

in Honduras, please contact us through the e-mail address or phone provided. We would prefer to return a phone call to discuss this interest.

If you are a healthcare or other professional looking for a rotation, please see our website:

[www.shouldertoshoulder.org](http://www.shouldertoshoulder.org) and complete the Rotation Application Form and return it to Mo Jennings at the address below.

#### **Shoulder to Shoulder, Inc.**

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#### **Shoulder to Shoulder, Inc. Officers:**

- Wayne E. Waite, J.D.,  
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- Jeffery E. Heck, M.D.,  
Executive Director
- Arthur Ranz, D.D.S.,  
Chief Operating Officer
  - Mo Jennings  
Development Director
  - Mary Flores,  
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[www.shouldertoshoulder.org](http://www.shouldertoshoulder.org)

## Community-based Service for the Poor in Rural Honduras



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## Partnering.....to provide health services and education

**F**OCUS: Shoulder to Shoulder, Inc. is a non-profit organization; our mission is to serve the poor. As health disparities on a global level are staggering, our goal is to improve health outcomes in poor communities in Honduras through primary health care, public health, dentistry, nutrition and education. Through a series of partnerships between academic health centers and other institutions, Shoulder to Shoulder and these partners provide long term, continuity care which greatly increases positive health outcomes in some of the poorest regions of Central America.

**C**ommunity Empowerment: Each U.S. partner starts with a community assessment of the area in Honduras to which they wish to commit their time and resources to determine the social as well as biological health issues for the villages. Each area forms its own local health committee who also works in tandem with the Shoulder to Shoulder partner.

Santa Lucia, Intibuca, was the first partnering community for Shoulder to Shoulder, Inc. This relationship began in 1991 when Dr. Jeff Heck, Executive Director of Shoulder to Shoulder, Inc., took a brigade of residents and medical students to Santa Lucia. Through the expressed interest of the village's health committee and their willingness to work "shoulder to shoulder" with their North American counterparts the partnership approach has addressed many medical/dental/nutrition/public health concerns in Santa Lucia. This initially included much needed primary health care and the building of a medical facility and has grown to include other projects: dentistry (including the addition of a dental clinic to the existing medical clinic), water purification, health education, nutrition, and a project titled, *Yo Puedo* (I Can), which works to improve the self-esteem of girls. Due to the long term commitment of Shoulder to Shoulder, the results of its labors can be quantified within its various projects in Santa Lucia.



# Partners.....long term commitment, long term rewards

**The Broad View of Health:** Shoulder to Shoulder remains the “model” for our partners. For instance, malnutrition has been addressed through its successful feeding program which provides a nutritious lunch for school students in primary grades; the feeding program also includes, for some schools, a fluoridation project as well. The feeding program is further enhanced by the *Yo Puedo* project. Through this project, students (with emphasis on girls) were trained in a series of practical, innovative and model Training of Trainers (TOT) sessions that promoted the economic and social leadership of poor women and girls in the surrounding poorest communities.



With the assistance of their teachers who also attended the courses, the girls were empowered to go out and develop cottage industries which would not only serve their community but raise funds to support their schools: some use the funds to purchase books for the libraries and some add much needed texts.

This project has also led to a sister project that provides of scholarships for those girls with high academic standing to further their education past the primary care years. It is very rewarding to watch young ladies who have begun in this program and who are now continuing their studies and expressing interest in becoming nurses and other professionals.

**Academic Partnerships with Rural Communities:** Shoulder to Shoulder partners have also instituted exciting projects in their communities. For instance in Santa Ana, Baylor University constructed a tilapia pond in order for the community to supplement their school children’s diet that lacks adequate protein. Our University of Pittsburgh partner in San Jose, El Negrito, has both a tomato growing project (for community consumption and for economic gain) and a sewing project (again for the community’s benefit and for selling outside San Jose). Thundermist Healthcare Center in Rhode Island has worked with its community with an agronomist to improve the quality and quantity of its corn and other agricultural products.

Thus Shoulder to Shoulder, Inc. seeks to expand its scope

to provide to other institutions and/or organizations its time-tested technical expertise; resource sharing; U.S. and in-country oversight of brigades and projects; community assessment skills; legal services for medical credentialing; customs clearance and other pertinent matters; collaboration and/or data sharing for grants and/or research projects; and the ability to share experiences at the various sites.

**Volunteer and Contribute:** Whether you are with an institution or organization in the U.S. or are an individual or organization looking for a relevant organization in which to volunteer, Shoulder to Shoulder, Inc. has the long term commitment you



Students eating their hot, nutritious school lunch provided by Shoulder to Shoulder.

seek for your time and funds.

Donations are accepted for continuing Shoulder to Shoulder’s effective track record of providing high quality medical, dental, nutrition and public health services to many area of Honduras. As we are a 501 c 3 organization, all donations are tax-deductible and should be sent to the address on this brochure.

If you are an organization with further interest in partnering

The map shows Honduras with several partner locations marked by colored lines and text:

- Los Pinares:** Thundermist Health Center/RI (Rhode Island)
- San Marcos de La Sierra:** University of Rochester
- Santa Ana:** Baylor University
- Santa Lucia:** University of Cincinnati, University of North Carolina, Wake Forest
- San Jose:** Pittsburgh

Other locations on the map include Tegucigalpa, San Pedro Sula, Yoro, and various coastal areas like Bata, Trujillo, and Tela. The map also shows the Gulf of Honduras, Gulf of Fonseca, Pacific Ocean, and Caribbean Sea.