



# 2025 ANNUAL REPORT

*Integrative health care for all*



Sene kawa klolo · BriBri · Talamanca

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# LETTER FROM OUR FOUNDER



At Salud Para Todos Caribe, we continue to hold a simple but powerful belief: integrative, holistic healthcare should be accessible to everyone. Care that supports the whole person—body, mind, and spirit—is essential to individual and collective wellbeing.

Our work remains rooted in expanding access to preventive and comprehensive health services across Talamanca, Costa Rica, while honoring the cultural knowledge and healing traditions that have long sustained this region. We aim to build bridges between different ways of knowing and caring, always centering dignity, respect, and community leadership.

I am deeply thankful for the extraordinary network of medical and non-medical volunteers whose time, skill, and heart make this work possible. Your commitment, alongside the generosity of our donors and partners, allows us to continue offering meaningful care to those who need it most. I am also continually inspired by our patients and community members, whose strength, openness, and dedication to their families and wellbeing guide and ground our mission every day.

This past year marked an important step forward with the completion and opening of our new community health center. This space represents more than a building—it reflects a shared vision of deeper access, stronger collaboration, and a healthier future for all. It is a milestone made possible by collective effort and belief in what is possible when community leads the way.

Thank you for being part of this journey.

In Health,  
Rachel Fiske, Founder and Executive Director

*“A healthy community is a just community.”*



# ABOUT US



**Our Mission:** Salud Para Todos Caribe expands access to integrative healthcare in Talamanca, Costa Rica, by combining traditional and modern therapies to promote healing for body, mind, and spirit. We engage individuals and groups in culturally grounded learning and service to advance health equity locally and globally.



**Our Vision:** A world where health equity is achieved by enhancing access to preventive and integrative wellness modalities often unavailable in the public healthcare system, and promoting community wellbeing through the sharing of local traditional healing and dietary practices.



**Our Values:** Cultural connection, respect, local leadership, partnerships and traditions, healthcare as a human right, service and volunteerism.



# WHY WE DO THE WORK WE DO



No other organizations exist in Talamanca that focus specifically on offering preventive and integrative healthcare services + educational opportunities.



Many residents go without essential services: mental healthcare, physical therapy, chronic pain management, and nutrition education for chronic disease prevention and treatment.



Many face inadequate access to clean drinking water, education and employment; in turn leading to disproportionate poverty, chronic diseases, and poor maternal and child health.



Healthcare is notoriously underfunded in the Limon province, and services more widely available in other parts of the country are not available or accessible here.

## WHAT OUR CLIENTS SAY



*As someone without insurance, I never imagined I could receive this kind of care. The volunteers and practitioners treated me with dignity and empathy, and I felt seen as a whole person, not just a patient.*

-José, Hone Creek



*The herbal medicines and supplements they provided helped me when I could not afford pharmacy medications. Salud Para Todos Caribe has been a blessing for our family during very difficult times.*

-Ana, Bribri

## WHAT OUR CLIENTS SAY



*I came to one of the community wellness workshops feeling exhausted and overwhelmed. I left feeling hopeful, supported, and connected to other women going through similar struggles.*

*-Karla, Puerto Viejo*



*What makes this organization different is that they truly care about the community long term. They don't just come once and disappear. They continue showing up for people over and over again.*

*-David, Cahuita*

# MARIA'S STORY

"Before coming to Salud Para Todos Caribe, I had been living with pain in my wrist and arm for many years after a bad fall I had about 8 years ago. Because I do house cleaning work, the pain made everyday life very difficult. Some days I could barely use my hand well, but since I do not have health insurance here in Costa Rica, I mostly just tried to live with it and wait until I could travel back to Nicaragua for medical care. I felt very alone and worried because my work is how I support myself and my family.

At Salud Para Todos Caribe, I was finally able to receive physical therapy and chiropractic care that truly helped me. Little by little, I began to feel relief from pain that I had carried for years. But more than that, what touched me most was the way they treat people. Every time I arrive, they greet me with a hug and a smile. They listen to me with patience and kindness. It is the most human and compassionate medical care I have ever received in my life.

I thank God for the work they are doing in this community. For many people like me who do not have money or insurance, this place has been a blessing. They help people with dignity, love, and respect, and that means so much."



# FINANCIAL SNAPSHOT

January 1 - December 31, 2025

**\$25,000**

TOTAL REVENUE

**\$24,650**

TOTAL EXPENSES

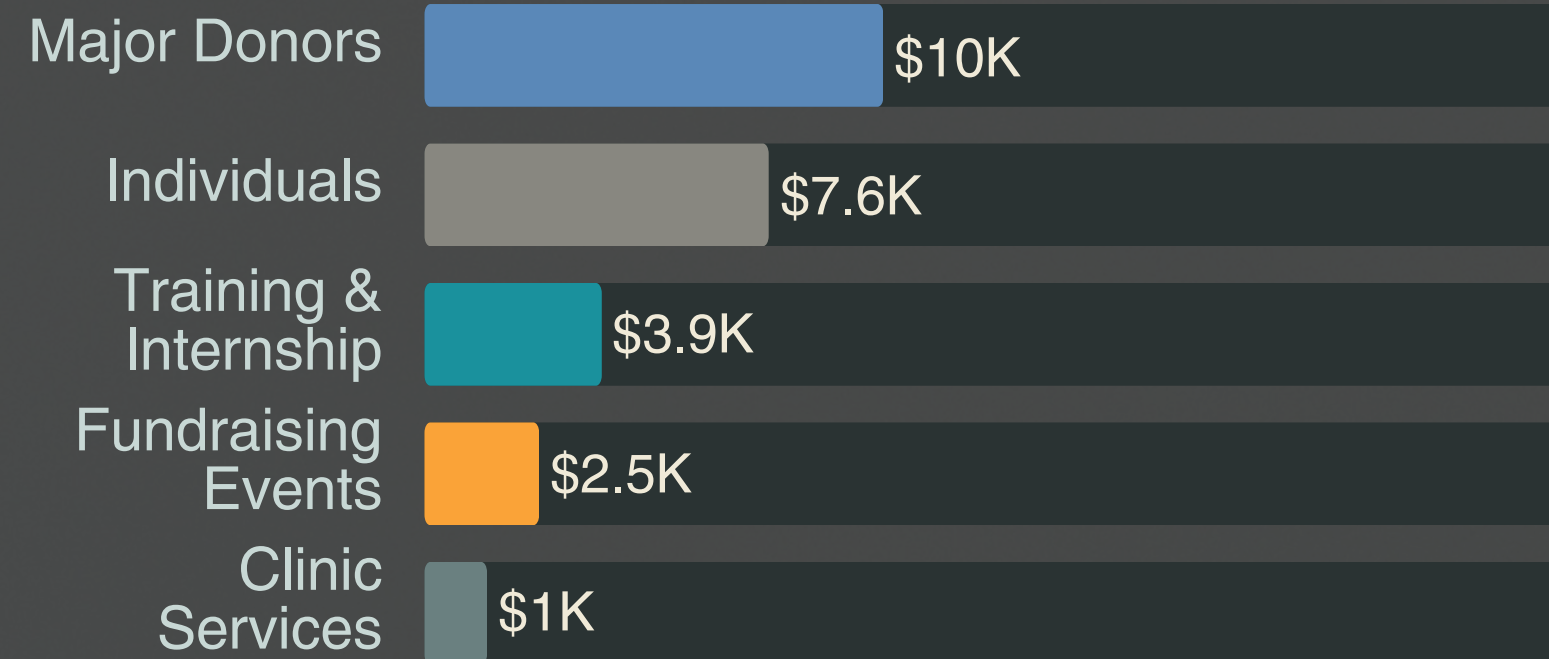
**+\$350**

NET SURPLUS

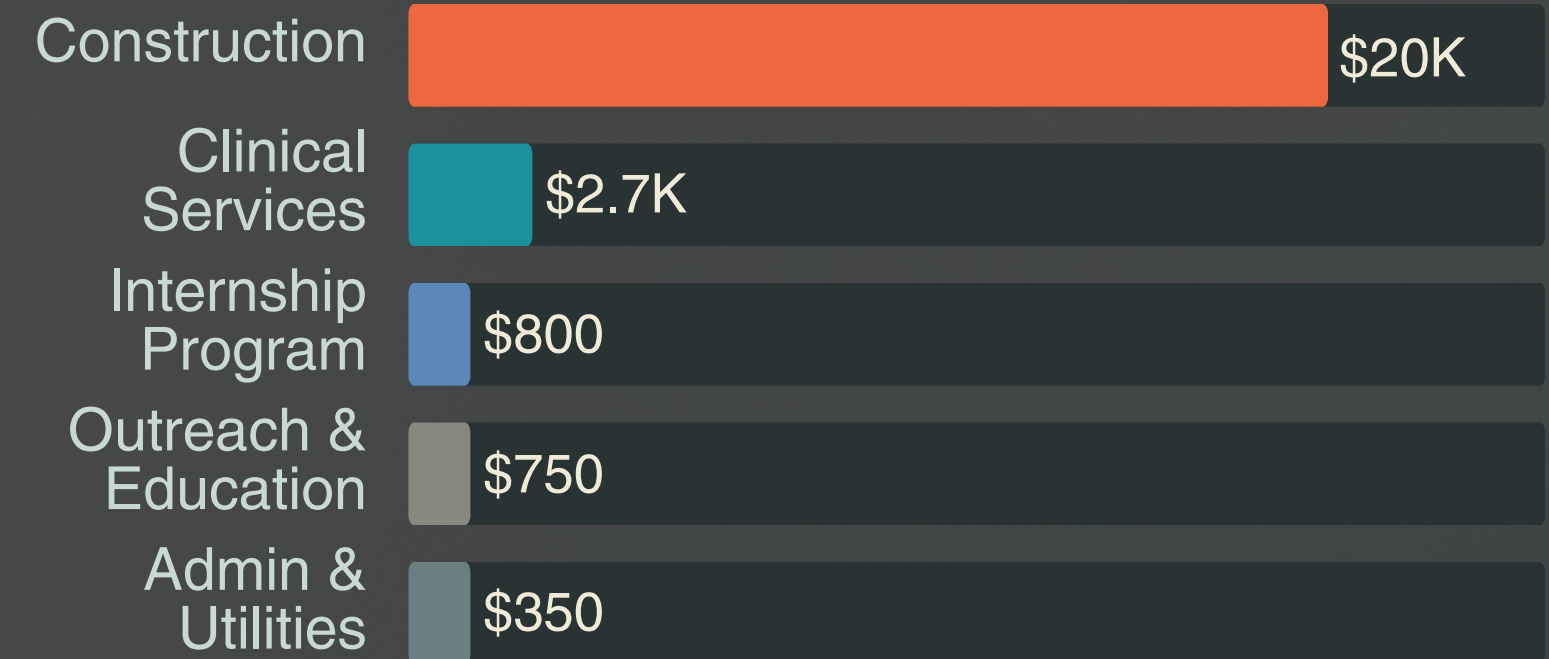
**\$27,000**

IN-KIND VALUE

## REVENUE BY SOURCE



## EXPENSES BY PROGRAM



**In-Kind:** ~\$27,000 in professional healthcare services provided by licensed volunteer providers

# 2025: THE BIG PICTURE

*What We've Accomplished To-Date*

**780+**

One-on-One Sessions

**72**

Educational Workshops

**40+**

Volunteers

Partnered with UPeace for global health study abroad programs

Became a legal 501(c)(3) in the United States

Launched monthly mobile clinics to Indigenous BriBri territory

Launched medicinal sponsorship program for integrative pharmacy

# KEY MILESTONES

*Building Foundations for Lasting Impact*

## **Community Needs Assessment**

Completed a comprehensive assessment to better understand the health needs and challenges of Costa Rica's Talamancan populations.

## **501(c)(3) Status & Board**

Became a legal 501(c)(3) in the United States and welcomed board members including women's health advocate Heather McCloud, professional organizer Mary Coffman, global health professional John Michael McCaskill, Latina health advocate Karina Ortiz-Suarez, and medical student Melissa Velasco. Welcomed midwife Dr. Rebecca Tureky onto the Costa Rican board.

## **Mobile Clinics**

Began monthly mobile clinics to Alta Talamanca Indigenous BriBri territory, offering services and continuity of care to geographically isolated populations.

## **UPeace Partnership**

Partnered with UPeace to host public and global health study abroad groups, expanding educational reach internationally.

## **First Graduate Intern**

Received our first global health master's student intern from the National University of Natural Medicine in Portland, Oregon.

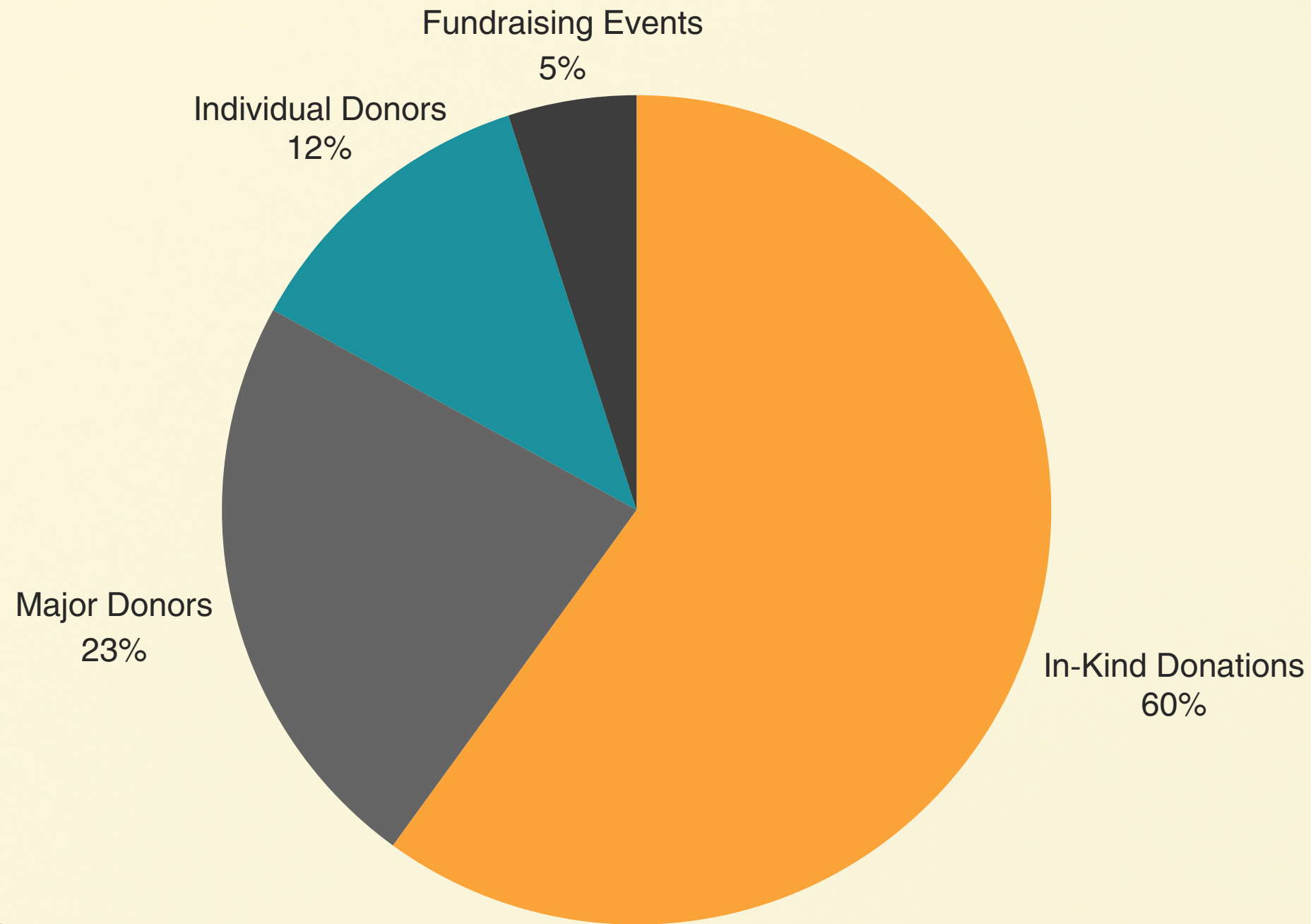
## **Medicinal Sponsorship**

Launched our medicinal sponsorship program, receiving monthly donations of herbs, nutritional supplements and medications to grow our integrative pharmacy.



# YOUR IMPACT

Your contributions have been essential in sustaining our integrative healthcare services and advancing future initiatives.



**780+**

Individual consultations completed



**72**

Individual consultations completed



**1,000+**

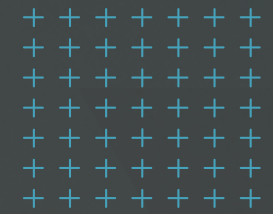
Hours volunteered by licensed providers



**\$27,000**

In-kind professional healthcare services

# WHAT'S NEXT IN 2026?



As we move into 2026, we are excited to continue growing Salud Para Todos Caribe's impact as a community-rooted integrative health and global health education organization. With construction of our community health center now complete, our focus is shifting toward expanding access to consistent, high-quality care and strengthening the sustainability of our programs.

In 2026, we plan to expand our weekly clinical offerings by increasing access to one-on-one integrative health consultations, group wellness programming, and community education opportunities. We also aim to host quarterly Global Health Service-Learning experiences that bring together students and healthcare professionals from around the world to learn about integrative medicine, health equity, social justice, and the structural causes of global health disparities – helping cultivate more compassionate, community-centered healthcare practitioners and advocates.

Additionally, we hope to hire a Medical Director who can help us expand the depth and continuity of care available to patients through increased clinical oversight, coordination of services, mentorship of volunteers and interns, and development of more comprehensive community health programming. We also plan to deepen our partnerships with local herbalists, farmers, and medicine makers in order to grow our medicinal sponsorship program and expand our natural pharmacy, increasing access to herbal medicines, supplements, and low-cost wellness resources for underserved community members.



# VOLUNTEER HIGHLIGHTS

## Dr. Rebecca Turecky

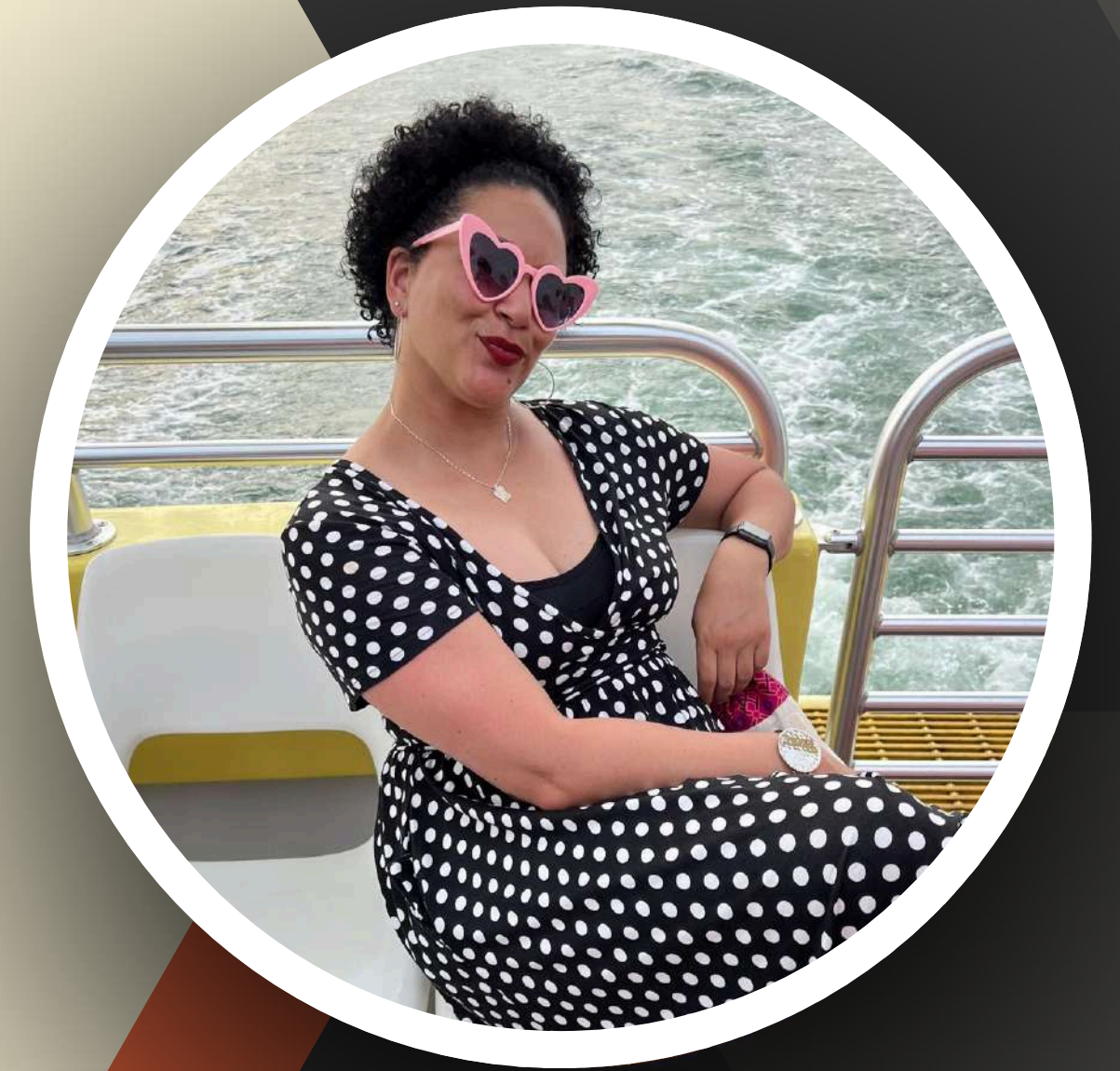
Rebecca Turecky joined our Costa Rican board of directors this year, and is a Costa Rican/U.S. nurse-midwife and women's health practitioner with more than 35 years of experience in midwifery and holistic maternal care. She holds degrees and certifications in women's studies, nursing, naturopathic medicine, and nurse-midwifery from institutions in both the United States and Costa Rica, and is licensed in both countries. Based in Turrialba, Costa Rica, she has attended over 1,000 natural births and is one of the country's few independent home birth midwives. In 2000, she co-founded the Mamasol Association, a nonprofit dedicated to the humanization of childbirth, birth rights advocacy, doula training, and promoting holistic, feminist approaches to maternal healthcare in Costa Rica.



# VOLUNTEER HIGHLIGHTS

## Heather McCleod

Heather McLeod joined our team as a massage therapist, and lives on the southern Caribbean coast of Costa Rica. As a Licensed Massage Therapist and founder of Bumblebee Birth & Bodywork, she leads a collective of integrative practitioners who emphasize resilience, somatic rediscovery, and trauma-informed care. Heather helps clients reconnect with their bodies and honor their healing journeys, balancing practice and training with a focus on collaboration, autonomy, and client-centered care. She grounds her approach in embodied healing, informed choice, and pathways to equitable health for all. Heather shows up for our clients consistently and with the biggest heart you'll ever find, and we are so grateful to have her!





*For more information on how you can help or to get involved,  
please contact us at:*



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*Equity is the only acceptable goal. -Paul Farmer*

