Wuqu’ Kawoq
Strengthening Mayan language and medicine

Annual Report 2010
Dear WK Supporters,

Through our ever-growing network of volunteers, dedicated staff, and community leaders, your Wuqu’ Kawoq has been given the extraordinary privilege of meeting both chronic and urgent needs of Mayan communities in Guatemala in 2010.

Our fourth year as an organization saw a major natural disaster: Tropical Storm Agatha. A significant portion of the country was hit hard. Major highways were washed away, entire towns were buried by massive mudslides, and thousands of people were left without clean water, food, homes, or crops. From the start of the storm, WK was on the front lines, leading the way in collaborations among dozens of entities that had never before worked together.

WK’s disaster relief efforts were featured in dozens of press pieces in 2010, perhaps none more exciting than the ABC coverage. In November, ABC sent a film crew to spend a day taking footage of our child malnutrition program in Paya as part of their yearlong series, “Be the Change: Save a Life.” This series, funded in part by the Bill and Melinda Gates Foundation, will bring attention to the health conditions of the world’s poorest people. It will run throughout 2011, and it will span every ABC news program and platform.

During their kick-off week in December, we were featured in three programs: 20/20, This Week with Christiane Amanpour, and Good Morning America. At the same time, ABC launched a new website: www.saveone.net, which featured more footage of WK’s programs not yet shown on television.

As of December 31, 2010, $138,304.00 had been donated to WK through the Global Giving project page. More gifts are arriving every day. The WK Board of Directors is looking forward to expanding our child nutrition programs into several new communities in 2011. We will continue to appear in ABC programs, with a special WK follow-up segment at the end of the series. So stay tuned!

Thank you for giving Wuqu’ Kawoq the great honor, through your kindness and generosity, to impact countless lives in 2010 in so many meaningful ways. We are able to do great work because of amazing supporters like you!

With gratitude,

Emily Tummons
Board Chair
Anne Kraemer Díaz
Executive Director
Mission Statement

Wuqu’ Kawiq is committed to facilitating excellence and linguistic competence in medical care delivery in the indigenous highlands of Guatemala. There are currently few medical programs in Guatemala that provide care or educational in indigenous Mayan languages. We believe that the provision of first language services is the first step toward excellent care.

We cultivate partnerships and fund targeted projects at the intersection of indigenous language rights, literacy, and the provision of medical care. Such projects include: primary care systems development, support for indigenous community health workers, dissemination of written medical resources in indigenous Mayan languages, and literacy and continuing-education training for community health practitioners.

Wuqu’ Kawiq tiene como compromiso el desarrollar servicios de antención médica de alta calidad y en los idiomas indígenas del altiplano de Guatemala. Actualmente hay pocas organizaciones trabajando en los idiomas Mayas. Creemos que el uso del idioma materno es el primer paso en el desarrollo de servicios de salud.

Cultivamos colaboraciones y fundamos proyectos que se tratan de las relaciones entre los idiomas indígenas, la literacia indígena, y el cuidado médico. Dichos proyectos incluyen: desarrollar sistemas de atención primaria, apoyar a promotores de salud, publicar recursos médicos escritos en idiomas Mayas, y capacitar a proveedores de salud comunitaria.

Chupan konojel ri nimatinamït e k’ö pa re runik’ajal ruwachulew re’, yalan k’ayew rub’anon wakamin Iximulew. Pa k’i’y juna’ xya’on pe ri lab’äl, ri kamisanïik, ri eleq’anïik. Roma ri’ janila e meb’a’i’ ri qawinaqi’, majun k’ö ta kik’uqub’ab’äl k’u’x. Stape’ yecho’n pa ri taq Mayab’ chab’äl, majun e k’ö ta ye’aq’oman pa kich’ab’äl.

Wuqu’ Kawiq jun molöj xtikïr pa ri 12 B’aqtun, 19 K’atun, 13 Tun, 16 Winäq, 19 Q’ij (chupan ri cholq’ij ri Wuqu’ Kawiq).

Yojnojin chi ruk’aslemal ri Mayab’ winaqi’ janila k’atzinel. Nqajo’ yojto’on apo chike ri aq’omanela’ chuqa’ k’exeloma’ rije’ yesamäj pa kich’abäl. Chuqa’ nqakasöj ri ojer na’oj pa ruwi’ ri k’aslem chuqa’ ri aq’om.
“When I found out I had diabetes, I thought it would be better to just die then,” explained Aura, a middle-aged woman from Tecpán. Aura had heard of other diabetics suffering from blindness, amputations, and economic constraints preventing them from purchasing medications. She was afraid that she would face a similar fate until she began to receive care from Wuqu’ Kawoq physicians and midwives, who provided Aura with free medications and advice on how to live with the disease in a way that would prevent the complications she feared. Over time, she no longer thought of diabetes as a death sentence, but a disease that she could manage.

In the summer of 2010, we began an ongoing evaluation of our diabetes programs. Listening to the perspectives of our diabetic patients like Aura has provided us with many insights about how to improve our programs. An assessment of our patients’ knowledge about the disease and nutritional practices has allowed us to create several pamphlets in Kaqchikel and Spanish about recognizing symptoms, changing dietary habits, and teaching one’s family about the disease. We are also collaborating with the Institute of Nutrition in Central America and Panama (INCAP) and the Guatemalan Organization for Prevention of Heart Disease (APRECOR) to expand our diagnostic capabilities and health care services, as well as provide educational classes and support groups that will be led by the midwives in the coming year.

2010 Accomplishments

- We continued our work with diabetic patients in three clinical sites: Santiago Sacatepéquez, Tecpán, and San Juan Comalapa, enrolling more than 75 adult diabetics.
- In all three sites, we continued to provide clinical care and free diabetes medications. We also expanded our coverage to include other essential medications, include medications for control of high blood pressure.
- We published several new patient education resources in Spanish and Kaqchikel about diabetes care and nutrition, and we developed a new Kaqchikel language instructional video for diabetic patients.
- We began a new collaboration with INCAP and APRECOR and the Ministry of Health to scale up community-based diabetes programs.
Child Nutrition
guaranteeing the future

Guatemala has the highest rate of chronic child malnutrition (stunting) in the Western hemisphere. The burden of disease rests largely on indigenous communities, where rates of stunting often exceed 80%. Combating child malnutrition has been one of Wuqu’ Kawoq’s central efforts for the past few years. Our programs are developed in partnership with communities and seek to not only treat but also prevent child malnutrition through combined food supplementation and consistent primary care for all children.

This summer, under the guidance of dietician Nicole Henretty, we began a nutrition education program, teaching mothers about topics such as anemia and complementary foods.

We are proud to announce new work that will soon begin in Santa Catarina Palopó and San Antonio Palopó, two communities that were among the hardest hit by Tropical Storm Agatha. This project will provide supplementary food to hundreds of children under age two. We are grateful for the support that makes this work possible!

2010 Accomplishments

• Socorro – We are beginning to see exciting improvements in child stunting. From November 2008 to June 2010, we have seen overall rates of stunting in children under 5 drop from 75% to 40%, and in the youngest, most vulnerable children we have seen rates of severe stunting cut in half.

• Paya’ – We continue to provide food supplementation to the children of Paya’, targeting those between 6 months and 2 years of age. The project is run by enthusiastic mothers in the community.

• Santa Catarina Palopó and San Antonio Palopó – As mentioned, we are excited to begin a nutrition program in these two communities with the hopes of preventing malnutrition in the wake of disaster.
Disaster Relief
Tropical Storm Agatha

Working in Guatemala, Wuqu’ Kawoq is used to dealing with a number of consistent challenges: lack of clean water, finding locally available medications, and malnutrition in many of our patients to name a few. This year, however, we suddenly had to deal with an unexpected challenge. In late May, Tropical Storm Agatha devastated much of Guatemala. The strong winds and heavy rains caused mudslides and floods throughout the highlands, claiming hundreds of lives and leaving thousands homeless.

Natural disasters like this exacerbate all of the regular problems that accompany poverty. Nearly all of our patients, partners, and friends in Guatemala were affected in some way.

Fortunately, with our network of local employees and volunteers, we were one of the first groups able to assess the situation and spring into action. By the first week of June, we had logistical staff and emergency medical workers on the ground. We immediately began coordinating relief efforts with a myriad of other groups.

With an outpouring of donations from our supporters, we sent out our own teams to the harder-to-reach areas, going home-to-home treating respiratory infections and other medical needs. Additionally, Wuqu’ Kawoq provided medicines to local physicians caring for those living in temporary shelters, collaborated with the local Ministry of Health staff to help them provided basic services, and invited engineers from the US to set up clean water supply systems.

Many communities who had previously had access to clean water found themselves suddenly in need in the wake of Agatha. Partnering with Procter & Gamble, Wuqu’ Kawoq was able to provide PUR water kits to thousands of individuals in various highland communities. PUR is an amazing product whose self-contained kit sterilizes and filters the dirtiest muck into clean, drinkable water. This makes it perfect for short-term relief and disaster situations. We are continuing to keep a small stockpile of PUR kits for future needs like this one.

Two other technologies have been helpful in WK’s relief efforts. Q Beta water filters use a pre-made ceramic ‘candle’ to slowly filter impurities out of water. The advantage of these filters is that they are very easy to set up and can be used for the intermediate term. In the aftermath of Agatha this year, we quickly distributed Q Beta filters to many displaced families. We observed a striking effect as the communities that had received these filters suffered far less from the severe diarrhea that plagued nearly every patient we met.

Six months after Agatha, many communities remain in need. With the strong connections Wuqu’ Kawoq formed with other relief groups and agencies in the wake of the storm, however, we continue to address these problems. In particular, our work addressing and preventing malnutrition in children has taken on a new focus and has continued to expand in the wake of the storm.
Communities Served During Agatha

- Caserio Centro
- Chirijuyu’
- Chutinamit
- Chuacruz
- Cruz Quemada
- Hacienda Maria
- La Cumbre
- La Giralda
- Ojer Caibal
- Pacacay
- Pachichiac
- Pacorral
- Paquip
- Panajachel
- Paraxquin
- Patio Bolas
- Paya’
- Pixabaj
- San Antonio Palopó
- San Jose Poaquil
- Santa Apolonia
- Santa Catarina Palopó
- Saqitacaj
- Tecpán
- Xaquijya
- Xecoxol
- Xepac
- Xetonox
Women’s Health

Women’s health services are severely lacking in most regions of Guatemala, but much more so in the areas where the majority of the population is indigenous. Wuqu’ Kawoq has been working to improve women’s healthcare in Guatemala in a number of ways since its inception in 2007. However, this year, with the funding raised during our Global Giving fundraising campaign in October, Wuqu’ Kawoq has expanded its women’s healthcare program to provide more services in more areas of the country, with a greater focus on sexual and reproductive health and education than before.

Since 2007, Wuqu’ Kawoq has collaborated with a group of midwives called ACOTCHI (Asociación civil de Comadronas Tradicionales de Chimaltenango) based in the department of Chimaltenango. This group of midwives started in 2004 to create a women’s health network. These midwives are immensely dedicated, resourceful, and have come together to provide the best healthcare possible for the women of Chimaltenango. Wuqu’ Kawoq has specifically been working with them in clinical settings as well as in educational classes conducted by U.S. physicians (translated into Kaqchikel) to complement their work. In return, the physicians and Wuqu’ Kawoq learn more about the work the midwives are doing and their roles as major health providers in the communities of Guatemala.

In addition to working with midwives, Wuqu’ Kawoq is implementing two new branches of the women’s healthcare program for 2011. The first branch is educational, and the second is clinical. Starting in January of 2011, Wuqu’ Kawoq will hold sexual and reproductive health classes in Kaqchikel in San Pedro Sacatepéquez and Santiago Sacatepéquez. The clinical branch of this program will start in January 2011 as well, with Wuqu’ Kawoq’s women’s healthcare clinics expanding to provide STI testing and treatment, provision of contraception, HIV screening, and testing and treatment for cervical cancer.

2010 Accomplishments

• We continued to provide logistical and financial support for training and empowerment of ACOTCHI’s 100 member midwives, including a group of novice midwives enrolled in a formal training program.

• We provided classes in home-based neonatal resuscitation to midwives in Tecpán and San Juan Comalapa.

• We continued our exciting program to use misoprostol in home-based deliveries to prevent maternal postpartum hemorrhage.

• We began testing of Sprinkles® in pregnant women as a novel way to treat pregnancy-related iron deficiency anemia.
Perhaps the greatest barrier to proper health and nutrition in rural Guatemala is lack of access to clean, drinkable water. Adults and children in the communities we work with are in a constant battle against stomach illnesses and diarrhea caused by contaminated water. Fortunately, there are many good technologies out there that can provide both short and long-term solutions. Wuqu’ Kawoq is making good use of many of them.

Wuqu’ Kawoq found PUR water packets and Q Beta filters to be very good short-term and intermediate-term solutions; so we were excited to provide these to communities in the wake of Tropical Storm Agatha. A more in-depth description of the use of these two systems can be found on page 6.

For a long-term solution for clean water in our communities, we believe Biosand filters are the very best. These filters function by passing water through several strata of purifying materials, filtering out impurities and harmful bacteria.

Most importantly, Biosand filters can be completely constructed with locally available materials by local community members. This not only makes them sustainable, as they can be easily replaced if damaged, but also gives the community the most active role in providing themselves with clean water.

Beginning in 2009, Wuqu’ Kawoq partnered with the University of Illinois chapter of Engineers Without Borders and the Sylvan Lake Rotary Club to bring clean water to every household in the Bocacasta village of Socorro. Several engineers held a three-day session with community members, training them how to make the filters. Other volunteers went house-to-house, educating families on how to use and maintain the filters.

Within a few months, all 150 households in Socorro had clean water in their homes, and soon after neighboring villages began asking how they could begin making the filters as well. Wuqu’ Kawoq is now working to put these filters in multiple communities in the region, leading to higher child nutrition, less sickness, and better overall health for these communities.

2010 Accomplishments

- We distributed Q Beta water filters and PUR® to families affected by Tropical Storm Agatha, providing emergency clean water to more than 5,000 persons.

- We constructed more than 100 Biosand water filter units for our costal community nutrition projects.

- In partnership with Mayan Families, we constructed another 100 Biosand units for families affected by Tropical Storm Agatha.

- We conducted followup research with Engineers without Borders on the effectiveness of the water technologies we have put in place.
Kab’lajuj Ey

This summer, Wuqu’ Kawoq hosted its first ever Kaqchikel language field school at its headquarters in Santiago Sacatepéquez.

This field school was named in the same manner as Wuqu’ Kawoq. The name Kab’lajuj Ey refers to a date on the 260-day Mayan calendar which corresponds to the very first day of the 2010 course (June 7, 2010.) Each Mayan calendar date contains one of 13 numbers and one of 20 day names. Kab’lajuj means “twelve.” The day name Ey means “the path.”

The goal of Wuqu’ Kawoq was to select people who have been collaborating with us in the past, or who are training to do so in the very near future. Native Kaqchikel speakers planned all of the content and learning activities. These four teachers, Magda Sotz Mux (WK field staff, pictured at right), Filiberto Patal, Maria Carmela Rodriguez, and Celestino Sajvin Sajvin, were the heart and soul of the course.

Students worked intensely with teachers for 8 hours per day in immersive language learning activities. Lunch each day was provided in the home of WK field staff member Wiicha Ixtacop, where more fun Kaqchikel practice took place.

KE student Kate Moneymaker says, “Our time in Kab’lajuj Ey was invaluable to our learning of Kaqchikel. The teachers were wonderful, so helpful and patient, and the immersion method was both challenging and incredibly fun.”

To find out more about Kab’lajuj Ey 2011, contact Director Emily Tummons at emily@wuqukawoq.org.

Language Revitalization

In 2010, Wuqu’ Kawoq began work in a number of key language revitalization projects that will continue through 2011. Small bilingual (Kaqchikel and Spanish) publishing projects include educational materials about diet and diabetes and the proceedings of WK-sponsored “Futuros Colectivos” conference held in 2009.

We have a couple of larger language projects in the works. First, WK has recently partnered with AMLG’s branch “Kaqchikel Cholchi” to develop 3000 new Kaqchikel words for important concepts in medicine and information technology. Second, in our interviews with midwives, we have recorded about 140,000 words of spoken and transcribed Kaqchikel. We are currently writing a grant to double the word count and tag the resulting database with grammatical information in a way that meets current standards in computational linguistics. In a few years, we plan to produce the first large machine-searchable linguistic database of a Mayan language, which will be an important resource for future grammars, dictionaries, and research on Mayan languages.
Volunteer Spotlight

Ch’umilal, the Kaqchikel word for destiny, is the first word that comes to mind for one of Wuqu’ Kawiq’s newest interns, Miranda Greiner. As an undergraduate at Kansas University, Miranda accidentally signed up for a Kaqchikel class, which, little did she know at the time, would begin her on the b’ey, or path that would bring her to work in rural Guatemala. After accompanying her Kaqchikel instructor Emily Tummons to a week of WK clinics in Guatemala in February 2009, Miranda participated in WK’s first language school, Kab’lajuj ‘Ey in June 2010 as well as Tulane’s Kaqchikel language school Oxlajuj Aj. All her classmates, teachers, and WK staff say the same thing about her: Jantape nsamaj riija’; “That girl is always working!”

As an intern, Miranda has been focusing on recent efforts to improve care for WK’s diabetic patients. She has helped with ethnographic evaluations of our programs, has created a Kaqchikel pamphlet for diabetics about disease recognition and management, and is currently working on maintaining a records system for patients in Santiago and Comalapa.
2010 Staff & Consultants

Anne Kraemer Díaz
Executive Director

Peter Rohloff
Medical Director

Ovidio Barreno
Water Team

Florencio Calí Jiatz
Project Coordinator

Jose Federico Calí Jiatz
Disaster Relief

Pedro Calí Jiatz
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Paulino Calva
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Anita Chary
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Shom Dasgupta
Staff Physician

Miranda Greiner
Project Coordinator

Graham Hall
Project Coordinator

Nicole Henretty
Nutritionist

Wicha Ixtajop
Project Coordinator

Mayra Lacán
Social Worker

Claire Melvin
Project Coordinator

Sarah Messmer
Project Director

Magda Sotz Mux
Ethnographer

Alejandro Sacalxot
Water Team

Catarino Sajvin Sajvin
Disaster Relief

Catarina Salas
Social Worker

Eric Sorenson
Project Coordinator

Edwin Us
Water Team

2010 Advisory Board

Robert Henderson
Hunter Christophersen
Malcolm Hill, MD
Tyrone Melvin MD
Brent Metz, PhD
Laura Welch

2010 Volunteers

Juan Ajsivinac Sian
Clarice Amorim
Caitlin Baird
Joyce Bennett
JR Caines
Keira Cohen, MD
Tiffany Creegen Miller
Melinda Dabrowski, MD
Victor Díaz Can
Marta Flores
Kristine Hamilton
Paul Hamilton
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Samantha Lie Tjauw
Ana Lopez de Mateo
Kate Moneymaker
Rachel Murphy
Akhila Narla
Elizabeth Rogers, MD
Rebecca Plummer Rohloff, PhD
Celestino Sajvin Sajvin
Yohan Song
Samantha Steiner
Jane Streigel, MD
Margaret Sullivan, NP
Pippin Williamson
Financial Summary – January-December 2010

**Operating Revenue:** $156,605

**Program Expenditures:** $114,972

**Operating Expenses:** $139,132

**Net Assets (12/31/10):** $50,241
Help Us Grow!

§ Donate Online at www.wuqukawoq.org

§ Send a Check to PO Box 91, Bethel VT 05032

§ Join us Online at www.facebook.org/wuqu.kawoq

§ Volunteer by inquiring at contact@wuqukawoq.org