



FROM OUR EXECUTIVE DIRECTOR

Nonprofits are often asked to demonstrate their efficacy quantitatively: How many people are affected, how many doses have been dispensed, how many dollars provided. But as we emerge from the pandemic and return to travel, I am struck by how much of our work is measured in the qualitative benefits. Yes, like the iconic McDonalds tagline, we can count how many people we've "served". We can measure how many people our programs have reached, how many in-country visits we've made, and how health outcomes are improved. Yet it's the qualitative results of our efforts that are at the heart of what One Good Turn does.

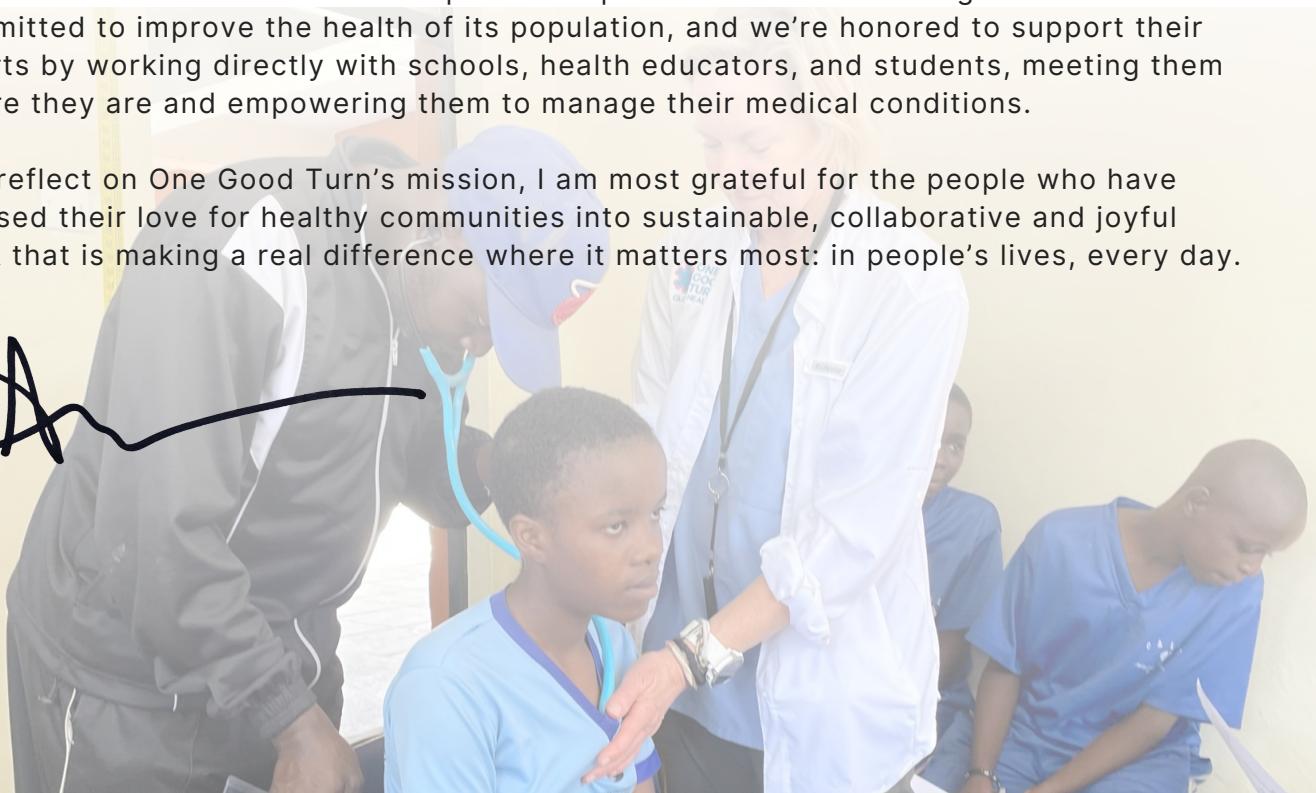
How do we measure the elation of the Cambodian medical student who finally heard a heartbeat through her stethoscope after hours of practice, or the relief felt by the nurse who used our post-stroke education to get his father out of the hospital, saving his family from financial ruin; the happiness of teenagers in Kiserian who learned to lessen their menstrual cramps with ibuprofen; the pride of the Honduran volunteer who taught her peers how to use a blood pressure cuff; and the comfort of the young outcast mother in Nicaragua who now knows that her child's cerebral palsy is not a curse.

Or do we determine positive effects by the number of WhatsApp messages on my phone, from friends from across oceans checking on my family and informing me of their current medical triumphs and struggles? How do we assess the continually growing number of partners who turn to us as a trusted resource in caring for their communities?

I believe One Good Turn's work is measured in the accumulation of the thousands of stories of individuals - so many of them unknown to us - and the benefits of knowledge that ripple outwards into families, communities, and future generations.

It is so exciting to see our new school health education program begin to take shape in Kenya. I can see in real time the rapid development of resources the government has committed to improve the health of its population, and we're honored to support their efforts by working directly with schools, health educators, and students, meeting them where they are and empowering them to manage their medical conditions.

As I reflect on One Good Turn's mission, I am most grateful for the people who have focused their love for healthy communities into sustainable, collaborative and joyful work that is making a real difference where it matters most: in people's lives, every day.

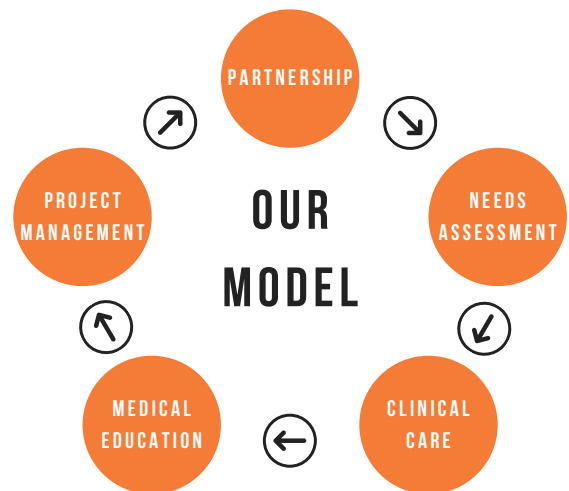




ABOUT ONE GOOD TURN

One Good Turn is a 501(c)3 nonprofit providing practical medical education and culturally sensitive medical care to communities worldwide who are underserved by their current health system. We partner with communities and organizations to empower local health providers with useful, replicable, and sustainable medical education. We share tools and ongoing resources with health workers to improve health knowledge, attitudes, and practices while incorporating the supplies and methods already available in the community.

HOW WE WORK



One Good Turn partners with established organizations in resource-poor communities to teach health literacy and *preventative* health measures. Using locally available medications and diagnostic tools, we work side-by-side with our partners in clinical and school settings to provide interactive sessions that build on existing skill sets, and answer questions in real-time dialogs, where the most transformative learning often takes place. We focus on **teaching**, to improve health through education.

2022 IN REVIEW

5 COUNTRIES

7 PROJECTS

15 COMMUNITIES SERVED

36 HEALTH WORKERS TRAINED

68 HEALTH EDUCATION TOPICS

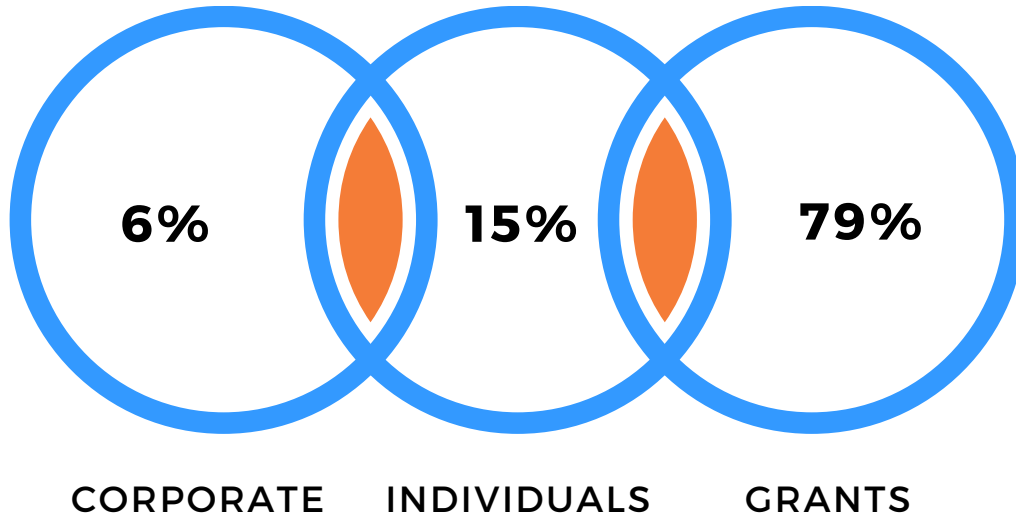
19,500 PEOPLE IMPACTED BY ONE GOOD TURN'S MEDICAL EDUCATION



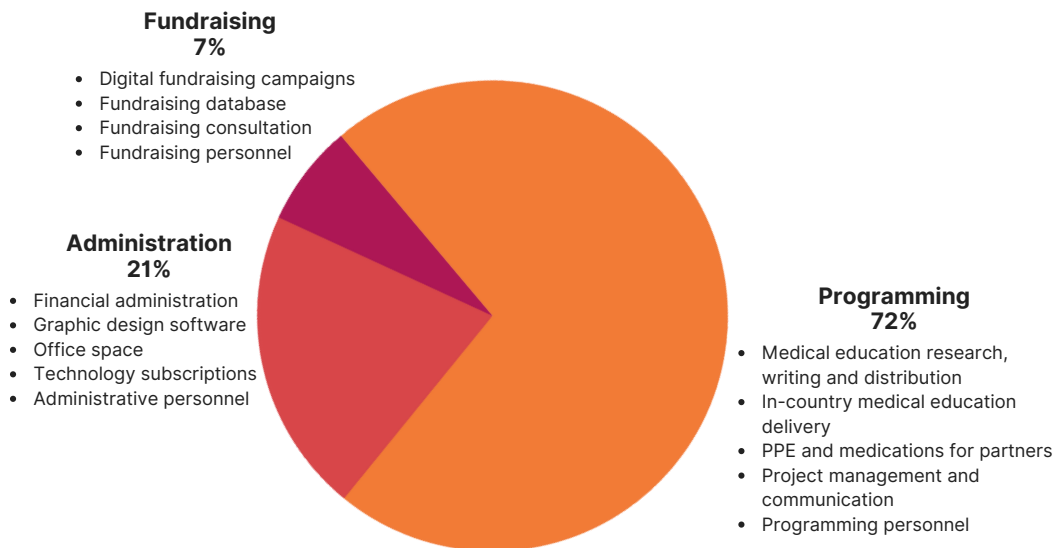
2022 FINANCIALS

CONTRIBUTIONS: \$266,157

Thanks to *Love, Tito's*, 20% of every donation received in 2022 will be matched.



EXPENSES: \$155,545



\$7.97 FOR EACH PERSON IMPACTED BY ONE GOOD TURN'S MEDICAL EDUCATION

OUR PROJECTS

TESO, UGANDA

MARCH 2022

One Good Turn was invited to Teso, Uganda by local organization Youth and Women for Opportunities Uganda (YWOU) to meet District Health Officers and Village Health Teams, with the goal to establish a program addressing the rising incidence of hypertension and diabetes in their communities. While in Teso, Dr. Messer and the YWOU team visited 2 rural schools of over 1,000 students to deliver toothbrushes donated by Humble Smile, along with an oral health education session.

Through this needs assessment, we learned that we will need to take a **preventative health education** approach to address the rising rates of noncommunicable diseases in communities around the world.



YUSCARÁN, HONDURAS

JULY 2022

In conjunction with Honduras Good Works' annual Medical Brigade, the One Good Turn team visited Guardianes de Salud, literally translating to "guardians of health", to explore the health education topics most needed in their community. Guardianes are volunteer community health workers who oversee the health of their neighbors in the rural villages surrounding Yuscarán, Honduras.

We found a program rooted deep within the community, with leaders willing and able to learn practical skills to offer health education as an extension of the existing health system. Guardianes don't provide direct health care. They provide health education and consultation. This **train-the-trainer model** is an effective means of preventative health education, and we look forward to continuing to share educational resources with the Guardianes.



OUR PROJECTS

KENYA SCHOOL HEALTH EDUCATION PROGRAM

OCTOBER 2022

One Good Turn's longtime partners, Change A Life Kenya and Ewaso-Osiligi Rescue Center & School, invited the One Good Turn team to Kenya with the goal of establishing a school clinic. While conducting basic health screenings alongside each schools' social worker and key staff, we determined a practical and workable way to positively impact students' health, while we ensure they receive quality health care from the existing health system: **develop a school health education program to provide students with the health knowledge they need, and train school staff to oversee their wellbeing through basic screening measures.**

Our needs assessment aligns with findings by the World Health Organization and Kenya Ministry of Education: school health education programs are valuable, but schools are not yet equipped with the knowledge or infrastructure to implement health education.

To meet this need, we will create a straightforward, effective program with basic student health screenings, paired with a health curriculum to supplement national health education initiatives, teaching: basic nutrition, body biology, first aid, wound care, reproductive health, and more.

We must teach the primary prevention measures for diabetes and hypertension, before generations are lost to disability and early death from these rampant and silent diseases. **Our practical Health Education Program, taught by teachers, will move this younger generation towards better baseline health, and greater self sustenance.**



OUR PLANS FOR 2023



- 1** Establish an organization-wide program evaluation protocol and KPI to assess the efficacy of our medical education.
- 2** Complete our School Health Officer Handbook to support establish school health education curricula.
- 3** Develop a digital Knowledge Management System, so our partners may access our medical protocols on their cell phones.
- 4** Increase our fundraising capacity, so we can sustainably reach more communities seeking health education.



MEET OUR TEAM

LEADERSHIP TEAM



Ann Messer, M.D.

Founder, Executive Director, Board Chair



Tim Hines, M.D.

Board Secretary



Gregg C. Waddill

Board Treasurer,
General Counsel



**Alan W. Steele,
Ph.D., M.D., J.D.**

Board Member



**Theresa Spalding,
M.D.**

Medical Advisory
Council Chair



Lilian Estrada

Director of
Operations

ADVISORY COUNCILS

ADVISORY COUNCIL

Bogonko Ongera
David Diehl
Fern Lentini
Julia Folk
Joseph V. Messer, MD
Lee Crawford
Lisa Duncan, MEd
Lori Patterson
Selina Serna
The Rev. John Newton

MEDICAL ADVISORY COUNCIL

Theresa Spalding, MD, Chair
Abawi Sakher, MD
Ari Mintz, MD
David Hines, MD
Gaylon Boyd
Kendrick Kahler, MD
Joseph Strand, MD

STAFF, CONSULTANTS, PARTNERS, VOLUNTEERS

MEDICAL PROGRAMMING STAFF

Addison Scales
Eva Strelitz-Block
Kylee Ahlsteht
Madeleine Jordan
Viana Phan

CONSULTANTS

Christine Glenn
Kristin Campbell

PARTNERS

Change A Life Kenya
Ewuaso-Osiligi Rescue Center & School
Hamilton Valley Housing
Honduras Good Works
Humble Smile Co.
Youth and Women for Opportunities Uganda (YWOU)

VOLUNTEERS

Ellie Furuta
Millie Walls

2022 DONORS

Abby Obenchain, Alan Steele, MD, Alice Hines, Andy Hines, Anne Seidenberg, Ari Mintz, MD, Bear Poth, Ben Hines, Bill Knorr, Brenda Towell, MD, Brent Williamson, Bret Williams, Craig Allen, David Majure, David Hauldren, Debbie Vickery, Diana Sullivan, Domonique Launey, Donna Meek, Dora Cersonsky, Elizabeth Napalitano, Ellen Stevens, Eric Jackson, Erica Estrada, Erin Hewlett, Forrest Preece, Gail Reid, Gaylon Boyd, Glenn Furuta, MD, Gordon Little, Harriett Choffel, Jean Burnstine, Jeanine Kwun, Jeff Seaman, Jill Deutsch, Jim Ryan, Joan & Marshall Goldin, MD, Joseph Messer, MD, Joseph "Ray" Tacquard, Julie Lindberg, Kallie Jones, Kareece Sacco, Kathleen & Gordon VandeZande Little, Kimberly Schaffer, Kristen LeClair, Lilian Estrada, Lindsey Ivy, Lita Callis, Lori Patterson, *Love, Tito's*, Maggie Mulqueen, PhD, Manny Pandya, Mark Zar, Mary Spalding, MD, Mary Marino, Nancy Hines, Patricia Thiem, Paul Cook, Pooja Chakraborty, Rachel Spakes, Richard Raymer, Rob Scott, Robert Hauser, MD, Sarah "Libby" Rosonet, Selina Serna, Sharon Burns, St. Michael's Episcopal Church, Stacie Bush-Vieth, MD, Stan DePue, Stephanie Hernandez, Sujatha Venkatesh, Susan Rodriguez, TallTrees Leadership, The Carl M. Lindberg Family Foundation, The SOA Fund, Theresa Spalding, MD, Theresa Brustkern, Tom Schnoor, Tom Davidson, Tracy Tomson, Valerie Williams, Vicky Husband, Zaneta Hadley

STAY IN TOUCH



www.onegoodturn.org



[instagram.com/one.good.turn](https://www.instagram.com/one.good.turn)



info@onegoodturn.org



[facebook.com/1goodturn](https://www.facebook.com/1goodturn)



www.onegoodturn.org/subscribe