

Reflecting PHJ's Vision and Mission on the Coming 20th Anniversary

Shingo Oda, Chairperson PH-Japan Board of Directors

Project HOPE Japan, PH-Japan's preceding organization, was established in January 1997. So we will be celebrating the 20th anniversary next year.

In January 2006, our organization was reorganized as a Japanese non-profit organization called PH-Japan (People's Hope Japan, PHJ) independent from the Project HOPE, with the main mission of improving maternal and child health conditions in Southeast Asia, namely Thailand, Indonesia, Cambodia, and Vietnam, through education. In 2015 PHJ started its support activities in Myanmar, too.



In Thailand, PHJ projects of HOPE Partner (supporting rehabilitation of children with physical difficulties), pediatric cardiac surgery support, HIV/AIDS awareness and prevention education, cervical/breast cancer prevention education have achieved targets successfully. All of us at the Headquarters appreciate warm support of all the donors and all Thai staffs' efforts. We are also grateful that the local organization in Vietnam expressed their intention to continue the PHJ project of breast cancer awareness education by themselves.

In Indonesia, our maternal and child health improvement, regional medical and health system enhancement, nutrition education extended over 10 years were completed in 2015 and we acknowledged that the projects would be continued by the local organizations. Presently we are applying for approval of these projects in another area.

The 10 year maternal and child health improvement project in Cambodia was also completed two years ago. Presently, PHJ is carrying out regional medical and health enhancement project in another area, fully utilizing the success and knowhow acquired in the previous project.

PHJ's Myanmar Office was established in March 2015 to improve emergency transportation system, construction of sub-centers (mainly delivery and medical check), investigate local medical and

health status, and extend high quality services based on our experiences in other countries.

PHJ Headquarters located in Tokyo functions as a back office of fund raising, international operations planning, administration and communications for support projects in Southeast Asia. This changed significantly after the March 11 East Japan Earthquake and Tsunami. Since then PHJ has been extending emergency and reconstruction support as one of its major missions. Today, PHJ is extending reconstruction of private hospitals and human care of victims in Kesen-numa, Ishinomaki, and Tagajo.

The world is facing a common issue of the medical access arising from poverty and lack of medical system that is handled on a state level. In developing countries, to make sustainable health and medical level improvement, state and corporate level efforts are not sufficient. So, grass root activities such as PHJ has been handling in the Southeast Asia are indispensable.

With the goal of extending health and hope to all people, PHJ will continue extending grass root support activities of health education toward the people in the project sites to help themselves in building healthy lives. PHJ is planning to publish and distribute to all support members the 20th anniversary publication in August 2016.

I would like to conclude my message by announcing that all PHJ staffs appreciate the efforts and accomplishments our predecessors have contributed to PHJ up to now; that we are determined to face challenges in the coming 20 years to be able to share the joy of health and hope with donors, recipients, and all concerned.

Thank you for your warm support up to now and I would like to ask your continued support and cooperation.

The 52nd Steering Committee Meeting

PHJ organized the 52nd Steering Committee Meeting (SCM)* from 5:00-7:00 pm, November 25, 2015 at a conference room of All Hospitals Association of Japan in Tokyo. Eight SCM members including two who accepted the post in fiscal year 2016, one observer and 16 PHJ staff members participated in the meeting.



Country directors of Indonesia, Cambodia, and Myanmar reported respective project activities, while PHJ Tokyo staff reported on the Thailand and

Vietnam projects. Several SCM members commented and asked about practical projects leading to

active discussion among the participants.

PHJ Tokyo staffs reported the East Japan Disaster Reconstruction Support, vending machine donation and charity calendar project.

*PHJ holds the Board of Directors in August and SCM in May and November each year.

Myanmar – About PHJ’s Project Site, Tatkton Township



PHJ Myanmar Office started the regional health administration improvement for mothers and children at Tatkton Township. Following shows the current situation of the Township.

Tatkton Township is located one hour car drive north of the nation’s capital Nay Pyi Taw (The entrance to the

township is shown on the left photo.) Its population is 208,000 persons, including 31,000 persons in urban area and 177,000 persons in rural area. Almost 80 percent of the population reside in villages. PHJ’s project targets are expectant and nursing mothers in such rural area.



About 90% of the residents are the Buddhists, many of whom are very devout believers. In fact the Buddhism is an important and natural part of their living. In towns, we see many Buddhist priests with stoles as shown on the right photo. When PHJ started the construction of a sub-center (clinic with delivery facilities) project, the Buddhist priest was present at the meeting to compile varied opinions of the village officers.



In the PHJ’s project site, the rural area of the Tatkton Township, many villages still lack health and medical services. The villagers are looking forward to PHJ’s projects of construction of sub-centers, improvement of emergency transportation system, strengthening of maternal and child health care services through education. Acknowledging these expectations, we remind ourselves of the importance of our activities. (The left photo above

shows a typical raised floor housing. The right photo next page shows the market with varied vegetables and fish.)

The people of this township including health center staffs and village officers are very gentle and welcome outsiders without hesitation. During our weekly visits to the project site, we are determined to meet the expectations of these people.



In Myanmar there are still many rural areas requiring external supports. PHJ will continue to extend such required health and medical support to them with your understanding and cooperation.

By Yuichi Shingai, Country Director of PHJ Myanmar Office

Thailand – Pediatric Cardiac Program

PHJ Thailand started the Pediatric Cardiac (PC) Program in 1998 to meet the great need of babies born with a congenital heart defect requiring a life-saving corrective surgery but unable to receive it because of economic conditions of their families. Thanks to many individual and corporate donors, PHJ has successfully supported the treatment of more than 400 congenital heart disease patients .



In the initial period, there was a waiting list of 300 to 400 patients at the Chiang Mai University Hospital. The reasons for such long waiting list was partly economic factor mentioned above and another reason was related to a medical issue of lack of expert medical doctors in the PC field as well as

the nurses with the sufficient knowledge of nursing patients.

To overcome such issues, PHJ extended not only the surgery support but also the training of nurses. Many nurses have been trained at training institutes in Bangkok to acquire the knowledge about PC and nursing cares for pre- and post-surgery patients. In 2004, PHJ dispatched 11 nurses to the International Nursing Congress held in China, also.

In addition, PHJ supported mobile heart screenings by expert doctors conducted in the rural areas throughout northern Thailand where medical service level is lower than urban areas. In these screenings, a medical team of the Chiang Mai University Hospital undertakes the screening

bringing required equipment. The local medical doctors appreciate this opportunity of observing practical medical examination.

In 1998 only the Chiang Mai University Hospital could undertake heart surgery. Since the medical level in Thailand has improved considerably, Lampang Hospital started to undertake the surgery in 2010. Today several more hospitals are able to treat pediatric cardiac patients and undertake surgeries.



We are happy that the waiting list at the Chiang Mai University Hospital has become very short partly due to our support for many years.

Photos:

Left above: Medical doctor examining a patient at the Chiang Mai University Hospital

Right above: A healthy child one year after surgery and his grandmother

By Jeeranan Mongkhondee, Regional Director for Thailand and Vietnam, PHJ Thailand Office

Cambodia – Strengthening Health Center Function



In October 2015, PHJ Cambodia completed the first year activities of the three year project in Kompong Cham. Our target is strengthening health administration network in the health operational district (OD) in order for expectant mothers and newborn children have appropriate continuous access to health care services. To achieve this target, we extended support to the administrators of the OD.

The Kompong Cham project consists of four components:

1. Capacity building of OD
2. Training of health staffs (mainly midwives)
3. Strengthening of health center administration
4. Improving villagers' health awareness

In this issue, I would like to report on the third component of strengthening health center administration. This component includes organizing health volunteer meetings, facilities support to health centers, practical training of health center staffs by the OD administrators.

The health volunteer meetings are called every month with the attendance of two persons with the attendance of health center staffs to share and discuss health issues and better health functions as well as better operations of health center services. (The above photo shows the health volunteers at one of the monthly meetings.)

PHJ also extended facilities support to the model health center. One of three model centers was built many years ago and its wall paints were peeling. We painted walls again and the center became attractive and bright to welcome villagers.

Another task PHJ tried was the OD staffs guidance to health centers. Each month the OD staff visited the model center with the PHJ staff to monitor sanitary conditions and equipment maintenance and provide necessary advices.

These continued activities brought visible changes. For example, the sanitary conditions improved, the staffs regularly wear white lobes, and they started to observe work regulations such as arriving at the center at the opening time. During the first year, PHJ staffs led these changes and we hope that these changes will continue under the OD leadership in the second year.

By Kazuko Ichihara, Country Director, PHJ Cambodia Office

PHJ Organized Cambodia Study Tour

As a part of communications and public relations, PHJ organizes study tours to visit our project sites. The tour extends a good opportunity to the participants to observe PHJ's project in practice, as well as to learn and understand the health and medical conditions of the project sites and lives of villagers and residents in rural area. To understand international cooperation projects, it is important to see the living conditions of the recipients or villagers. PHJ's study tour provides the participants to talk to and understand the villagers' actual views and ideas directly.



In the summer, PHJ organizes a study tour of Saitama University's field work investigation. In 2015 PHJ organized the fifth study tour to Cambodia, that is ranked the fifth poorest country yet making rapid economic development.

(The above photo shows the participants of the Saitama University Cambodia Study Tour and PHJ staffs.)

The university students undertook pre-tour study and selected study themes by group. When they visited the villagers, one group interviewed on the main theme of reproductive health while another group asked on the second theme of health strategy of villagers and marriage and child nursing as shown on the photo below.

The study tour took off from Phnom Penh, visited PHJ's project site, Kompong Cham and ended at



Siem Riup where the world heritage Angkor Wat is located. The students were surprised at the diversity of Cambodia from affluent Phnom Penh, the political and economic center, to the simple life at rural area of

Kompong Cham, and conducted findings wondering what is the happiness of the people in each area. Although they had a hard time in interviewing the villagers in English, they collected , analyzed the accumulated data and compiled a

presentation report in a limited time. They were satisfied with their own achievements in the investigation, but moreover, they were impressed by the warm welcome extended by the villagers. It was a valuable experience for them that despite difference in language, culture and life style, the villagers explained to them frankly about their daily lives.

The study tour is an excellent opportunity to become aware of the diversity of life style and value judgement and to think in other person's point of view. PHJ is planning to organize such study tours from time to time. Please join our study tours.

By Yoshimi Nakata, Manager of International Operations, PHJ Tokyo Office

PHJ Square – Our Health-building Brings Hope to Tohoku Through PHJ

By Yuka Takei, Supporting Member

Greetings to you from Yuka Takei, organizer of Oasis Yoga Place, an organization promoting Yoga among the public. It has been 10 years since Mr. Masaru Yokoo, PHJ staff, joined this organization. Hearing about his activities at the PH-Japan (Peoples' HOPE Japan), particularly for the reconstruction of the disaster area of Tohoku, I started to donate to PHJ, the fee (500 yen per person) of the morning Yoga class, held at Chikouin Temple, Shin-Kouenji, from 8:00 to 9:00 on the first Saturday, every



month.

More than four years have passed since March 11, 2011. I understand that the disaster areas are recovering physically speaking, but the mental and psychological issues of the people suffering from the disaster cannot be solved in this short period. I was impressed that PHJ has been working in this field. The Yoga lesson allows us to have deep breath to bring every part of our body fresh and healthy. Our wish is that this practice on our part would inspire the Tohoku people to enjoy health and happiness through the PHJ activities. Yokoo-san told us about the sincere and devoted services of medical and health facilities that were once washed away by flood and Tsunami. He also reported us about the smiling faces of the people in the temporary housings and other medical facilities where PHJ donated medical equipment and other needed items. It is a relief that our small donation of the Yoga lessons can make some difference in among the people in Tohoku.

While practicing the Yoga, I think of the Tohoku people and wish that our joy in health building reaches to some person in Tohoku to share the joy. Thank you Yokoo-san for reporting your and PHJ's services in the area and giving us the opportunity to share the joy of health with the Tohoku people.

Although the news of the disaster area has been reduced, the sense of loss and sadness of the disaster victims have not diminished. Under such circumstances, I cannot but applaud the PHJ's continued support to Tohoku and determined to continue donating the Yoga class fee at the peaceful temple to PHJ.

Please note that no reservation is required to join the monthly Yoga at a temple. Please contact oasis_yoga@yahoo.co.jp You can build your health at the morning Yoga and pray for the health and joy of the people in Tohoku.

PHJ Participated in Following Events

1. Global Festa Japan 2015



Date: October 3 & 4, 2015

Place: Center Promenade, Odaiba Kaihin Park

Exhibits: Asian Animal Calendar 2016

Maternal and child health care

improvement in Cambodia and Indonesia

HIV/AIDS prevention education in Thailand

2. Lecture at Mejiro University

Date: October 24, 2015

Place: Mejiro University

Lecture: "You can start social contribution today:
Making mothers and children of Asia smiling"

Yoshimi Nakata, PHJ International Operations
Manager



3. Musahsino International Festival



Date: November 15, 2015

Place: Musashi-sakai Swing Bldg. 11 Fl

Exhibits: Asian Animal Calendar 2016

Maternal and child health care
improvement in Cambodia and Indonesia
HIV/AIDS prevention education in Thailand
Multi-language picture story (Indonesian
language)

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