

BEYOND THE WAVES

20 YEARS OF RESILIENCE AND RENEWAL IN THE FACE OF DISASTER



G R A T I T U D E R E P O R T 2 0 2 4



MESSAGE FROM LEADERSHIP



As we write this love note to all of you, our Bumi Sehat Family of contributors, the sun is shining, there is a gentle breeze blowing in Bali, and a beautiful mother from Eastern Indonesia, displaced with her husband and children, is resting in one of the recovery rooms at Bumi Sehat. When she arrived in active labor with her fourth baby at 4 am, she told us that neither she, nor her husband and children, had eaten in two days. Her husband is a day laborer, and the money he had earned and planned to spend on food in the morning, he had to use on a taxi when Ibu (mother) Cantika went into labor.

The baby girl was safely born and our Bumi Sehat kitchen staff fed all of them a delicious and nutritious meal. When this family goes home, they will have transport in a Bumi Sehat vehicle, and they will be given a two-week supply of basic foods: rice, sweet potatoes, eggs, vegetables, etc. This is the kind of care and support your donations provide.

Another mother from Java is also resting and breastfeeding her baby in one of our

recovery rooms. Ibu Dian describes to our midwives how grateful she is to have respectful, loving, skilled care for the birth of this baby, because she has trauma from the birth of her first baby in a hospital in Jakarta.

At our clinics in the Philippines, two mothers have just birthed beautiful healthy babies during the night. One of them, Grace, a first-time mother, was fortunate to have found a free place to birth her baby. She suffered a postpartum hemorrhage, which our skilled midwives resolved. Our prenatal care in the Philippines and Indonesia provides vitamins to improve the mothers' nutrition and reduce pregnancy risks, but some mothers do not even have transportation to attend prenatal check-ups to receive them. Some, as in the case of Grace, only learn about our free services at the last minute, in labor.

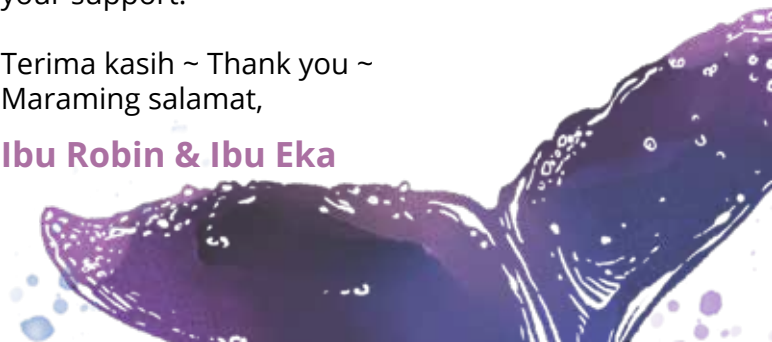
This morning, our team in Papua reports that a mother gave birth in the early morning, but the baby boy was born with malaria, contracted during gestation. He was transported to the hospital, and seems to be doing better. Our Papuan midwives have provided Mother Mincelina with a breast pump and are helping her give her baby colostrum and mother's milk, to optimize his chances of survival.

In the last few days, there have been minor earthquakes – small tremors that have not damaged or harmed anyone, yet these shakers are a reminder that we are all living one day at a time on the cusp of disaster, fueled by the climate crisis. Bumi Sehat stays in readiness to respond to disasters, because when a pregnant mother is left grieving, homeless, without potable water or access to food, she must still birth her baby!

Your commitment to mitigating the suffering caused by disasters and conflicts that displace families is our inspiration. Please enjoy the 2024 Gratitude Report, the story of blessings made possible by your support.

Terima kasih ~ Thank you ~
Maraming salamat,

Ibu Robin & Ibu Eka





BEYOND THE WAVES: 20 YEARS OF RESILIENCE AND RENEWAL IN THE FACE OF DISASTER

This year marks 20 years since a 9.1 magnitude undersea earthquake off the coast of Sumatra triggered the Indian Ocean tsunami. It remains one of the deadliest natural disasters in recorded history, causing catastrophic damage across multiple countries, with Indonesia's Aceh province being one of the hardest-hit regions.

The tsunami claimed approximately 230,000 to 280,000 lives across 14 countries, with Aceh accounting for the majority of the fatalities. Additionally, over 500,000 people in Aceh were left homeless due to the massive destruction of infrastructure and residential areas. Waves as high as 30 meters inundated coastal towns, flattening entire communities and sweeping away homes, schools, roads, and destroying vegetation and agricultural lands. The World Bank estimated that the tsunami caused damages exceeding \$4.5 billion in Indonesia, a significant portion of which was concentrated in Aceh.

Bumi Sehat was an early responder. We quickly flew to Aceh, and headed to the epicenter of the devastation with food, water, medical supplies, staff and tarps that would become our makeshift clinic. Teams worked day and night to treat survivors, and provide mother and infant survival services. The disaster's aftermath posed severe challenges for survivors, with whole families, communities, and critical infrastructure obliterated. Emotional and psychological scars were profound.

Because of the ongoing needs of the people in Aceh, Bumi Sehat's relief effort became a permanent clinic, and the first expansion of the organization beyond Bali. It also marked a new chapter for Bumi Sehat, which had its roots firmly in birthing clinic services, but would soon be responding to additional natural disasters. Two major earthquakes struck Indonesia in 2006 and 2008, and Haiti in 2010, with Ibu Robin and the Bumi Sehat teams there to support humanitarian efforts.

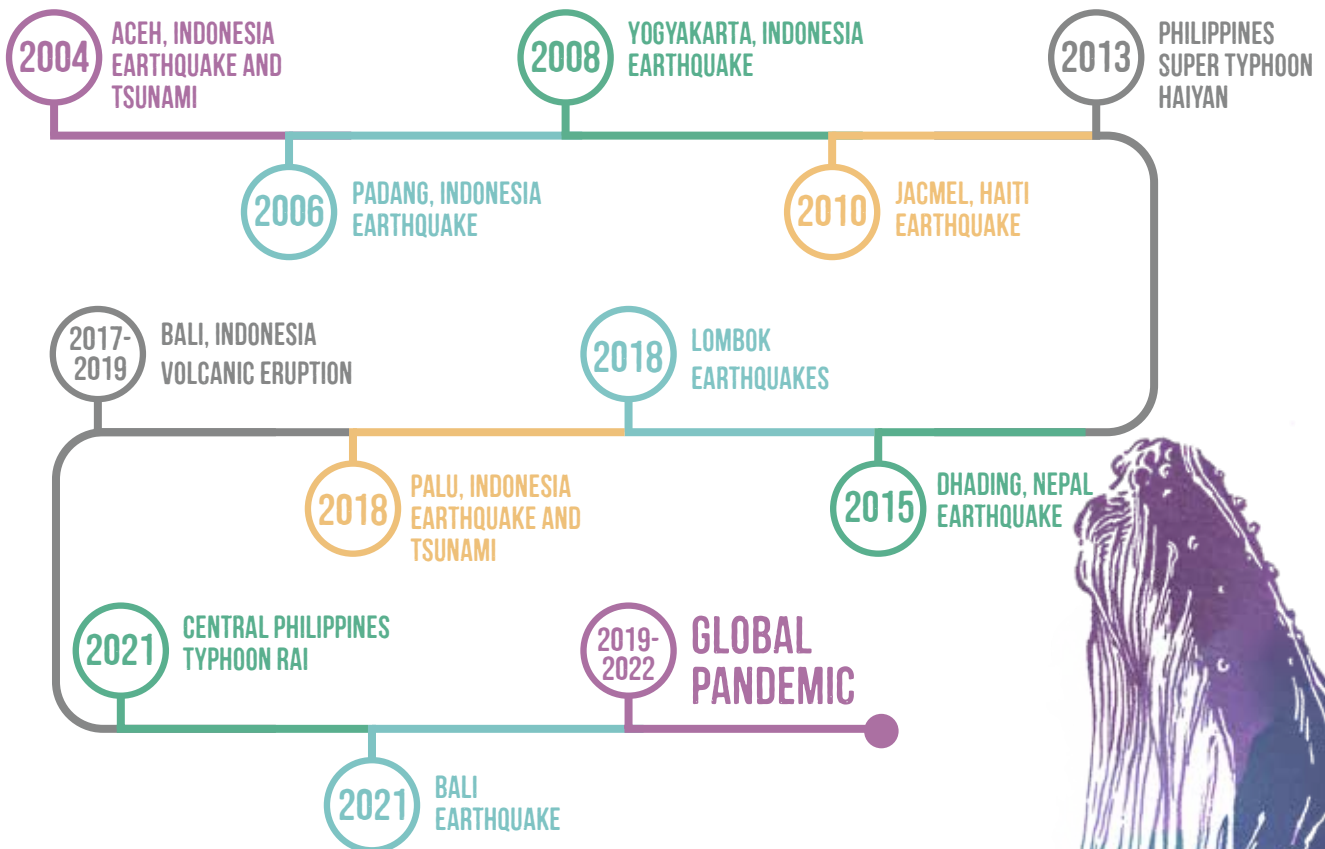
In the years that followed, more massive natural disasters struck Indonesia, Nepal, and the Philippines that Ibu Robin's teams would respond to. Ultimately, many of these disaster response sites became permanent clinic locations, and facilitated the expansion of Bumi Sehat from one clinic to six.

Over time, Bumi Sehat's mission expanded to include general medical and humanitarian relief as a core part of its services. Bumi Sehat was uniquely positioned to respond to crises when in 2019, a pandemic swept across the world, and efforts shifted not only to battling the virus, but keeping people from starving to death in communities where neither jobs nor government safety nets existed.

For both Bumi Sehat and the communities which it serves, a new story of resilience has emerged amidst unimaginable tragedy. The hearts and humanity of all the hardworking teams of Bumi Sehat have endeared them to not only expectant moms and dads and their babies, but also survivors.

Aceh's story, like all communities and people recovering from horrific disasters, is a testament to the human capacity for recovery and adaptation in the face of overwhelming adversity. While the physical scars of the 2004 tsunami have largely healed, the event continues to serve as a reminder of our earth's fragility and our environmental responsibility to protect it and each other, driving ongoing efforts to build a safer and more resilient future.

DISASTERS THAT TEAM BUMI SEHAT HAS RESPONDED TO



MOM



BABY

OPERATIONS: CLINIC UPDATES

BALI

Reproductive cancers are a leading cause of death for Indonesian women. Women often don't access preventative health testing due to cost and fear, which is why our cancer screening and treatment program has become so critical. Our nurses, doctors, midwives and nutritionists do monthly community outreach to women in their own villages, to help mitigate fear and educate women about the benefits of early detection.

The good news is, we're seeing more women than ever, offering them breast self-exam training and "See and Treat" Cervical Cancer diagnosis and treatment with cryotherapy. About 20 to 25% of patients checked this year had abnormal cervical cells and were successfully treated. If we can continue running the program, we may detect hundreds of precancerous conditions and help these women to avoid life-threatening and financially devastating outcomes.

You can donate directly to this program at:



www.globalgiving.org/projects/reproductive-health-testing-for-300-women



ACEH

Our Aceh staff live on-site with their families, billeted in the quarters built from trees felled by the tsunami twenty years ago. Even now, many families have not recovered from the losses of homes, belongings and land. In addition, some staff members' land was lost to the sea or they are internally displaced and cannot return home. These families need secure housing.

We are seeking funding to build new housing for these teams. By providing housing for staff and their families, they will be able to live in a secure environment with privacy. Bumi Sehat has purchased the land adjacent to the clinic site, for the purpose of building proper staff housing which makes it possible for Bumi Sehat Aceh to continue to provide medical and maternal health services 24/7.

You can donate directly to this program at:



www.globalgiving.org/projects/build-staff-housing-for-bumi-sehat-aceh/

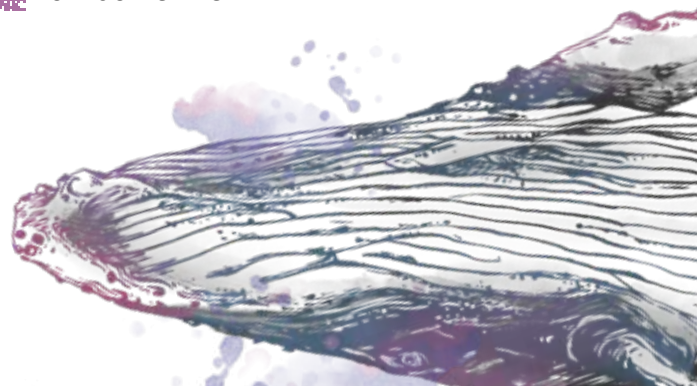
LOMBOK

We have recently replaced the roof on our Lombok clinic. However, this is an open appeal for funding, as Bumi Sehat borrowed money to stop the leaking, so the need to pay for the new roof remains. By taking proactive steps, we have ensured the safety and health of our patients, their families and our staff. This also ensures, in the long term, that the clinic building itself doesn't need to be replaced at a far greater cost.

You can donate directly to this project at:



www.globalgiving.org/projects/providing-a-new-roof-for-our-lombok-clinic/





PHILIPPINES

We will soon need to vacate our current clinic space and build a permanent clinic in San Jose, Dulag, as the lease on our current facility is ending. This is an area where not only is there a globally high percentage of at-risk teen mothers who need maternity care, it is a medically under-served area with a steady demand for prenatal and birth services. The midwives there are currently treating 120 prenatal patients and delivering 17 babies each month.

Typhoon disasters have increased in frequency and intensity with the rising temperatures of the Pacific Ocean, which is directly across the road from the birthing clinic.

Our clinic director, Teresa, and her family have purchased land for our future clinic. We now need to secure funds to build a permanent facility there, so that we can continue to provide accessible maternal health care to people who are struggling to afford food and other basic needs.

You can donate directly to this project at:



www.globalgiving.org/projects/build-a-midwifery-clinic-in-dulag/

PAPUA

The people of Papua live with the constant risk of malaria. Our pregnant mothers who are infected with malaria and their babies are much more likely to suffer complications in childbirth. Because of the large catchment area from which our patients come to the Angel Hiromi Bumi Sehat Papua birthing clinic, it is imperative that our midwives are always on standby with the ambulance, and motorcycles, ready to fly to wherever the birthing mothers (largely in nearly inaccessible areas) may be. Our services in Papua were greatly enhanced in 2024 with the addition of the blood and urinalysis lab, making it possible to detect possible risks and treat mothers for these, before the baby's birth. Essential vitamin and mineral supplements, as well as any needed medicines, are provided by our new onsite pharmacy.

You can donate directly to this project at:



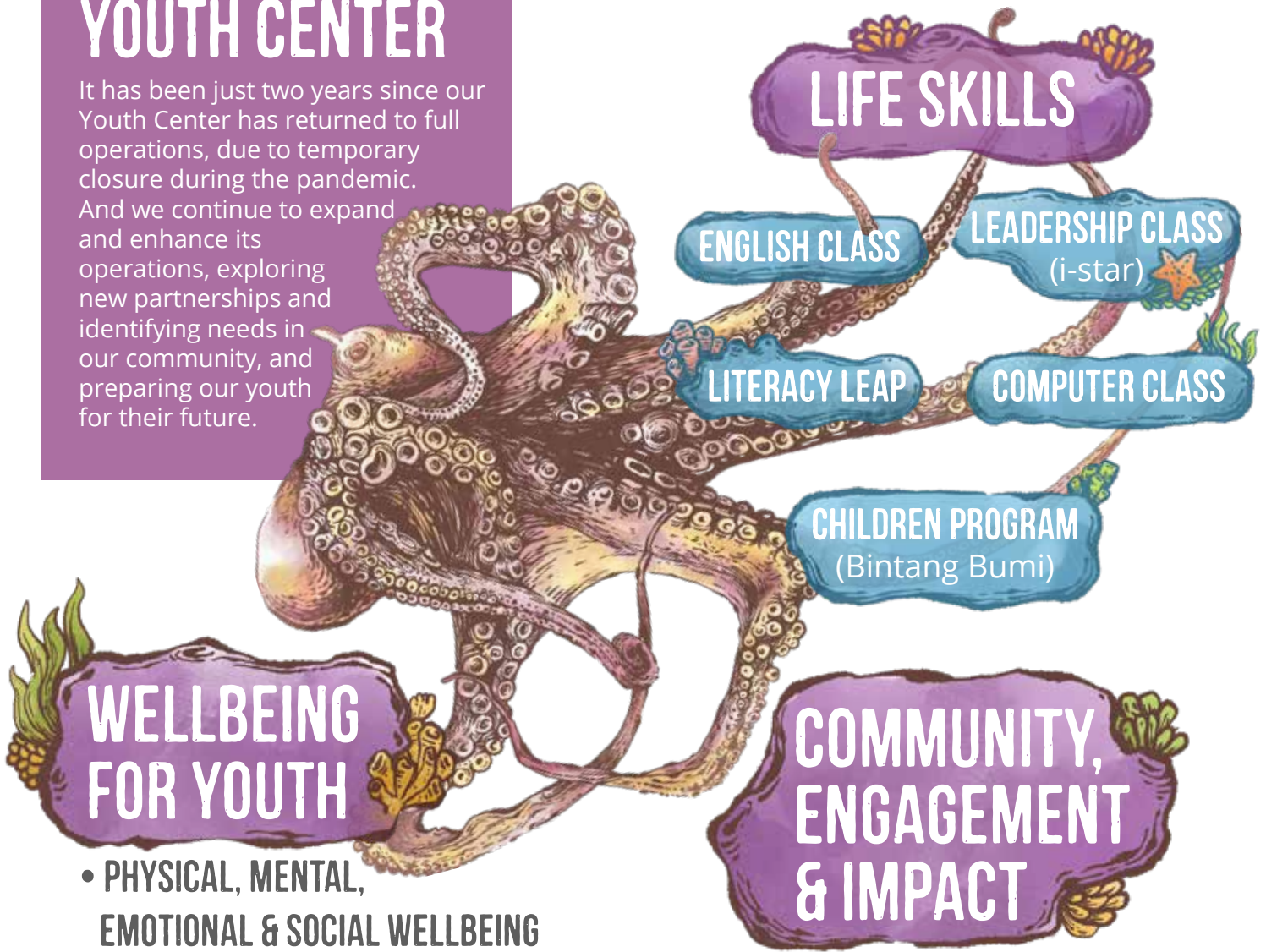
<https://bumisehat.org/?giving=donate%2Fgeneral-donation>



EDUCATION

YOUTH CENTER

It has been just two years since our Youth Center has returned to full operations, due to temporary closure during the pandemic. And we continue to expand and enhance its operations, exploring new partnerships and identifying needs in our community, and preparing our youth for their future.



- PHYSICAL, MENTAL, EMOTIONAL & SOCIAL WELLBEING
- REVOLUSI DATANG BULAN
- GEN-S
- YOGA FOR YOUTH

- FIELD TRIP
- OUTREACH



SCHOLARSHIPS

Graduation (2 students):

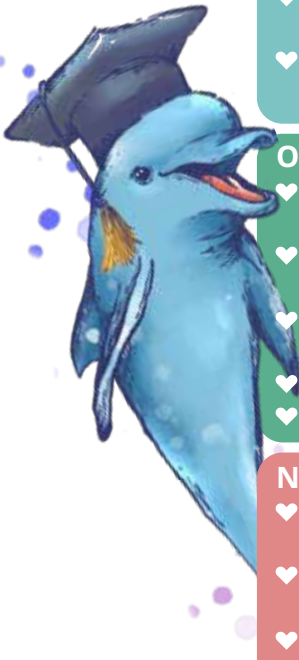
- ♥ Ns. I Wayan Yogik Prayoga, S.Tr.Kep (5 years Nursing)
- ♥ Ni Kadek Devi Ariyanti, S.Kep (3 years Nursing)

On going (5 students):

- ♥ Putu Natalia Kusuma Wardani (Accounting)
- ♥ Delsiana Maya Zeldis Wangu (Psychology)
- ♥ Jenni Caroline Maria, M.Sc.M.Psi.T (Law)
- ♥ Rachel Manoach (Midwifery)
- ♥ Gusti Ayu Suprapti (Acupuncture)

New (5 students):

- ♥ Yosfina Martisa Sange, A.Md.Keb (Midwifery)
- ♥ Ni Wayan Ekawati, A.Md.Keb (Midwifery)
- ♥ Ni Wayan Sudarniati, A.Md.Keb (Midwifery)
- ♥ Ilhan Hubban Simanungkalit (Dentistry)
- ♥ Ni Putu Ratih Cahya Pratiwi, S.Psi. (Psychology)



CONTINUING EDUCATION FOR BALI AND LOMBOK MIDWIVES

The Indonesian government has established new regulations for midwifery education to be a four-year degree, requiring an additional year of training for existing midwives who were certified in the prior three-year degree program. Nine of the 21 licensed midwives working in our Bali and Lombok clinics must return to school for an additional year of training to stay certified, or they will lose their qualification.

Bumi Sehat is seeking special funding for this to avoid taking funds from our normal operations budget, which could impact the ability to deliver some of our other programs, including outreach services, food boxes and scholarships.



You can donate directly to this program at www.globalgiving.org/projects/train-our-lombok-midwives/

PRENATAL YOGA

Fourteen years ago, Karma Prenatal Yoga was born at Bumi Sehat Bali, led by Wine Pramiyanti with Eva Anggraini by her side. It has always operated as a volunteer based program with additional instructors operating with only donations from class attendees. The commitment and care of the teachers has been the heart of this journey, inspiring us all to uphold the true essence of community, compassion and love. The benefits to Bumi Sehat's pregnant mothers has been beautiful and inspiring to witness.

This year marked an important milestone in this program, with the expansion of Prenatal Yoga for our Bumi Sehat Lombok clinic.

In Lombok we will continue to support and empower even more moms, bringing the same care and connection to another beautiful community. Thank you to everyone who has been a part of this journey to create a legacy of love, healing, and wellness that will touch generations to come.





GIVING WHALE

BALI



PAPUA



ACEH



LOMBOK



BY THE NUMBERS

681 2024 Total Babies Born
162,935 Health & Human Services
Total in all 6 Bumi Sehat Clinics

BUMI SEHAT BALI

Babies Born	245
Prenatal Check-ups	3,603
Postpartum Care	358
Transports in Labor	22
Neonatal Check-ups	337
Breastfeeding Support	337
Doula Services	108
Prenatal Yoga	1,076
Childbirth Preparation Classes	116
Pediatric Care	415
General Medical Examination	11,593
Free Medicines for Patients	22,646
Lab Checkups (blood & urinalysis)	2,138
Blood Donors	42
Posyandu Health Evaluations for kids under 5	646
Cryotherapy	6

NUTRITION PROGRAM

Prenatal Vitamins Blackmores	3,342
Probiotics	280
Vitamins Distributed	108
Healthy Snack for Kids	646

ELDERLY PROGRAM

Elders' Health Check-ups	402
Medicine for Elderly	373
Food for Elderly	92
Nutritious Elders Lunch	1600

HOLISTIC PROGRAM

Acupuncture Treatments	4,457
Free Chinese Herbal Medicines	592
Community Massage (adults)	26
Pilates Class	141
Physiotherapy	720

REPRODUCTIVE HEALTH

Community Cancer Awareness Seminar	467
See & Treat (Cervical Cancer Detection)	179
Breast Examinations	179
Ambulance Service	20
Home Care Visit	22
Mental Health/Postpartum/	133
Art Therapy Training	
Family Planning	76

EDUCATION

Capacity Building for Midwives, Nurses	541
Full Scholarships	12
International Health Awareness Gatherings	807
Clinic Tours	1,576

YOUTH EDUCATION

Computer Class Students	109
Language Class Students	605
Special events~ Fun Day Participants	247
Yoga for Youth Participants	244
Youth Workshop (i-star, Gen-s)	431
Children Program (Bintang Bumi)	30
Datang Bulan rEvolusi (Health Education for Teens)	53

HIV/AIDS PROGRAM

HIV/AIDS Workshops & Counseling	250
HIV Counseling Services for Pregnant Mothers	244
Monetary help for HIV Families	170
HIV Viral load Lab Checks	20
Emergency Help for Indigent Families (paid hospital bills or paid cremation)	2
Free Condoms Distributed	10,560

FREE ESSENTIALS PROVIDED

Baby Layettees	230
Children's Book Packets for Families	260
Ibu Alami Book	1,034
Anak Alami Book	436
Bidan Alami Book	436
Asi Eksklusif Book	666
Demam Berdarah (Dengue Survival Book)	55
Pilihan dan Tantangan (My Planet Myself)	688
Bumi Sehat Eco Bags	1,081
Eco Water Bottles	10
Reusable Menstrual Underwear	159
Trash for Cash/Families	35
Toothbrushes given	250

COMMUNITY OUTREACH

Medical Examinations	273
Medical Support	266
Groceries for Food Survivor Families	246
Clothing Packs for the Homeless	60
Blanket/Towel	55
Art Supplies/ Hygiene Kits:	450
Toys for Christmas	120
Covid Tests	15
Crutches, Wheelchair Provision	10
Nebulizer, Breast Pumps	11

TOTAL BUMI SEHAT BALI 80,013

BUMI SEHAT ACEH

Prenatal Checkups	281
Babies Born	56
Neonatal Checkups	68
Postpartum Care	112
General Medical Exams	10,177
Free Medicines for Patients	25,442
Home Medical Visits	142
Transport to Hospital	28
Overnight Patients	66
Ambulance Services	292
Counseling and Pregnancy Exercise	107
Prenatal Vitamins Blackmores	67

TOTAL BUMI SEHAT ACEH 36,838

BUMI SEHAT PAPUA

Pregnancy Check-ups	955
Lab Check-ups HB	162
Babies Born	78
Prenatal Vitamins Blackmores	147
Family Planning	424
Neonatal Check-ups	142
Medical Home patient Visits	13
Holistic Therapies, Acupuncture	258
Baby Massages	177
Pregnancy Dance/Yoga	153
Maternal /Neonatal Transports	7
Baby Layettees	162
Community Health Education	1,774
Food Distribution	8,445
Ambulance Service	42

TOTAL ANGEL HIROMI BUMI SEHAT PAPUA 12,939

BUMI SEHAT LOMBOK

Pregnancy Checkups	288
Babies Born	20
Neonatal Checkups	20
Postpartum Care	66
Community Capacity Building	3,272
Prenatal Yoga	152
Pregnancy Education	236
Baby Massage	21
Acupressure	2
Family Planning Patients	751
General Medicine Patients	5,664
Home Medical Visits	18

Prenatal Vitamin Blackmores	1,335
Patients Referred to Hospital	9
Ambulance Transport	60
Free Medicines for Patients	8,708
Social Services	181
Baby Layettes	20

TOTAL BUMI SEHAT LOMBOK 20,823

BUMI WADAH PHILIPPINES

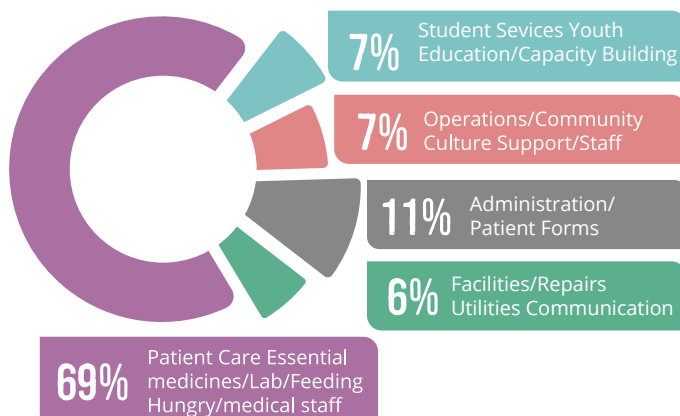
Babies Born	282
Prenatal Checkups	2,040
Postpartum Care	564
Neonatal Checkups	282
Newborn Screening	247
Referral to Hospital	25
Home Postpartum Visits	12
Ambulance Services	507
Prenatal Supplements bottles from Vitamin Angels	3,027
Meals for Mothers	842
Farm Fruit and Cashew for Patients	108
Breastfeeding Support	282

HUMAN SERVICES

Feeding program for Stunted Children	639
Health for Women/BlessingWay	67
Pap Smear with PSU	18
Family Planning	235
Community Health Wellness Services	2,541
Baby Layettes	349
Fluoride Treatments	20
Dental Care	128
Haircuts	70
Health Trainings	37

TOTAL BUMI WADAH PHILIPPINES 12,322

EXPENSES BUMI SEHAT 2024



ABOUT BUMI SEHAT

Yayasan Bumi Sehat, '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, countries, 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**



Bumi Sehat Foundation

Jalan Nyuh Bulan, Banjar Nyuh Kuning

Mas, Ubud, Gianyar - Bali, 80571

Ph: +62 (0) 361 970 002

E: hello@bumisehat.org



**bumi
sehat**

