# Water Supports Life

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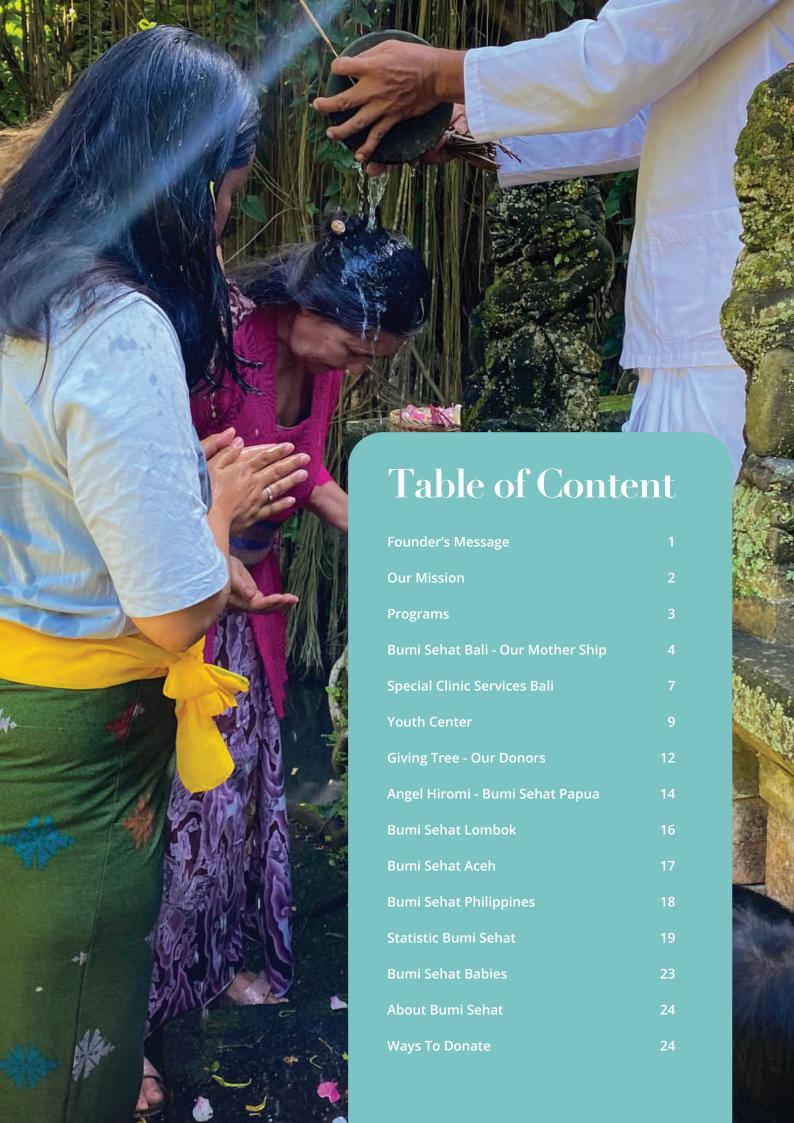
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The Flow of Kindness Builds Peace on Earth





## FOUNDER'S MESSAGE

#### Dear Bumi Sehat Family,

As 2023 comes to a close, I am in awe of all your support that helped us to facilitate all we do, and for the many mothers and fathers who trusted our midwives to bring babies safely EarthSide. This partnership, of BELIEVING in Mothers and SERVING Families, is our Bumi Sehat way of building Peace, one Baby at a time. Many of you trusted us with your precious resources by contributing to Bumi Sehat's projects. Together, with our amazing staff in Bali, Papua, Lombok and Aceh Indonesia, as well as Dulag and Palawan Philippines, many miracles have been accomplished. Wells have been dug, roofs replaced, emergency medical care has been provided. Our Youth improved their futures by joining in our educational opportunities. Dreams have come true.

As the tragedy of conflicts, wars, and Climate Crisis fill the news cycles, Bumi Sehat offers your hearts the good news, the tender moments that help to balance the real concerns of being human. Each of

"Cash for Trash" not only cleans our village, it teaches the message of environmental security to school children. Our children, hand-inhand with our elders, helping to preserve our Mother Earth.

you has made a difference. Supporting

This Bumi Sehat Gratitude Report for 2023 is a tribute to the Peace on Earth that each of you sustains.

Together, we celebrate the births of babies, who have but one message, that LOVE and PEACE must prevail.

I Love YOU, Ibu Robin



# EXECUTIVE

We are all facing challenges as we enter a new chapter in the wake of the COVID pandemic. The Bumi Sehat Foundation offers a range of community service activities to support those in need.

We are proud to have improved the quality of service and patient safety in the health services we provide. This is evidenced by the successful accreditation of the Bumi Sehat Clinic. Our focus remains on providing the best service, particularly for maternal and child health. Our hope is that the children born through the gentle and loving process of 'Gentle Birth' will become the next generation to protect the earth with love and support peace.

Thank you for supporting and contributing to the Bumi Sehat Foundation in realising our

vision of promoting health that is in harmony with nature, culture, along with advances in science and technology, based on love.

Love, Eka Yuliani







# **Our Mission**

#### Who Are We?

Bumi Sehat Foundation is a non-profit social organization established to serve the underprivileged community, particularly women and children, by providing quality healthcare services.



#### Vision

The establishment of a sustainable Public Health service model in Indonesia.



#### Mission

- Developing and implementing a Health service model that targets marginalized communities and families.
- Providing access to quality Health services for all layers of society without discrimination based on economic status, ethnicity, race, or religion.
- Preparing skilled and professional human resources equipped with emotional intelligence.
- Protecting our Earth Environment for future generations.



#### Goal

Driven by noble aspirations to selflessly and nonprofitably contribute in the fields of social service and humanity.





Improving the health of mothers, children, and the general community through peaceful and gentle childbirth.

Providing health service facilities oriented towards family health.

Identifying the potential of the younger generation that can be developed to enhance human resources in line with the advancements in science and technology, beneficially supporting the quality of the individual, family, community, and environmental health.

Actively responding to natural disasters impacting communities.

The target audience for these programs is for the general Indonesian public facing financial difficulties and individuals with disabilities.





# Bumi Sehat Bali Our Mother Ship

Bumi Sehat Bali has the unique responsibility of being the inspiration, administration and "Mother Ship" for all four Bumi Sehat locations in Indonesia, plus helping our teams in the Philippines.

We are extremely proud of Team Bumi Sehat Bali for achieving a perfect score and full approval from the Indonesian National Standard of Accreditation as a healthcare facility. Each department: administration, housekeeping, midwifery, general medicine, disaster response, pharmacy, laboratory, ambulance service, medical records, reception, and physical plant, all shined and were found to be outstanding. As part of our accreditation journey, our staff was required to gain additional trainings and certifications in: CPR, emergency evacuation and response to fire, infection prevention and control, occupational health and safety.

Responding to disasters, with the help of Earth Company and Direct Relief, has been an important Bumi Sehat initiative. Over the past 19 years we have been early responders seating for patients and families. Overall, Bumi Sehat Bali is happy to report that as a team, we work together like a family. This model of collaborative care fosters peace in our clinics, peace in our communities and in our small way,

When the wind born rains soaked the reception

and waiting areas of Bumi Sehat Bali, creating a

a circular awning, gutter and drainage system.

Work has been completed. It is, honestly, even

more beautiful and functional, as there is more

danger of possible injury, our solution was to add

Peace on Earth.





# The excellent results of our clinic accreditation











# Special Clinic Services Bali

The Bumi Sehat medical team consists of three doctors, six nurses, three lab technicians, one pharmacist, fourteen midwives, one HIV counselor, one nutritionist, plus our excellent administration, reception, housekeeping, gardening, security, and kitchen staff. Our total Bumi Sehat Bali staff is fifty-three devoted members.

Additionally, Bumi Sehat Bali offers Physiotherapy in collaboration with Yayasan Peduli Kemanusiaan (YPK), every Saturday, for people of all ages, especially our elder patients and children with special needs.

Acupuncture is available six days per week, giving people with chronic pain or illnesses hope and comfort. A hallmark of Bumi Sehat is the collaboration between

all our medical services, doctors collaborate with midwives, doing newborn baby checks each morning. Our nurses and doctors carefully review lab results and consult with the acupuncturists, creating the best care plan for each patient.

Prenatal yoga has been a favorite service of Bumi Sehat Bali since 2006. 1,415 pregnant mothers attended prenatal yoga classes offered freely at Bumi Sehat Bali in 2023. Special thanks to **Wine Pramiyanti** and **Eva Anggraini** 

Bumi Sehat continues to work for the prevention of HIV, by offering free lab testing and counseling. Mr. Eka Sampurna, our HIV Counselor traveled this year to Papua, Indonesia to focus on the evaluation and implementation of HIV, Syphilis, and Hepatitis B testing and treatment services for pregnant women in the Jayapura area. Eka, Bumi Sehat Bali and Angel Hiromi Bumi Sehat Papua collaborate closely for this mission with the Papua Provincial Health Services, Papua Provincial AIDS Management Commission as well as the hospitals and Puskas Mas (community health) Clinics in Papua. This collaboration reflects our shared determination to improve healthcare efficiency, an important step amid the surging HIV/AIDs cases in Papua, reaching 50,502 in 2022. Our hope is to reduce those numbers and bring about positive change for people living with HIV.



# Midwife to Mother Care & the International Childbirth Initiative at Bumi Sehat

Each day and night, the midwives of Bumi Sehat receive babies into the world with skill, respect, and love. We know that, in addition to preserving lives, we are making core life memories for the mothers and the families, which is why our midwives collaborate with doulas and doctors, and practice gentle childbirth. In 2023, Bumi Sehat midwives in Bali gave pregnant mothers 4,146 prenatal checkups and welcomed 285 babies to Earth.

Midwives worldwide and the Federation of International Gynecologists and Obstetricians (FIGO) have embraced the 12 Steps to safe and respectful MotherBaby-Family Maternity Care of the International Childbirth Initiative (ICI) as the human rights standard for the world. Bumi Sehat's Childbirth protocols and practices make our birthing units in Indonesia and the Philippines demonstration sites for this rEvolution in childbirth.

When over 3,000 global midwives gathered for the International Confederation of Midwives Congress in Bali, the preconference event was held at Bumi Sehat as ICI Day. Over 250 midwives gathered at Bumi Sehat Bali from all over the world to learn just how effective, safe, and uplifting the childbirth services at all six of Bumi Sehat's locations are. We achieve this beautiful standard by implementing the International Childbirth Initiative.

Special thanks to the Bumi Sehat team for working uncounted hours to make this event possible. FIGO, thank you for sponsoring the food. Debra Pascali Bonaro and Michelle Therrien were on hand from ICI to really make ICI Day sing. Blessings for all the midwives, doulas and BirthKeepers who attended, embracing the values of compassion, respect, support, access, wellness, and the continuum of collaborative care. Our efforts may surely save lives in the future.







# YOUTH CENTER

# **English for Medical Purposes**

This year, the Youth Center has been presented with a significant opportunity, as well as a formidable challenge: to establish an English course aimed at helping medical professionals enhance their communication skills in bridging linguistic and cultural gaps in healthcare. Through collaboration with Family Husada Hospital, this program aims to equip healthcare providers with the necessary skills to serve a diverse range of patients effectively.



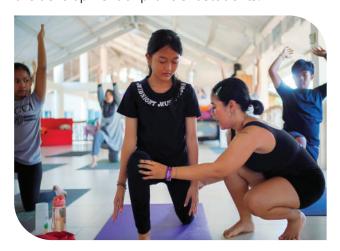


# The Art of Harmony Unleashed and Elevating Education Through Collaborative Classes

In the realm of education, collaborative efforts among institutions serve as catalysts for both student and teacher development, driven by a spirit of mutual cooperation. Through strategic partnerships, schools engage in a dynamic exchange of resources and expertise, thereby enriching the educational experience for all involved. A shining example of such collaboration is the partnership between Green School and

BUMI SEHAT FOUNDATION

our Youth Center. Through this alliance, new pathways for enhancing educational quality emerge, empowering educators and nurturing the development of proficient students.



#### **Mindfulness Movement**

At our Youth Center, we are dedicated to fostering holistic wellness among our young community members, and one of our key initiatives in this endeavor is our "Yoga for Youth" program. Through intentional poses and focused attention, participants cultivate awareness, not only of their bodies but also of their minds and emotions. Our program is designed to empower youth to enhance their self-awareness, manage stress, and cultivate overall wellness as well as learning valuable tools for navigating the challenges of adolescence and beyond, promoting lifelong habits of self-care and resilience.

## **Empowering the Next Generation**

In our steadfast dedication to nurturing the potential of tomorrow's leaders, we proudly present our series of Capacity Building Workshops tailored for children, teenagers, and young adults. These workshops offer a comprehensive approach to personal growth and development, covering essential topics such as leadership skills, effective communication, critical thinking, emotional intelligence, and reproductive health.

Through interactive activities, engaging discussions and expert-led sessions, participants of all ages are equipped with the knowledge, skills, and mindset necessary to navigate the challenges of today's world with confidence and resilience. Our inclusion of reproductive health education ensures that young individuals have access to essential information to make informed decisions about their health and well-being, empowering them to lead healthy and fulfilling lives. By investing in this, we aim to cultivate a generation of leaders who are not only prepared to succeed, but are also committed to making positive contributions to their communities and beyond.





in nursing, while Intan is honing her skills as a professional midwife. Thank you for our generous donor, **Patricia Barkway**, in supporting them on their educational and professional paths. We eagerly anticipate the valuable contributions they will make in their respective fields.



## Scholarship Beasiswa Damai

In 2023, Bumi Sehat is strategically directing its scholarship program towards elevating the capabilities of our internal human resources, with a special emphasis on our medical teams. Our primary goal is to empower our esteemed team members to enrich their skills, broaden their knowledge, and pursue advanced education within their respective fields. Moreover, this initiative serves as tangible evidence of our organization's dedication to meeting and exceeding the new Indonesian regulations aimed at enhancing the professionalism of medical personnel.

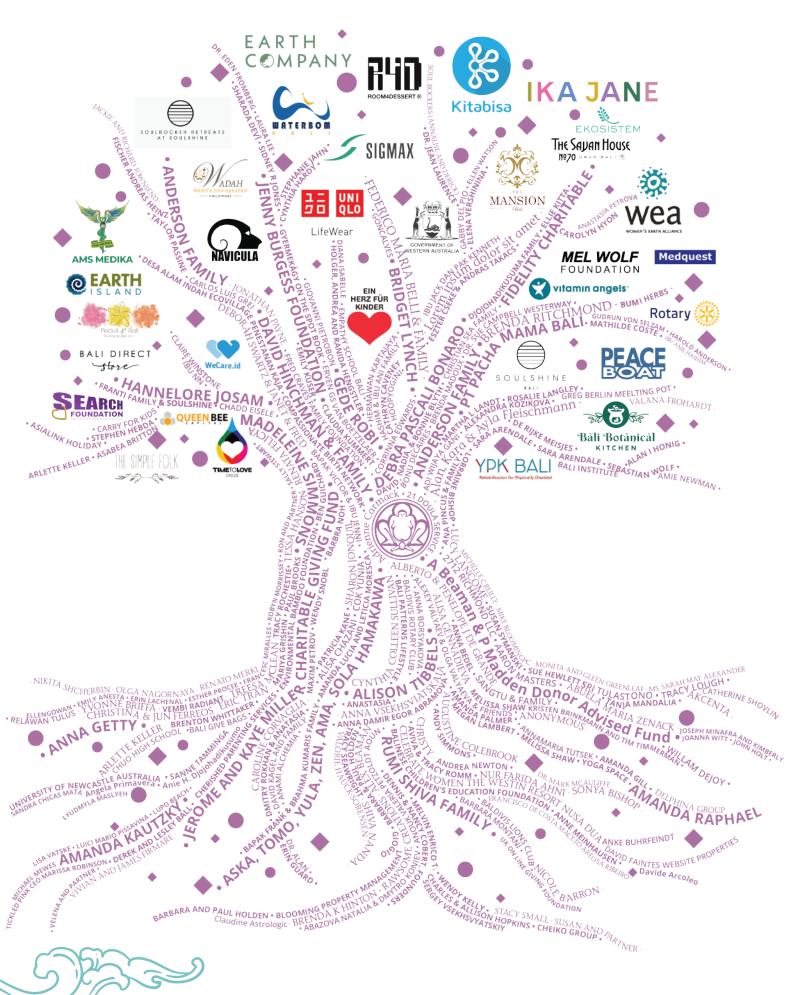
This year Bumi Sehat celebrated a significant milestone as two of its scholarship recipients successfully graduated from their undergraduate programs with distinction. Following their undergraduate achievements, Yogik and Intan have embarked on an additional year of intensive training in their respective fields to further refine their expertise. Yogik is pursuing advanced studies

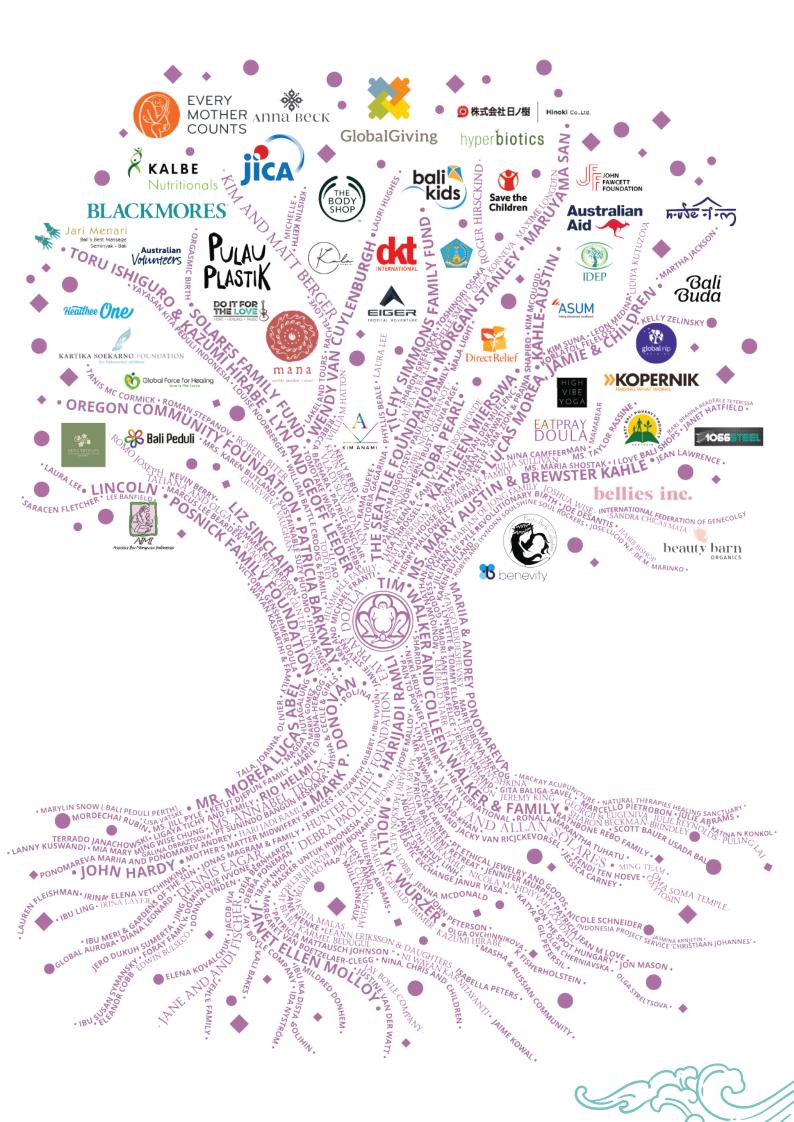
# rEvolusi Datang Bulan

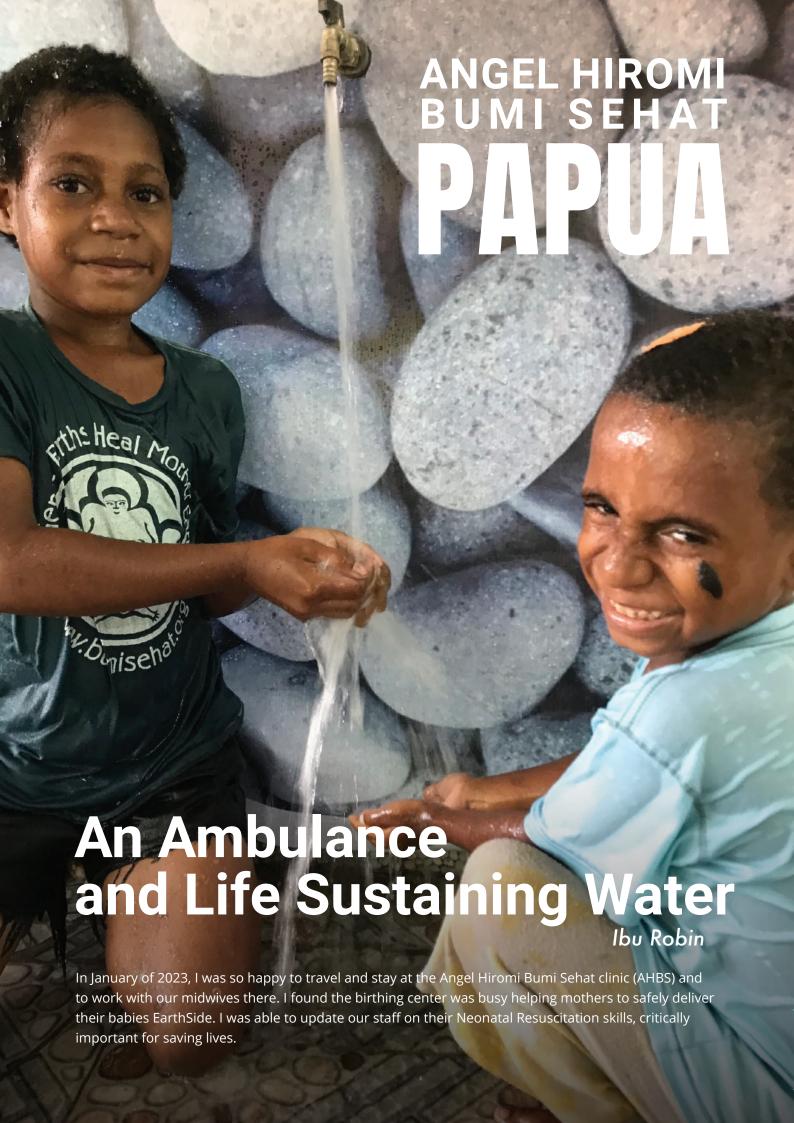
The success of last year's Menstruation rEvolution Program has led to an increase in requests from schools to broaden reproductive health education for more students. As a result, the program has expanded with a focus on high school students. We extend our heartfelt gratitude to **Earth Island** and **Moove** for their invaluable assistance in implementing this educational initiative and distributing hundreds of books and reusable pads to the younger generation.



# Giving Tree Our Donors









Indonesia is growing and changing, and that is especially true for the people of Indonesian Papua. Now, needed more than ever in struggling communities, are the free gentle childbirth services that our midwives lovingly provide.



Our midwives responded to emergency births, even in off-road, far flung areas. For this they would jump on the AHBS pink motorcycle and go wherever they were needed. In addition, our midwives continue to give medical outreach to isolated communities on the islands of Lake Sentani, Papua.

Our improvements for the birthing clinic in 2023: A new large capacity washing machine, as the old one was no longer repairable and, by the generosity of Mr. Meki Nawipa, a much needed, beautiful ambulance. Plus the new diagnostic lab.

2023 was the year for digging new wells. Angel Hiromi Bumi Sehat had been "borrowing" water from a family hundreds of meters away, and this meant that the overworked water pump was often breaking. When the water supply became too low to continue to borrow, we knew it was time to dig our own well. This helps us all to remember that water is a miracle, water is life.









## Bumi Sehat **Lombok**

New SoulRockers Ambulance & Shelter from the Rain

After the devastation of earthquakes in 2018, parts of our neighboring island of Lombok were left in dire need of a free community health and childbirth clinic. After eighteen months of serving the people in tents, Direct Relief funded the building of a beautiful clinic facility for Bumi Sehat Lombok.

2023 has really been a beautiful year for Bumi Sehat Lombok. Michael & Sara Franti brought the Soul Rockers together to help fundraise for a much-needed Ambulance. Sue Westerway provided a wonderful ultrasound device for our Lombok team. Dr. Sue also trained them in the use of ultrasound, as a diagnostic tool for pregnancy risk reduction. Our doctors and midwives do not use ultrasound routinely, but when it is needed, it can save lives.

Unusually strong winds destroyed the roof of the Bumi Sehat Lombok clinic, and the rain poured in. Thanks to our Bumi Sehat GlobalGiving fundraising team and your generous donations, construction of a new roof is being completed as I write this.



Our astonishing Bumi Sehat medical team did not interrupt services while the roof was torn off. Tents were erected, and all medical services continued seamlessly.

In June 2023, Every Mother Counts visited Bumi Sehat Lombok so that they could see firsthand just how wonderful and needed our services are.

In July, Angie and Robert Smith with the Eat Pray Doulas raised the money for our team to have a much needed motorcycle. With this motorcycle, our Doctors, Midwives and Nurses have been able to respond to emergencies, even off-road, in difficult to access areas.

We are so proud of Bumi Sehat Lombok for completing the Indonesian National Healthcare Facility Accreditation. This is no easy task and required all of our team to work many extra hours, day and night. The enthusiasm and devotion of Team Bumi Sehat Lombok to serving the people of Gunung Sari, Lombok is truly inspiring.

When the 9.3 megathrust earthquake resulting in the Indian Ocean Tsunami of 2004 struck, the world was ruptured with grief. An under-estimated 230,000 people in 14 countries perished. Little did we know then that Bumi Sehat's early response to the disaster would grow into a beautiful permanent community clinic in Aceh, Indonesia. Much of our original staff, tsunami survivors and brave volunteers, are still with us at Bumi Sehat Aceh.

This year, 19 years after the tsunami disaster, we began to make very necessary improvements to the clinic and community center in Aceh. The refrigerator had been completely broken beyond repair for 18 months!

Our Bumi Sehat Aceh staff was too shy to tell us that they desperately needed a new one. Thanks to your contributions, they now have a beautiful refrigerator.



Water is Life



In 2023 our two Bumi Sehat Birthing Clinics in the Philippines have thrived. 239 babies were born into the loving skilled hands of our midwives. With a generous grant from Direct Relief, the entire Bahai Arugaan ni Maria (BAM) Birthing Center in Palawan is now fully lit by the warm power of the Sun. The new solar electric system means that power outages, all too common in the Central Philippines, will no longer put the lives of the Mothers and Babies at risk. In addition to the whole-clinic solar system, we have solar suitcases, for use in field emergencies, provided by We Care Solar. Easy to see well-lit signs on the main highway guide families in labor, to our birthing center in the wee hours of the night. Without resources, they need to know where they may may safely deliver their babies, day or night, without the burden of paying. The Bumi



Sehat BAM team provided 821 meals to children suffering from stunting this year. Collaborating with Roots of Health, women were provided with family planning. With help from MamaPina, College of Nursing and Health Sciences of the Palawan State University, Healthy Mothers, Healthy Babies of Hawaii, and Tempra, our team hosted a BlessingWay for pregnant and new mothers, providing prenatal checkups, maternal trainings, vitamins, baby layettes, parenting supplies and food.

We are better able to support the needs of our communities now that our new ambulance has been delivered; a blessing from Every Mother Counts. Our gratitude flows out to Maruyamasan who has helped us via Earth Company by sponsoring the birthing suite, where babies are gently born.

We continue to be blessed by Every Mother Counts, in 2023 they sponsored the building of "Waiting Huts," little houses for families from far flung villages and outer islands, where there is no medical care, can reside while awaiting the birth of their baby.

Maraming Salamat for your loving generous support in 2023, Maria Teresa P. Maniego, Tina Ferreros, Team BAM and Lola Robin





## BY THE NUMBERS

#### **Bumi Sehat Bali**

Health Services		REPRODUCTIVE HEALTH	
Babies Born	285	See & treat (Cervical Cancer Detection)	7
Prenatal Check-ups	4146	Breast Examinations	7
Postpartum Care	375	Physiotherapy	338
Transports in Labor	36	Ambulance Service	29
Neonatal Check-ups	409	Home Care Visit	18
Breastfeeding Support	368	EDUCATION	
Doula Services	22	Capacity Building for Midwives, Nurses	
Prenatal Yoga	1415	and Medical Breast Examinations	584
Childbirth Preparation Classes	110	Scholarship	18
Family Planning	94	ICI Event	280
Contraseptive Condoms	1728	YOUTH EDUCATION	
Pediatric Care	470	Computer Classes Students	90
General Medical Examination	14576	Language Class Students	521
Free Medicines for patients	15304	Field Trips Participants	272
Lab Check-ups (blood & urinalysis)	2333	Special events~ Fun Day Participants	316
NUTRION PROGRAM		Bintang Bumi Participants	60
Prenatal Vitamins Blackmores	3046	Yoga for youth Participants	141
Vitamins distribution	834	Youth Workshop Participants	60
Elderly Lunch	5560	Datang Bulan Revolusi	105
Healthy snack for kids	655	(Health Education for Teens)	
ELDERY PROGRAM		Clinic Tours	2081
Elders' Health Check-ups	229	HIVIAIDS PROGRAM	
Medicine for Eldery	214	HIV/AIDS Workshops And Counseling	272
Food for Eldery	50	HIV Counseling Services for	212
Healthy snack for eldery	219	Pregnant Mothers	312
lunch for eldery	5140	Monetary help for HIV Familes	32
HOLISTIC PROGRAM		HIV Viral load Lab Checks	28
Acupuncture Treatments	5600	Efficiency field for margerit ramines	
Free Chinese Herbal Medicines	791	(bumi sehat paid hospital bills or paid creamation)	1
Community Massage (adults)	36	Free Condoms Distributed	2448

#### FREE ESSENTIALS PROVIDED

TREE ESSENTIALS I ROVIDED	
Baby Layettes	260
Ibu Alami Book	50
Anak Alami Book	219
Bidan Alami Book	584
Asi Eksklusif Book	789
Demam Berdarah (Dengue Survival Book)	923
Pilihan dan Tantangan (Choises and Challenges)	130
Bumi Sehat Eco Bags	887
Eco Water Bottles	10
Reusable Menstrual Pads	105
Trash for Cash/Families	657
COMMUNITY OUTREACH	
Medical Examinationed	341
Medical Support	341
Groceries for Food Survivor Families	330
Clothing Packs for the Homeless	149
Blanket/ towel	20
Drawing book, stationery, coklat, tootpaste/	134
toys for christmas	192
CEK TEST COVID	250
lending Crutches, Wheelchair, Nebulizer, Breast pump	39

## Total Bali 78,475

### **BUMI SEHATACEH**

Prenatal cek up	570
Babies Born	50
Neonatal Checkups	50
Postpartum Care	50
General Medical Exams	9,985
Free Medicines for Patients	19,970
Home Medical Visits	181
Transport to Hospital	33
Overnight Patients	106
Ambulance Services	292
Counseling and Pregnancy Exercise	234
Prenatal Vitamins Blackmores	114
Total Aceh	31,635

### **BUMI SEHATPAPUA**

Pregnancy Check-ups	1015
Lab Check-ups HB	253
Babies Born	229
Prenatal Vitamins Blackmores	440
Family Planning	321
Neonatal Check-ups	255
Medical Home patient Visits	1
Holistic Therapies, Acupunture	530
Maternal Transport	19

Total Papua

3,069

# BUMI SEHAT FOUNDATION

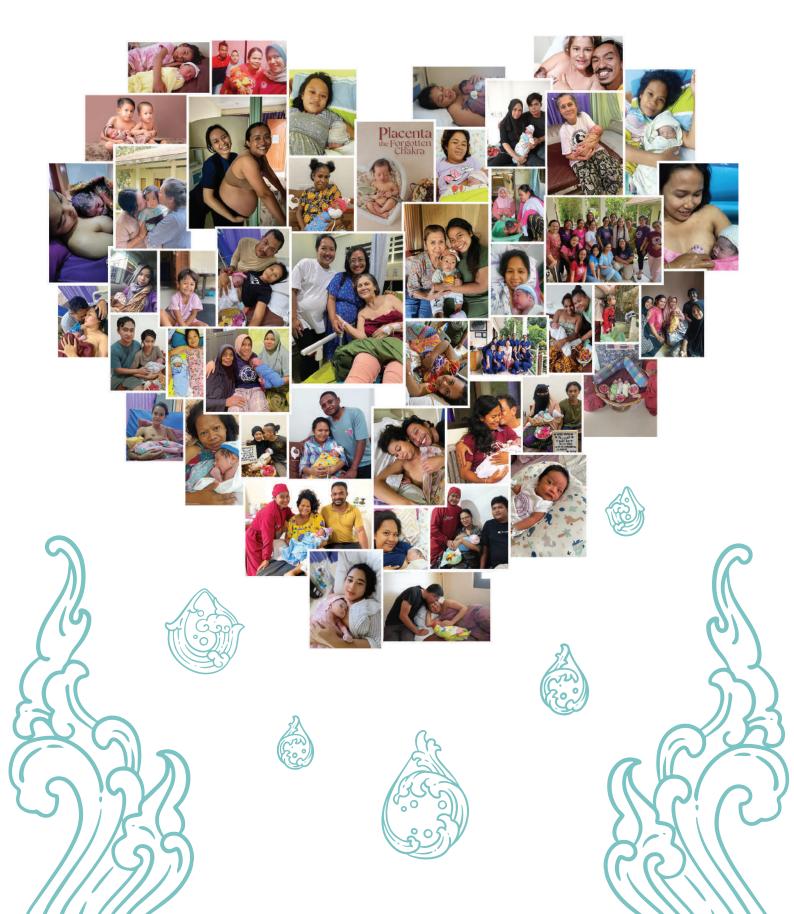
### BUMI SEHATLOMBOK BUMI SEHATPHILIPPINES

Pregnancy Check-ups	266
Babies Born	28
Neonatal Checkups	28
Postpartum Care	123
Homecare for Baby	3,777
Prenatal Yoga	128
Pregnancy Education	324
Baby Massage	30
Acupressure	10
Family Planning Patients	833
General Medicines Patients	6,996
Home Medical Visits	6
Prenatal Vitamin Blackmores	1,306
Refered to Hospital	18
Ambulance Transport	76
Free Medicines for Patients	11,125
Total Lombok	25,074

PATIENT CARE	
BABIES BORN	239
PRENATAL CHECK UPS	1,532
POST PARTUM CARE	239
NEONATAL CHECK UPS	239
NEW BORN SCREENING	85
REFFERAL TO HOSPITAL	10
HOME VISITATION (POST PARTUM VISIT)	29
AMBULANCE SERVICES	52
PRENATAL VITAMINS (VITAMIN ANGELS) bottles	2, 690
BREAST FEEDING SUPPORT	309
HUMAN SERVICES	
FEEDING PROGRAM for stunted children	821
ACUPUNCTURE TREATMENTS	26
HEALTH LECTURE FOR WOMEN	152
PAPSMEAR with PSU	50
Family Planning ACTIVITY W/ ROOTS OF HEALTH	105
COMMUNITY SERVICE (BP) Wellness checks	353
Mothers BlessingWay Gathering Participants	608

**Total Philippines** 7,539

# BUMI SEHAT BABIES



#### **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 low-income 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 onlyIDR account: 117 765 425

All International Transfer USD Account: 117 766 133





