



Nomadicare 2011



Nomadicare works to harmonize ancient and modern medicine to support the health and cultural survival of Mongolia's nomads.

*“I fully support Nomadicare as it seeks to preserve Mongolia’s nomads... If they are to survive as a culture, nomads desperately need health care close to home.”
Jane Goodall*

Dear Friends,

As you know, my life is about Quaker leadings—listening to the Spirit voice inside me for direction. Sometimes the direction isn’t a straight line. This summer when my 91-year-old Mom went into hospice, I knew I needed to stay close. I postponed my trip to Mongolia and spent three days a week in Connecticut with Mom in the dementia wing of a nursing home. As you can imagine, being there was another kind of journey. My lovely Mom is now in stable condition, so I feel easy about going to Mongolia in January.

Our new Mongolian assistant Naraa organized the Vitamin C project. She, along with Mongolians we have worked with in the past, packaged the individual doses into family bags so the Dukha reindeer herders still got their yearly supply of Vitamin C.

This past summer I studied Mongolian songs! Mongolian songs feature Mother, the steppes, nature, love and horses. A gathering of nomads always includes singing with vodka toasts. My Mongolian language teachers who live in Virginia and Indiana meet with me by Skype. With IT help from Fred Thodal I can now tape the Skype sessions, transfer them to my i-phone and plug the phone into my car radio. The songs are best sung with a person’s whole heart and loud enough to fill the gigantic spaces of the steppes. Sometimes my car, house, trees and the close hills of Vermont make me feel cramped. I look forward to belting them out in Mongolia’s open spaces.

The Shelley & Donald Rubin Foundation continues to support our programs, especially our long term relationship with the Dukha reindeer herders and their health. We are very grateful to them and to all of you who support our work on an ongoing basis.

Our plans for training 50 doctors in Khovsgol are postponed to next summer and twenty-four hospitals are waiting for our training! I am excited to have my Mongolian medicine teacher Dr. Boldsaikhan join our program as a teacher.

Please contribute your tax-deductible donation to Nomadicare, so that we can continue to improve nomadic health care in Mongolia—and support the sustainability of their unique lifestyle.

I wish you a peaceful and healthy 2012!

With gratitude for the honor of doing this work,
Sas Carey, RN, Director

Please visit our new website to donate, for more information, and for project updates -

www.nomadicare.org

  Nomadicare Non-Profit Organization



Sas takes blood pressure of Uvugdorj.

Nomadicare's Sum* Health Project

What Can a Mongolian Medicine Doctor Do?



Dr. Boldsaikhan

Dr. Boldsaikhan was teaching a course “Exploring Mongolian Medicine” at the University of Vermont a decade ago. He asked the students to bring in their first morning urine so he could demonstrate a Mongolian medicine method of diagnosis—urinalysis.

In his soft, confidential voice, Dr. Boldsaikhan told each student what he saw. Since the core of Mongolian medicine is balance, he went to each student’s desk describing the symptoms in terms of hot or cold. At one student’s desk, however, after he stirred the liquid, smelled it, noticed the bubbles, sediment and color, he said, “You have a brain tumor.”

She gasped, “Yes, I haven’t mentioned it because I didn’t want it to affect my work.”

This is one small example of what a Mongolian medicine doctor can do without technology and expensive tools and why Nomadicare is passionate about keeping these skills alive.

Mongolia in January!

Khongoroo, Nomadicare’s assistant for the past four years, is getting married in Ulaanbaatar, Mongolia in January. In spite of the fact that it is the second most polluted city in the world and that the AVERAGE temperature for January is -13° F, Nomadicare director Sas Carey and Middlebury College Intern Jessica Appelson will spend January there.

Sas, Naraa and Jessica (see page 3) will use the month of January for meetings with key people who work in the sum health care sector. Their goal is to increase decision makers' and potential funding sources' awareness of Nomadicare's mission and programs.

The trip will be an opportunity for the team to measure outcomes of the 2010 South Gobi training and a chance to meet with a representative of the Khovsgol Health Department in order to plan the 2012 Nomadicare training.



Program Implementation in June



Munkhuu milking her reindeer

“If you use Mongolian medicine and Western medicine, you get good results. Neither alone is perfect.” G. Chuluundavaa, doctor at a Bulgan Sum hospital in South Gobi says. “Acute health problems respond well to Western medicine, while there are many treatments for chronic illness in Mongolian medicine.”

Over two decades, Nomadicare has developed a model for sum health care by listening to the needs of herders and sum doctors. The program involves training sum health providers in traditional Mongolian medicine and laboratory techniques so that each rural hospital will begin to harmonize the two methods.

In the pilot project for South Gobi province in 2010, thirty sum doctors were trained in the two systems and are now using their skills in their hospitals. In 2012, Nomadicare will implement the project to

train 50 doctors and nurses in Khovsgol Province from 24 sum hospitals, impacting a population of 125,000. Dr. Boldsaikhan and S. Ulziisaikhan will teach Mongolian medicine, and Dr. Narantsetseg, a Biochemistry professor from the National University of Mongolia will teach laboratory safety procedures and testing.

*Sum means county



New Faces

Narantungalag Magsarjav or Naraa is our Mongolian assistant. She is responsible for Nomadicare's ongoing work in Mongolia. She is a Medical Doctor doing a radiology residency in Ulaanbaatar.



Naraa, Assistant

"What I like about Nomadicare is its mission. Nomadicare works to harmonize traditional and modern medicine to support nomadic people. I'm a medical doctor. This is easy for me to understand and work toward. I think nomadic people are a really important group in Mongolia. My grandmother who is 94 years old is a nomad. All my great-grandparents were nomads. Nomads keep our Mongolian history and culture alive. That's why I am really grateful to be able to help our nomads through Nomadicare."



Jessica milks a yak from her host family's herd in Arkhangai.

Jessica Appelson is a senior at Middlebury College studying Neuroscience and Global Health. She will be interning with Nomadicare for the month of January. Jessica studied abroad in fall 2010 in Mongolia with the School of International Training and did independent field research on yak herders in Arkhangai province.

"The most fascinating aspect of my study abroad experience was living with nomadic host families and learning about their way of life. Nomadicare's mission speaks to me because of its emphasis on targeting the unique difficulties nomads face in accessing health care. After graduation, I am interested in continuing in the field of global health and eventually getting a Masters of Public Health. I am extremely excited to return to Mongolia and grateful for this opportunity to gain experience in implementing a public health project and help nomads lead healthier lifestyles."

Please Help Nomadicare!

Tax-deductible contributions of any size are greatly appreciated. Please make your check out to Nomadicare and send to **NOMADICARE, 248 Washington St. Ext., Middlebury, VT 05753** or click on the Donate button to use Paypal through our website: **www.nomadicare.org**

With your contribution, we can extend health care to more nomads! What would you like your gift to do?

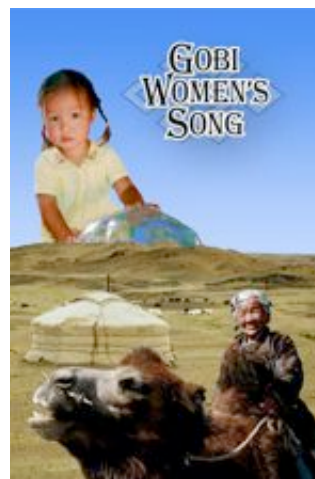
- \$50 Vitamins for each reindeer herder family (40 families)
- \$75 Traditional medicines for a sum hospitals
- \$100 Laboratory tests and supplies
- \$500 Reference books for rural doctors
- \$1000 Laboratory teachers to train rural doctors
- \$1500 Stipend for Mongolian translator, assistant or cameraman

Naming Opportunities – We will put a plaque and photograph of you in a Gobi Desert hospital, where staff and patients will appreciate you every day!

- \$5,000 Naming opportunity for Training Chair for training and supplies for 4 doctors
- \$10,000 Naming opportunity for Hospital Gift for supplies training for 4 hospitals

Total cost of 2012 projects is \$72,000 for 24 hospitals serving a population of 125,000!

Gobi Women's Song Available



In a transitional moment, which decides the future lives and environment of Mongolians, Gobi women share their stories with us. 73-minute documentary in Mongolian and English with English subtitles. **Now with 9-minute update!** The cost is \$25 per DVD. © 2006, 2011





Ranjav's daughter milking her camel



Suren with her reindeer herd.

Documentation of Nomadic Life

Director Sas Carey completed the book Reindeer Herders in My Heart and it is with a literary agent. Finding a publisher is an uncertain and tricky business these days. Any advice or help is more than welcome.

Nomadicare's staff is in the process of logging, transcribing and cataloging 500 hours of video of nomadic life and preparing to edit future films on shamanism and Dukha reindeer herders. We finished a 9-minute update, Revisiting the Gobi Women. Nomadicare finds it important to continue the connection by visiting both the Gobi women of Manlai Sum and the Dukha reindeer herders. The team would like to continue health assessments, teaching and documentation. The team's ability to travel to these remote settlements depends on donations.

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