

Nijmeegse Vierdaagse: walking for Quina Care

Dressed in Quina Care shirts, the heat has been braved with one goal: to raise money to support the running costs of Hospital San Miguel.

In the previous newsletter there was an announcement about doctor-volunteer Ellen and her partner Gerrit, who participated in the Nijmeegse Vierdaagse before leaving for Ecuador to raise money for Quina Care. Due to unusually hot weather this edition of the 4-day march became a 3-day march. Ellen and Gerrit have successfully completed this march! And by doing so they raised even more money than the aim of €3.000. Ultimately the counter was exactly €4.000!

By now, Ellen has completed her first month as doctor-volunteer in the hospital and also Gerrit has done some impressive work in Ecuador for Quina Care.



Cheque of €3.980 (after recounting it turned out to be €4.000!) handed over officially.

"Being a single mother is no limitation to reach my goals and dreams someday."

In this newsletter it's Martha's turn to introduce herself as a staff member of Hospital San Miguel.

Hi, I would like to share some thoughts about my working experience at Hospital San Miguel.

My name is Martha Lidia Arimuya Tanguila, born in the Putumayo canton. I currently live in the Puerto el Carmen parish, the town that was also part of my youth and adolescence. Afterwards I started my own family, I

am a mother of three beautiful daughters who are my pillars that get me through. Every day I work hard to be able to give my children everything I can. Being a single mother is no limitation



to reach my goals and dreams someday. It's worth pointing out that I have been in a very difficult situation due to the lack of employment possibilities in my hometown. However, my

faith in God has always supported me whenever I encountered setbacks. It made me believe at all times that one day, things would be different. Continue reading [here](#).

Monthly staff lunch

Since the opening of Hospital San Miguel, the entire staff has lunch together on the first Thursday of the month, followed by a work meeting.



We consider it very important that the connection between staff is very good and that there is an open atmosphere. Which also means that everyone can bring in ideas to improve the processes and the care in the hospital. That's why each month a lunch is organised for all staff. First they all eat together and then everyone can contribute ideas for discussion. Carolien and Jacob are, of course, present, but also Louisa Spaans, president of Quina Care Ecuador, tries to attend as often as possible. New ideas from the various boards are also discussed here, such as a plan of improvement for sustainability. Staff seems to appreciate these moments and makes valuable contributions to this.

"Results are immediately visible and patients can go home with a clear plan."

Doctor-volunteer Pieter Staarink looks back on half a year of Puerto el Carmen.

From February until August 2022 Pieter has been working as doctor-volunteer in the San Miguel hospital. It's incredible, the amount of work he has completed! He gave medical courses to staff, organised weekly exercise classes for staff and he built a sheltered terrace in front of the staff building with a beautiful view over the river. His partner Eefje was around for the first three months and she as well has completed great work with setting up a sustainability plan for the hospital. After getting back to The Netherlands she continued working on this, by among other things giving a workshop on sustainability to the Duchth board of Quina Care.

[Here](#) Pieter tells us more about his experience in the hospital.



Every area in Hospital San Miguel has its own nameplate

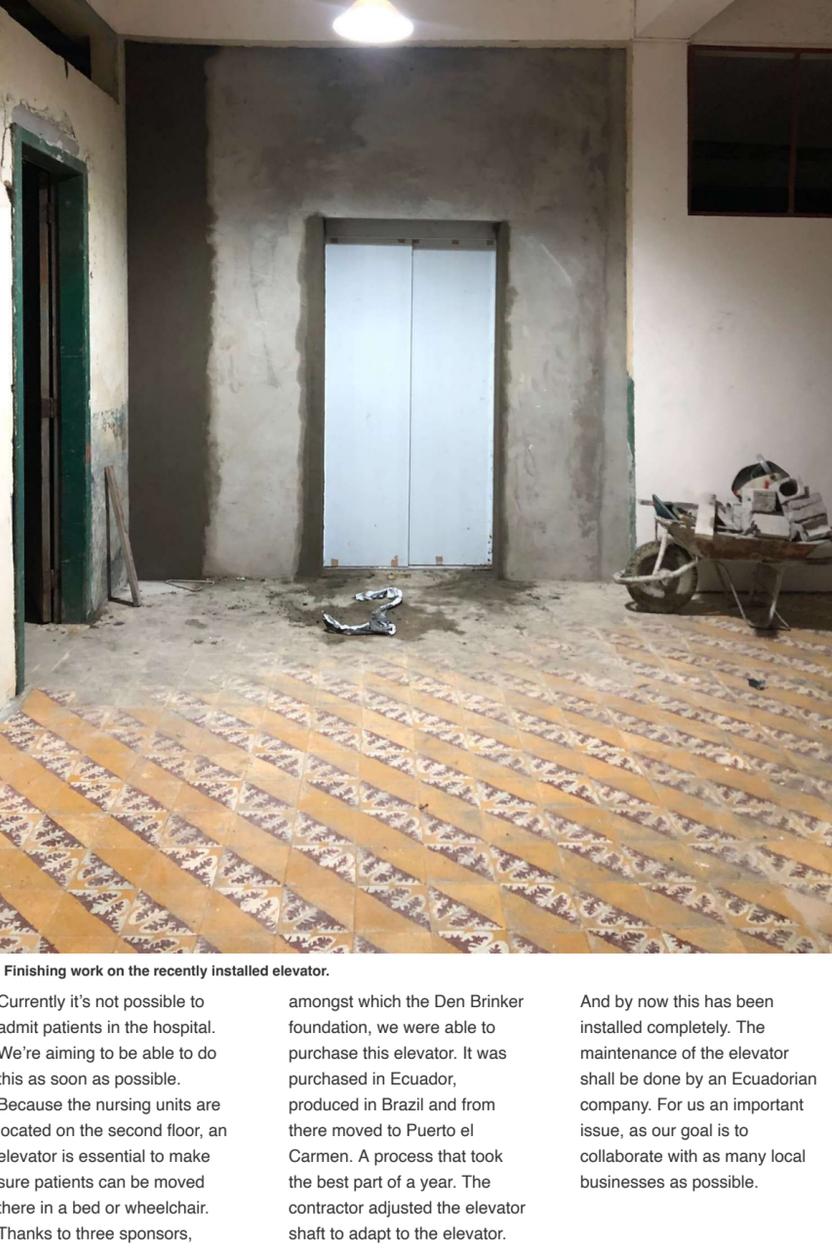
Nameplates facilitate the flow of patients through the hospital.

In the hospital their various purpose. These are, for example, a consultation room, pharmacy, laboratory, and

reception area. To make sure that way around in the hospital, all spaces now have clear nameplates with the name and

purpose of the space. The purpose are donated by J.H. Machining and are looking incredibly neat and professional!

Elevator installed!



Finishing work on the recently installed elevator.

Currently it's not possible to admit patients in the hospital. We're aiming to be able to do this as soon as possible. Because the nursing units are located on the second floor, an elevator is essential to make sure patients can be moved there in a bed or wheelchair. Thanks to three sponsors,

amongst which the Den Brinker foundation, we were able to purchase this elevator. It was purchased in Ecuador, produced in Brazil and from there moved to Puerto el Carmen. A process that took the best part of a year. The contractor adjusted the elevator shaft to adapt to the elevator.

And by now this has been installed completely. The maintenance of the elevator shall be done by an Ecuadorian company. For us an important issue, as our goal is to collaborate with as many local businesses as possible.



Quina Care needs the support of donors. Only with your help we can realize the health care

the people of Putumayo so desperately need. To donate, press the button on the left.

