

Time for another newsletter full of different topics. From the donation of a sewing machine to dance therapy for residents of Puerto el Carmen. A food project in collaboration with the Amsterdam University of Applied Sciences. Physiotherapist Annelies about her visit to the hospital, where her expertise proved to be very useful. You can read about the fourth container that arrived at the hospital with, among other things, an X-ray machine and solar panels. Andrea who, before she came to work voluntarily at the hospital, ran a half marathon for Quina Care. And would you like to know which animals can be encountered in and around the hospital? Read on.

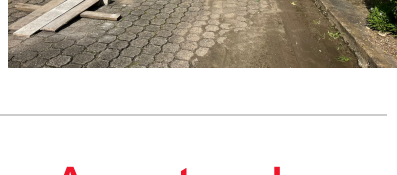
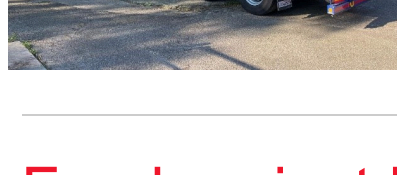
Transport of the 4th container

And what a content!

After a fantastic donation from someone in the United States, an X-ray machine could be purchased. Since there was no good option for this in Ecuador, it was decided to buy one in the Netherlands and ship it to Ecuador by container. The timing was perfect. There were already items for the hospital stored in the Netherlands, and in April 2024, thanks to

volunteer Ivar, a large quantity of solar panels for the hospital was donated from the Netherlands. Thanks to the company Ligentia Netherlands B.V. in Rotterdam, everything was smoothly arranged for transport. On May 7, the container departed from the port of Rotterdam. It has arrived at the port of Posorja, near Guayaquil. Once it cleared customs, it has been transported

by truck through the Andes and the Amazon region to the hospital. Installing the X-ray machine and solar panels will take some time. In the next newsletter, we will be happy to tell you more about how these donations came about and how the installations are progressing. Many thanks to Ligentia for arranging the transport!

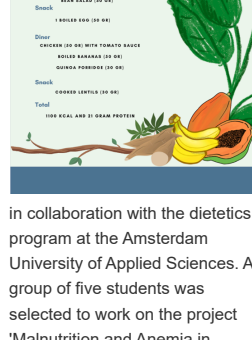


Food project by Amsterdam University

In collaboration with volunteer Lisette van Miert.

To prevent diseases and recover more quickly from them, nutrition is incredibly important.

In Ecuador, knowledge about healthy eating is often limited, and the diet is generally very monotonous. Therefore, Quina Care finds it important to address this issue in the hospital. For this reason, it has been decided to provide meals for patients admitted to the hospital, which is not common practice in Ecuador, as normally family members are responsible for this. Since 2023, Quina Care has been supported in this endeavor by Lisette van Miert, a dietician involved with Quina Care. Lisette works as an oncological dietician at the Verbeeten Institute, a radiotherapy center in Brabant. Through her contacts, a project was initiated in September 2023



in collaboration with the dietetics program at the Amsterdam University of Applied Sciences. A group of five students was selected to work on the project 'Malnutrition and Anemia in Children.' They conducted literature research and gathered background information. Based on this, several questions about malnutrition and anemia in

children were answered. A weekly menu for children was also created. Important factors to consider in this process include the available food resources in the Amazon region of Ecuador, the eating habits of the local population, and the amount of money people can spend on food. If the foods on the menu are not available or deviate too much from the local eating habits, it will be difficult for people to maintain this diet at home.

The collaboration with the Amsterdam University of Applied Sciences will continue. Under Lisette's guidance, a second group of students started a project in February 2024. They will further elaborate on the topic of malnutrition and anemia in children.

Sewing machine for Quina Care

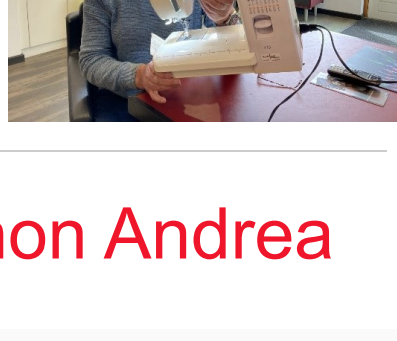
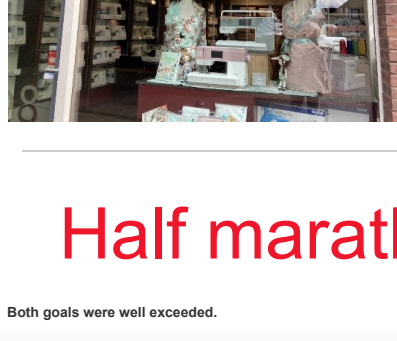
Making the hospital even more sustainable.

To operate as sustainably as possible in the hospital, reusable surgical clothing will be used, and reusable sterilization cloths are already being used for instrument sterilization. If a seam in the work clothing comes undone, it

will preferably be repaired instead of being thrown away. For this, a reliable and easy-to-use sewing machine is essential. Contact was made with Korteland Sewing Machines in Zoetermeer. They not only had a suitable sewing machine for

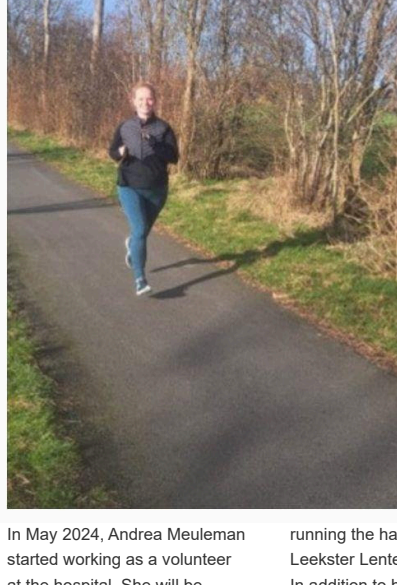
Quina Care, but they were also willing to donate it! Before it was picked up, it received a full maintenance service.

A huge thank you for this wonderful donation!



Half marathon Andrea

Both goals were well exceeded.



In May 2024, Andrea Meuleman started working as a volunteer at the hospital. She will be serving as a doctor for a period of six months. Before her departure, like many of her predecessors, she raised funds for Quina Care. She did this by

running the half marathon at the Leekster Lenteloop on March 16. In addition to her athletic achievement, her goal was to raise €3,945 to cover ongoing expenses such as electricity, water, and cleaning supplies for one quarter. She achieved both

goals. Donations kept coming in, even after her half marathon. With a final amount of €5,399.98, the ongoing expenses can be covered for no less than four months!

A huge thanks to Andrea.

Physiotherapist Annelies worked temporarily in the hospital

Finally time to contribute to movement care in Puerto el Carmen and surroundings.



Annelies Wolterink-Altena is the partner of Matthijs Altena. Matthijs has already contributed significantly to the hospital through his work in ICT and security, both from the Netherlands and by visiting the hospital. Now it was Annelies' turn. As a physiotherapist, her expertise was incredibly valuable. She held several consultations in the hospital, allowing people to have their complaints assessed and treated. Additionally, Annelies developed many protocols and

provided training to the staff. Here are Annelies' own experiences:

"For years, we planned to visit Carolien and Jacob. We know each other from a previous volunteer project in Yele, Sierra Leone. Over the years, the friendship and involvement with Quina Care remained strong. My husband, Matthijs, was there in 2020 to set up and install various ICT facilities, and now the building has become a real hospital where patients come every day! In April, it finally happened, six weeks to contribute to movement care in Puerto el Carmen and surroundings. Although there was no specific plan for what I would and wouldn't do, and initially, it was very quiet in terms of patient volume, it turned out to be a very meaningful period! The quiet allowed me to develop many guidelines, protocols, and exercise schedules, so now,

while I am back in the Netherlands, there are still various materials available to provide movement care! This includes paper exercises for various joints, exercise schedules for people who have had a stroke, screening for falls and muscle mass loss in the elderly, and tips, advice, and exercise schedules to prevent unnecessary bed rest and associated complications (e.g., pneumonia, thrombosis, bedsores) and functional decline (and long-term dependency).

After three weeks, Matthijs came with our children (ages 6 and 4), what an experience to share with our children! Six weeks proved to be too short, but even from the Netherlands, I will continue to convert physiotherapy guidelines into practical and easy-to-use tools for use in Ecuador."

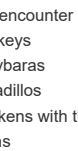


Bailoterapia

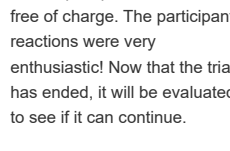
Towards a healthier life.



INICIAMOS EL JUEVES 14 DE MARZO A LAS 6 PM
Lugar: Cancha del hospital San Miguel
DIRIGIDO AL PÚBLICO GENERAL



In mid-March, the hospital began offering bailoterapia, or dance therapy. It was a trial run, with an hour-long dance therapy session held once a week for three months, led by the partner of local doctor Pao. The sessions took place on the sports field behind the hospital. The goal was to improve both the physical and mental health of the participants, as well as their lifestyle. Everyone was welcome



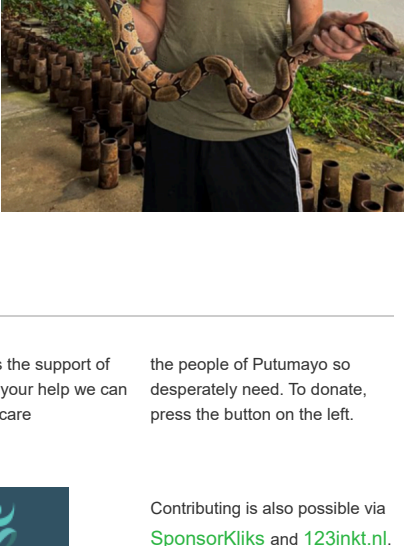
to join, even those who were not hospital patients, and it was free of charge. The participants' reactions were very enthusiastic! Now that the trial has ended, it will be evaluated to see if it can continue.

A quarter...

with animal facts.

Around and sometimes inside the hospital, you can find many animals. And often quite different from those in the average backyard. Some of the animals you might encounter include:

- Monkeys
- Capybaras
- Armadillos
- Chickens with their chicks
- Sloths
- Opossums
- Kinkajous
- Tayras
- Bats
- Birds of all colors and sizes
- The same goes for butterflies
- Cockroaches
- Scorpions
- Frogs and toads
- Spiders, also in various sizes
- Salamanders, causing an occasional dead salamander and broken air conditioner
- Snakes, unfortunately including venomous ones.



Quina Care needs the support of donors. Only with your help we can realize the health care

the people of Putumayo so desperately need. To donate, press the button on the left.

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