and children, diagnosed and treated some serious complex medical conditions, and also made referrals to specialists in the area. This mission included the successful completion and implementation of the mindfulness training conducted by Director of Mental Health and Wellness, Crystal Taylor.



Thanks to Crystal, Ahaji, Roosevelt, Anderson, Gabriel, Ysmaille, Life is Good and AMURT for their support and collaboration in making this mission a success!

### **Next Haiti Mission: ESF Team J - June 2012**

ESF Team J will be deployed in June led by ESF members led by ESF Members Dr. Kelly Eberhardt, April Elder, and David Pierre. ESF is partnering with Life is Good and the Haitian American Caucus (HAC) to service the PAP and Croix Des Bouquets areas.



For information about our trips to Haiti, visit:

<http://explorerssf.org/programs/haiti/team-haiti-schedule/>

### **Senegal Mission: August 2012**

ESF also has members that will be deployed to Thies, Senegal August 2012. For more information about this mission, visit: <http://explorerssf.org/programs/senegal>

<http://thies-senegal-2011/http://explorerssf.org/programs/senegal/thies-senegal-2011/>

## DOMESTIC PROGRAMS & NEWS

### ESF Strategic Planning Meeting-January 8th

ESF will hold a general meeting to review the strategical plan set forth by a team of volunteers last year. This is a closed meeting and RSVP is required. The meeting will be held at the Friend's Center from 8:30 am - 2:30 pm.

*Stay posted for a link to our 2012 Strategic Plan!*



### Heart Healthy Health Fair - February 9th

ESF will be hosting their Heart Healthy event at the **West Philadelphia Senior Center** for the 3rd year in a row!

We will continue to assist our local community seniors to improve their heart health with good diet, exercise, weight and stress management. Penn Medicine has always been a proud co-host of this event and we look forward to their continued partnership.

### Spring Into Health Community Day - May 5th

Mark your calendars for the 4th Annual Spring Into Health Community Day!

**Saturday, May 5th from 12-4pm at Saunders Park.**  
Enjoy FREE medical screenings, workshops, food, and entertainment. Check our website as we update this event.



## AWARDS AND ACHIEVEMENTS

**Ahaji Schreffler** raised over \$1000 for ESF Haiti by simply sharing her experience and the ESF story. Ahaji not only raised money, she raised consciousness and awareness to her global network. The much needed funds raised will be used exclusively for the ESF Haiti program. Ahaji also committed her personal vacation time to volunteer on the ESF Team Haiti mission in December 2011. Kudos to Ahaji, her family and host of friends. God bless you all that contributed to the Urban Garden!





Congratulations goes out to **Shonta D. Collins** who was nominated by the Alpha Kappa Alpha Sorority, Rho Theta Omega Chapter as one of *Philly's Phenomenal Pemales*. This award goes out to inspirational people who have made a commitment to community service in the Greater Philadelphia Area.

Award recipients also receive a donation to the charity of their choice which Shonta chose to give to ESF.

*We are so excited for you Shonta!*

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

Sincerely,  
Explorers Sans Frontières (ESF)

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