

Unwavering Dedication

Dear Friends,

Our heartfelt greetings to all of you from the HRDC family in Nepal.

HRDC is no stranger to challenges. When I returned to Nepal in 1977 the healthcare system was primitive. Over the years we successfully built HRDC as the country struggled through political unrest, a ten-year civil war, floods, the 2015 earthquakes, a tenuous democracy, and now the pandemic. At every step, our supporters have stood with us, ensuring our indomitable teams could carry on in the face of so much turmoil. The commitment and fortitude of the staff is matched only by the courage of the children whose lives are transformed.

Thanks to you, we are meeting the challenges of COVID-19 head on. Our strict safety protocols have kept the hospital and satellite centers functioning without any infections. Socially distanced mobile medical camps continue and the Mobile Ponseti team sets out on motorcycles to ensure children undergoing clubfoot treatment can have their casts changed at home. Working closely with our partner hospital B&B Hospital, a 64-bed COVID Ward has treated more than 375 people to date.

The HRDC teams are undeterred in their commitment to treating these precious children. Thank you for making this healing work possible.

Sincerely,



Dr. Ashok Kumar Banskota

Founder & Chairperson



IN THIS ISSUE

*Child Profile:
Bhagwati Shahi*

*HRDC Transcends
Crises to Transform
Lives*

*Testimonial:
A Force for Good*



Enabling Disabled Children

4200 Park Blvd #511
Oakland, CA 94602 USA
415-312-1173
info@sabal-foundation.org



Meet Bhagwati Shahi

Bhagwati's home is in Dailekh, a high hilly area in western Nepal. Like many families in that area, her parents work as subsistence farmers, each earning approximately \$0.50 per day. Playing outside one day, Bhagwati tumbled and broke her leg. What should have been a routine childhood injury turned into a dangerous bone infection when her parents couldn't afford proper treatment. More than 30% of our patients are admitted with advanced infections, burns, and neglected injuries. Over several months Bhagwati's pain became agonizing and she could barely stand. The Community-based Rehabilitation worker in the area learned of her injury and encouraged her family to seek treatment at HRDC.

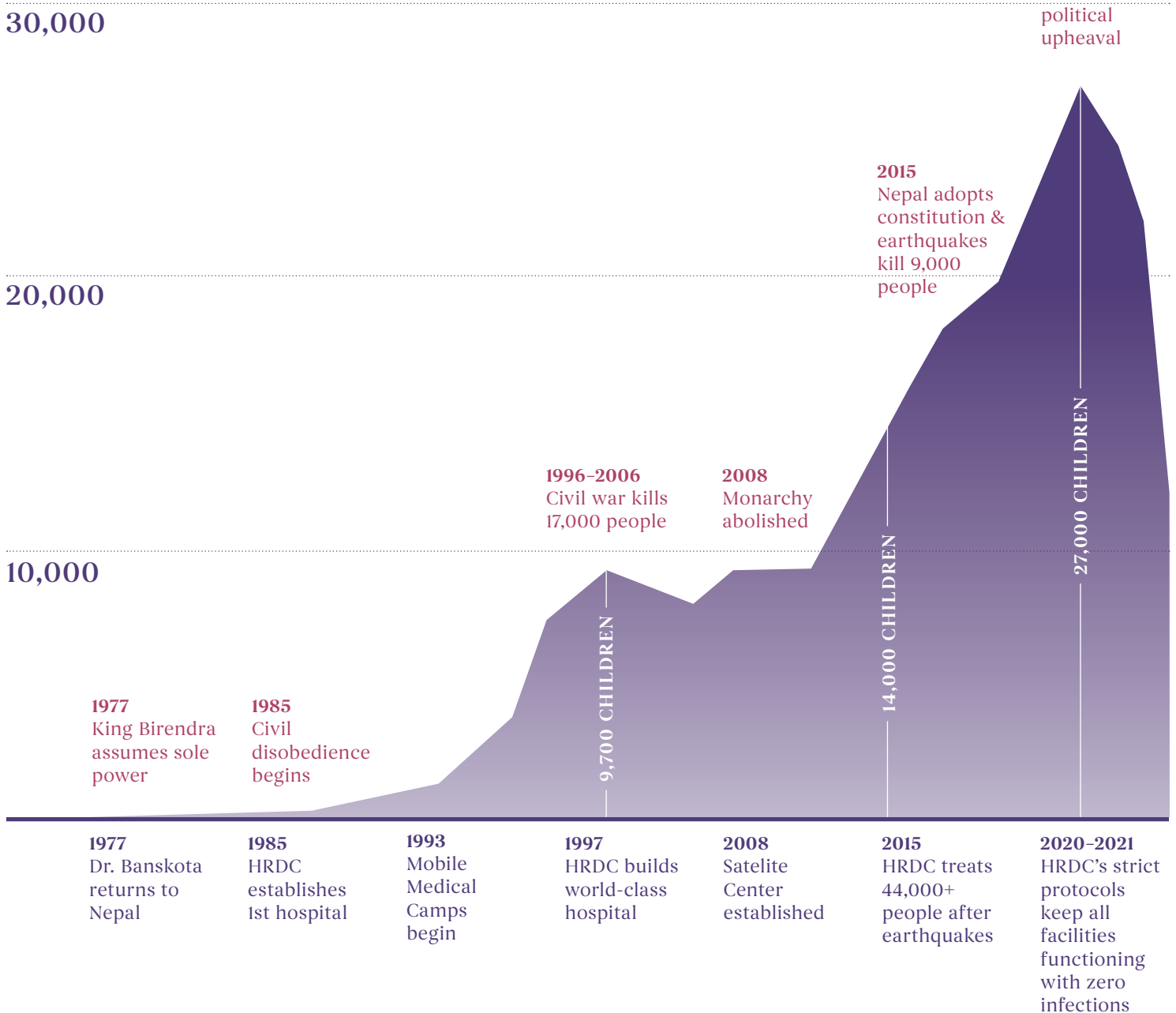
More than 30% of our patients are admitted with advanced infections, burns, and neglected injuries.

Thanks to our safety protocols, the hospital remains open without any COVID-19 infections. Bhagwati was admitted and is now staying at HRDC with an older sister while she receives treatment. Surgery removed the infected bone, and the Ilizarov fixator rings are helping new bone to grow. She's also happily attending the HRDC school. When she returns home, the hour-long walk to the nearest school - where she's in first grade - will be easy.

HRDC Transcends Crises to Transform Lives

From a humble beginning in 1985, HRDC has evolved into a world-class model-of-care, reaching the most vulnerable children with disabilities throughout Nepal. Undeterred by political upheaval and natural disasters, the 230 staff delivers comprehensive and compassionate care, transforming the lives of more than 100,000 children.

NUMBER OF CHILDREN TREATED PER YEAR



Your Gift Transforms Lives

Every year we treat more than 22,000 poor children with disabilities - with surgery, physical therapy, prosthetic devices, and tender loving care. It costs so little to save a child from a lifetime of suffering and isolation.

Together we can transform the lives of the most vulnerable children in Nepal. Help us make their dreams a reality.



\$133

One prosthetic device manufactured in our Prosthetic Lab



\$395

Ponseti clubfoot correction for one child



\$1,207

Life-changing surgery for one child

“Children are like the gentle buds of flowers that blossom with love, care and nourishment. Here we make sure that they will grow into beautiful flowers by giving proper guidance, treatment, rehabilitation and counseling.”

Tara Badan Sedai
Educator at HRDC and Former Patient

A Force for Good

I returned to Nepal before COVID and saw, with joy and emotion, the wonderful team of the first days from 1985 when I met them - the always active Dr. Ashok Banskota and his son Dr. Bibek Banskota.

The hospital has tripled its capacity, but one thing that has not changed is HRDC's ability to care for children with love, respect, and dedication. A noble philosophy that places the child at the center of the care process. All staff, medical and non-medical, offer not only their skills but also their hearts.

The rewards of this generosity were visible when I met the children, several weeks or months after treatment, in their home or during a follow-up camp. Their lives had changed, they were able to go to school or work in the fields and some of them had married. Their handicap of yesterday has become a force today, because they are free and independent.

Congratulations and thank you to those who support this miracle of love and humanity.

Alain Zumbrunnen