

La Promisse

Ansanm Nou Fè Yon Sè: Together, We Make One

By Christopher Powers, MD, Haiti Health Promise Board Member and long-term medical volunteer.

This beautiful kreyòl phrase captures the unity and spirit of teamwork in the spirit of Love and Hope. I experience this every time I support and serve Hôpital Sacré Coeur.

I am always so grateful that my Haitian brothers and sisters in Christ remind me of this by their way of life. Let me share my recent experiences in Milot.

Recently, I had the privilege of serving again as a physician volunteer. But, on this journey, I encountered even more challenges and difficulties just getting to this beautiful island.

The FAA has currently stopped all outgoing flights into Haiti, so the only air travel into the country is through a small Haitian company called Sunrise Airlines. Sunrise Airlines charters the old US Eastern Airlines planes from over twenty years ago under the new name Eastern Airways. I had arrived in Miami for the daily Sunday flight into Cap-Haitien only to find an outgoing delay of 24 more hours.

Many Haitians were waiting in the airport, native kreyòl speakers, unfamiliar with how to stay in a hotel while waiting or even being able to afford that luxury. Many slept in the airport waiting areas for this sole path back to their country and its profound beauty. **When we finally boarded that Monday morning flight, we encountered a mechanical plane delay, and then a call came over the microphone: "Is there a doctor on board? We need medical help in the front rows of the plane."**

I quickly moved to the front of the plane, where a 92-year-old Haitian woman was starting to seize from low blood sugar. She had continued to take her diabetes medications while not taking in enough food to maintain even normal blood sugar levels. We, our team of flight attendants, the pilot, other Haitian passengers, and I, were able to place her supine on the narrow aisle of the plane, resuscitate her, and call for Miami-Dade County EMS to come aboard and transport her to the hospital.

Thank God for teamwork and the beautiful language of Haitian kreyòl, which allowed our team to communicate with this beautiful patient and reassure her. The news spread to Haiti, Miami, and her family that she would be okay.



Lumarc and Chris Powers

We got off the tarmac just ahead of the 3-hour FAA limit, which would have grounded us again in Miami for another day. Thank God. I was received in Cap-Haitien by the always reliable Lumarc Pierre, who ensures the safety and support of the Hôpital Sacré Coeur volunteers. Then, I got to work in Milot.

Along with a fantastic cadre of volunteers and Haitian health care professionals, I continue building capacity in our Intensive Care Unit. Our efforts support adult and pediatric patients, linking critical respiratory equipment, oxygen, biomedical support, and crucial lifesaving medications for sepsis, diabetes, and other life-threatening critical illnesses. Our efforts build capacity, coupling mentoring support and educational resources for the hospital staff and employees, who are always hungry for knowledge and experience. The always appreciative patients are recipients and participants in the team's care as they gain better health and appreciate their empowering role in maintaining it.



The team is making good progress in caring for the young mothers suffering complications from pregnancy. It is also making good progress supporting the neonates needing critical respiratory support and advancing progress with the pediatric diabetic and young adult population to reduce medical complications. They also teach and empower our patients to participate in their health care with the team based programs of care the hospital and community health workers provide.



Last month, I saw teamwork at every stage of my journey and am so grateful for all these relationships, some of which are now lifelong friendships. The power of prayer and active health care ministry is alive and well in Milot, and the support of our partners in the US and beyond continues to save lives.

We are each called to play a part in the team. Never underestimate the impact of a financial or practical gift of any kind. From a paraphrased quote from Thomas Merton, "We do not find the meaning of our lives by ourselves alone.... but we find it in the service of others." Just like the kreyòl proverb.... " Ansanm Nou Fè Yon Sèl." Together, we make one. ■



Aquaculture: An exciting new food source at Hôpital Sacré Coeur

By Osmani Rojas Pérez, HSC Doctor of Veterinary Medicine and Alexis Abdel, HSC Director of Human Resources

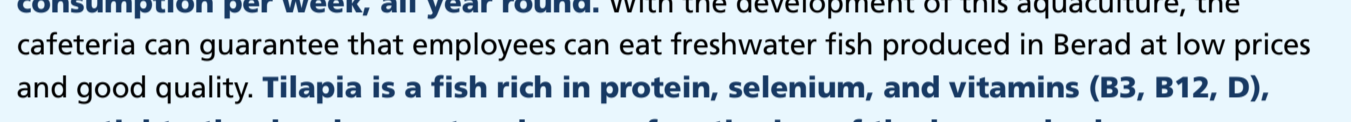


The demographic explosion experienced by the contemporary world from the 1960s to the present and the burgeoning food insecurity have forced Hôpital Sacré Coeur to look for new food alternatives. One of these alternatives is the development of large — and small-scale aquaculture. **Hôpital Sacré Coeur's "Farm for Life" in the Berad section of Milot now has a surface area of 378.95 cubic meters of cement basins, enabling the semi-intensive rearing of around 3,000 tilapia fish- a number soon to be doubled with the construction of two more ponds.**

Organic fertilization with chicken farm waste (chicken manure) guarantees a food base, thanks to the formation of phytoplankton and zooplankton derived from fertilization with organic matter. The addition of special fish feed, purchased in the Dominican Republic, allows for safe feeding and promotes the physical development of the fish. **Within a minimum of 5 months, each fish will reach a commercial weight of 230 to 250 grams. At that point, the fish can be cooked in the hospital cafeteria, guaranteeing employees the necessary high-value proteins with good organoleptic properties.**

The farm has prepared one pond with a capacity for 1,300 fish. The other pond, which is being waterproofed, has a capacity of 1,800 fish. Soon, two new ponds will be constructed on land close to the pig farm. Solid waste from the pigs will be sent to these ponds, which, together with the supply of other food sources, will guarantee feeding around 3,000 additional fish.

The availability of all these areas for fish farming and the planned staggered storage of the fry ensure that the hospital cafeteria will offer at least twice as much fresh fish consumption per week, all year round. With the development of this aquaculture, the cafeteria can guarantee that employees can eat freshwater fish produced in Berad at low prices and good quality. **Tilapia is a fish rich in protein, selenium, and vitamins (B3, B12, D), essential to the development and proper functioning of the human body. ■**



The Farm



25 sheep.



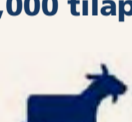
3,000 tilapia.



1,000 broilers 3k away.



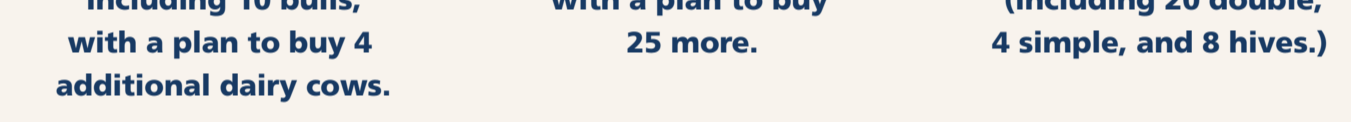
60 hybrid beef COWS including 10 bulls, with a plan to buy 4 additional dairy cows.



25 Boer mixed goats with a plan to buy 25 more.



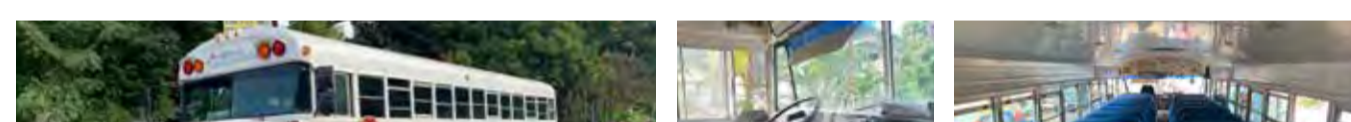
32 Colonies of Bees (including 20 double, 4 simple, and 8 hives.)



Another Stellar Year for Hôpital Sacré Coeur

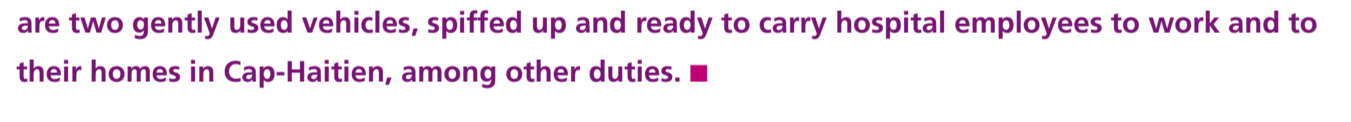
Hôpital Sacré Coeur 2024 Services to Milot, Haiti

230 Beds	53,205 Outpatient Visits	2,361 Newborn Deliveries	142,794 Prescriptions Filled
20,674 Diagnostic Tests	7,273 Hospital Admissions	2,709 Surgical Procedures	5,144 Emergency Room Visits



On the Road in Style: Two New Hôpital Sacré Coeur Buses

After over a decade of constant travel on rough roads and multiple repairs, the hospital buses limped off to retirement, where they will be used as a source of spare parts. Their replacements are two gently used vehicles, spiffed up and ready to carry hospital employees to work and to their homes in Cap-Haitien, among other duties. ■



A Third Fantastic Church of the Presentation Packathon



On January 10th & 11th, Haiti Health Promise and Church of the Presentation (COP) in Upper Saddle River, NJ, partnered for the third time for a food packathon. For three two-hour sessions, 609 parish volunteers packed 77,760 meals for starving men, women, and children served by Hôpital Sacré Coeur.

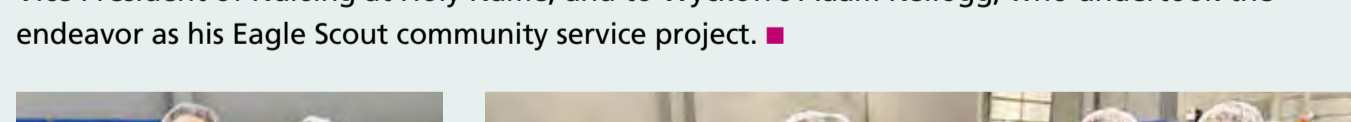
We are so grateful to COP's Fr. Rich Francesco, Maureen Murphy, and Marilou Tenazas for helping us coordinate this effort and to all the caring and generous families of the COP community. ■



Grace Redeemer Church's First Packathon: An Enthusiastic Success



Haiti Health Promise and Grace Redeemer Church partnered on a Food Packathon. The 340 volunteers packed over 50,000 meals for the starving women, men, and children served by Hôpital Sacré Coeur. We are so grateful to all the caring and generous families of the @graceredeemer community, and extend special thanks to Senior Pastor Rev. Peter Wang, and his wife, Cedar Wang, Vice President of Nursing at Holy Name, and to Wyckoff's Adam Kellogg, who undertook the endeavor as his Eagle Scout community service project. ■

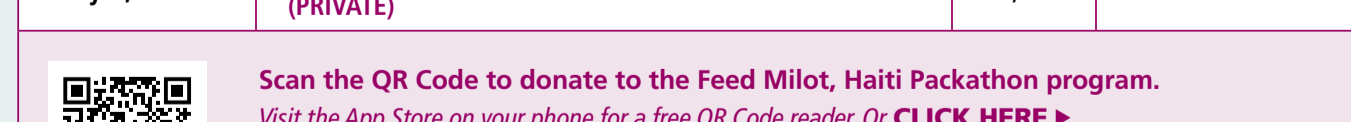


Mitchell, Cedar and Rev. Peter Wang



UPCOMING PACKATHONS

DATE	LOCATION	MEAL GOAL	FOR DETAILS
April 10, 2025	Episcopal School of Jacksonville, Jacksonville, FL	50,000	CLICK HERE ►
April 25–27, 2025	St. Joseph's Parish Packathon, Needham, MA	150,000	CLICK HERE ►
May 1, 2025	St. Joseph's Catholic School, Greensboro, SC	50,000	CLICK HERE ►
May 3, 2025	Washington, D.C. Packathon, Washington, D.C.	200,000	CLICK HERE ►
May 6, 2025	Peace Ministries Packathon, Englewood Cliffs, NJ (PRIVATE)	26,000	CLICK HERE ►



Scan the QR Code to donate to the Feed Milot, Haiti Packathon program. Visit the App Store on your phone for a free QR Code reader. Or [CLICK HERE ►](#) To learn more about sponsoring a packathon, email HHP Executive Director, Dr. Joni Paterson at paterson@crudem.org



We've Expanded our Reach!

Haiti Health Promise is now on Bluesky. And, Facebook and X. Please [CLICK ON THE ICONS TO FOLLOW US](#) on social media.



100% OF YOUR DONATION GOES TO PATIENT CARE AND COMMUNITY PROGRAMS. PLEASE DONATE TODAY THANK YOU FOR YOUR GENEROUS SUPPORT!