A Letter From the President

Dear Family and Friends,

DOCARE’s Annual Report serves as an opportunity to examine the past year. We celebrate in our successes and take note of our continued opportunities. It also serves as an opportunity to acknowledge our new friendships and rejoice in new members who have become a part of our outreach family.

Our organization is currently 1,434 members strong and I would like to thank you each of you for your ongoing support throughout the year! We have strategic plans to increase our engagement with you through social media, community outreach trips and educational efforts with our international partners.

An exciting 50% of our active members are students who will carry the torch of sustainable health care and education in under-resourced communities around the world as we press forward. To fulfill a frequent desire of these members, we have plans to expand our rotational opportunities to provide more students the experiences of practicing health care in developing countries.

I am incredibly grateful to all of our volunteers, trip directors, board members, host communities and partners. Without each of you, our organization would not survive and we would not have positively impacted over 7,000 lives during the previous 12 months. Thank you for allowing me to serve as your president over the last two years. I am humbled by the opportunity to lead DOCARE and participate in an organization who is dedicated to serving others through the gift of health.

With deepest gratitude,

Amy Adams, DO, FAOCD
President
DOCare International
Our Mission

DOCARE International is a medical outreach organization dedicated to education and to providing health care to under-resourced communities around the world.

“Global healthcare is a huge issue that more people should participate in advancing.”

—DOCARE Volunteer
Since 1964, our mission has been to provide medical care to isolated and underserved populations around the world.

Starting with little more than a can-DO spirit, we have cared for communities across four continents, bringing health services to people who might otherwise not have access to medical care.

Our all-volunteer outreach emphasizes the osteopathic philosophy and we engage osteopathic physicians and medical students in all of our activities.
DOCARE is proud to support and partner with primary health care clinics in Guatemala, Nicaragua, and Kenya. In Guatemala, these clinics serve as hubs for our short term outreach activities in the surrounding communities and as rotation sites. In Nicaragua and Kenya, our partners welcome DOCARE students and residents for month-long rotations.

In the last year, 267 Volunteers participated in 8 Global Health Outreach Trips which provided health care services to 7,257 patients and donated 6,100 work hours at an in-kind value of $462,871.

“Everyone is deserving of care and compassion... those of us with abundant resources should give to those without. We are all a connected global community.”

—DOCARE Volunteer
Clinics
Guatemala

DOCARE partners with organizations in San Andrés Iztapa and Tecpán to provide year-round health services to local populations. These clinics are operated by la Asociación para la Salud y el Desarrollo (ASSADE) and Fundación Educa Pueblo Viejo, respectively, who with our support, employ health care staff and offer low-to-no cost medical services and supplies to their communities.

They each also host a yearly DOCARE outreach trip, during which DOCARE volunteer teams hold pop-up clinics serving almost 1,000 patients.

DOCARE volunteers refer patients for follow-up at these partner clinics in San Andrés and Tecpán. This continuity of care helps ensure healthy, productive communities!

“Patients around the world are the same no matter where they are. They all have concerns and fears when it comes to their medical care. Everyone deserves proper health care.”

—DOCARE Volunteer
Nicaragua

JustHope, Inc. operates our partner clinic in Chizarreca to bring medical care and services to a community of almost 8,000 people. Due to political unrest in the country, rotational and short term outreach trip opportunities were suspended in April 2018. We continue to monitor the situation and hope to resume offering these opportunities in the coming year.

Kenya

The New Frontiers Health Force (NFHF) clinic serves a community comprised mainly of nomadic pastoralists, the Maasai. Established and ran by an American DO, New Frontiers has served the population around Ngoswani for over 20 years.

Rotations

Each of the DOCARE partnership clinics offers the opportunity for students and residents to participate in a 2–4 week supervised rotation. Ten students took advantage of this opportunity during the past year, experiencing first-hand the challenges and rewards of providing healthcare in under-resourced settings.
On June 3, 2018, Mt. Fuego Volcano near Antigua, Guatemala erupted, spewing lava and ash across the surrounding communities, including those served by our partners at ASSADE Clinic. Clinic staff sprang into action to provide care and supplies to those affected by this natural disaster, and DOCARE raised funds to provide 80 families affected by the disaster with water filters, ensuring they would have access to clean, safe water. In addition, DOCARE provided a sack of corn to each family, as their crops were also affected by the volcano eruption.
Shaping the Student Experience

“Nothing can substitute or fully prepare for complete cultural and language immersion, not to mention the exposure to medical practice in limited resource settings.”

—DOCARE Volunteer
**Student Travel Grants**

Congratulations to Carolina Camacho (OMS IV, ATSU-SOMA) and Stephanie Yanez (OMS 1, ATSU-SOMA) who were awarded travel scholarships thanks to a generous grant to DOCARE from the Arizona Osteopathic Charities. Both winners received financial support for their journey on a DOCARE trip to Guatemala. Read about their experiences at [docareintl.org](http://docareintl.org).

**University Chapters**

DOCare welcomed two new student chapters this year: Marian University COM and University of the Incarnate Word-SOM. We’re thrilled to welcome more students to DOCARE and look forward to working with all of our chapters.

**Strike!**

In April, the DOCARE Board headed to Phoenix for our annual Board meeting. This was the perfect opportunity to mingle with our chapters at AZCOM and ATSU-SOMA and leave no pin standing.... during a friendly game of bowling.

**DOCare Student & Resident Travel Grant Fund**

This year we achieved our goal of establishing our own travel grant fund thanks to a kick-start in honor of Breanna Goldner. We look forward to growing this fund and offering more students and residents hands-on global health opportunities. Visit [docareintl.org](http://docareintl.org) to learn more about these scholarships and how to apply.
Looking Ahead

As part of our efforts to increase local capacity, we are pleased to share that we are supporting one of our Guatemalan physicians, Dr. Fernanda Marroquin, to attend an ultrasound training program.

This six-month training will equip Dr. Fernanda—and, by extension, the ASSADE clinic—with the knowledge and skills to better diagnose and treat the clinic’s patient population.

No one knows what a community needs better than the community itself. That’s why, in FY2020, we are implementing Community Needs Assessments (CNA) on every outreach trip.
## Financial Summary

### Income

<table>
<thead>
<tr>
<th>Source</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Membership Dues</td>
<td>$ 81,067</td>
</tr>
<tr>
<td>Donations</td>
<td>$ 32,246</td>
</tr>
<tr>
<td>Rotation Fees</td>
<td>$ 4,450</td>
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<tr>
<td>Grants</td>
<td>$ 2,000</td>
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</table>

**Total Income**: $119,763

### Expenses

<table>
<thead>
<tr>
<th>Source</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clinic &amp; Program Support</td>
<td>$ 72,577</td>
</tr>
<tr>
<td>Operating Expenses</td>
<td>$ 37,942</td>
</tr>
</tbody>
</table>

**Total Expenses**: $110,520

### Charts

- **Income**
  - Membership Dues
  - Donations
  - Rotation Fees
  - Grants

- **Expenses**
  - Clinic & Program Support
  - Operating Expenses
On March 2, 2019, we said goodbye to our friend and longtime supporter, Dr. Don Jarnagin. Don joined his first DOCARE trip in 2007 and participated almost annually from that point on. He was an optometrist and an educator. Over the years, he examined, treated and improved the sight of thousands of patients internationally. Don not only improved the vision of those he served, but opened all of our eyes to a positive world paradigm. His world was one filled with laughter and if there is one sound that has stayed with us since his passing, it is most certainly his laugh. It was as infectious as it was uplifting and his jolly approach to life drew people to him. Those who met Don came to respect and love him for his generosity, selflessness and sense of humor. Don peacefully passed while doing what he loved…. serving others. His legacy continues with his wife, children, grandchildren and all those he inspired, taught and befriended.
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Help DOCARE International continue to make the world “our clinic.”

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