



Dear Friend of the Poor,

December 2009

We are approaching year's end, and the season when people of all faiths and backgrounds take pleasure in the joy of sharing.

This year has been less than ideal for many of us, with stagnant salaries and declining investments. Yet we must count ourselves blessed when compared with the billions living on the bottom rung of the economic ladder—people who struggle each day, at the edge of survival.

During the past 28 years of service to Haiti, HHF has gathered 225,000 of the poorest and most broken people under our umbrella of care. Many of the 105 rural villages that we serve continue to suffer from high rates of malnutrition.

This past fall, I visited villages where over 70% of children coming for care were malnourished!

Because of your continued support, we were able to respond. We provided Akamil, a high protein cereal of rice and beans. We distributed some of the tons of food you donated. And yet, the lines of those in need never ended; **our supply was exhausted before we were able to help everyone clamoring for food.**



No coaxing is necessary for Delia to finish her Akamil—an intensely nutritious porridge HHF provides to the hungry.

This lack of protein takes its toll on the most vulnerable—the children who come for care are lethargic and have bloated, swollen bellies and de-pigmented hair. They have lost interest in food—many cannot even produce tears. It is as though they have resigned themselves to death.

Many are not only malnourished, but full of intestinal worms as well. This is something that we see in our dogs and cats in the U.S.—imagine the horror you would feel if you were told that your child was suffering like this, *and you had nowhere to turn*. Imagine the desperation you would feel if your child—or your niece, your nephew, your grandchild—were hungry, *and you had nothing to offer*. Some of our visiting volunteers were brought to tears as they witnessed these scenes in our villages.

The holidays in Jérémie are a complete disconnect from our world. Only 90 minutes from Haiti, our children and friends in the U.S. look forward to holiday toys and novelties. Yet the children of Haiti want only one thing: a belly full of nutritious food.



Rosemon arrived at HHF's Center of Hope—Sant Lespwa just in time—another fighter who survived because of your generosity.

You have shown your compassion for the poor of Haiti, so we appeal to you this holiday for your continued generosity. Would you please consider a donation to:

- purchase the most simple and basic of human needs: food,
- give a pregnant goat (\$150) or two to provide a family with the means of self support, or
- build a Happy House (\$600) to enable a family to escape a hovel of cardboard, tin, and banana leaves—this can be the gift of a lifetime.

Our HHF benefactors are among the most caring, generous, and compassionate people on earth. I know that you can be depended upon again this year, despite the economy. **There is no greater satisfaction than knowing that you are extending a helping hand to someone who has so little.**

Gratefully,

Jeremiah J. Lowney, Jr., DDS, MS, MPH
Messenger of the Poor of Haiti



Fresnel is thrilled to receive just one Matchbox Car as a gift!

P.S. If you have already sent your gifts this year, **thank you**. To maintain our low 8% overhead—which helped us to receive Charity Navigator's highest 4-Star Rating for 3 consecutive years—we don't segment or personalize our mailings.