



# ANNUAL REPORT 2025

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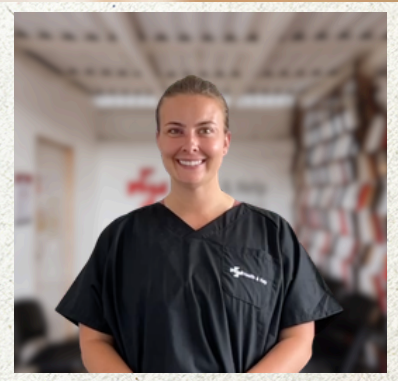
Registered as a nonprofit organization in Guatemala, Nicaragua, and the USA

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[he-he.org](https://he-he.org)

All photos featured in this report were taken during real Health & Help activities and are part of our internal photo archive.



“ There is nothing we do so well that it cannot be improved.”

## A Letter from Executive Director Samantha Horn

Dear friends,

*As we look back on this past year, I am struck not only by what we accomplished, but by how much we learned along the way. This year brought change. We welcomed new team members, strengthened partnerships, and faced challenges that required us to pause, reflect, and adapt. In our work, progress is rarely linear. Every obstacle, every adjustment, and every unexpected moment became an opportunity to learn, to serve more thoughtfully, and to do better for the communities who rely on us.*

*Healthcare in isolated regions is complex, and those complexities continue to evolve. Needs change. Contexts shift. What remains constant is our commitment to listening, collaborating, and responding with care and humility. We will continue to work alongside local professionals, partners, volunteers, and community leaders—learning from one another and pivoting when needed to ensure we are providing the best care possible.*

*My commitment to you is simple and sincere: we will keep doing better. There is nothing we do so well that it cannot be improved. We will continue to question, to learn, and to refine our approach—always guided by the needs of our patients and the realities of the communities we serve.*

*Thank you to our Board of Directors, staff, volunteers, donors, and partners for your trust, dedication, and belief in this work. Most of all, thank you to our patients, who remind us every day why this mission matters.*

With gratitude,

Samantha Horn,  
Executive Director



# OUR MISSION, VISION, and Why We Do This

## Mission

Health & Help delivers basic medical care, essential treatment, and preventive health support to people living in isolated regions where healthcare is limited or absent. We focus on practical, community-based care, grounded in the belief that access to healthcare is a fundamental human right.

## Vision

We envision a world where no one is left without care because of isolation or poverty. A world where access to basic healthcare is the norm, and communities are supported with compassion, respect, and continuity of care.

*As a women-led organization, we bring empathy, resilience, and community-driven leadership to everything we do.*

## s t a t i s t i c s




**57%** of the world's population lacks essential health coverage  
WHO, 2023

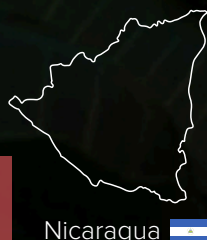



**40%** of diabetes cases go undetected in rural areas, putting lives at risk  
(Peer-reviewed study, Guatemala, 2024)



**~47%** of children under five suffer from chronic malnutrition  
(WFP, 2024)

Guatemala 



Nicaragua 

In Nicaragua, maternal and adolescent health remains a challenge, especially in rural areas where access to health education and medical services is limited.

(INIDE, PAHO, 2022)

These numbers remind us why we do this work — to make sure that where a person lives or what they earn never stands between them and life-saving care.

# YEAR IN REVIEW: 2025



**3** clinics  
**4,855** patients served  
**4** local staff members  
**28** on-site volunteers  
**28** remote volunteers  
**8** core team members



## **Chuinajtajuyup** (~20,000 people)

A remote Indigenous Maya community in the Dry Corridor, reliant on subsistence farming and facing limited access to healthcare, clean water, and transportation.



## **La Salvia, Gulf of Fonseca** (~5,000 people)

Highly remote coastal community reliant on fishing and small-scale agriculture, with limited access to transportation, clean water, and reliable electricity.



## **El Pojom** \* (~10,000 people)

Indigenous highland community near the Mexico–Guatemala border with limited access to medical care due to geographic isolation and gaps in public health services.

\*The El Pojom clinic was transferred to Health & Help in November 2025; service delivery will commence in 2026.

# OUR IMPACT IN NUMBERS \*

## Nicaragua

**2,085** Medical consultations

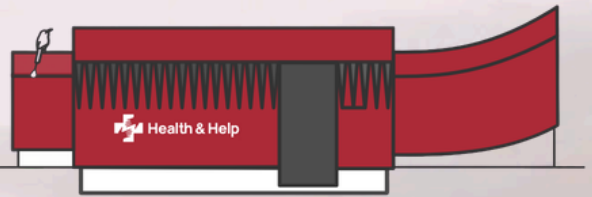
increased by 46%  
compared to 2024

**1,307** Female patients

**778** Male patients

**794** Pediatric patients

**29** Pregnant women



**412 patients** were treated during a medical outreach.

### Leading Causes of Medical Visits

- Respiratory illnesses
- Acute diarrheal diseases
- Chronic conditions

### When Care Is Within Reach

Luis\*\* was out fishing with his brothers and uncles - just a regular day on the water. But suddenly, Luis slipped... and landed right on a stingray tangled in the net. Its sharp barb pierced his wrist. A moment of panic. A lot of pain. Luis was rushed to our clinic, where Dr. Brian was ready to help. Thanks to quick action and proper care, everything turned out fine.



\*One patient may have several conditions

\*\*Names are changed for confidentiality

# OUR IMPACT IN NUMBERS \*

## Guatemala

Chuinajtajuyup

**2,770**

Medical consultations

increased by 16% compared to 2024

**1,597**

Female patients

**1173**

Male patients

**344**

Pediatric patients

**1,133**

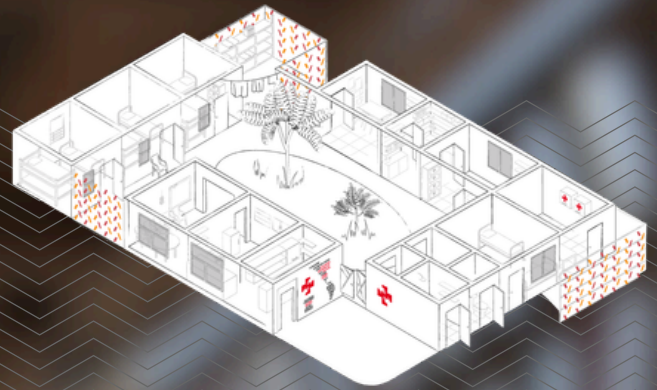
Diabetes consultations

**85**

Community outreach patients

**282**

Gastrointestinal consultations



**86 children** received vitamins to support proper nutrition



**175 patients** received antiparasitic treatment

\*One patient may have several conditions

# A NEW MAJOR PROJECT: The El Pojom Clinic

In November 2025, the El Pojom clinic was formally transferred to Health & Help, marking the beginning of our responsibility for the site. The following months were dedicated to assessment, rehabilitation planning, and community coordination, with operational activities beginning in January 2026 as preparations were completed.

*This community of nearly 10,000 people lives without electricity, reliable transportation, or running water—and, most critically, without a single certified medical professional.*



According to **WHO** standards, a population this size should have at least 25 titled health workers. **El Pojom has none.**

## Our Goal

Restore the clinic and reopen essential medical services, bringing primary care, emergency support, and health education back to the community.

## Budget & Funding Needs

**\$181,617**

Estimated  
Budget 2026t

**\$37,896**

Raised in 2025

**\$143,721**

Goal for 2026

## Help us bring healthcare back to El Pojom.

Together, we can give an entire community access to medical support — and a chance at a healthier future.



Donate at [he-he.org](https://he-he.org)  
or contact us at [fundraising@he-he.org](mailto:fundraising@he-he.org)

# OUR TEAM

## and Board of Directors

At Health & Help, our work is powered by a dedicated team of experts, medical professionals, and nonprofit specialists. Their leadership and experience move our mission forward, strengthening access to quality healthcare in the communities we serve.



**Samantha Horn**  
Executive Director

Samantha sets the organization's strategic direction; strengthening systems, partnerships, and long-term sustainability.



**Victoria Valikova**  
Founder & Senior  
Development Advisor

Victoria represents the organization externally and serves as a strategic advisor in nonprofit development and global health.



**Uliana Domanova**  
Chief Communications Officer

Uliana leads the communications strategy, ensuring ethical storytelling, strong brand stewardship, and public engagement.



**Marina Perushkina**  
Chief Financial Officer

Marina oversees financial health and sustainability, ensuring transparent and efficient budget and donor fund management.



**Mariia Dolokhova**  
Digital Program Manager

Mariia oversees digital programs and systems that support organizational efficiency and online engagement.



**Ekaterina Stukonog**  
Fundraising Director

Ekaterina provides strategic leadership for fundraising, overseeing donor relations, partnerships, and development initiatives.



**Maria Kun**  
Volunteer resources  
coordinator

Maria leads the coordination of volunteer recruitment and onboarding for clinical teams.



**Maria Melnikova**  
Coordinator of Fundraising  
Department

Maria coordinates fundraising operations, the work of fundraising volunteers, and donor relationships.

### Regional Leadership

Country Directors provide local leadership for Health & Help's programs, overseeing in-country operations, supporting clinic teams, and ensuring that services are delivered in alignment with organizational standards and local context.





**Leonor Theotônio Castêdo**  
Guatemala Country Director



**Massiel Jiménez Arana**  
Nicaragua Country Director

 US Board of Directors:  
*Scott Williamson, Eva Williamson,  
Viktoria Valikova, Elena Zelenevskaia,  
Karina Basharova, Roni Amiel*

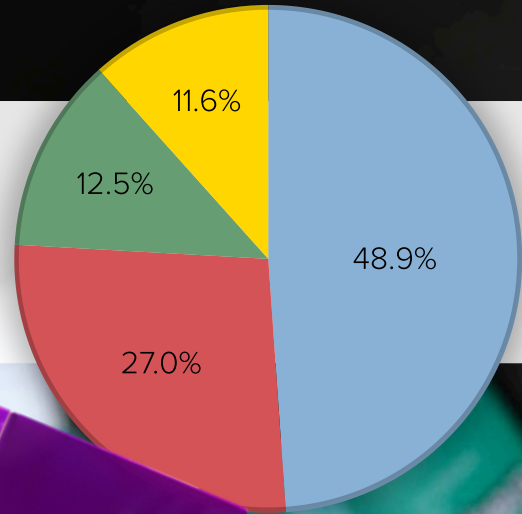
 Guatemala Board of Directors:  
*Leonor Castêdo, Hanna Plotnitskaya,  
Marina Parfenova, Carlos Mejia*

 Nicaragua legal representative: *Indira Akhmedova*

# WHERE YOUR DONATIONS GO

## Total expenses in 2025, USD

● Medical project in Guatemala	\$212,329
● Medical projects in Nicaragua	\$117,262
● Fundraising	\$54,210
● Administration	\$50,490



## Expenses in 2025 Amount, USD

<b>Expenses on Medical project in Guatemala</b>	<b>(212,329)</b>
Medicines, consumables, medical equipment	(34,920)
Local clinics' expenses	(71,085)
including:	
• New equipment: fridge, closet	(1,555)
Value of volunteer labour in the clinic	(106,324)
<b>Expenses on other activities</b>	<b>(104,700)</b>
Fundraising	(54,210)
Administration	(50,490)

<b>Expenses on Medical projects in Nicaragua</b>	<b>(117,262)</b>
Medicines, consumables, medical equipment	(9,097)
Local clinics' expenses	(79,167)
including:	
• Solar energy system set-up (purchase and installation of inverters, solar panels, batteries)	(13,603)
• Roof painting and maintenance	(8,482)
• Air conditioner for the pharmacy	(5,970)
• Well's protective cover	(1,200)
• Pharmacy thermal insulation and air sealing works	(1,500)
• New equipment: water filter, compact tray autoclave, 5 pcs. fire extinguishers, printer, washing machine, 2 pcs outdoor solar lamp, motorcycle repair toolKit, rechargeable power backup	(2,005)
Value of volunteer labour in the clinic	(28,998)

**Total expenses** ..... **(434,291)**



# OUR COMMITMENT TO TRANSPARENCY

Health & Help has earned the **Candid Platinum Seal of Transparency** for the third consecutive year, the highest recognition on GuideStar.



In 2025 we raised **\$486,860**, including donations of goods and services.

Income in 2025	Amount, USD (Share)
<b>Donations from private donors</b> <i>including</i>	459,158 (94%)
• <i>regular subscriptions</i>	144,686 (30%)
• <i>one-time donations</i>	143,535 (29%)
• <i>donations from volunteer fundraising</i>	13,471 (3%)
• <i>volunteer labor contribution</i>	157,466 (32%)
<b>Donations from foundations</b>	12,929 (3%)
<b>Donations from patients</b>	9,803 (2%)
<b>Donations from corporate donors</b>	3,791 (1%)
<b>Other income</b>	1,179 (0%)
<b>Total income</b>	<b>486,860</b>
<i>Transfer of assets from a dissolving NGO (Vivir en Amor)*</i>	115,655



\* Vivir en Amor vzw, a nonprofit organization registered in Belgium, following its decision to cease operations, in December 2025 transferred its assets for the sole purpose of ensuring continuity of care in Guatemala

We ensure that every contribution directly supports life-saving medical care in the communities we serve.

# MAJOR CONTRIBUTORS

This section recognizes donors whose support was particularly significant in 2025, through the scale of their contributions, the consistency of their giving, or their involvement in key initiatives.

Natalia Zagorski

Evgeniya Khokhryakova

Julia und Harry Reinick

Constantine Kokenes

Elena Collins

Yuri Minkovski

Kristina Erofeeva

Evgeny Krestyaninov

Verners and Laura Hils

David Haglund

Igor Zhabarovsky

Jorge Cajas Mota

Anastasia Loginova

Dmitrii and Leka Korol

Vasilina Sokolova

Patty Parks Keeney

Daria Sadovskaya

Ruddy Aaron Ortiz

Natalia Argutina

Hanna Marchanka

Zilya Usmanova

Jennifer Ridge

Veronica Weinstein

Carlos Mejia and ECA Guatemala

Vyachaslav Kuznetzov and Bashincom

Peggy Stranges and Esperanza Clinic

Cemaco and Guate Nuestro Hogar

Fulvia Bratti and Dai Nonni

First Things Foundation

Help Impact Foundation

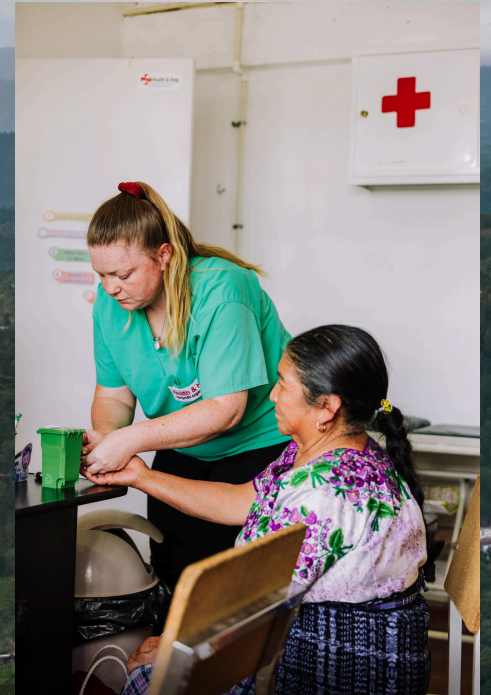


"Supporting Health & Help means standing against extreme inequality and preventable suffering."

*Anonymous Donor*



# JOIN US IN ADVANCING ACCESS TO CARE



At Health & Help, we work alongside communities to expand access to essential healthcare where health systems are limited or absent.

*Guided by equity, local leadership, and long-term commitment, we build sustainable change through collaboration and accountability.*

By becoming a monthly supporter, you provide steady, reliable support that keeps our clinics open and responsive year-round. Your contribution helps us plan ahead, maintain essential services, and reach more people without interruption.

Join us in advancing **health as a fundamental right** —every month, your support makes a difference.

**BECOME A MONTHLY SUPPORTER**

[he-he.org](https://he-he.org)



Launch your own fundraising campaign or support us any other way: contact us at [fundraising@he-he.org](mailto:fundraising@he-he.org)



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Report concept, writing, design, and project leadership: **Uliana Domanova**


Data contributions: **Ekaterina Stukonog, Marina Perushkina, Caitlin Claxton, Samantha Horn, Massiel Jiménez Arana**

Photography: **Kelly Lacy, Ricardo Costa, Alisa Kalinina, Santi Garcia Diaz, Evfrosinia Kapustina, Diana Miftakhova**



[he-he.org](https://he-he.org)



Every day we help people in places where it is either difficult or impossible to receive basic medical care.   
We can only achieve this with your help!