



Tibetan Healing Fund

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2008 Annual Report

Tibetan Healing Fund

Annual Report

Year 2008

Purpose – Progress – Partnership – Passion

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Supporting Rural Tibetan Children and Their Families

Tibetan Healing Fund is a non-profit organization based in Seattle Washington, USA and Tso-Ngon Province (ch: Qinghai), P.R China. Since its founding in 2001, with the guidance of Dr. Kunchok Gyaltzen, Tibetan Healing Fund's activities improve the health and education for rural Tibetan children and their families in the Tibetan regions of P.R. China.

Message from the Board President and Founder



This 2008 Annual Report highlights our approach to health and education and the tangible results Tibetan Healing Fund is producing in partnership with the people we serve. In this year's annual report, we present Tibetan Healing Fund's vision to improve the health and education of rural Tibetans. It is a vision influenced by our 8 years of working with Tibetans and rural communities in Tso-Ngon Province also formerly known as Amdo (ch: Qinghai); and other Tibetan regions of Kham and U-Tsang also known as Gansu, Sichuan, Yunnan Provinces and the Tibetan Autonomous Region (TAR). It is a vision shaped and inspired by people throughout the Tibetan regions, whose hopes, dreams and accomplishments are paving the way for a healthier and better educated future. It is their passion, their joy and ambition, their wisdom and their will, that drives Tibetan Healing Fund's actions and shapes our mission.

During the year 2008, several unexpected events occurred during the project implementation phase; our work was slowed but not stopped in all areas due to these events occurring. As part of our commitment to the communities with whom we work and to our supporters, Tibetan Healing Fund is always seeking new ways to be more effective and efficient in designing, implementing and evaluating our projects. We understand that improvement for women means increased well-being for whole communities. So our programs focus on two of the most essential components in the lives of women and girls, access to quality education and healthcare. Progress towards our vision begins one step – one person – at a time. Rural Tibetan women want to have safer pregnancies, treat their children's illnesses, and improve their status within their family and community – and as a result of Tibetan Healing Fund's projects, they have access to the information and support they need.

The highlights of our activities are told in words and pictures in this 2008 Annual Report. It is a report about how Tibetan Healing Fund works side by side with individuals and communities to be agents of change for a better future for Tibetans. It also lists many of the individuals, institutions and government agencies that provide critical support for our work. I am grateful to all of you, especially our dedicated board of directors, volunteers and donors: thank you each and every one ever so much.

Best Regards,

Dr. Kunchok Gyaltzen, MIIM, MPH, PhD (c.) UCLA School of Public Health
Founder and President, Tibetan Healing Fund

Improving Primary Healthcare and Education of Rural Tibetan Women and Children

Tibetan Healing Fund (THF) is a not-for-profit humanitarian organization established to improve



primary healthcare and education for rural Tibetan women and children in the Tibetan regions of P.R. China. THF was created in response to the needs expressed by Tibetan communities in P.R. China and the vision of Dr. Kunchok Gyaltzen, a

Tibetan medical doctor, Buddhist Monk and PhD (c.) in Public Health at UCLA.

In 1994, Dr. Kunchok Gyaltzen raised money to expand the Serkya Village School in Tso-Ngon Province (Ch: Qinghai) to include grades 4-6. This project was welcomed by the villagers, however many students were still unable to attend due to the lack of funding. While studying in the United States, Dr. Gyaltzen was able to raise funds for a scholarship program to ensure that all village children in Serkya could attend school. In 2001, the program was formalized and became Tibetan Healing Fund. All projects needs are initiated by the Tibetan communities. THF's priority is to assist the most disadvantaged Tibetan communities, which lack or have limited access to health care, education and technical skills and training.

Tibetan Healing Fund project sites are located mainly in the Tso-Ngon Province also formerly known as Amdo (Ch: Qinghai); in 2006, THF expanded to other Tibetan regions of Kham and U-Tsang also known as Gansu, Sichuan, Yunnan Provinces and the Tibetan Autonomous Region (TAR). Projects are located in rural and nomadic regions. Communities in these areas are mainly pastoral; farming and herding livestock drive the economy.

Tibetan Healing Fund is unique in many ways; it was founded by Dr. Kunchok Gyaltzen and is governed by a Board of Directors and dedicated volunteers based throughout the United States. Our US office is located in Seattle with fundraising branch divisions in Dallas, Charlottesville and Los

Angeles. Tibetan Healing Fund has an exceptional group of volunteers and advisors based in Tso-Ngon Province (Ch: Qinghai) of experienced local ethnic Tibetans. Our partnerships include many local organizations, businesses, a Tibetan university, hospitals, education and health bureaus.

Tibetan Healing Fund's work is guided by the following proprieties:

- ❖ Improving the basic health of women and children under five by providing knowledge-based training initiatives and increased access to quality and essential health services.
- ❖ Providing community-based training initiatives and improved access to quality primary education to promote learning as a tool to enhance the livelihood of individuals and the community.
- ❖ Incorporating Tibetan culture, traditional knowledge and identity remain a strong party of all projects.
- ❖ Creating partnerships in the region to achieve greater synergy of individuals, communities and organizations.
- ❖ Providing vocational, educational training and Human capacity development including increased knowledge and skills of staff, volunteers and communities served.

Projects 2008



Highlights of what we have achieved with your support for the year 2008.

Primary Healthcare

❖ *Tibetan Natural Birth & Health Training Center*

Providing access to safe, affordable, linguistically and culturally appropriate health care for women—especially prenatal, delivery, and postnatal care; serving also as a resource center for training community midwives and health educators.

❖ *Tibetan Maternal and Child Health System Resource Textbooks*

Collaborating with both Kumbum Tibetan Medical Hospital and Tso-Ngon (Qinghai) University Tibetan Medical College to: 1) write and publish complementary textbooks for health professionals and medical students in pediatric, gynecologic and obstetric care 2) create Tibetan-language public health education and training materials for low-literate rural women.

❖ *Health Education and Outreach*

Deploying and training Tibetan medical students to assess needs and educate thousands of rural Tibetan women about MCH. health.



Education

❖ *Tibetan Heritage Primer Textbooks*

Editing, printing, and distributing native Tibetan language texts that teach about the history and culture of their region to rural primary school children.

❖ *Improved Access to Quality Education*

Provide support to improve school infrastructure and teaching supplies in remote village schools.



Health Education Outreach



To improve rural Tibetan women's knowledge of family health, maternal and children's health, Tibetan Healing Fund facilitate the 2nd Community Health Education and

Outreach initiative during the winter 2008. Tibetan Healing Fund collaborated with Tso-Ngon University Tibetan Medical College to train and deploy Tibetan medical students to assess needs and educate thousands of rural Tibetan women about maternal and child health. Over 3,000 rural Tibetan women received culturally and linguistically appropriate health education on women's physiology and health, family health, hygiene, nutrition, infectious disease, such as HIV/AIDS and TB and disease prevention. Tibetan Healing Fund has built a strong reputation both in Tibet and US for exceptional trainings in education and health.

Project Goals:

- ❖ Train Tibetan medical students to be community health advocates and educators.
- ❖ Increase the numbers of village Health Educators.
- ❖ Increase rural women's knowledge of physiology, women's health, family health, hygiene, nutrition, infectious disease, such as HIV/AIDS and TB and disease prevention.
- ❖ Create and distribute culturally and linguistically appropriate health education materials for rural Tibetan women.
- ❖ Create a comprehensive text for field workers working on issues related to women's health.

To improve rural Tibetan women's knowledge of family health, maternal and children's health, THF conducted Community Health Education and Outreach initiatives. In 2005, 2006, during the winter of 2008, Tibetan Healing Fund sponsored 50 Tibetan medical students from Tso-Ngon University Tibetan Medical College to travel to their native rural Tibetan villages in the Tibetan Autonomous Region, Qinghai, Gansu and Sichuan Provinces to educate over 3,000 Tibetan women on basic maternal and child health. Each medical student was given copies of THF's Maternal and Child Health Education Handbook as

their educational tool and conducted educational activities using various methods, such as face-to-face meetings, peer education talks, and discussions in small groups. Activity locations were wherever was the most convenient, e.g. in homes, out in a field, etc. in order to ensure a private space for women to learn.

Prior to sending these Tibetan medical students into the field, THF in collaboration with Tso-Ngon University Tibetan Medical College conducted a 3-day training/workshop to the 50 medical students in order to prepare them as effective health educators. The training/workshop provided information and perspectives of Maternal and Child Health both in Tibetan Medicine and Public Health, the concept of health education, the purpose of health education, skills of health education, and management of peer health education activities. A total of 50 third- and fourth-year Tibetan medical students from the Tso-Ngon Province University Tibetan Medical College were selected as field-educators and female students were given a priority in selection and all students voluntarily join the project.

Before implementing the education activities, the fieldworkers conducted a baseline survey on health knowledge, with 10 randomly selected women and conducted a post-survey with the same 10 women after the completion of the education activity. The pre-test and post-test results are compared to determine the mean of differences in order to provide us with information to evaluate the health education project and to identify any health knowledge improvement(s) among the women.

THF plans to repeat this project annually.

Tibetan Maternal and Child Health System Resource Textbooks



The two THF-sponsored obstetrics textbooks were complete and edited in 2008. Collaborating with both Kumbum Tibetan Medical Hospital and Tso-Ngon (ch: Qinghai) University Tibetan College Medical College, Tibetan doctors have completed two texts: 1) *Technical Manual for Pregnancy, Delivery, and Post-Partum Care* and 2) *Public*

Health Perspectives on Maternal and Child Health in the Tibetan Context. In addition to their use in training Tibetan midwives, these textbooks will be available to Tibetan medical students specializing in pediatric and gynecologic, and obstetric care. THF expects to publish the books in 2009.



Women and children from Trika County.

There was a lack of maternal and child health care materials written in Tibetan for women and a lack of Tibetan Medicine textbooks for health care providers. In 2004 and 2006, THF sponsored conferences for local health institutions and professionals to develop a solution. 35 Tibetan health experts from across all the Tibetan speaking regions of P.R. China developed a series of four comprehensive and complementary medical textbooks, Tibetan Maternal and Child Health System Resource Books: Public Health Perspectives of Maternal and Child Care in Tibetan Context (two volumes) and Maternal Care and Delivery Manual (one volume) and the Maternal and Child Health Education Handbook (pictorial flipchart; THF published in 2005).



The final editing stages were completed this year and THF will publish the books in 2009. Once the textbooks are published, they will be recognized as an official publication in P.R. China and will be distributed in all Tibetan speaking regions. The textbooks will be utilized for Tibetan Community Midwifery trainings and as a guide for designing a curriculum for gynecology, obstetrics and pediatrics in Tibetan Medicine at Medical Colleges.

A gift of 70,000 RMB from Mr. Xu Penghao from Beijing was designated to print and publish the Tibetan Maternal and Child Health Resource Textbooks.



School children from Trika County having lunch.

Tibetan Natural Birth & Health Training Center



Tibet has one of the highest rates of maternal and child mortality and morbidity in the world; therefore improving women and children's health is critical to improve the health situation in Tibetan society overall. The Tibetan Healing Fund carries on its mission to respond with comprehensive health projects to improve the health conditions in rural Tibetan communities. The Tibetan Natural Birth and Health Training Center ("Birth Center") is the major component of such interventions.

The Tibetan Natural Birth and Health Training Center (birth center) will provide women and children in rural Tibetan villages a place for safe, affordable, linguistically and culturally appropriate health services, medicines and health education. The center will serve as a training facility for community midwives and health educators and a resource center for women to learn about personal and family health and nutrition.

Establishing the first birthing center in Rebkong County, Malho Tibetan Autonomous Prefecture, Tso-Ngon (ch: Qinghai) Province will improve and strengthen the public health infrastructure at the county level as well as provide an opportunity for advancing the health care delivery system, particularly health care for reproductive women and their children.

This project is a comprehensive, multilevel health program, which deals with the county level to outreach and educate the rural village communities and individuals at the family level. The Rebkong Tibetan Natural Birth and Health Training Center is designed based on the concepts of US public health and community oriented primary care.

During the spring of 2008, we restarted construction after a long winter. The plan and preparation of the Birth Center took three years, and the building construction started in the fall of 2006. This center was completely built by local people using regional

resources. THF projected having the construction completed by December 2007, but we moved this date to December 2008. The next phase is to paint the inside walls and equip the center with the medical equipment, supplies and furniture. The Birth Center will open for services in the summer of 2009.

It is the first comprehensive birthing center in rural Tibet. The work process is managed by Tibetan Healing Fund's local health project advisors and the Birth Center's Management Committee. The center is managed by local Tibetans and it will be intergraded into the Rebkong County Health System in order to sustain its long-term service for the region.

The approximate total budget for construction is \$70,000 (US dollars), which was raised by Tibetan Healing Fund in the USA. The Birth Center could not have been conceived or begun without the donations of time, resources, and medical equipment from local Tibetan and Chinese friends as well as the financial support of our donors.

The Tibetan Natural Birth and Health Training Center ("Birth Center") is established to be the cornerstone of health care for women and children in the Rebkong health care system. The following sections provide more details.

Goals and Objectives

The main goal of the Birth Center is to provide access to quality, safe, affordable, and linguistically and culturally appropriate health services. This includes general maternal and child health care, natural delivery, and health education to local Tibetans. The center will also serve as a training facility for community midwives and health educators, and as a resource center for women and their families to learn about health related issues in order to reduce mortality and morbidity.

The goal will be accomplished by:

A. Health Services

- Increasing access to culturally and linguistically appropriate health care services for rural Tibetan women and newborns;
- Increasing the number of safe deliveries;
- Increasing the number of rural women receiving pre-natal, post-natal, and neonatal care;

- Decreasing risk of death and disability from hemorrhage, eclampsia, obstructed labor and infection;
- Providing family planning services;
- Providing delivery kits for safe home births;
- Increasing access to essential drugs of Tibetan and western medicine;
- Providing management for complications and safe transport for emergencies related to pregnancy and childbirth.

B. Health Education

- Increasing rural women's and their husband's knowledge of physiology, women's health, family health, hygiene, nutrition, infectious disease such as HIV/AIDS and TB, and disease prevention.

C. Training Services

- Increasing the number of trained village Community Midwives to assist safe delivery and arrange for emergency transport if complications arise;
- Increasing the numbers of village Health Educators.

Location

The location of the Birth Center is in the town of Rongwo, which is the prefecture seat and the center of Rebkong County in terms of location and transportation. The 75 villages and 12 townships are located in the surrounding areas with various distances to the town of Rongwo. Moreover, Rongwo is the capital town of Rebkong (Malho) Tibetan Autonomous Prefecture, which is the center of education, health, transportation, economic development, and commercial market for the prefecture. Thus, the Birth Center was strategically located in the town of Rongwo in order to reach the Rebkong population with the capacity to serve people from the other three counties within the prefecture as well.

Scope of Building

The Birth Center will be a large contemporary Tibetan style building. It is built around a center courtyard with rooms for health service activities and administration. Facilities include three home-style birth suites, pre and post natal exam rooms, pharmacy, offices, spiritual room, and a substantial educational classroom for training both Community Midwives and health workers. Permits required an outer wall and gate, as well as the infrastructure for water system, electricity, sewer system.



Construction of the Birth Center

The building will be Tibetan traditional style with necessary furniture, such as tables, chairs, cabinets in exam room, pharmacy, and waiting room. The health education conference room will have a dry-erase white board, tables, and chairs. The spiritual room will be organized with Medicine Buddha's statue and *Thangkas* as well as the space to arrange a sitting area for conducting birth ceremony prayers and rituals. The three birth suites will be designed as a Tibetan home style which includes a Tibetan style warm bed and sitting places as well as a clean shower and restroom in each of the suites. The suites have the capacity to let a pregnant woman rest and stay comfortably with her husband and family members. The suites will create privacy for the family. The laundry room will have a washer and dryer machine.

The kitchen will be equipped with the necessary cooking equipment, supplies, and a stove. Stokhold is a settled stove for heating entire rooms during the winter and each room has this heating system as part of the furniture.

Medical Equipment and Supplies

Since this is a natural birth center, it will not rely on high levels of modern technology and supplies. However, the Birth Center is going to be one of the only health facilities for women and children who expect to receive comprehensive care. Unlike US birth centers, it is one of the only health facilities for Tibetan women and children. For this reason, we must include capable technology and skills, and be prepared to diagnose, provide health problem management, and emergency life saving services. In addition, the Birth Center will need to have essential

drugs and supplements such as vitamins and iron. Also, the Birth Center will need to be stocked with Tibetan herbal medicine for assisting in deliveries, health problem management, and disease prevention.

Finance and Sustainability

The Birth Center qualifies as a Chinese non-profit organization. Criteria of a non-profit health organization includes being supported by the government, local communities or NGOs, but also for the organization become self-sufficient via minimum service fees without a surplus fee. Thus, the government is obligated to not charge an annual tax. The Birth Center will charge a minimum fee for health care services and training programs in order to be self-reliant; however, if anyone cannot afford the fees, the services will be free of charge.



We aim to make the Birth Center a model facility and one that can be replicated in other areas of need. This will be a force to improve maternal and child health care in remote and rural areas of Tibet and we strive for it to be a major component of the health care system. We are hoping to have a positive impact in terms of increasing utilization of high quality health care services, which will reduce mortality and morbidity among women and children. As a result, this will create a model for Tibetan maternal and child health care.

In 2008, the Birth Center received a gift of 140,000 RMB ultrasound from Xu Penghao from Beijing.



Tibetan Heritage Primer Textbooks

Tibetan students not only lack classroom facilities, school supplies and well-trained teachers, they also lack education materials written in their native Tibetan language. Classes and materials are provided in Mandarin Chinese and do not include any hint of the students' own cultural heritage. Now you can help protect, preserve, and pass along this gorgeous, rich cultural heritage to the children of Tibet! Tibetan Healing Fund is working with local education bureaus, school principals and teachers to create Tibetan language texts to be used in primary and middle schools.



Students from Trika County Middle School

The textbooks will become a part of the regular school curriculum and will serve to educate rural Tibetan children about their heritage locally and across the plateau. Tibetan Heritage Primer Textbooks were distributed in February 2008 to Rebkong schools. All school principals attended a ceremony and distribution event to receive the books for their students. The principals expressed their gratitude to THF for the work and support to make this project a reality. The local news also ran a news report about the primer textbooks. The two other counties of Tunde and Trika will receive their version of the textbooks in 2009. The Tibetan Heritage Primary Textbooks will be distributed and available to 196 Tibetan primary schools and approximately 27,000 children in three different counties: Tunde, Trika, and Rebkong, in Qinghai Province.

Tibetan Healing Fund (THF) is working with local education bureaus, school principals and teachers to create Tibetan language texts for primary and middle schools. These children's books, written in Tibetan, are not only based on Tibetan folklore, but also provide regional geography, local customs, culture

and art, biographies of well-known scholars, life skills, and significant historical events and places.

Most primary schools teach in Chinese although village children speak Tibetan at home. Therefore, when the child begins school they are confronted not only with new content, but content taught in a language they do not understand. (It is important to note that the Chinese and Tibetan languages are as different as English and Chinese.) In addition, there is a lack of Tibetan language textbooks so if a school decides to teach courses in Tibetan they will sometimes you hand written translations of Chinese texts and there will generally not be enough copies for all the students. Tibetan Healing Fund is promoting the initial use of the mother tongue (Tibetan) as the primary language of teaching with additional course work in Chinese. The amount of Chinese course work will increase as the students advance through the school grades until they finish sixth grade equally competent in Tibetan and Chinese.



Rebkong County Principals receiving copies of the textbooks

Primary school teachers have researched Tibetan heritage to create a comprehensive text for rural school children. Each book contains information about famous people and places in Tibet's long history, significant events, mythology, folklore and customs. Each county will have a separate book with content specific to that region. For example, one teacher interviewed farmers about customs and practices around planting crops. He learned there are traditional songs that women sing as they plant their crops that serve to remind them how to sow a particular crop and how to care for it for optimal harvest. In another county, a teacher interviewed

villagers about wedding customs and was surprised to learn that each village had its own customs.

The Tibetan Heritage Primer will become a standard text for Tibetan school students. The primer will serve as student reading material but as a means to educate and inspire young Tibetans about their culture, history and native language.



Students from an elementary school in Trika County.



Distribution of Primer Textbooks in Rebkong County.



Students from an elementary school in Trika County.



A copy of the Rebkong Primer Textbook

Trika County Middle School



Culture, Knowledge and Skill Exchange of Tibetan Doctors

One of THF’s goals is to enhance educational partnerships and culture, knowledge and skill exchanges for professional development between Tibetans in Tso-Ngon Province (ch: Qinghai) and the US. In October 2008, Tibetan Healing Fund hosted two Tibetan doctors/THF health advisors, Dr. Lusham Gyal, Tibetan Medical Doctor and Dean of Tibetan Medical Department, Tso-Ngon University Tibetan Medical College and Dr. Palchen Sangdak, PhD in Tibetan Medicine.



Dr. Manlha Dorjie Choedron, THF Education Advisor & Drs. Lusham Gyal and Palchen Sangdak in front of the White House



Dr. Palchen Sangdak, Dr. Lusham Gyal, UCLA Professor Dr. Mike Prelip and Dr. Kunchok

Drs. Lusham Gyal and Palchen Sangdak toured Los Angeles, Seattle, Charlottesville, Washington DC and New York. While on the East Coast they presented and toured universities, community outreach events and met with THF local community members. In Los Angeles, they toured UCLA School of Public Health facilities and presented to students and faculty about Tibetan medicine. While in Seattle, they toured PATH Technology, attended the THF annual dinner and met with THF supporters and presented to students Bastyr University. Dr. Lusham Gyal returned home in December 2008, while Dr. Palchen Sangdak attended UCLA to further his studies and returned home in May 2008.

The exchange experiences strengthened relationships and promoted understanding of Tibetan culture and medicine. In the future THF seeks to enhance dialogue across the fields of education and healthcare.



Dr. Lusham Gyal, Thinley Gyatso (THF Vice President) and Dr. Palchen Sangdak outside the THF office in Seattle



Touring PATH Technologies in Seattle



Lunch with UCLA Professor Dr. Anne Pebley and associates

Board of Directors and Volunteers

Tibetan Healing Fund is governed by a Board of Directors and dedicated volunteers based throughout the United States. Our US office is located in Seattle with fundraising branch divisions in Charlottesville, Dallas and Los Angeles.

US Board of Directors

- ❖ ***Founder and President:*** Dr. Kunchok Gyaltsen, MIIM, MPH, PhD (c.) UCLA School of Public Health
- ❖ ***Vice President:*** Thinley Gyatso
- ❖ ***Treasurer:*** Tenzing Thinley, PE
- ❖ ***Secretary:*** Marge Mansfield, LM, CPM
- ❖ ***Board Member:*** rGan Nawang Thokmey, MA and Tibetan Scholar, *Charlottesville (East Coast) Coordinator*
- ❖ ***Board Member:*** Meredith Aikman, MPH, *Dallas (South) Coordinator*

Friends of Tibetan Healing Fund

Tibetan Healing Fund relies on the generosity and support of volunteers in the US.

- ❖ ***Seattle Office Coordinators:*** Carol Roach and Kristine Honda
- ❖ ***Fundraising Coordinators:*** Nortso Gyaltsong and Gyaltsen Sangpo Druknya
- ❖ ***Financial Advisor:*** Catherine Miller

THF Branch Office in Charlottesville Virginia and Dallas Texas

Tibetan Healing Fund opened branch offices in Charlottesville Virginia (East Coast) and Dallas Texas (South) to create awareness, contribute ideas and expertise, and raise donations and resources to promote THF's mission.

Friends of Tibetan Healing Fund in Charlottesville

- ❖ Mr. Damcheo Gyaltsen
- ❖ Mr. Lodo Gyatso
- ❖ Ms. Tashi Dolkar

In-Country Tibetan Advisors and Volunteers

Tibetan Healing Fund has an exceptional group of volunteers and advisors based in Tso-Ngon Province (Ch: Qinghai) of experienced local ethnic Tibetans. This group plans, implements, monitors and evaluates projects. These Tibetans understand with intimate detail the situation in rural villages having grown up in similar circumstances. The advisory committee is in close contact with people at the village level and this information is used to assist the projects.

Our partnerships include many local organizations, businesses, a Tibetan university, hospitals, education and health bureaus.

- ❖ ***Dr. Kunchok Gyaltsen***, MIIM, MPH, PhD (c.) UCLA School of Public Health. Senior Manager: responsible for supervising, planning, monitoring THF health and education projects.
- ❖ ***Dr. Tanpie Junnie***, Deputy Director of Kumbum Tibetan Medical Hospital. THF Treasurer.
- ❖ ***Dr. Lusham Gyal***, Tibetan Medical Doctor, Tibetan Medical Professor, Associate Dean of Tibetan Medical Department, Tso-Ngon University Tibetan Medical College (ch: Qinghai). THF Health Advisor.
- ❖ ***Dr. Tsering Kyi***, OBGYN Medical Doctor. Director of Tibetan Natural Birth and Health Training Center and implements MCH health projects.
- ❖ ***Mr. Sangjie Gyatso***, Tibetan education expert, former Tibetan teacher, Tibetan poet. Education Manager: implements education projects.



Seattle Annual Dinner: Dr. Lusham Gyal, Dr. Kunchok Gyaltsen, Thinley Gyatso Carol and Bill Roach, Douglas Gilson, Marge Mansfield, Catherine Miller and Dr. Palchen Sangdak outside the THF office in Seattle.

Friends of Tibetan Healing Fund



Nortso Gyaltsong, Dr. Lusham Gyal, Dr. Kunchok Gyaltsen and Dr. Palchen Sangdak outside Bastyr University Seattle.



Dr. Lusham Gyal and Dr. Palchen Sangdak present on behalf of Tso-Ngon University Tibetan Medical College a successful partnership with Tibetan Healing Fund, Annual Dinner,



Damcheo Gyaltsen and Jordan la setting up for a fundraising event, Charlottesville Summer 2008



Jordan la making yummy Tibetan food for Charlottesville Event



Phokmo Tso preparing Tibetan food for Charlottesville Event

Donors

Tibetan Healing Fund would like to thank the many individual supporters, foundations and businesses who have generously supported our work for rural Tibetans in P.R. China

Thanks to the Special Patrons

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Thanks to the Volunteers and Professionals who donated time and services

Gyaltsen and Tashi Druknya - Nortso Gyaltson - Kunchyo & Dekey Gyaltson - Kristina Honda - Mansfield Family & Douglas Gilson - Kitty Liu - Catherine and Hanna Miller and Family - Chris Moore - Dr. Anne Pebley- Jennie Quan - Rev. Don Lansky and Rev. Patricia Gulino Lansky - Carol and Bill Roach - Marjorie Sargent & Angie Daniel- rGan Nawang Thokmey - Pema Tso - Ellen Wilcox – Heather Greenlee

Thanks to the Corporations, Businesses and Institutions that support our efforts

BOLD/Pregnant in Puget Sound - Charity USA - Emperor's College, Clinic of Traditional Oriental Medicine- Gaia's Temple and Rev Judith Laxer - Global Giving Donors - Global Giving Foundation - GreaterGood.org - Microsoft Giving Campaign - PCC Natural Markets - Sakya Monastery in Seattle - Salon Duknya - Shang-Shung Institute- Shoreline Unitarian Universalist Church - Soothstone LLC - State of Washington, Combined Fund Drive – TA of Santa Fe - UCLA School of Public Health - United Way of Seattle - University of Virginia School of Nursing - United Church of Charlottesville – Virginia National Bank

Financial Report

Funding

For 2008, Tibetan Healing Fund's sources of support included foundation contributions, individual donations, employee matching gift program, in-kind support and volunteer service.

STATEMENTS OF FINANCIAL ACTIVITIES JANUARY 1, 2008 TO DECEMBER 31, 2008

	Totals
REVENUE, GAINS AND OTHER SUPPORT	
Contributions	\$75,024.26
In Kind Donations	\$5,000.00
Total revenue	\$80,024.26
EXPENSES	
Transaction Fees and Banking Fees	(\$783.51)
In Kind Donation Expense	(\$5,000.00)
Rent(office space)	(\$3,030.00)
Programs(In Country)	(\$28,000.00)
Misc Expenses(mailing, printing, internet, phone, other)	(\$5,112.26)
Total Expenses	(\$41,925.77)
NET CHANGE IN NET ASSETS	\$38,098.49
NET ASSETS, BEGINNING OF THE YEAR	\$20,406.57
NET ASSETS, END OF THE YEAR	\$58,505.06

**Give the Tibetan people something they really need –
the gift of a healthier and better educated future.**

Rural Tibetans depend on us, and we depend on you. With your continued financial support, the Tibetan Natural Birth and Health Training Center will soon open its doors and we will be able to print and distribute the health and education textbooks and materials critical to improving the health and education of rural Tibetan women and children. Thank you for your continued support.

**Tibetan Healing Fund
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**Seattle, WA 98103
Tel: 206.624.7966**

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