

## YEMEN: HOPE AMID CRISIS

In August, 30-year-old Nora traveled with her sister and several friends to visit a relative at the Al-Thawra Hospital in Al-Hudaydah, Yemen. Just as their bus arrived at the hospital's entrance, a missile exploded in front of them. A new airstrike was underway.

"I crawled out of the bus and called to my sister and friends, but there was no reply," Nora recalls. "Then I saw my sister who was pregnant. She was dying. As I looked at her, I heard a familiar sound—the whistle of a fighter plane. Everyone started screaming: 'Run! They're going to drop another bomb.'"

A second missile exploded, sending shrapnel flying. "I saw one person who was hit in the head and chest," Nora recalls. "I was so shocked I didn't realize that I had been hit, too. My right leg had been torn off."

Nora, her sister and friends are real people caught in the terrifying figures pouring out of Yemen, which counts 6,000 conflict-related civilian deaths and 10,500 injuries since 2015. Four-fifths of Yemen's population, some 24 million people, desperately need humanitarian aid. Among them, 20 million people are food insecure, and 3 million have fled their homes.

Located at the southern end of the Arabian Peninsula, Yemen has been marred by a conflict between rebel Houthis and the Yemeni military. The war took on a regional dimension in 2015, when a multi-country coalition led by Saudi Arabia entered the civil war. That coalition has since conducted more than 18,000 air strikes.

Nora underwent two surgeries: first at the very hospital she was trying to visit, then at a hospital in Sana'a. Thankfully, the Sana'a hospital is one of eight where Humanity & Inclusion works, and our team immediately stepped in to help her recover.

"We taught her how to manage her pain and practice strengthening exercises so she can eventually walk with an artificial leg," says Humanity & Inclusion physical therapist Feida. "We also massage her scar to keep the skin and muscles flexible to avoid the development of sores that might make wearing a prosthesis painful. One of our psychologists is helping her overcome the traumas caused by the explosion, her amputation, and



Ayman, a physical therapist with Humanity & Inclusion, helps a beneficiary try on his new prosthesis in Yemen.

her sister's death. With a little more time and effort, Nora should be ready to receive her new leg."

Humanity & Inclusion has mobilized 80 professionals in Yemen since 2015. Their rehabilitation and counseling sessions have helped 18,000 people like Nora. They've distributed 21,000 crutches, wheelchairs, artificial limbs, and other devices. Renowned for our rehabilitation skills, Humanity & Inclusion has trained 500 medical professionals in Yemen on new techniques to support people with injuries and disabilities.

In addition to helping missile strike victims, our teams care for people injured by landmines, improvised explosive

devices, and explosive remnants of war. In Yemen, about 800 people need such help, and 13-year-old Raja is among them. Raja was tending her family's sheep when she stepped on a hidden mine and lost her leg.

Humanity & Inclusion donors provided Raja with a wheelchair, and a path to recovery. Staff helped Raja process her anger and sadness, and when Raja's leg had healed sufficiently, technicians fit her with a new one. "I want to see my friends and return to normal life," Raja says. "I had planned to start school. Now I want to fulfill this dream, and hopefully one day become a humanitarian worker, like the Humanity & Inclusion staff who helped me."

**18,000**

Yemeni beneficiaries have received rehabilitation and counseling, thanks to donors like you!

## SENDING KIDS TO SCHOOL IN MALI



Mohammed is a familiar face in Timbuktu. As a Humanity & Inclusion community liaison, he rides his motorcycle through the neighborhoods in search of children with disabilities

who are not attending school. His message? These children are welcomed at school, and it's their right!

"We identify children after several meetings with

community leaders and parents," Mohammed says. "This is very important for their schooling and health. Once I identify a child, we're halfway to school."

Parent support is critical. Mohammed organizes a series of meetings with them in order to identify all of their specific needs, and to consider how teachers can make accommodations in the classroom. Mohammed also helps the kids access any free medical care they might need or mobility devices.

Finally, he refers each child to a school, where trained teachers are ready to welcome the students.

Community liaisons play a critical role in changing negative attitudes. Mohammed sees the difference: "People understand that they need to allow children to leave their homes—for their well-being and to reach out to others."

Globally, 32 million children with disabilities are excluded from education. However, thanks to your support, 129 Malian children with disabilities are now enjoying school.

### IMPACT

Lessons learned post-disaster, and Kanhara sings online



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### IN FOCUS

Supporting children and refugees in Jordan through rehabilitation



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### COMMUNITY

Student fundraising, and other ways people are supporting HI



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Humanity & Inclusion physical therapist Sudan Rimal gives an Indonesian woman crutches and a wheelchair.

## Note from the Executive Director



In 17th century China, it was said that it is “better to be a dog in days of peace than a human in times of war.” That’s a heavy sentence to ponder.

At Humanity & Inclusion, we see the consequences of war on people every day. Bombs terrorize children. Conflict forces families to flee. “Sophisticated” weapons of war, marketed as “precise,” today more powerful than ever, create blast radii that scream into the paths of civilians, causing significant harm. Just read Nora’s story on page one and you’ll know what I mean.

Discrimination, stigma and negative stereotypes, which continue to provide convenient camouflage for those who would prevent people with disabilities from realizing their rights, are even more prevalent during war.

By supporting Humanity & Inclusion, you are there with us, night and day, protecting the vulnerable and standing with them to ensure they can live safely and with dignity, even amid chaos.

Your generosity helps restore independence to civilians from Yemen, Syria, Venezuela, the Democratic Republic of the Congo, and among the Rohingya of Myanmar. Because of you, as the world counts 68.5 million forcibly-displaced people—the greatest number in history—Humanity & Inclusion teams are present for people with disabilities, injuries, or simply the effects of older age, to encourage them when all hope seems lost. And to offer them a smile and human companionship.

Please continue to stand with them in 2019. Your support is truly more important than ever.

Jeff Meer  
U.S. Executive Director  
Twitter: @Jeff\_HIUS

## Nepal Quake Lessons Help Indonesia Tsunami Survivors

On September 28, 2018, an earthquake struck Indonesia’s Sulawesi Island, prompting a tsunami. All told, the disaster killed 2,000 people and injured about 4,000 others. Humanity & Inclusion physical therapist Sudan Rimal watched the news unfold from Nepal. Just three years earlier, he had helped hundreds of people injured in the country’s 2015 earthquake. He knew that Indonesians with amputations and spinal cord injuries would need extra special care.

Thanks to Humanity &

Inclusion donors, our teams in Indonesia launched a swift response, and flew Sudan in to help support local physical therapists.

“Before the tsunami, we never thought we would be part of an emergency response,” one of the Indonesian physical therapists says. “Thanks to Sudan’s guidance, we are confident we can meet the needs of the injured.”

Sudan emphasized the importance of also paying attention to a patient’s mental health. “Post-disaster depression is one of the

major issues that we worry about,” he says. “Physical therapists aren’t psychologists, but we can see when a patient is feeling badly, and can link them with support. Even when doing exercises, we must help patients overcome their fears by going slowly and focusing on small victories.

“I, too, felt unprepared when the Nepal earthquake struck. But, I learned to stay cool and work under pressure. And today, I’m helping improve the lives of survivors in Indonesia by passing on my knowledge.”

So far, more than 900 injured people have benefitted from improved care in Sulawesi.



An Indonesian man receives support in the wake of the disaster.

# BIG PICTURE: KANHARA



← 2015

Kanhara lost her right leg and arm after being hit by a truck when she was only three years old. It was hard for her to move around, but things changed when a Humanity & Inclusion social worker came to her village. The social worker referred Kanhara to Humanity & Inclusion’s rehabilitation team. With her first artificial leg, Kanhara was able to go to school.



↑ 2018

Kanhara was one of several children featured through Humanity & Inclusion’s TeacherKids campaign. Championed by international soccer star, Neymar Jr., TeacherKids highlights what children with disabilities can teach us, as well as their right to an education. Kanhara hopes to be a singer someday, and offers the world a singing lesson!

Watch online at [www.hi-us.org/TeacherKids](http://www.hi-us.org/TeacherKids)

2016 →

At ten, Kanhara is growing up and becoming even more independent. She puts on her leg and dresses by herself. She often helps her parents around the house, especially by taking care of her younger sister and brother. She loves school and is one of the best pupils in her class.



# SEARCHING DOOR-TO-DOOR IN JORDAN

SUPPORTING CHILDREN WITH DISABILITIES & DEVELOPMENTAL DELAYS

Two-year-old Safaa has cerebral palsy, and until recently was unable to walk. “I used to carry her everywhere,” Safaa’s mother says.

Dedicated to improving the lives of young children with disabilities and developmental delays in Jordan, Humanity & Inclusion teams go door-to-door in northern cities and towns to find children like Safaa who need care and encouragement. Thanks in part to support from the Dorothea Haus Ross Foundation, trained community liaisons are finding these children, and connecting them with rehabilitation centers and other services.

Once Humanity & Inclusion

staff met Safaa, she began working with a physical therapist on her strength and balance. Separately, a speech therapist helps Safaa find her voice.

Safaa’s mother is thrilled: “She can walk! I feel much better now that her situation has improved.”

Through Humanity & Inclusion, Safaa’s mother also made a new friend: another mother of a child with cerebral palsy. Seeing her friend’s child start school makes Safaa’s mother feel hopeful about the future.

“I’d like Safaa to attend school, too,” she says. “The therapists say she’ll probably be able to go one day.”



An HI early intervention specialist gives Safaa a hug during a session.

## EXPANDING CARE FOR SYRIAN REFUGEES

Thanks to the generosity of our donors, Humanity & Inclusion has begun a critical, two-year partnership with the Basma Hospital Rehabilitation Center in Irbid, Jordan. With your support, the center has greatly expanded its services, reaching more patients, including Syrian refugees with injuries that resulted in amputations and damage to their spinal cords.

Basma is the largest center in the north of the country, located just a few miles from the Syrian border. Previously, it lacked the capacity and resources to help certain patients. Before this partnership, many refugees had no alternative but to travel to Jordan’s capital, Amman, for specialized treatment.

Humanity & Inclusion helped the center open two new units: a pediatrics unit and an orthopedics unit to make artificial limbs and braces. The organization also trained staff members in the latest rehabilitation techniques, so they can treat patients with a wider variety of disabling conditions.

With your support, Humanity & Inclusion covers the cost of rehabilitation for the most vulnerable patients, especially Syrian refugees. “Before we worked with Humanity & Inclusion, we had very few Syrian patients,” says Mohammad, a physical therapist specializing in back problems. “They do not have any medical coverage in Jordan. But thanks to this project, they can receive critical treatment here.”



Adnan, 2, stands tall!

## SINA PUTS HER PASSION TO WORK



Sina awaits her next patient at Basma Hospital Rehabilitation Center in Irbid.

“I help children gain upper body strength and fine motor skills so they can perform tasks like feeding themselves, Sina says. The goal is for the children to develop a level of independence.”

“Working with children is my passion,” says Sina, an occupational therapist at the Basma Hospital Rehabilitation Center. Since Humanity & Inclusion opened a pediatric unit at the center, Sina has been dedicated to working with children with cerebral palsy. Cerebral palsy is a neurological disorder that affects movement and coordination and impacts as many as four out of every 1,000 children worldwide.

In the last two years, staff have made numerous changes at the center to improve patient care. “Humanity & Inclusion has also encouraged occupational and physical therapists to work as a team,” says Sina. “For example, the physical therapists teach the children to walk, while occupational therapists like me help them to use their hands to play. The child has fun, and the benefits are multiplied. It’s good for us and for them.”

Funding from Humanity & Inclusion donors provided the staff with onsite training. In the past, they had to travel to Jordan’s capital, Amman, to learn new skills. “We already had one training session about rehabilitation techniques for children with cerebral palsy and the next one will focus on the use of splints,” Sina says.

Humanity & Inclusion provided the team with all the required materials and equipment. “The equipment is very expensive, but is a crucial part of our work and previously we had nothing like it,” Sina says. “As we learn new techniques and master the equipment, we can offer our services to a broader group of patients. Being able to help people we couldn’t support before is an additional source of motivation and makes me feel more confident.”

### MICRO NEWS

#### VENEZUELA EMERGENCY

Humanity & Inclusion is preparing to launch a possible emergency response to aid Venezuelan refugees in Colombia. Since 2013, Venezuela has been experiencing economic, political, and social turmoil. At least 3.4 million Venezuelans have fled the country and more than one million have taken refuge in Colombia.

#### TOUGH CALL IN BURUNDI

Humanity & Inclusion was forced to stop activities in Burundi after 26 years of work. New regulations imposed by the Burundian government demand that international NGOs record employees’ ethnicities and report their identities to the government. “To communicate this information to the authorities constitutes a red line that we will not cross,” HI’s regional director says.

#### DEMINE DRONES IN CHAD

Humanity & Inclusion has begun testing drones in Chad to detect landmines and build a detailed picture of what’s on the ground—a revolution in mine clearance. The first tests took place in January in an area heavily contaminated by explosives leftover from the conflict with Libya in the 1980s.

**657,000** registered Syrian refugees in Jordan

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# From Texas, with LOVE

thank you



Students present at the Model UN San Antonio conference.

"After working with the disabled community for a few years, I began to realize how left in the dark the community is, and how rarely the topic is discussed," explains Vivienne Martinez, high school senior and MUNSA Secretariat member. "The disabled community is fighting for recognition, and here we could illuminate the problems they are facing overseas. I wanted to reduce the stigma against people with disabilities and to highlight the need for change."

To Vivienne, it was support from Humanity & Inclusion staff that pushed them in the right direction: "It was so reassuring to know that HI was more than willing to work with us and help me every step of the way. HI went out of the way to make sure I knew they would always be there. I actually Skype called with them! I truly couldn't have done it without their help."

The students hit the ground running—contacting popular local businesses, teaming up with non-profits, and creating fun fliers to spread the word about upcoming fundraisers. This was an all-around effort from not only fellow MUNSA members, but Vivienne's local community as well. And what a turnout indeed! Supporters flooded local restaurants, daily school announcements included Humanity & Inclusion updates, and animals from the local shelter made special appearances at fundraisers.

Their efforts paid off. The students raised a whopping \$5,000 for Humanity & Inclusion!

We are so proud of the MUNSA students for their outstanding achievement. As we aspire to a world of solidarity and inclusion, we are so grateful to have

young leaders like Vivienne with aspirations that "one day we can all work together to heal the wounds of our world," as she put it.

Model UN is a collaborative and cooperative collective of student delegates, academic leaders, and affiliated staff working together to provide participants with an immersive experience similar to official United Nations sessions. Year round, high school and college-level students prepare for their respective conference through written, oral, and participatory initiatives on current international issues.

Humanity & Inclusion's U.S. Executive Director, Jeff Meer is no stranger to the Model UN. As a former student delegate (admittedly, many decades ago!), Jeff felt personally connected. He shared a closing ceremony video for MUNSA in which he encouraged students to pay close attention to the world's headlines. "It's terribly important today to stay focused, not just on what happens in our communities, but on what happens in the wider world around us," he says. "We are extremely grateful to everyone at the MUNSA for your support of our incredible, important work."

**Although peer-to-peer fundraising may seem challenging, we can all take note from these driven students. If you or anyone you know may be interested in launching a fundraiser, please reach out to our team for support. Together we can make a difference in the world.**

## TWO OF OUR FAVORITE PHOTOS



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We're real people – reach out any time!

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