



2023-24

# ANNUAL REPORT





**Poverty is not an accident. Like slavery and apartheid, it is man-made and can be removed by the actions of human beings."**

Nelson Mandela



## OUR MISSION

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To build a worldwide movement empowering the poor in their fight for equal access to healthcare, education, and a safe home.



## Dear MEDLIFERs,

As we turn the pages of our Annual Report, we are reminded that the strength of MEDLIFE has always come from a simple but powerful commitment: to Listen, to Understand, and to Act. This framework is more than a methodology — it is the heartbeat of our community and the foundation of every impact we make together.

This year has been a testament to what happens when compassion meets action. I am profoundly grateful to each of you — our volunteers, partners, staff, and supporters — who have leaned into this work with humility and purpose.

Our students continue to embody the MEDLIFE Framework in action. By listening first to community leaders and families, we deepen our understanding of the structural barriers they face — from limited access to healthcare to gaps in education and infrastructure. From that understanding, we act collaboratively to implement sustainable solutions designed not for communities, but with them.

As we celebrate these milestones, we also look ahead with purpose. I am excited to share our expansion to Guatemala — an opportunity to bring the MEDLIFE Framework into a new context. In partnership with local communities, we will listen carefully, seek to understand regional priorities, and act through sustainable healthcare, education, and conservation initiatives. Guatemala reflects our broader vision: integrating health, sustainable development, and environmental stewardship to address root causes and create lasting change.

The journey ahead is filled with possibility. As long as we remain grounded in our commitment to Listen, Understand, and Act, there is no limit to the impact we can create together.

Thank you for your unwavering dedication to MEDLIFE and to the communities who inspire our work every day. Together, we are not only transforming lives — we are building a more equitable and compassionate world.

With deepest appreciation,

Nick Ellis, MEDLIFE Founder & CEO



ACCESS TO  
**HEALTHCARE,**  
**EDUCATION,**  
**AND A SAFE**  
**HOME ARE**  
**HUMAN**  
**RIGHTS.**



# Our Impact at a Glance

## MEDLIFE 2023–24



**9664**  
Adults  
Served



**4229**  
Children  
Served



**3722**  
Dental  
Services Provided



**2602**  
Breast  
Exams



**1993**  
PAP  
Smears



**493**  
Nutrition  
Services Provided



**634**  
Patient  
Follow-Up  
Cases



**56**  
Community  
Development  
Projects



**9000+**  
Project  
beneficiaries



## PERFORMANCE METRICS\*

<b>Total Participating Chapters</b>	260
<b>Total Donors</b>	3,367
<b>Total Fundraised</b>	\$140,925 USD



# 2023-24 Moving Mountains Campaign Impact

When the COVID-19 pandemic disrupted communities worldwide, it exposed and deepened systemic inequities — from fragile healthcare systems and food insecurity to gaps in education and basic infrastructure. In the face of these challenges, MEDLIFE chapters rose to meet the moment.

What began during the pandemic as an urgent response effort has evolved into something far greater.

The Moving Mountains Fundraising Campaign was born out of crisis — and has since become a catalyst for lasting, community-driven impact.

Moving Mountains represents the collective power of our chapters to come together and address the most pressing needs identified by the communities we serve. No longer focused on a single issue area, the campaign now fuels holistic development initiatives — from healthcare access and preventive education to food security, water and sanitation infrastructure, educational support, and sustainable community development projects.

This campaign embodies the MEDLIFE Method — Listen. Understand. Act.

It empowers students not only to raise funds, but to become advocates, organizers, and changemakers who respond directly to community-identified needs.

What started as a pandemic response has grown into a sustained movement of action.

Thanks to the dedication of our chapters and supporters, **2,560 individuals** engaged directly in campaign efforts, and **\$140,925 was raised** by 3,367 donors to drive tangible, community-led change.

Together, we are not just addressing individual challenges — we are moving mountains.

And with every mountain moved, we take another step toward a world where underserved communities have the resources, dignity, and opportunity they deserve.



As we reflected on the challenges and triumphs of the past year, we extended our heartfelt appreciation for your steadfast support. Through the generosity of our community and the continued growth of the **Moving Mountains Fundraising Campaign**, we transformed compassion into measurable, life-changing impact.

Together, we funded **14 major follow-up surgeries**, ensuring patients received the critical care they needed beyond their initial treatment. Access to surgery often determines whether someone can fully heal, return to work, or regain independence — and because of you, that care did not stop at diagnosis.



We facilitated **20 educational workshops**, reaching more than **1,350 community members** with preventative health education and practical tools to strengthen long-term well-being. By equipping families with knowledge, we invest not only in immediate outcomes, but in generational change.

Recognizing that health is inseparable from living conditions, we supported the construction of **5 safe homes**, providing families with stability, protection, and dignity. A safe home is more than shelter — it is the foundation for health, opportunity, and peace of mind.

Additionally, we distributed **320 dental hygiene kits** to children, promoting preventative care and encouraging healthy habits from an early age — small tools that create lifelong impact.

Each of these milestones reflects what Moving Mountains truly represents: sustainable, community-centered action that addresses urgent needs while building stronger foundations for the future.

Because when chapters rally, when donors believe, and when communities lead — mountains move.

And together, we are just getting started.

## PERFORMANCE METRICS\*

<b>TOTAL SURGERIES</b> TOTAL CONSULTATIONS	14
<b>DENTAL KITS</b> FOR CHILDREN	320
<b>DEVELOPMENT PROJECTS</b> TOTAL BENEFICIARIES	5 FAMILIES
<b>EDUCATIONAL WORKSHOP</b> TOTAL ATTENDEES	1350+



# A YEAR OF SERVICE

4	5 <u>SLT</u>	<del>6</del>	7
11	12	13	14
18	19	20	21
25	26	27	28





INTRODUCING NEW DESTINATION

# ANTIGUA, GUATEMALA

Interview with Alberto Paredes

In this interview, Alberto Paredes, the Director of Operations at MEDLIFE, discusses the expansion of MEDLIFE's outreach to Antigua, Guatemala, sharing insights on the challenges, opportunities, and potential impact in the region. Join us as we explore this meaningful next step in MEDLIFE's mission.

## Why did MEDLIFE choose Antigua, Guatemala as a new destination?

MEDLIFE is committed to supporting underserved communities across Latin America, and Guatemala presents both great need and strong potential for partnership. While Antigua is known for its cultural heritage and tourism, many surrounding communities face significant disparities in access to healthcare, education, and basic infrastructure. Rural and Indigenous populations, in particular, experience barriers to essential services. Expanding to Antigua allows MEDLIFE to work closely with these communities to address pressing needs and create sustainable impact.

## What was your first impression of Antigua, Guatemala?

What stood out immediately was the richness of culture and the resilience of the people. Antigua is beautiful and historically vibrant, but just beyond the city center, you begin to see the realities many families face—limited resources, overcrowded health posts, and infrastructure gaps. There is a strong sense of community and willingness to collaborate, which makes the work both humbling and inspiring.



## What challenges did MEDLIFE face in establishing Antigua as a new destination?

As with any expansion, building trust was the first and most important step. MEDLIFE prioritized listening to community leaders, understanding local priorities, and ensuring that our support aligned with existing efforts. Navigating local regulations, coordinating logistics in rural areas, and adapting to cultural contexts required thoughtful planning and collaboration. However, through partnership and persistence, we have laid the foundation for meaningful, long-term impact.



## INTRODUCING CUSTOM MADE STUDY ABROAD PROGRAMS

### Interview with Gabriela Cavero

Gabriela Cavero, Trips and Educational Programs Coordinator, discussed with us the impact of Custom Made Study Abroad Programs in Ecuador and Tanzania in 2023. She highlights their educational value and cultural immersion for students. Keep reading to learn more about these programs and their impact in the MEDLIFE mission.

#### **What defines Custom Made Study Abroad Programs?**

Custom Made Study Abroad Programs are tailored educational trips by MEDLIFE, offering academic credits and designed in partnership with universities. They include structured educational phases and assignments, like Drexel University students' audiovisual projects.

#### **How do you approach designing and implementing these trips?**

The design process involves creating a syllabus aligned with the trip itinerary, involving research and operational team input for feasibility and educational integrity. Execution ensures smooth operation, educational quality, and high safety and logistical standards with MEDLIFE.

#### **Could you share memorable experiences from the trips to Ecuador and Tanzania in 2023?**

In Ecuador, students gained cultural insights at Guamote market and a flower factory, and interacted with the Afro-Ecuadorian community in Juncal. In Tanzania, they engaged with Chagga coffee farmers, learning about coffee production and local culture.



#### **What activities were included to help students better understand the challenges faced by Ecuadorian and Tanzanian communities?**

The course "Culture and Community Centered Development" featured visits to indigenous communities and interactions with local leaders, offering a comprehensive view of local culture and economy, enhancing students' understanding and global perspective through discussions on societal issues.

#### **What are the prospects for this year's programs?**

This year's Tanzania program will be enhanced, continuing to provide deep, culturally immersive educational experiences that support students' academic and personal development.



IT START WITH YOU

# Moving Mountains

## Interview with Heidy Aspilcueta

Heidy Aspilcueta, Director of MEDLIFE Cusco, discusses the impact of Ignite the Light, an initiative centered on strengthening access to quality education for children in underserved communities. With over 70% of primary schools in low-income countries lacking adequate infrastructure and resources, the need is urgent. In this conversation, Heidy shares how Ignite the Light is helping improve school environments, expand educational opportunities, and empower students to build brighter futures.

### Why is education infrastructure such an urgent need in rural communities in Cusco?

Many schools in rural Cusco face significant infrastructure gaps—classrooms in poor condition, limited access to clean bathrooms, and shortages of basic learning materials. These challenges directly affect attendance, student health, and the overall quality of education. When students learn in safe, well-equipped environments, they are more likely to stay engaged, perform better academically, and envision greater opportunities for their future.

### What were the key projects undertaken in 2023 as part of Ignite the Light in Cusco?

In 2023, Ignite the Light focused on improving school infrastructure through classroom renovations, bathroom construction, and facility upgrades to create safer learning environments. The initiative also delivered essential school supplies to students and facilitated health prevention workshops in schools, addressing topics such as hygiene, nutrition, and disease prevention. By combining infrastructure improvements with educational programming, the initiative supports students holistically.



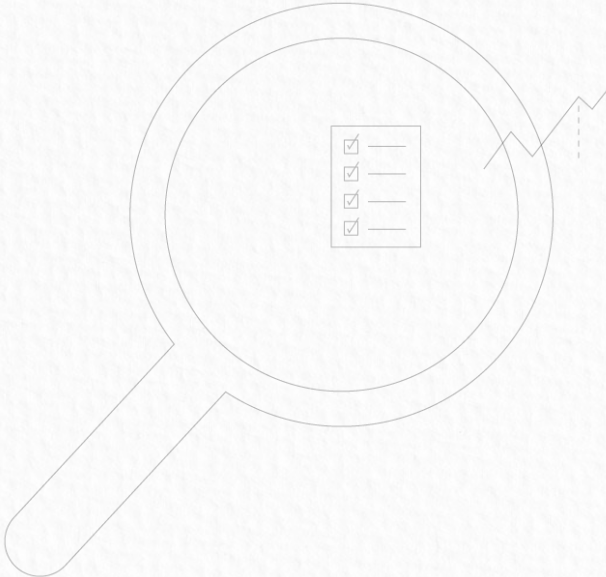
### Can you share success stories that illustrate the positive impact of Ignite the Light?

Teachers have reported increased attendance and improved concentration among students after classroom improvements and the provision of supplies. In schools where bathrooms were constructed or renovated, students—especially girls—felt more comfortable and supported, contributing to better attendance rates. Through Ignite the Light, children are not only receiving materials and improved spaces, but also the confidence and encouragement to pursue their education and break the cycle of poverty.



# TRANSPARENCY

INSPIRING DONOR CONFIDENCE





2023-24

# Our Financial Statement

## OUR REVENUE\*

	\$
<b>CONTRIBUTIONS AND GRANTS</b> (SERVICE LEARNING TRIPS, CHAPTERS DONATIONS, MOVING MOUNTAINS DONATIONS)	2,915,820
<b>PROGRAM SERVICE REVENUE</b>	477,083
<b>INVESTMENT INCOME</b>	44,684
<b>OTHER REVENUE</b>	23
<b>TOTAL REVENUE</b>	<b>3,437,610</b>

## OUR EXPENSES\*

	\$
<b>MANAGEMENT AND GENERAL EXPENSES</b>	837,941
<b>MED PROGRAMS EXPENSES</b> (MEDICINE, EDUCATION & DEVELOPMENT)	2,543,894
<b>TOTAL OPERATING EXPENSES</b>	<b>3,381,835</b>
<b>Revenue less expenses</b>	<b>55,775</b>

\*Financial Summary as of August 31, 2024



**The test of our progress is not whether we add more to the abundance of those who have much; it is whether we provide enough for those who have little."**

Franklin D. Roosevelt



## OUR BOARD

### **Nick Ellis, MD, *MEDLIFE Founder and CEO***

- Education: International Development Studies (B.A.) at McGill University
- Pre-Medical post-baccalaureate, University of Maine
- MD, Dartmouth Medical School

### **Juan Camilo Vanegas**

- Education: Microbiology (B.A.) University of Maine
- MD Candidate, Tufts Medical School

### **Martha Chicaiza, *Director of MEDLIFE Ecuador***