

# The Volunteer Connection



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## published by:

Health Volunteers Overseas  
1900 L Street, NW Suite 310  
Washington, DC 20036  
TEL: (202) 296-0928  
FAX: (202) 296-8018  
E-MAIL: [info@hvousa.org](mailto:info@hvousa.org)  
WEBSITE: [www.hvousa.org](http://www.hvousa.org)  
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## HVO Looks to the Future

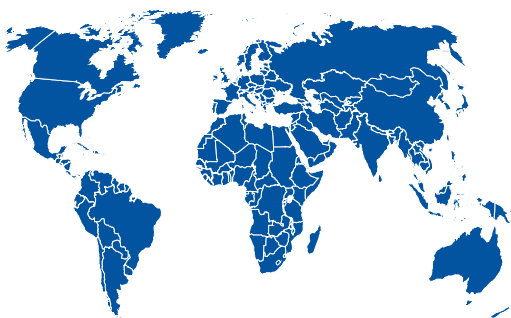
In the last issue of *The Volunteer Connection*, volunteers who served in some of the earlier years of HVO shared their thoughts and experiences to reflect on the organization's thirty years of service. For this issue, HVO's Executive Director, Nancy Kelly, shares her thoughts on where HVO is headed in the next 30 years.

### What do you feel have been HVO's most significant accomplishments to date?

There are specific projects that come to mind -- orthopaedics in Uganda, physical therapy in Bhutan or anesthesia in Belize. These projects have significantly expanded access to care in those countries. They all benefited from the contributions of dedicated volunteers with the vision and leadership skills to make the projects work.

HVO launched its orthopaedic training project in Uganda in the late 1980s as the country emerged from decades of chaos and economic mismanagement. Medical services had been severely disrupted and most trained medical professionals had fled the country. Working in collaboration with Makerere University and the Mulago National Referral and Teaching Hospital, and with funding from USAID, HVO literally rebuilt the department including the office space, wards, an orthopaedics workshop and multiple operating theatres, as well as a library containing textbooks, current issues of medical journals, and access to websites providing online training. Dr. Rodney Belcher, with the support of Dr. Lawrence Gordon and others, developed a curriculum for the orthopaedics residency training program that is still in use today. More than 65 orthopaedic surgeons have been trained through this program to date. Trainees have come not only from Uganda, but from Kenya, Tanzania, Rwanda, the Democratic Republic of the Congo, Ghana, Cameroon, South Sudan, Botswana and Somalia.

Earlier this year, I met Dr. Isaac Kajja, head of the Department of Orthopaedics at Mulago Hospital and a man who describes himself as a 'product of HVO.'



*continued on page 8*



**Health Volunteers Overseas** ♦ *Transforming Lives Through Education*



## News & Events

LETTER FROM THE EXECUTIVE DIRECTOR



*"I alone cannot change the world, but  
I can cast a stone across the water to  
create many ripples."*

*-Mother Teresa*

Dear Friends,

This year, we are celebrating 30 years of the many ripples that have been generated through HVO's work around the globe. From an idea that grew from Orthopaedics Overseas to include, at present, eighteen different specialty areas, there is certainly much to be thankful for.

However, as we all know too well, health care is constantly evolving, as new diseases emerge, new techniques become available, and our knowledge and skills expand to address the changed circumstances. Similarly, HVO's programs will continue to evolve. We will continue to explore new technologies to provide training and education and reach a greater number of health care providers.

As this issue of *The Volunteer Connection* goes to print, we will be finalizing the plans for HVO's 30th Anniversary Symposium, a gathering of volunteers, sponsors, partners, donors, and friends, to discuss HVO's work and plan for the future. We are very proud of the work HVO has done but we must look forward and be prepared for what lies ahead. In the words of Mark Twain:

*Twenty years from now you will be more disappointed by  
the things you didn't do than by the things you did do, so  
throw off the bowlines, sail away from safe harbor, catch  
the trade winds in your sails. Explore. Dream. Discover.*

I look forward to hearing bold ideas and dreams for the future of global health and HVO's role in bringing that to fruition! If you will not be able to attend the symposium, please consider a gift to HVO's Grow 30 More Fund, which is dedicated to continuing HVO's future work to improve global health care. Thank you for all that you do to generate ripples of global impact!

Best Wishes,

*Nancy*

Nancy A. Kelly, MHS  
Executive Director

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## Active Project Sites

CURRENT VOLUNTEER OPPORTUNITIES



Photo courtesy of Kathryn Clark

### Anesthesia

Bhutan .....	4 weeks
Cambodia .....	2 - 4 weeks
Ghana .....	4 weeks
Laos .....	2 - 4 weeks
Malawi .....	2 - 4 weeks
Rwanda .....	2 - 4 weeks
Vietnam .....	2 - 4 weeks

### Dermatology

Cambodia .....	2 - 3 weeks
Costa Rica .....	1 - 3 weeks
Nepal .....	1 - 4 weeks
Uganda .....	3 - 4 weeks
Vietnam .....	2 - 4 weeks

### Hand Surgery

Honduras .....	1 week
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### Hand Surgery/Hand Therapy

Ghana .....	2 - 4 weeks
Honduras .....	1 week
Nicaragua .....	1 week

### Hematology

Cambodia .....	2 - 4 weeks
Peru .....	2 - 4 weeks
Tanzania .....	1 - 4 weeks
Uganda .....	2 - 4 weeks

### Internal Medicine

Bhutan .....	4 weeks
Cambodia .....	2 - 4 weeks
Costa Rica .....	2 weeks
Guyana .....	2 - 4 weeks
India .....	2 - 4 weeks
Nepal .....	3 - 4 weeks
Uganda .....	4 weeks

### Nursing Education

Cambodia .....	2 - 4 weeks
Tanzania .....	3 - 4 weeks
Uganda .....	2 - 4 weeks
Vietnam .....	2 - 4 weeks

### Oncology

Bhutan .....	4 weeks
Honduras .....	1 - 2 weeks
Nepal (gyn-onc) .....	1 - 2 weeks
Nepal (med-onc) .....	2 - 3 weeks
Vietnam .....	2 weeks

### Oral Health

Cambodia .....	2 weeks
Haiti .....	1 week
Laos .....	1 - 2 weeks
Nepal .....	2 weeks
Nicaragua .....	1 - 2 weeks
Tanzania .....	2 weeks

### Orthopaedics

Bhutan .....	4 weeks
Bolivia .....	2 weeks
China .....	2 - 4 weeks
Costa Rica .....	1 week
Ghana .....	2 - 4 weeks
Malawi .....	2 - 4 weeks
Myanmar .....	3 - 4 weeks
Nicaragua .....	1 - 2 weeks
Philippines .....	2 - 4 weeks
St. Lucia .....	1 - 4 weeks
Tanzania .....	2 - 4 weeks
Uganda .....	2 - 4 weeks

### Pediatrics

Bhutan .....	4 weeks
Cambodia .....	4 weeks
Indonesia .....	6 weeks
Laos .....	4 weeks
Nicaragua .....	2 - 4 weeks
St. Lucia .....	2 - 4 weeks
Uganda .....	4 weeks

### Physical Therapy

Bhutan .....	4 months
India .....	2 - 4 weeks
Malawi .....	4 - 6 weeks
St. Lucia .....	1 - 4 weeks
Vietnam .....	2 - 4 weeks

### Special Projects

#### Bhutan

Emergency Medicine ....	4 weeks
Mental Health .....	3 months
Residency Training .....	3 months
<i>(Anesthesia, General Medicine, General Surgery, Ophthalmology, &amp; Pediatrics)</i>	

#### Uganda

Pharmacy .....	3 - 4 weeks
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### Wound Management

Cambodia .....	1 - 2 weeks
Haiti .....	2 weeks
India .....	2 - 4 weeks

**Please Note:** New projects are added regularly and volunteer assignments are made on a rolling basis. For the most up-to-date information on volunteer sites and scheduling, contact the HVO Program Department: [info@hvousa.org](mailto:info@hvousa.org) or (202) 296-0928. Visit the website [www.hvousa.org](http://www.hvousa.org).



## News & Events

HVO MEMBERS IN THE NEWS

### Passing of HVO Members

Last year, HVO lost two long-time members who made significant contributions to our work abroad.

**Paul Muchnic, MD**, an orthopaedic surgeon, joined Orthopaedics Overseas (OO) in 1985, and the following year OO became the first division of HVO. Dr. Muchnic volunteered his skills in Peru and over numerous trips to Cambodia. He also shared his commitment to global health care through his participation as an OO Board member.

**Harry M. Zutz, MD**, an anesthesiologist, joined HVO in March 1987, just a few months after HVO opened its doors. He volunteered his skills in Nepal and on multiple visits to Africa, serving in Ethiopia, Liberia, Uganda, and Tanzania. He served as Anesthesia Project Director for Tanzania from 1997-2006 and was honored with HVO's Golden Apple Award in 2006.

The contributions of both these physicians were many and their wisdom will be missed. Their commitment to global health care lives on, however, as both were members of HVO's Legacy Circle and their spirit and support carries on in HVO's work.

### Harvey Weinberg, MD, FAAD Honored by AAD

Harvey Weinberg, MD, FAAD was recently honored with the Members Making a Difference Award at the American Academy of Dermatology annual conference. This is the highest honor that a member can receive in the Academy's Volunteer Recognition Program. Dr. Weinberg was honored for his volunteer work in Hue, Vietnam and the subsequent dermatopathology tutorial that he helped to arrange for a young dermatologist on the faculty in Hue.

While Dr. Weinberg was serving as an HVO volunteer, he saw the lack of dermatopathology skills, which can severely hamper diagnostic

capabilities. He returned home and approached his colleagues at Columbia University who eagerly agreed to help put together an individualized tutorial for a promising, young physician. The physician was accepted for HVO's Wyss Scholarship for Future Leaders in Global Health and Dr. Weinberg and his wife graciously hosted the woman in their home for six weeks while she received her training.

In honoring Dr. Weinberg with this award, AAD noted that the dermatopathology tutorial contributed to "much needed knowledge being transferred back to clinicians in Vietnam, and improved patient care."

Congratulations to Dr. Weinberg for having such an impact!

### David A. Spiegel, MD Honored with AAOS 2017 Humanitarian Award

The American Academy of Orthopaedic Surgeons honored David A. Spiegel, MD, with their 2017 Humanitarian Award. The award "recognizes living fellows, international and emeritus members of the Academy who have distinguished themselves through outstanding musculoskeletal-related humanitarian activities in the United States or abroad."

Dr. Spiegel is a pediatric orthopaedic surgeon at Children's Hospital of Philadelphia and an associate professor of orthopaedic surgery at the University of Pennsylvania's Perelman School of Medicine. His service abroad has taken him to Somalia, China, Iran, Mongolia, India, Pakistan, and Basra, Iraq.

As a member of HVO since 1997, Dr. Spiegel has volunteered his skills and services in so many ways – as a volunteer in Tanzania and Nepal (for which he also served as project director) and where he introduced the Ponseti method for treatment of clubfoot, as a committee and Board member of Orthopaedics Overseas, and as a speaker at many meetings on volunteer service. His HVO work was honored with the President's



## News & Events

NEW HVO SPONSORS & WHO GUIDELINES

Call to Service Award in 2006 and with HVO's Golden Apple Award in 2009.

HVO congratulates Dr. Spiegel on this recognition of his commitment and service!

### HVO Welcomes New Sponsors

HVO is pleased to welcome two new sponsors – Society of Surgical Oncology and Oncology Nursing Society. Cancer is a leading cause of morbidity and mortality worldwide, with more than half of all cancer cases and nearly two-thirds of all cancer-related deaths occurring in low and middle-income countries. The World Health Organization has predicted the number of new cases worldwide to rise by 70% over the next two decades.

The Society of Surgical Oncology is the premier organization for surgeons and health care providers dedicated to advancing and promoting the science and treatment of cancer. With a mission of “improving multidisciplinary patient care by advancing the science, education, and practice of cancer surgery worldwide,” the Society focuses on all solid-tumor disease sites.

The Oncology Nursing Society is “a professional association of more than 39,000 members committed to promoting excellence in oncology nursing and the transformation of cancer care.” ONS provides a professional community for oncology nurses, develops evidence-based education programs and treatment information, and advocates for patient care, all in an effort to improve quality of life and outcomes for cancer patients and their families.

HVO's oncology programs are dedicated to reducing the burden of cancer in resource-scarce countries by strengthening the capacity of the local cancer care workforce. HVO is very grateful to have support from the Society of Surgical Oncology and Oncology Nursing Society, along with our other oncology sponsors: American Society of Clinical Oncology, the Society of Gynecologic Oncology, and the American Society of Hematology. Working together with these dynamic organizations, we can reduce the

global burden of cancer and improve disease outcomes for cancer patients in resource-scarce countries.

### WHO Issues Global Guidelines to Prevent Surgical Site Infection

In November 2016, the WHO released global guidelines to prevent surgical site infections. They include 29 concrete recommendations which have been drawn from twenty of the world's leading experts, and based on twenty-six reviews of the latest evidence. These are the first such guidelines, which are “designed to address the increasing burden of health care-associated infections on both patients and health care systems globally.”

The recommendations are available at: [www.who.int/gpsc/ssi-guidelines/](http://www.who.int/gpsc/ssi-guidelines/) and have also been published in *The Lancet Infectious Diseases*.



Photo courtesy of Don Lalonde



## Reflections from the Field

VOLUNTEERS REPORT ON THEIR ASSIGNMENTS

### *Brian Wilkinson, DPT, CHT · Hand Therapy · Ghana*

On a professional level, I now have a network of colleagues in another continent who I can contact with conditions rare here in the US, but those that are more common in their area. They have become a resource of sorts to me.

On a personal level, I have received a broader perspective on how fortunate we are to live and work in the US, and I have a profound appreciation for the resources and equipment we have available to us in our routine practice of hand therapy.

Seeing and hearing the appreciation of the local PTs at the end of our visit was most remarkable. They seemed genuinely grateful that we took time and were willing to fly halfway across the globe to invest in their practice. That was a wonderful moment during my visit!

### *Mark Galan, MD · Pathology - Oncology · Vietnam*

The experience was wonderful. This was my first trip with HVO, and I would love to do another. I really enjoyed interacting with the doctors, who were very skilled but had to work under conditions that American doctors do not--in particular, they had to navigate difficult issues of money, facilities, equipment, and staffing. I very much valued seeing how they work. In particular, it was fascinating to see how quickly they had to work. Patients' families often traveled great distances for treatment, and everything had to be done fast. It really made me appreciate the luxury of time that I have here in America, and it made me respect the doctors in Vietnam who have to do what I do in a tremendously accelerated time frame, with fewer resources.

Another thing I absolutely loved was meeting and working with the other volunteers. They were amazing; I learned a great deal from them, and the trip would have been worth it just to work with them.

### *Sarah Zangle, MSN, RN · Nurse Anesthesia · Cambodia*

The staff is extremely interested in learning. In addition, they like teaching; each teaches in his own way. My favorite moment of the trip was when one of the anesthesiologists, Peng An, joined in and began to help me teach the student, Kae Lee, about muscle relaxants. The whiteboard/glass area became a wonderful mix of diagrams. The two of us, instructing together, created a better picture for him than either one of us could have done on our own. It was a very cool experience.



Photo courtesy of Sarah Zangle

### *Alexia Knapp, MD, MS · Dermatology · Uganda*

On a previous assignment I made the acquaintance of a member of the pathology department at MUST and facilitated a linkage between the pathology and dermatology departments involving a dermatology resident (since graduated) and a pathology resident interested in dermatology. They met weekly/every other week to discuss cases until the dermatology resident finished her program (this pathology staff member has also left MUST). This year I attempted to re-establish this connection by meeting with the pathology residents 4 times over the 2 week assignment to review the dermatopathology slide set to increase their interest in this topic. I also encouraged the pathology resident interested in dermatology to spend time in the dermatology clinic, which the dermatology faculty seemed to welcome.

## Reflections from the Field

VOLUNTEERS REPORT ON THEIR ASSIGNMENTS

### *Paul Holman, MD · Spinal team · Uganda*

It is true that participating in this type of work brings out the best in both parties. We are doing important things for the children and adults that seek our medical expertise, but I believe the greater value lies in what we continue to learn from each other as people living in very different circumstances. In Uganda, when a patient is in need of medical treatment, his or her family assumes an incredible ownership of the process. We travel through the wards and see entire families clinging to their loved ones, sleeping on the floor, providing “nursing care”, and scraping together whatever they have financially to pay for tests and medicine. It is also quite apparent to anyone that comes here that the people are quite happy, embracing their culture, working for a better life and opportunities for family but seemingly without sacrificing their respect for one another.

### *Anne Harris, MSPT · Physical Therapy · Malawi*

I appreciated the opportunity to learn more about a health care and educational system that is so different from what I’m used to. The Head of Department commented that there is a lot of value in a volunteer coming back for more than one volunteer stint because the second (and additional) times they come they are usually more efficient and effective than the first.

I don’t normally teach lecturers, other than the occasional in-service or practical session, so this experience helped me to develop my teaching skills and I prepared a lot of presentations that hopefully the College will continue to use in the future.

The people in Malawi are, on the whole, very warm, open-hearted, and kind and it was a real pleasure to interact with so many staff and students.

### *Theresa Northern, DO · Anesthesia · Ghana*

Absolutely I would recommend this experience, even with any of its potential shortcomings. This experience challenged me both medically and on a fundamental level of leadership and how to influence change. It certainly grounded me and has made me a better doctor, anesthesiologist and person.

So many memories of Ghana, it’s hard to pick one crystallizing moment. I’ve never felt safer in a developing country; walking to and from work allowed me time to reflect on my experience. Uniquely, during the month that I was in Ghana, the doctors were on strike for three of those weeks. The hospital was not very busy, but in some ways this allowed me to get to know people better and if there was anything going on, I was there. While the Anesthesia administration did not have a lot of requirements of me regarding didactic lectures, the most rewarding teaching I did was to those students who sought out my help. I’ll never forget coding a patient in the ICU with the other residents and realizing there was no working defibrillator in the hospital. I’ll also never forget a case of pediatric typhoid ileal perforation. It was truly a moment when it was obvious that surgery saved this child’s life.

I would advise other volunteers to go in with basic, realistic expectations. We all got here because we want to make a difference and we dream big, but sometimes you count your wins on a different level. In some way I’d tried to prepare myself for this idea, but it doesn’t really hit you until you are living it. You will be out of your comfort zone for most of the time. That’s in part what makes the experience so challenging and yet also rewarding.



## News & Events

HVO LOOKS TO THE FUTURE

### HVO Looks to the Future

*continued from page 1*

He trained at Makerere University in the M.Med. orthopaedic residency program, earned a PhD in the Netherlands, and returned to Kampala in 2011.

He first learned of HVO when he was in postgraduate training and was impacted by the HVO volunteers' critical thinking and inquisitive approach in workshops, prompting him to pursue his PhD. Now, as head of the Orthopaedics Department at Makerere's Mulago Hospital, Dr.



*Ms. Kelly and Dr. Kajja at the AAOS 2016 Annual Meeting*

Kajja is working with HVO to provide those same benefits to the new classes of students. Knowing the benefit of working with HVO volunteers from his own education, Dr.

Kajja believes the HVO project will continue to improve the essential practice of orthopaedics in Uganda.

Bhutan requested assistance with physical therapy 20 years ago. In such a mountainous country, people with disabilities often had little choice but to remain confined at home, with little chance for schooling, work, or even socializing. HVO volunteers have served for extended periods of time in the country, providing training for therapists and physical therapy technicians. Thanks to that training, there are now 69 trained therapists and technicians and every district in the country has a physical therapy department! Previously, any sort of trauma or disability required a long, arduous journey to the capital, which meant significant expenses and time away from home and work. Now patients can be assessed at the district level and treatment can

start earlier. This is particularly important for children born with disabilities, so families can learn about care and treatment. We are also now providing wheelchair training with chairs that are extremely durable and appropriate for the difficult terrain, which gives access to mobility for those who struggled with that constraint.

Belize is another wonderful example where training has had such a remarkable impact. In a country of 350,000 people with four regional and one referral hospital, there were no educational programs to train nurse anesthetists. Since 2000, HVO has trained two cohorts. One graduate from the first group is now on faculty at the University of Belize, helping to train future nurse anesthetists. The program through the university awards a post baccalaureate degree which allows the nurses to take the certification exam to be licensed as Certified Registered Nurses.

#### **How do you envision HVO in the next 30 years?**

I think our fundamental values and culture will remain the same – we are a volunteer-driven organization which attracts an amazing group of educators and clinicians willing to give generously of their time, knowledge and skills. Our staff provides the support and occasional guidance needed to facilitate the volunteer experience and to assure that we meet the needs of our partners overseas.

What will change will be how we deliver our educational programming. We will never stop sending volunteers, but we will look for other tools to augment our program delivery. We will also find that requests change over time. I would never have imagined 25 years ago that we would receive a request from Cambodia for diabetes training!

The world is changing and we see that in the health care sector -- the rise of NCDs (non-communicable diseases) and trauma and the decline of diseases such as polio. We need to



## News & Events

HVO LOOKS TO THE FUTURE

be able to adapt so that we can meet our sites' changing needs.

### What do you see as significant challenges in the coming years?

Thirty years ago volunteers, even highly skilled professionals, were not held in high regard. I remember being at conferences where the contributions of volunteers were dismissed as nice but not really significant. I think that has changed – especially in the last 5 to 10 years. Now many corporations see volunteerism as a way to promote employee engagement and satisfaction. Students in college and graduate schools eagerly seek out volunteer experiences, especially overseas.

I think our challenge as an organization is to remain on the cutting edge – making sure that our projects meet the needs of the institutions where we work, that we attract the most qualified health care professionals to serve, and that we give them the orientation and support they need to be effective.

### With the growing awareness of global diseases (Ebola, Zika, etc.) and the media hype about future epidemics, how do you see that impacting volunteer interest and the actual volunteer experience?

I do worry about this – in terms of outbreaks such as Ebola and Zika....but also in terms of security. I am a person who believes that bad things can happen to you anywhere....there is no totally safe place in this world. But we all have our own ways to assess risk and comfort level. For many people, the current global climate is



Photo courtesy of Cary Bjork

concerning and, for some, that creates a barrier to participation. So, while people may be interested, they may be afraid to make a commitment.

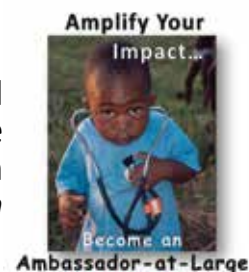
### How do you foresee technology affecting the volunteer experience in the future?

In addition to looking at e-learning opportunities, I see significant opportunities for us to streamline our processes internally – we moved our orientation materials to the cloud and we revamped the HVO KnowNET as part of an effort to make it more user-friendly. When I think of the background reading we used to provide, compared to what is now available, it is amazing how much more we currently have! Of course, the challenge is for the volunteers to find the time to read and assimilate the material....so we are trying to make the organization and presentation of the materials as straightforward as possible.

*There is much to anticipate in the years ahead and HVO looks forward to continuing its role in improving global health!*

## BECOME AN AMBASSADOR-AT-LARGE

A recurring gift will amplify your impact, saving HVO both time and money. More of your tax-deductible dues and donations can be directed to what you really care about – projects that transform lives through education. *Please see the recurring gift section on the membership application or donor envelope to join!*



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*...to the following donors for their generous financial support:*

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*The following individuals contributed to HVO as part of our Do More 24 campaign - a day of fundraising, designed to raise funds for nonprofits in the DC-metro area.*

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**This year, Do More 24 will be held on Thursday, June 8th.**



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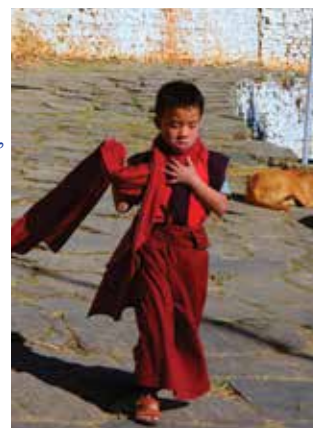


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HVO 30th ANNIVERSARY SYMPOSIUM

### Bringing Colleagues Together: Join Us in Washington, DC

The HVO 30th Anniversary Symposium will bring together HVO leadership, partners, volunteers, and members to celebrate HVO's anniversary and discuss how to expand our impact and grow our global reach.

**Where:** Milken Institute School of Public Health, George Washington University, Washington, DC

**When:** Friday, April 28, 2017

**Registration:** The cost for HVO members is just \$100, and we offer a reduced rate for those-in-training. If you are not yet a member of HVO, your \$200 registration fee includes a 1-year membership to HVO. Visit [www.hvousing.org/symposium](http://www.hvousing.org/symposium) to register.

This one-day symposium will include panel discussions and presentations about the work of past HVO volunteers and the successes of our project sites and overseas partners. Presenters will delve into global health trends, assess new challenges, and explore new methods to grow HVO's global community as we launch the organization into the next 30 years of teaching, training and professional collaboration with renewed energy, commitment and a sense of togetherness.



*We look forward to welcoming you to DC and celebrating our global health community together! Visit [www.hvousing.org/symposium](http://www.hvousing.org/symposium) to register.*

### Can't make it to Washington, DC?

Throughout the day of the symposium, HVO will share updates on our Facebook and Twitter pages. In addition, we plan to produce a summary document of the sessions, as well as a few short videos to show highlights of the day. We will make these available in the weeks following the event.

We also hope you will consider a gift to the HVO Grow 30 More Fund - an anniversary fund dedicated to continuing HVO's work to improve global health in the years to come.

*Visit [www.hvousing.org/grow30more](http://www.hvousing.org/grow30more) to make your gift today.*



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*The Volunteer Connection*, HVO's biannual newsletter, is available by mail or electronically for those who prefer. Subscriptions are free to HVO members and donors. Previous issues are available on the HVO website under "HVO News." The newsletter is produced by the communications staff at HVO.

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