



Annual Report

Salud Para Todos Caribe

2024



www.saludparatodoscaribe.org

LETTER FROM OUR FOUNDER

What Everyone Deserves

We all deserve access to healthcare. At Salud Para Todos Caribe, we believe that integrative healthcare is a human right.

That's why we are passionately committed to our mission to broaden access to preventive and holistic healthcare to populations in Talamanca, Costa Rica. This care includes supporting our community member's bodies, minds, and spirits.

I am deeply grateful for our incredible team of medical and non-medical volunteers whose tireless work makes Salud Para Todos Caribe possible. Your compassion and dedication, along with the generous support of our donors, ensure that we continue to offer essential integrative healthcare services to those in need, and honor long-standing traditional medicine and cultural traditions of the Talamanca region. I am equally inspired by our clients, whose commitment to their health, families, and education, combined with their humility, motivates us every day.

I also extend a special thank you to the Amistar Foundation for their generous contribution, which is enabling us to break ground on our community health center construction in March 2025. This milestone represents a shared vision for a healthier, more empowered equitable community and future. Thank you for being an integral part of our journey.

In Health,
Rachel Fiske, Founder and Executive Director



ABOUT US



Our Mission:

To provide access to integrative healthcare in Talamanca. We combine traditional and modern therapies to promote social justice, community connection, and healing for body, mind, and spirit.



Our Vision:

Our vision is an equitable healthcare system where all people have access to preventive and integrative wellness modalities often unavailable in the public healthcare system. We envision 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..

2024: THE BIG PICTURE: What We've Accomplished

- ❑ During 10 consult days and health fairs, we provided over 540 one on one sessions, including physical therapy, mental health services, acupuncture, massage, chiropractic, general preventive medicine, speech therapy, nutrition and naturopathy.
- ❑ Organized 26 educational workshops on women's health, mind-body medicine (meditation, breathwork & movement), first aid, healthy cooking, nonviolent communication, and more
- ❑ Held weekly movement classes
- ❑ Provided services to nine community members with one-on-one mental health services
- ❑ Worked with the University of Costa Rica's nursing department to offer a free health fair in Puerto Viejo

- ❑ Collaborated with the Ministry of Health's community assessment workshop series to better understand the health needs and challenges of Costa Rica's migrant communities
- ❑ Brought new board members on to include Dr. Graciela Vargas, David Umana, and Oel DeCampos, all of whom bring a wealth of knowledge about public health needs and approaches, mental health disparities, and Afro-descendant history and culture to our team.
- ❑ Worked with a team of 40+ healthcare and non-healthcare volunteers who regularly provided services to our community



WHAT OUR CLIENTS SAY

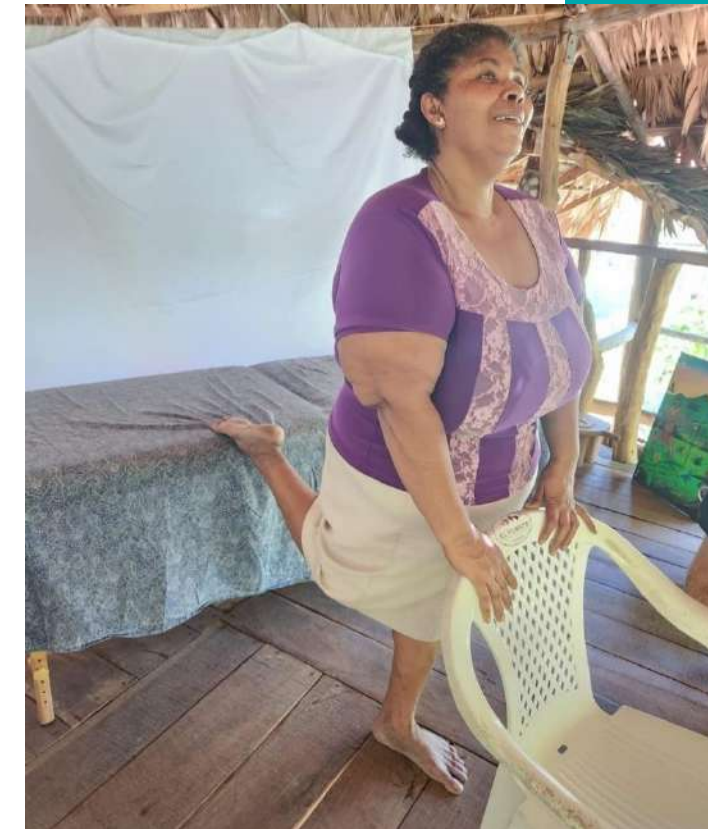
“I walk without pain on some days for the first time in 10 years. Thank you.” -**Juanita**

“Your mental health services are what has helped lift me out of depression.” ~**Fabiola**

“I’ve seen all of your specialists, and I feel so much better. I thank God for your work.”
~**Olga**

“We’ve never had access to this type of care before. It’s the first time, and I’m so grateful.” ~**Enos**

“I’ve waited entire days with my one month old in the CAJA (public clinic) and left without being seen. At your events, we are treated with humility and empathy. We need more of that kind of care.” ~**Anita**



Don Ruben's Story



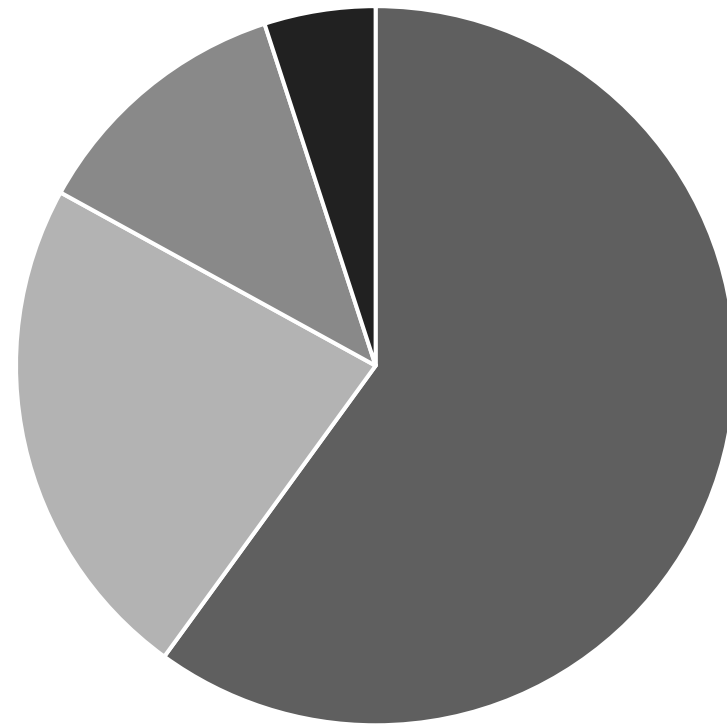
Don Ruben's mother is Afro-descendant and his father was BriBri. He has lived in the mountains of Talamanca for most of his life, and at age 72 still makes the 2 hour walk to town most days. He works as a farmer and can be considered a man of all trades!

Ruben is also a cancer survivor and struggles with chronic pain. He shares that since his therapies with Salud Para Todos Caribe, pain he's had for many years has greatly improved, he can walk for longer periods of time, and his stress levels have lowered. He shows up for every movement class and health fair and shares his gratitude for having the opportunity to try therapies he'd never before been able to access.

Financial Snapshot

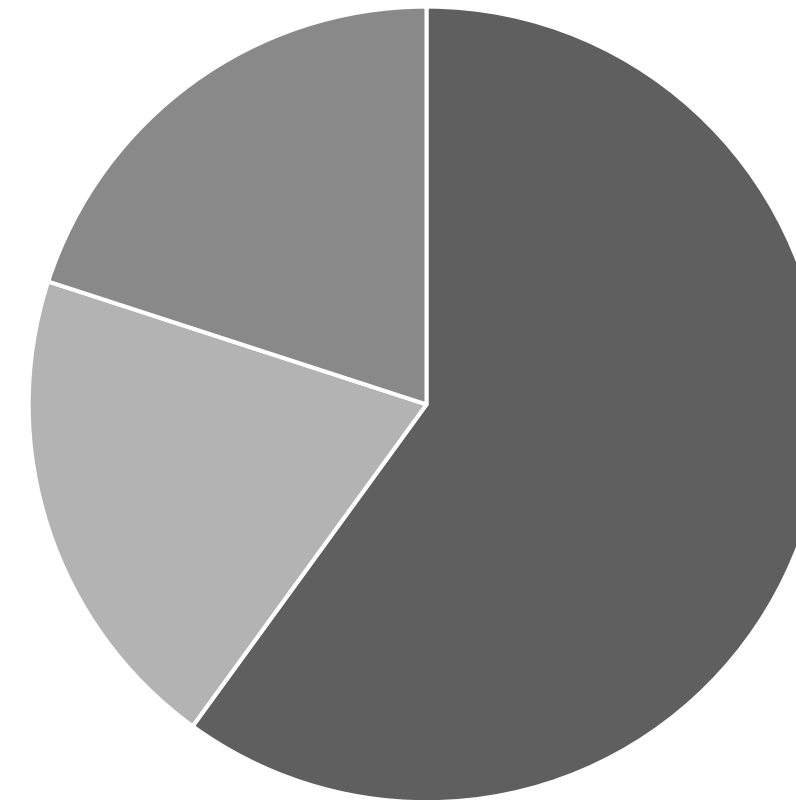


Income



- In kind Donation
- Foundation
- Individuals donors
- Fundraising events

Expenses



- Programs
- Fundraising
- Administration

- 540+ Individual Consults Completed
- 26 Educational Workshops and Roundtable Discussions
- 500+ hours volunteered by licensed healthcare professionals

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

VOLUNTEER HIGHLIGHTS

Our volunteers are the heart and soul of what we do. Here are several new additions to the volunteer team that came on board in 2024:



Dr. Janier Salas

Dr. Salas is a Limon native who worked with the Ministry of Health for decades. He is a general medical doctor with a masters degree in palliative pediatric care. He began dedicating himself to the study of natural therapies to compliment his practice a decade ago, and specializes in acupuncture, diabetes and metabolic syndrome patient education, dietary chronic disease management, aromatherapy, and ozone therapy, among others. It has been a great honor to welcome him to our team.



Oel DeCampos

Born and raised in Talamanca, Oel is a licensed psychologist from the UNA, certified facilitator of EMDR, tension and trauma releasing exercises, and holds a certification for advanced formation in accompanying postnatal death and grief. In 2024, Oel has been an integral part of bringing our mental health services to fruition, and he holds a deep understanding of mental and emotional challenges and social and behavioral determinants of health specific to this region of Costa Rica.



WHAT'S NEXT IN 2025?

We are thrilled to continue our mission with ambitious plans for the coming year. In 2025, we will finish construction on our community health center, expand our services to include weekly one-on-one and group sessions and educational opportunities, host our first master's-level global health fieldwork student from a U.S. university, and open our site as a global service-learning hub. These initiatives will deepen our impact and further global health equity.

To achieve these goals, we need your continued support. We are seeking funds to:

- \$10,000:** Expand our health center construction to include intern housing and a private consult room
- \$5,000:** Furnish and stock our new health center
- Hire two key employees**—a medical director and an administrative assistant



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

info@saludparatodoscaribe.org

or visit our website at:

saludparatodoscaribe.org

Equity is the only acceptable goal. -Paul Farmer

