

Friends For Health IN HAITI

Summer 2026 Newsletter

A NOTE FROM OUR EXECUTIVE DIRECTOR

Since opening our doors in 2007, we have served thousands of lives living throughout the Gatineau area. Yet the Haiti we see today is not the same as that which met our doorstep when this work began. Through the years, insecurity, political instability, natural disasters, ongoing poverty, and most recently a drought have all challenged our mission. As healthcare facilities have closed, more individuals have sought reliable, quality care such as that offered through FHH. We have witnessed our communities change as a result of the increasing number of individuals displaced by gang violence. We have listened to local Haitian pastors share their concerns and burdens for their communities. Despite these challenges, we are committed more than ever to our mission by caring for individuals in need of healthcare, strengthening communities, and extending hope for generations through spiritual ministry.

This is an exciting time for FHH! Our mission is growing. We remain certain there are wonderful things in store for FHH and hope you'll continue to stand with us as we seek to improve health and change lives in Haiti. As I work alongside Dr. Wolf and the Board of Directors, I hope to learn more ways we can strengthen our programs and build new relationships for the long-term. Dr. Wolf will continue to live in Haiti full-time, serving as Medical Director of our outpatient clinic, Centre de Sante de Gatineau and Director of our community development programs. I welcome the opportunity to connect with you, hear your thoughts, and what inspires your commitment to the FHH cause. Please feel free to reach out to me directly at sara.simeunovic@friendsforhealthinhaiti.org. We hope you enjoy this update of the work of Friends for Health in Haiti!

Sara Simeunovic

UPDATE FROM FOUNDER AND HAITI DIRECTOR DR. CATHERINE WOLF

The summer in Haiti has been hot and dry, so dry that many communities are experiencing severe drought. This has caused many of the local water sources to dry up, making people walk further to find water and making it more likely that the water they do find is contaminated. So, the volunteer Community Promoters in our Water and Sanitation Program are working hard to bring water, sanitation and hygiene (WASH) education to these communities in order to help them properly treat and store their water in a manner that will prevent illness. They're doing a great job and people are appreciative of the education. They really have a desire to live healthy lives. Many times, they just lack knowledge of how to do so. Friends for Health in Haiti is here to help them!

Dr. Catherine Wolf



Our volunteer Community Promoters provide WASH education to community members

FOCUS ON MALNUTRITION

A new national nutrition survey in Haiti, published August 28, 2026, reveals an increase in acute malnutrition among children aged 6 months to 59 months between 2023 and 2026. According to the SMART National Nutrition Survey 2026, global acute malnutrition among Haitian children increased from 5.1% to 7.4% in the past 3 years.

For those of us working at Centre de Sante de Gatineau, these statistics are not surprising, since we've been seeing increasing numbers of malnourished infants and children in the nutrition program we run in collaboration with the Haitian Department of Public Health. All children under the age of 5 years who come to our clinic for consultation are screened for malnutrition by our clinic nurses. Those who meet the criteria for acute malnutrition are entered into the government nutrition program where they receive nutritional supplements called Plumpynut, a vitamin and mineral enriched peanut butter formulation, that they eat every day. We see the child every two weeks to check on their progress and provide care for any other illnesses they might have. It's a wonderful, life-saving program and we're glad to be a part of it.

One of the infants in our program is little Ednel Jeune, brought by his father to our outpatient clinic in Gatineau in July. He was 7 months old and his father didn't feel that he was gaining weight or developing as he should. Unfortunately, Ednel's mother had died when he was four months old. His father bought infant formula for a while but couldn't afford it. Ednel's older sister was breast-feeding her own 8-month old infant, so she took on the task of breastfeeding her little brother as well! In spite of all their efforts, little Ednel was in the acute malnutrition range when the nurses in our clinic weighed and measured him. So, we started him in the malnutrition program, giving his father a two-week supply of Plumpynut. We also provided them with some cans of infant formula, given to us by our partners at Avera Health. And, we encouraged his sister to continue to breastfeed him as much as she was able.



Ednel sitting in our clinic with his sister who's breastfeeding him. You'll notice in the photos that Ednel's hair is long and pulled up on his head, making him look like a girl! Haitian tradition says that you shouldn't cut a boy's hair until he's walking and talking. So, there are lots of long-haired infant boys down here!

Two weeks later, his weight was increased and everyone was thrilled! But, on the next visit his weight was down and he wasn't eating the Plumpynut. He was still breastfeeding and taking the formula we had given them. He seemed to be healthy otherwise, so we advised them to supplement his diet with other foods like bean sauce, which is rich in protein. And, on the next two visits, his weight has been back up! This goes to show that helping a malnourished infant get back on the road to health is an arduous task, requiring the assistance of both family members and healthcare workers and lots of prayer!

HEALTH CARE | FHH DIABETES INSTITUTE

Diabetes is a present threat in rural Haiti. The growing health challenge is marked by high treatment costs and limited clinic access. The NIH (National Institute of Health) notes that women in Haiti frequently experience higher rates of chronic conditions and risk factors compared to men. The general population has very little knowledge of how to prevent, treat, and manage diabetes and associated complications. The Ministry of Health (MoH) in Haiti recognizes the threat that diabetes is posing, but no national plan for diabetes has been developed.



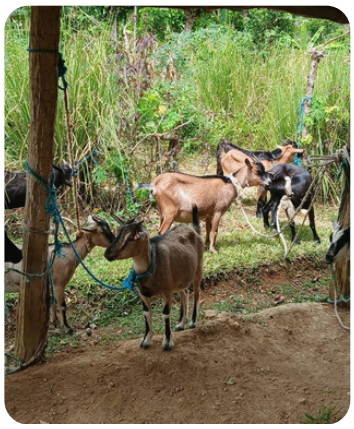
Diabetes screening at the clinic

Because of this, FHH began a program to better support diabetic patients. The Diabetes Institute at Friends for Health in Haiti helps our most needy diabetic patients receive care. Through this program, patients receive thorough healthcare consultations, blood glucose testing, and medications. It is a vital program we hope to see continue for many years to come. If you are interested in helping support our Diabetes Institute, please visit online at friendsforhealthinhaiti.org or email us directly at admin@friendsforhealthinhaiti.org.

STRENGTHENING RURAL COMMUNITIES THROUGH LIVELIHOOD SUPPORT

Education is essential for community development because it empowers individuals, drives local economies, and builds social unity. It gives community members the knowledge and skills they need to make informed choices, prevent diseases, and improve their overall well-being. Education that teaches people about hygiene, nutrition, and disease prevention helps communities become stronger. This is why we have our Water and Sanitation Program.

It's also why, when we provide goats to rural Haitian families to improve their livelihood through our Goat Program, we give them education and training so they are able to steward their resources well. We teach them how to raise the goats, care for the offspring and keep some goats for emergencies that may arise. Our Goat Program began in early 2019 in four communities, expanded to another 4 in 2023 and earlier this year we expanded it to another 6 communities high up in the mountains. 300 female goats were distributed to 150 families, had their ears tagged, received vaccinations and medications and now many of them are pregnant! We're hoping that the babies do well and families are strengthened through our efforts. Thanks to all of you who have donated to this important community development program.



Lots of pregnant goats!

SUPPORTING CHURCHES | HEALING GENERATIONS

We recently initiated a new grant program for churches in rural areas to help them construct, repair, or provide materials for programs that enhance their ministry efforts. Our main priority is supporting churches in the Basse Guinaudée, Haute Guinaudée and Ravine À Charles rural sections within the commune of Jérémie. It is an important initiative, because churches are central to a community's future. Especially now in Haiti, where ongoing insecurity has caused many families to be displaced, struggle financially, and seek hope, churches are a light amidst incredibly difficult circumstances. We are excited to come alongside area pastors and their churches to offer support and encouragement. The church grant program received more applications than initially anticipated! A committee in Haiti, including local leaders and Dr. Wolf is overseeing the review process of the 17 applications we have received. We are seeking funding for 8 of the church grants submitted since the amount of requests surpassed our initial funding goal. If you are interested in supporting this program, please contact us at admin@friendsforhealthinhaiti.org.



Church building in need of repair

NEW

FHH PRAYER OPPORTUNITIES

Prayer has been part of who we are since Friends for Health in Haiti began. When you pray for us, you're not just checking in from a distance. You're part of what's happening on the ground. Each quarter, our team will share specific things to pray for: patients, staff, the communities we work in, and the everyday challenges of doing this work in rural Haiti.

Curious about how you can pray for FHH? Scan the QR Code to learn how!

VOLUNTEER SPOTLIGHT | MEET RAY & DONNA MOON



Ray & Donna Moon

"Our favorite part about serving is the smiles and hugs from the Haitian people. The are so appreciative"
- Ray & Donna

In 2002, the Moon's church visited Haiti to help provide much needed medical care in Latiboliere, Haiti. Being a nurse, Donna was prompted to go and help for one week. Upon returning from Haiti, and while at work at St. Francis Hospital in Milwaukee, Dr. Wolf happened to overhear Donna sharing about Haiti! It was then that Dr. Wolf recruited their church team to come and work at her clinic. At that time, the present clinic was being built and she was working out of a small tin house. So in addition to medical work, they did construction, building bunk beds, shelving, cabinets, etc. Ray & Donna have been volunteering with FHH ever since.

The Moons have traveled to Haiti many times but not since 2018 because of safety concerns. They help the FHH mission as much as they are able and prepare, pack, and ship needed medications and supplies to Dr. Wolf. They are grateful for how Haiti has impacted their lives and to be part of the FHH story.

Save the Date

Friends for Health in Haiti Gala
Saturday, May 1, 2027
Milwaukee, WI



VOLUNTEER WITH FRIENDS FOR HEALTH IN HAITI!

Friends for Health in Haiti would love to learn more about you! We are looking for individuals to help fill volunteer roles. If you are interested in volunteering with us, please scan the QR code and complete the form. Opportunities include: joining our annual banquet planning committee, graphic design and/ or content creation, mobile bidding support, event decorating, photographer, special project team, assisting with shipping items to Haiti, joining our upcoming packing day, or logistics support for our annual gala.

"To anyone considering volunteering, I would say 'DO IT'. It will change your life forvever." - Ray & Donna Moon

Yes! I want to volunteer!

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