

GRATITUDE REPORT 2022





The restrictions we all experienced through the pandemic have largely lifted and Bumi Sehat clinics and the communities in which we operate are open. Being on the road to recovery feels so good. I feel blessed to have heard from many of you and even hugged you when you visited us. Your messages and emails raise me up, you make the hard days lighter. I appreciate your care.

We continue to see this virus affect so many souls. Testing for Covid-19 and helping people who fall sick with the virus is still a daily endeavor at the Bumi Sehat community health clinics. But we are now able to return our attention to the core of our mission, supporting families and communities in birth, education, and health in times of need.

Whether you are a Bumi Sehat friend, fan, donor, partner, staff or patient, we thank you.

Together, we healed the sick and injured. We received babies into the world. We shared the protocols of empathy with hundreds of midwives, nurses, and doctors. We supported educational opportunities. We strengthened our youth as well as our elderly. We fed families. We showed up for disaster relief. We made a difference. When a baby born with no heartbeat is resuscitated by our midwives and doctors, you are beside us in spirit. Your support of our medical team's skills and capacity building is lifesaving.

So terima kasih, maraming salamat, thank you for your long and loving devotion to this family of Healthy Mother Earth Foundation. Bumi Sehat is sustained by you. May 2023 be wonderful.

ove. Ibu Robin Lim and Team Bumi Sehat





FULL SERVICES RESUME AT BUMI **SEHAT AND BORDERS REOPEN**

We're delighted to have returned to full operations at Bumi Sehat across our six community health and birthing centers this year, as the worst of the pandemic is now behind us and border restrictions have eased, allowing a version of normalcy once again.

Bumi Sehat healthcare services never closed during the pandemic. Because of your contributions, we rose to the challenge of providing free patient care under strict global guidelines. What was most missed were the health education gatherings, that were not possible under the shadow of covid-19.

In 2022, we were able to reopen our youth center for in-person classes, receive student midwives and health officials for seminars to learn about gentle birthing practices, resume prenatal classes for expectant moms and other group activities that we had to cease (or move online) in accordance with government health regulations. And with foreign visitors returning to Asia, our clinics have been able to receive visitors and physical donations – and we're able to hug again!

While the era of covid-19 brought many hardships - from adjusting how we cared for people to the loss of loved ones to the economic distress on so many families we got through it together. The generosity of Bumi Sehat supporters helped us feed people, build an isolation birthing room, develop new and innovative programs for high-risk populations, provide covid tests for thousands of people, support disaster survivors with food and medicine, and so much more. Our staff stepped up

outreach efforts, worked tirelessly outfitted in PPE in sweltering heat, adjusted to new patient care protocols, and bravely served on the frontlines of the pandemic while also identifying new ways to serve our patients and their communities.

We never know when the next disaster will strike, but we know we are prepared. Bumi Sehat has a long history of responding to natural disasters of all types, dating back to the devastating Indian Ocean tsunami in 2004 that struck Aceh, Indonesia, where Bumi Sehat continues to operate today. But we know it will strike.

This year, our teams responded to severe floods in west Bali that wiped out crops, homes and infrastructure in the region of Jimbrana. Our clinic in Papua is also battling high rates of malaria, in an area accounting for some 81% of Indonesia's total cases and prompting increased prevention and control efforts by the government. World health officials warn that another pandemic is likely, as covid-19 is only one among a number of other infectious disease threats to our world.

And yet amid these threats, we remain focused on the precious new lives we are able to bring safely and peacefully into this world. Our skilled midwives helped receive 674 babies into the world in 2022. We are working to create better lives for our communities through education, vital health care, and outreach efforts. And through this, we will continue to deliver on our mission to build peace - one mother, one child, one family at a time.



What began in 2021 as an initiative to provide menstrual underpants to young women, has expanded in 2022 to a broader sex and health education program for our youth in Bali - with more to come in 2023.

We're pleased to report that 'Menstruation rEvolution', an initiative launched in 2021 to provide education and resources to at-risk teen girls, has been a huge success. The focus of the program was to distribute reusable, environmentally sound menstrual underpants to young women who often lack sustainable resources to manage

menstruation, while also developing and distributing educational content for all teens in the form of a comic book.

Known locally as Datang Bulan rEvolusi, we soft launched the program with our internal Bumi Sehat teams in late 2021. We distributed 55 menstrual management kits to our female staff and volunteers to collect feedback. Evaluations after four months of use showed a high level of satisfaction using the menstrual underpants, as compared with pads or tampons.



AN

OVERWHELMING

RESPONSE

On a sunny Sunday in November of 2022, we hosted our first event at SMP2 middle school in Ubud. We were overwhelmed by the response of students eager to learn sex education, teen health issues and other topics. We expected 30 students, but were joined by more than 300. Given the clear demand for such a program, Bumi Sehat is actively seeking funding to expand it.

We know that without these resources, nearly onequarter of Indonesian girls will drop out of school upon reaching puberty. Lack of menstrual pads leave teens using makeshift pads, made from rags, cardboard, dry leaves and other unsanitary materials to keep from staining their school uniform, or they simply stop attending school entirely. We believe that reproductive health knowledge is a human right, and we look forward to further implementing menstrual underpants to remove this obstacle for our young women.















CHOICES & CHALLENGES

We've learned from many years of teen education at the Bumi Sehat Youth Center that there was an unmet need, not only in health education, but in a variety of topics on which teenagers wanted better information and guidance. In our ongoing program 'ask the midwife', teens at our Youth Center can ask questions anonymously and get knowledgeable, honest answers.

These sessions informed much of the content that now fills the 108 pages of 'Choices and Challenges,' or "Pilihan dan Tantangan" in Indonesian. This new illustrated comic book covers topics including hygiene, hormones, friendship, cyberbullying, suicide prevention, sexuality and menstrual cycles, pregnancy, STIs, environmental

security, and more. It is available for free to teens and their families in hard copy and digital download from our website bumisehat.org.

Ibu Robin Lim and Abuela Maria Elena Zenack authored the book, with character and concept development support from EllyAnna Elfaba Hemmerle. Lakota Moira provided design and translation, with illustrations by Dyah Ayu Wulandari, who worked through many challenges, including falling very sick with Covid-19. Additional thanks to ChangeMakHERS, which helped cover some of the costs of production, and Women's Earth Alliance for donating the costs of the first print run.

Choices and Challenges will soon be translated into Tagalog and distributed, free of charge, by our teams at Bumi Wadah in the Philippines, where teen pregnancy has reached the level of a national crisis.



MANY THANKS

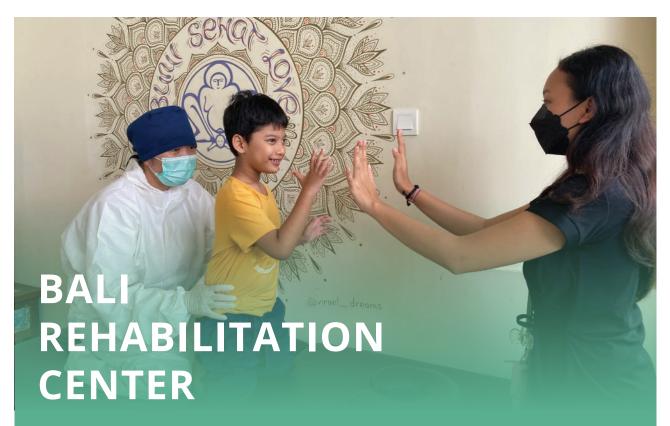
This program would not be possible without the caring and contributions of so many wonderful souls. It began with the combined enthusiasm of our Youth Education Center team and the skilled, open hearted Bumi Sehat midwives and nurses. Seed funding came from the Mel Wolf Foundation to seek and implement strategies and solutions to keep emerging young women in school by helping them to better manage their menstruations.

Special thanks to Tungga Dewi and team Perfect Fit, and Alizee Barth and team Moove, Ewa Wojkowska and team Kopernik for making amazing menstrual underpants available in Indonesia and helping us give them to students. Helpers along the way include Sandrina Makakiano, Bapak Eka Sampurna, Catherine Wheeler, Dr. Mandy Fessenden Brauer, Jenni Maria, Liz Sinclair, Amira Jessica Diamond, Agus Aris, Dr. Ida Ayu Patniari s.Ked.









In 2001, in cooperation with Yayasan Peduli Kemanusiaan, we introduced physiotherapy on Saturdays for patients needing mobility assistance. We asked for donations of crutches and wheelchairs, and you answered our call.

We soon found an ongoing need for these services, from seniors relying on us for post-stroke care, patients needing support to recover from musculoskeletal issues and many other adults and children recovering from injury, disability and pain. Special needs children have seen miraculous results from physiotherapy at Bumi Sehat.





As a result, we carved out space in our Bali clinic to open a new Rehabilitation Center. It is open every Saturday. A huge thanks to everyone who makes this program possible. If you would like to donate therapy or mobility aids, especially wheelchairs and crutches, please contact us.





HIV PROGRAM COLLABORATION

Bumi Sehat Bali is collaborating with the local government to better care for HIV/ AIDS patients. Previously, we were limited in the patients we could receive because we could not accept patients from other care providers. Now, collaboration with government has led to removing those obstacles to patient's access to care.

This collaboration is especially important because we have the capability in our lab to measure viral load. In Bali, we are one, of only two labs which can help our HIV-positive population obtain free viral load particulars and guidance. Also, we were provided with 2,000 condoms to distribute freely.

Indonesia continues to lead Southeast Asia in the number of people living with HIV/AIDs. Bali has the secondhighest number of cases in Indonesia, behind Papua. More work is needed to care for these populations,



including education, prevention, outreach and support services. We are proud to have Bumi Sehat's full-time HIV counselor, Eka Sampurna, who has built an incredible circle of support for our families who are living with HIV.



CRYOTHERAPY

Bumi Sehat's medical team led by Dr. Dayu Patniari has brought a viable cancer prevention program to Bumi Sehat and sustained it for the past three years. Breast Cancer is ranked the number one cause of death for women in Indonesia. Cervical cancer is the second most frequent cause of cancer related deaths among Indonesian women.

We are so grateful for the support given to ensure that women in Bali have free confidential access to life saving breast and cervical cancer screening. Even more wonderful is that when Bumi Sehat's doctors, using the "See and Treat" method of diagnosis, detect cervical cancer in the early stages, the woman may choose immediate cryotherapy to remove the cancerous cells from her cervix.

Saving lives has costs, and we are seeking a caring contributor (or a few) who will sustain the cryotherapy and cancer screening clinics at Bumi Sehat. If you are interested in sustaining this critical program for our patients, please contact us.











FOOD DONATIONS

Even as the world recovers from the disruptions in livelihood caused by the pandemic, we have found that, more than ever, families in the communities we serve, still need our help. For this reason, Bumi Sehat continues to provide packages of groceries (called Sembako, meaning the nine essentials) containing rice, eggs, cooking oil and other kitchen staples, to families in need.

We provided these packages of groceries to 2.370 families in 2022. We anticipate this as an ongoing need in some areas of Bali. We are committed to sustaining people as they get back on their feet in the aftermath of the pandemic.

In addition, Nusa Tonic Kitchen continues to provide and bless our patients with free, heathy, delicious lunches. We are always delighted to see them drop off packaged meals for our patients.



Bali has a worrisome trash problem. Waste collection is a paid service that many locals forego, and instead burn or dump waste along riverbanks. Rainy season pushes more garbage into the rivers and out into the ocean, some of which the tides return to the shores of the island's beaches. And now a new challenge is compounding the issue – Bali's main landfill is at capacity and set to close. Waste management is now moving to a decentralized model, where more than 600 individual villages will be managing their own waste.



Bumi Sehat Bali is responding to the need for new solutions with its new 'Cash for Trash' program. It's as simple as it sounds. Villagers bring their trash, it is weighed, and they are paid accordingly. This effort not only ensures that waste is responsibly managed, including recycling plastic, it also provides an opportunity for building awareness and education around dumping trash or burning it. Burning plastic is especially harmful because it releases heavy metals and toxic chemicals, such as dioxin, into the air we breathe.

We are happy to report that your donations through our Global Giving fundraising campaign have helped us secure funding for this effort. We are approximately \$2,000 shy of meeting

our goal of raising \$6,460. If you'd like to contribute, go to the Global Giving website and search for our active campaigns.

Care for the environment is one of the pillars of Bumi Sehat, which first introduced village-based recycling to our home village of Nyuh Kuning. We plan to extend our program in youth permaculture education to our clinic in Aceh in the coming year – be on the lookout for a special fundraising campaign to support that program. We are proud to continue to work with our local village leaders to develop innovative and sustainable solutions for Bali's waste management, and to care for our environment wherever we operate.

WE ARE VERY PROUD OF OUR BUMI SEHAT SCHOLARSHIP STUDENTS











Bumi Sehat strongly believes in providing educational support for our younger generation, empowering them as individuals, so that they may improve the quality of life for themselves and their families, and for the community. We provide scholarship grants for continuing education credits and degrees to medical staff: technicians, alternative medicine practitioners, nurses, and midwives, encouraging them to accrue new knowledge and to widen their perspectives in their fields.

Bumi Sehat has also provided scholarships for students wanting to do studies in the hospitality sector, business, management, and in media. In 2022, we had thirteen

grantees in various fields of study, with seven graduating. Three of those students are now in one-year internships at our clinics.

We cannot begin to thank you enough, Jenny Burgess Foundation, Patricia, Alison Tibbels (1066 steel), Aska and Tomo, Marcus Lee Bearden, Susan Symanski, Global Giving Supporters and all the generous donors who tirelessly and whole heartedly gave their support for these young students. We cherish the trust you place in us to translate your donations into the actions that nurture and give opportunity to our future generations.







YOUTH CENTER BUMI SEHAT

We feel so grateful that, after two years of being closed due to the pandemic, Youth Center Bumi Sehat finally reopened in September 2022. After testing our applicants, we have 117 children and teens registered to learn English and basic computer skills. The demand for these two skills is increasing after the pandemic, which had a huge impact on the economy in Bali. Young people are aware of those needs and are eager to learn. English and Basic Computer classes are run twice a week.

Alongside these skills, our Youth Center provides a creative space, where experienced local and foreign volunteers can help foster and facilitate growth, communication and leadership skills. This year we will offer classes in young peoples yoga, and next year we plan to open classes in art, music and dance.









PRENATAL YOGA

13 Years of Healthy Mothers - Healthy Babies

Thanks to the leadership of Ibu Wine Pramiyanti with volunteers Ibu Eva Anggraini, Claudia Kristianti, Ibu Seruni Sekarpuri and Ibu Dian Sonnerstedt, our prenatal yoga program has lifted mothers up in so many special ways for over 13 years. Bumi Sehat pregnant mothers are reporting many benefits including, improve sleep, reduce stress and anxiety, increased strength, flexibility and endurance needed for childbirth.

Some say the experience decreased lower back pain, they felt less nausea, fewer headaches and no more shortness of breath. In addition the mothers get to know one another and become lifelong friends. This is an essential Circle of Support for Bumi Sehat Families. Special thanks to people who bring us yoga mats and props and offer their help for mothers, building peace one MotherBaby at a time.







ASUM OUTREACH ULTRASOUND WORKSHOP

For three years, the amazing team at ASUM Outreach Ultrasound was not able to travel from Australia to Bali for its annual workshop to train our medical staff. But with eased pandemic restrictions, this much appreciated and loved team could return. We dearly miss trainer Delwyn Nicholls, who passed away, and can no longer be with us here on Earth. In November of 2022, Associate Professor Sue Westerway, Sue Hewlett,

Debra Paoletti and Fiona Singer arrived on our shores and blessed our teams from Bali, Papua and Lombok, as well as Kania Waras Klinik and Sumba Foundation. Eighteen medical professionals from five clinics were gifted to receive the highest level of training and experience. Terima kasih beloved ASUM team. You lift us up by sharing lifesaving skills.





Sadly, natural disasters have become a way of life for the people of the Philippines, where today, there are five times as many disasters as there were in the 1970s and no sign of environmental threats easing.

Emergency response efforts to Typhoon Rai (known locally as Super Typhoon Odette), which struck in December 2021, were ongoing throughout 2022. This catastrophic category 5 typhoon, a powerful rare tropical cyclone, made nine landfalls and brought torrential rains, violent winds and floods that displaced more than 20,000 families and claimed the lives of 410 Filipinos. It also left more than \$1 billion in damage, making it the second costliest disaster in the Philippines' history.

With the help of White Ship, of Japan, and Direct Relief, of USA, Bumi Wadah was able to provide early response disaster relief services in Cebu, Bohol, and Palawan. But we must do more to prepare for the future.

At Bumi Wadah Philippines, we have the space to build a warehouse needed for disaster preparedness where we wish to stockpile essential lifesaving supplies. These supplies include water filters, solar lights, tents, tools, tarps, generators, nonperishable food, hygiene kits, medical equipment and wound care supplies. This facility will also house a dormitory for trainees and volunteers and serve as a training center for communities to prepare for disasters, while supporting livelihood projects for women.





Pandemic closures forced a delay in opening our clinic in Palawan. We finally opened the doors on Bahai Arugaan ni Maria (BAM) in May 2022, and operations are now in full swing. This was made possible with funding from Direct Relief International, the Vissac family, Earth Company Angel Hiromi and Every Mother Counts.

This beautiful childbirth and reproductive health clinic is located in Aborlan, Palawan. Aborlan is a vast municipality of 19 administrative districts that is also home to the Tagbanuas, one of the oldest ethnic groups in the Philippines. Many of our birthing mothers are Tagbanuas people.

Even before the global pandemic, Palawan was known to have one of the country's highest maternal mortality rates, as well as the highest prevalence of teenage pregnancies in the country, dubbed a 'national social emergency' by policymakers. Pregnancy and childbirth complications are the leading cause of death among girls aged 15-19. An additional crisis is sexual violence, with about one-third of girls reporting their first sexual encounter was coerced.

Covid-19 was the perfect storm of enforced lockdowns, school closures, poverty, and inadequate sex education, fomenting a baby boom. The Philippines expects an estimated 751,000 additional unplanned pregnancies caused by conditions created during the pandemic.

Our midwives work closely with educators to conduct outreach activities for teens. We aim to educate and prevent teen pregnancy, while giving the child moms attention and care for mother-baby survival and safety. In 2023, team Bumi Wadah Philippines will be introducing the Choices and Challenges curriculum in the Philippines, starting with Palawan, where so many of the girls are at risk.







A CLIMATE CRISIS IN THE

PHILIPPINES

In the era of climate change, the people of the Philippines are among the world's most vulnerable. As our oceans warm, storms are getting bigger, having serious impacts, such as increased frequency and severity of typhoons, sea level rise, extreme rainfall, landslides, resource shortages, food insecurity, loss of infrastructure, and environmental degradation. In addition, earthquakes and volcanic eruptions also plague this island nation.

Super Typhoon Rai (Odette) was the 15th storm to hit the country in 2021. This last year has brought many more serious events, including a 7.0 magnitude earthquake, another super typhoon and a severe tropical storm. In 2022, the World Risk Index listed the Philippines as the country with the highest disaster risk among 193 countries around the world. The World Risk Index measures countries' disaster risks from extreme natural events and climate change. Indonesia was listed third.





BUMI SEHAT LOMBOK

In 2022, you made Ibu Robin's 66th birthday wish come true. Your donations raised enough funds to purchase an ambulance for Bumi Sehat Lombok. In addition, your generosity has made it possible to support the salary of our senior nurse there, who will double as the ambulance driver, for one full year.



Thank you to the 144 donors who made this possible. We asked for \$32,000 for this campaign goal, and you exceeded our expectations by giving \$42,000.

Bumi Sehat Lombok will now be able to buy a new ambulance, fully outfitted with all the medical supplies, seating, stretcher and equipment that our medical staff need. This will allow our team to stabilize and safely transport patients either to a nearby hospital or, if they're at home and don't have safe transport, to the Bumi Sehat clinic.

Having a working, fully equipped ambulance will improve patient outcomes and allow medical treatment to start immediately, instead of waiting until the patient reaches a facility. Delays in treatment can worsen medical conditions and cost lives.



We've seen a handful of dramatic transports in Lombok. Last year, our donors were touched by the timely response of our Bumi Sehat Lombok midwifery team when they safely delivered a baby girl in the back of a truck. The teenage mother and her secret partner were helped by our nurse Liman. His gentle guidance persuaded the families to allow them to marry for love, and they are a happy family now.

More recently, a mother who had a wonderful birth at Bumi Sehat Lombok, suffered a complication of the placenta delivery. It was necessary once again to borrow a truck to transport her safely to hospital.

November 2022 was a big month for team Bumi Sehat Lombok, as our team traveled to Bali to participate in the wonderful ASUM Ultrasound training. Dr. Sue Westerway is working to secure the donation of an ultrasound scanner for Bumi Sehat Lombok in 2023.

Lombok continues to experience earthquakes. Fortunately, none have been as big or as deadly as the quakes that devastated the Island of Lombok in 2018, which initiated the establishment of a permanent Bumi Sehat clinic for the people of Gunung Sari.

Special Thanks to Michael & Sara Franti who inspired the SoulRockers to be our biggest donors for the Ambulance.





ANGEL HIROMI BUMI SEHAT PAPUA

We are pleased to announce that in January 2023, the long-awaited ambulance will be arriving at our Papua clinic. This is especially vital for our Papuan mothers, given how many challenges they face living in areas with no medical services.

It will provide much-needed access to emergency care for sick Papuans, who were not only hard-hit by Covid-19 throughout the pandemic, they have also been hit with an epidemic rate of malaria in 2022. Recovering from the devastation wrought by the Covid-19 pandemic in Papua has been hard. So many Papuans have died.

There was a critical need for an isolation birthing suite at Angel Hiromi Bumi Sehat Papua, where mothers infected with communicable diseases could still birth without spreading the illness to other birthing mothers. The Sentani Department of Health supported the idea, and Every Mother Counts contributed the much-needed funding so that this dream could come true.

During 2022, the heroic midwives of AHBS Papua continued to go the distance to bring lifesaving care to Papuan women and their babies, and to remain committed to providing the highest quality of care to our communities there. Rachel and Ronald

Monoach have been devotedly directing and leading the AHBS Papuan team. Our midwives Deah and Raychel recently traveled to Bali to participate in an advance Ultrasound training conducted by Asum Outreach under the guidance of Dr. Sue Westerway. In addition, our AHBS Papuan Midwives did an intensive brush-up on the human rights based gentle childbirth protocols.

As a result, we were able to receive 141 babies into the world at Angel Hiromi Bumi Sehat in 2022. Our hard-working teams there, also conducted prenatal checkups, newborn baby screenings, postpartum care and breastfeeding support, distributed prenatal vitamins, and led prenatal yoga and childbirth preparation courses.

We feel so blessed that Aska and Tomo Hamakawa of Earth Company introduced us to Maruyamasan, who paid for the complete construction of the Angel Hiromi Bumi Sehat Papua birthing center, in honor of his late beloved wife, Hiromi. Because they care and because our contributors, especially Every Mother Counts, continue to support operations, precious lives have been saved.







BUMI SEHAT ACEH

Nineteen years after the Indian Ocean Tsunami, which claimed more than a quarter-million lives and remains one of the most deadly and severe disasters in our lifetime, our Aceh clinic that began from such tragedy continues to be a beacon of courage and resilience.

We have found that, looking to leadership, hiring and training people from within the community, gives the project the strength and miracles needed to overcome tragedy. We are proud to say that most of the Bumi Sehat Aceh team has been with us since the early aftermath of the tsunami disaster.

This depth of commitment to the healing of community over decades is something rare and wonderful on Earth. Through years of recovering from loss of family, as well as the decimation of crops and infrastructure, these teams provided not only critical medical care, but shelter, food, love and trauma healing.

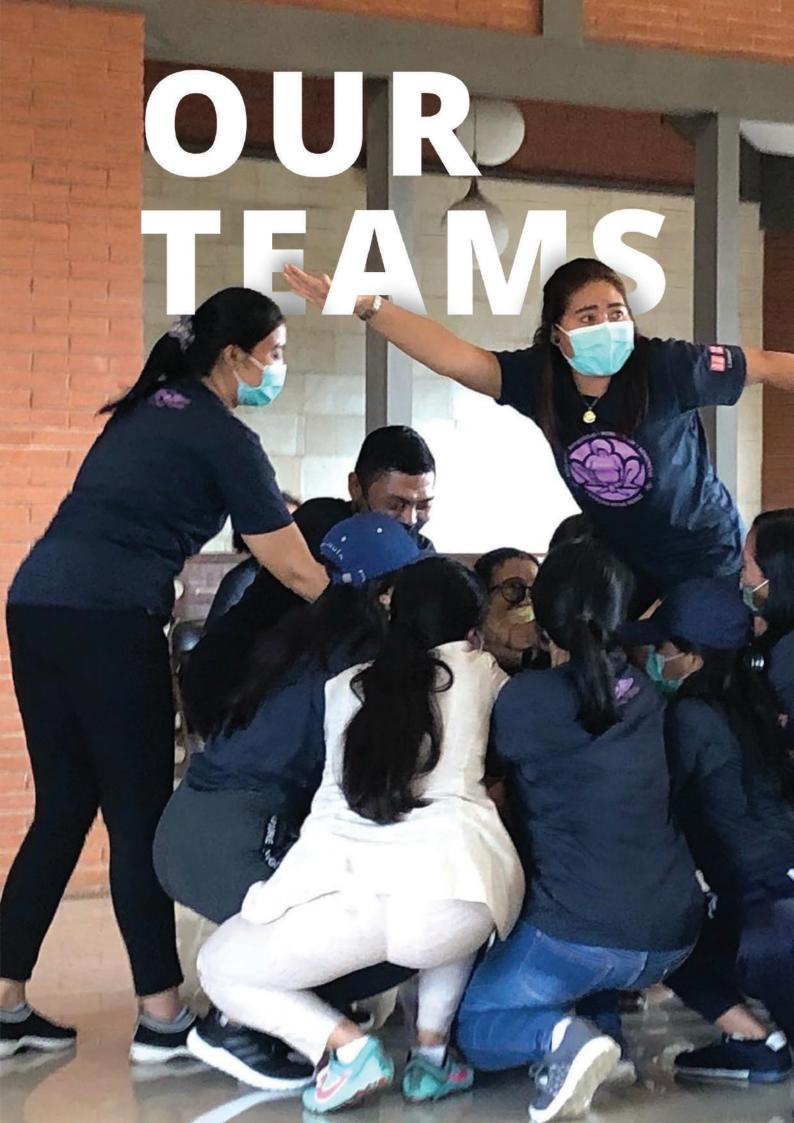
Bumi Sehat still operates a community health and childbirth clinic in kampong Cot, open 24/7. This has been possible these 19 years because of your contributions and your care for the broken-hearted people of Aceh.

What was lost - lives, homes, infrastructure, livelihoods - will never be replaced or restored. What emerges, from the people themselves, is a resilience and devotion to starting anew. Bumi Sehat's role has been to commit to our communities, to integrate and serve, without an exit strategy.

Bumi Sehat Aceh is much more than a free community-based medical clinic. It is a well-lit place where any time of day or night, a person may find a cup of tea, a cookie, compassionate companionship, and someone to listen and support them.

With the addition of the 'Peaceful Garden' in 2021, that backs up onto a lovely wetland full of rare and endangered birds, we now have a place where people may find healing relaxation in a natural setting, perfect for picnics, prayer and a quiet space for contemplation. This is a place where a father-to-be may wait for his baby's birth and mothers in labor walk barefoot, supported by their midwives and traditional birth attendants.











BUMI SEHAT BALI HEALTH SERVICES:

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Babies Born	290
Prenatal Check-ups	4,312
Postpartum Care	362
Transports in Labor	28
Neonatal Check-ups	360
Breastfeeding Support	299
Doula Services	77
Prenatal Yoga Students	1,105
Childbirth Preparation Classes	94
Pediatric Care	308
General Medical Examinations	13,830
Free Medicines for Patients	14,918
Prenatal Vitamins Blackmores	6,003
Acupuncture Treatments	5,055
Free Chinese Herbal Medicines	1,318
Elders' Health Check-ups	86
Posyandu (under 5 child health evaluations)	678
Family Planning	92
See & Treat (cervical cancer detection)	84
Cryosurgery (to treat early stages of cervical cancer)	7
Breast examinations (early cancer screening)	85
Physiotherapy (collaboration w/ YPK)	233
Eye Exams, Free Glasses (collaboration w/ JFF Foundation)	210
Mental Health & Postpartum	
Trainer Workshop/art Therapy	100
Ambulance Service	43
Home Visits (medical)	48
Lab Check-ups Blood And Urinalysis	2,440
Community Massage (adults)	157

EDUCATION:

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Medical Staff Ultrasound,	
NLP trainings	33
Capacity Building Seminars	
For Visiting Midwives	1,594
Scholarships (support of student nurses & midwives)	13
Midwives Master Classes (collaboration with Earth Company)	304
Online International Sharing	
Bumi Sehat (collaboration with FIGO, DONA, EMC, Ashoka)	2,376
Seminar Collaborative Care in	
Pregnancy & Childbirth	1,221

YOUTH **EDUCATION:**

31
86
58
60
883
333

HIV/AIDS PROGRAM:

HIV/AIDS Workshops And Counseling	833
HIV Counseling	
Services For Pregnant Mothers	372
Monetary Help For HIV Families	5
HIV Viral load Lab Checks	520
Emergency Help For Indigent Families (bumi sehat paid hospital bills, or paid cremation)	11
Free Condoms Distributed	2,322





ESSENTIALS PROVIDED FREE:

Baby Layettes	300
Free Health Autonomy	
Books Distributed:	
- Ibu Alami Book	812
- Anak Alami Book	247
- Bidan Alami Book	373
- ASI Eksklusif Book	577
- Demam Berdarah (Dengue Survival Book)	77
- Pilihan dan Tantangan (Choises and Challages)	94
Bumi Sehat Eco Bags	343
Eco Water Bottles	20
Reusable Menstrual Pads	86
Trash for Cash/Families	200

COVID RELIEF:

Masks Distributed

-
3,400
108
487
239
4,707
134
239
75
100
22

3,454

TOTAL BUMI SEHAT BALI: 79,771

BUMI SEHAT LOMBOK

Babies Born	24
General Medical Patients	7,578
Free Medicines for Patients	15,156
Pregnancy check-ups	317
Prenatal Yoga and	
Pregnancy Education	113
Pregnancy Counseling	402
Postnatal Recovery Support	
at Clinic and Home	103
Prenatal Vitamins Blackmores	929
Postpartum Check-ups	79
Newborn Baby Check-ups	24
Baby, Toddler, Children Check-ups	
in The Field	3,687
Baby Massage	21
Adult Massages + Acupressure	10
Family Planning Patients	725
Home Medical Visits	30
Refered to Hospital w/Support	24
Community Service	
Grocery Packs Distributed	17
Ambulance Transports	15

TOTAL BUMI SEHAT LOMBOK: 29,254





BUMI~WADAH PHILIPPINES

Rahai	Arugaan	ni	Maria	Rirth	Clinic
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31
132
31
31
2,500
3
707

Bumi~Wadah Dulag Birth Clinic:

Babies Born	138
Pregnancy Check-ups	264
Postpartum Check-ups	138
Newborn Screenings	138
Prenatal Vitamins Blackmores	264
Referred to Hospital	14
Family Planning Patients	139
- J - O	

Disaster Relief ~

Typhoon Odette (Category 5)

Medical Mission Patients	350
Typhoon Monitoring	3
Tarps (temporary roofing)	295
Rope	100
Machetes/Tools	100
Water Jugs w/Drinking Water	59
Water Filters	240
Covid Care Packs	125
First Aid Kits	135
Hygiene Kits	600
Grocery Buckets Distributed	45
Free Medicines for Patients	796
Healing Trauma Sessions (emergency pedagogy)	84

Humanitarian F	Relief	Efforts	&
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Facility Reconstruction	2,100
Senior Citizen Assistance	65
Feeding Program	
for Senior Citizens	100
Assistance for People with	
Special Needs	72
Feeding Program for	
Handicapped Citizens	1,200
Food Packs Distributed	1,830
Christmas Bundles	1,284
Scholarship Grants	3
Scholarship Assistance	18
Performing Arts Trainees	55
Sports Activities (participants)	70
Educational Webinar Participants	129
School Supplies Provided	70
Community Events Attendees	1,850
Mobile Theater Recruitment	
and Training	55
Construction of Homes and	
Toilets For Indigent Families	11
Facilities Constructed	7
Charity Concerts	14
Coastal Clean-up Drives	86
Rain Collector Installations (water supply)	2
Vegetable Seedlings and Fruit	
Trees Planted/Distributed	3,753
Facilitation of Community	
Development Activities	7
Inspirational Activities/Events	595
Humanitarian	
Assistance Extended	778

TOTAL BUMI WADAH PHILIPPINES: 21,616



ANGEL HIROMI BUMI SEHAT PAPUA

Babies Born	141
Pregnancy Check-ups	769
Prenatal Vitamins Blackmores	
Outreach Remote Villages	1,200
Healthy Meals for Mothers	
and Community	63,875
Healthy Lifestyle	
Course Participants	50
Prenatal Exercise Classes	12
Lab Check-ups HB/Rapid/	
Malaria.Cholestrol	251
Neonatal Check-ups	141
Baby Layettes (clothing, blankets, baby carrier)	141
Baby Massage	288
Postpartum Check-ups	141
Family Planning	512
Holistic Therapies, Acupuncture	181
Maternal or Neonatal Transports	18
Medical Home Patient Visits	120
Transportation to Home	99
Bumi Health Autonomy	
Books Distributed	338
Free Medicines for Patients	5,790

TOTAL ANGEL HIROMI BUMI SEHAT PAPUA: 74,067

BUMI SEHAT ACEH

Babies Born	50
Prenatal Checkups	718
Neonatal Checkups	50
Postpartum Care	50
General Medical Exams	10,601
Free Medicines for Patients	22,202
Home Medical Visits	283
Transport to Hospital (emergencies)	60
Overnight Patients	121
Ambulance Services	319
Counseling and	
Pregnancy Exercise Classes	315
Prenatal Vitamins Blackmores	197

TOTAL BUMI SEHAT ACEH: 34,966

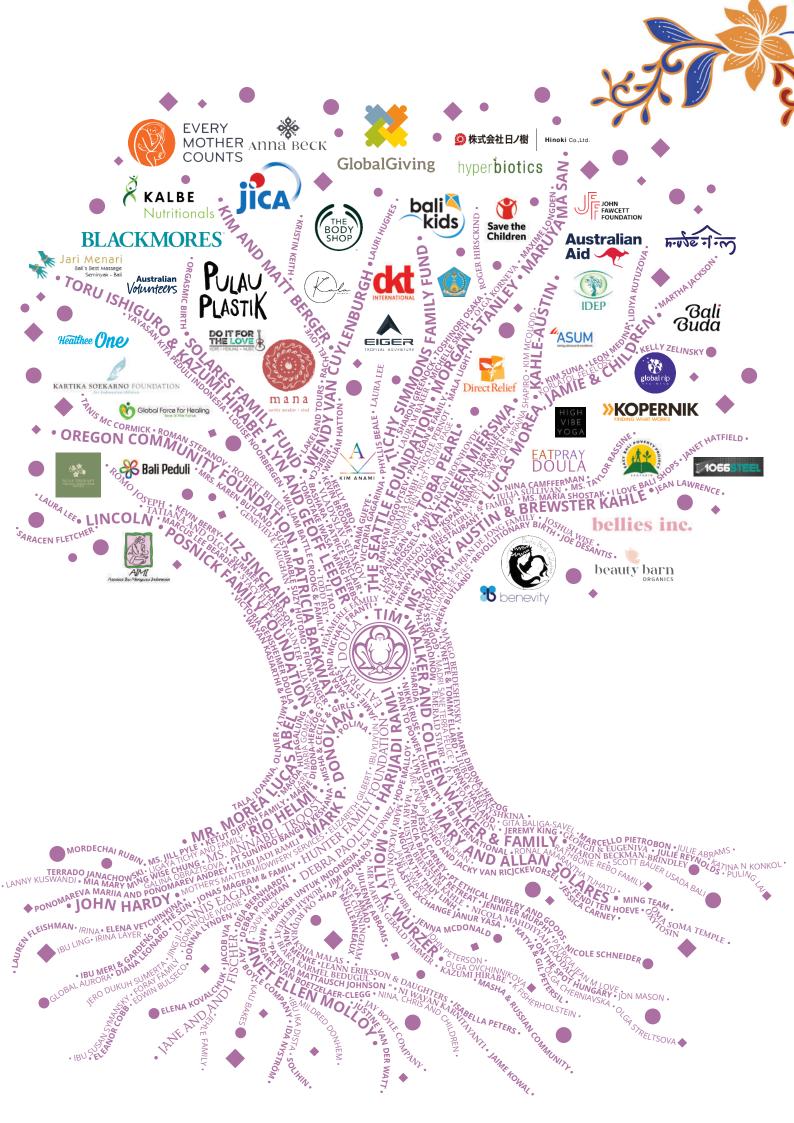
2022 budget allocation











ABOUT BUMI SEHAT

Yayasan Bumi Sehat, or 'Healthy Earth Mother Foundation,' is a non-profit organization registered in the United States, with headquarters in Bali and operations throughout Indonesia and the Philippines. Founded in 1995, the organization operates based on three principles: respect for nature, respect for culture, and the wise implementation of the science of medicine.

Bumi Sehat currently operates six community health and childbirth clinics, provides educational services for youth and communities, and responds to disasters and other health needs. These clinics are located in Indonesia: Nyuh Kuning (Bali), Gampong Cot (West Aceh), Sentani (Papua), Gunung Sari (Lombok), and in the Philippines: Leyte and Palawan.

The organization advocates for marginalized, displaced, and lowincome individuals from all islands, faiths, and cultures, with a strong focus on gentle birth for mothers and babies. Bumi Sehat believes that access to quality healthcare, particularly reproductive healthcare, is a human right, and that each individual is an essential component of societal peace. The foundation's vision is to build peace by caring for our smallest citizens - babies at birth - one mother, one child, and one family at a time.

WAYS TO DONATE

We have many ways to receive donations. You can make a donation through our website by credit card or PayPal. If sending within the USA, you can mail a check to:

Bumi Sehat Foundation International 25 Colby St., Barre, VT 05641.

If sending internationally or within Indonesia, you can donate via bank transfer to:

▼ Yayasan Bumi Sehat, Ds. PKR Nyuh
Kuning Bank PT. Bank Negara Indonesia,
Denpasar KLN Ubud branch.
You'll need the following information:

Bank address: Jalan Gajah Mada, No. 30, Denpasar, Bali, Indonesia

- ▼ Indonesia only
 IDR account: 117 765 425
- All International Transfer USD Account: 117 766 133
- SWIFT code: BNINI DJADPS











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