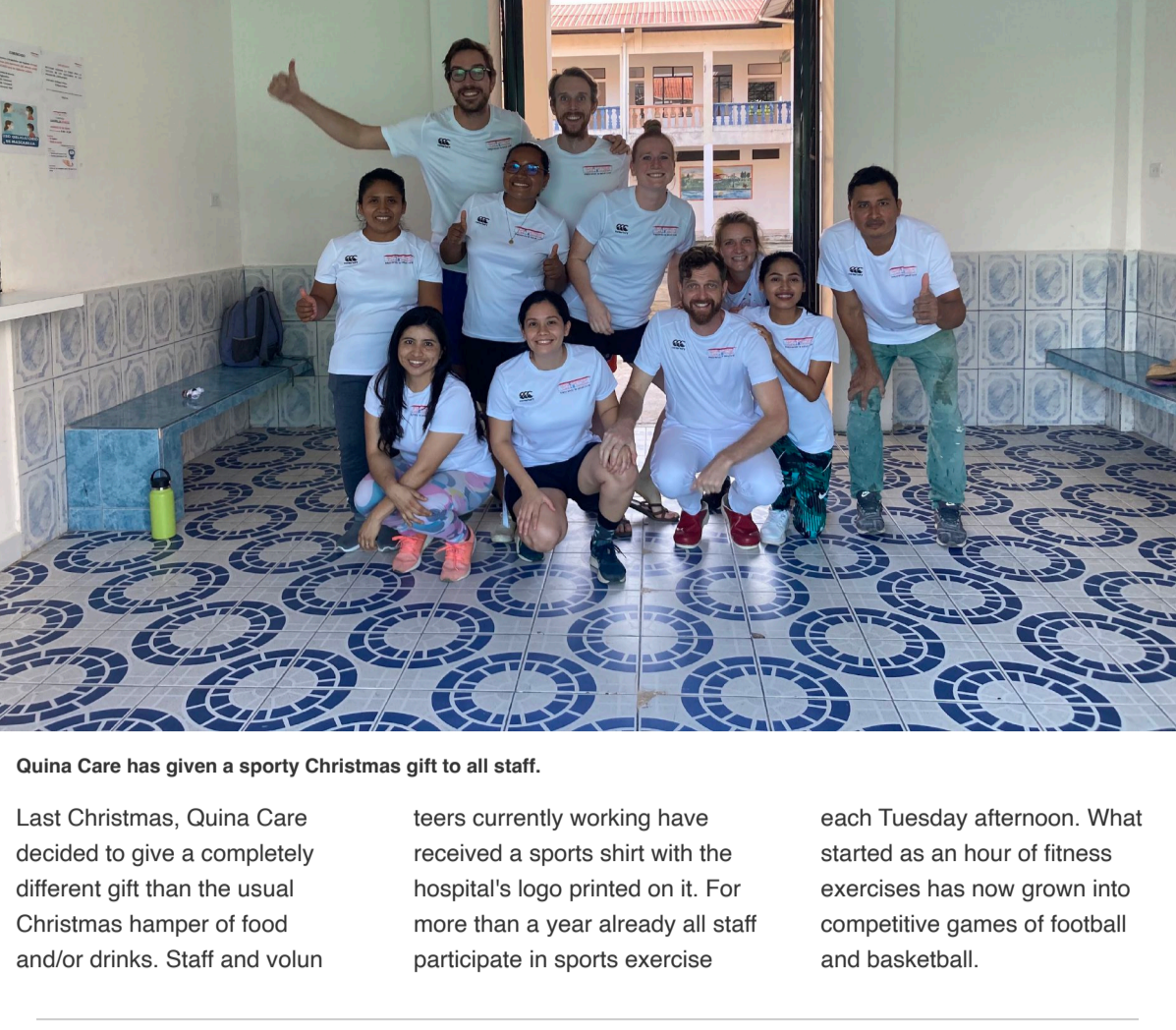


# Sporty Christmas gifts



Quina Care has given a sporty Christmas gift to all staff.

Last Christmas, Quina Care decided to give a completely different gift than the usual Christmas hamper of food and/or drinks. Staff and volun

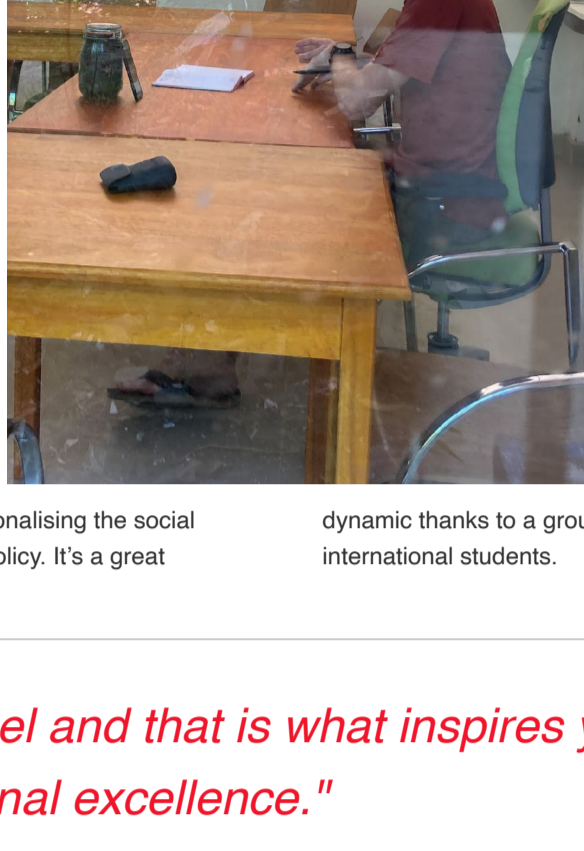
teers currently working have received a sports shirt with the hospital's logo printed on it. For more than a year already all staff participate in sports exercise

each Tuesday afternoon. What started as an hour of fitness exercises has now grown into competitive games of football and basketball.

# I DO project

Quina Care works together with students of the Erasmus University.

This academic year, Quina Care is supported by bachelor students of Erasmus University. They are doing an optional course, called the I DO project, where they help foundations make the world a better place. They do this, the first half year under supervision of our local volunteer Gerrit Spiersma, by screening the foundation and identifying areas of improvement and providing solutions. Or by coming up with entirely new ideas, in Quina Care's case by improving the fundraising and



professionalising the social media policy. It's a great

dynamic thanks to a group of international students.

*"Your passion is your fuel and that is what inspires you to personal excellence."*

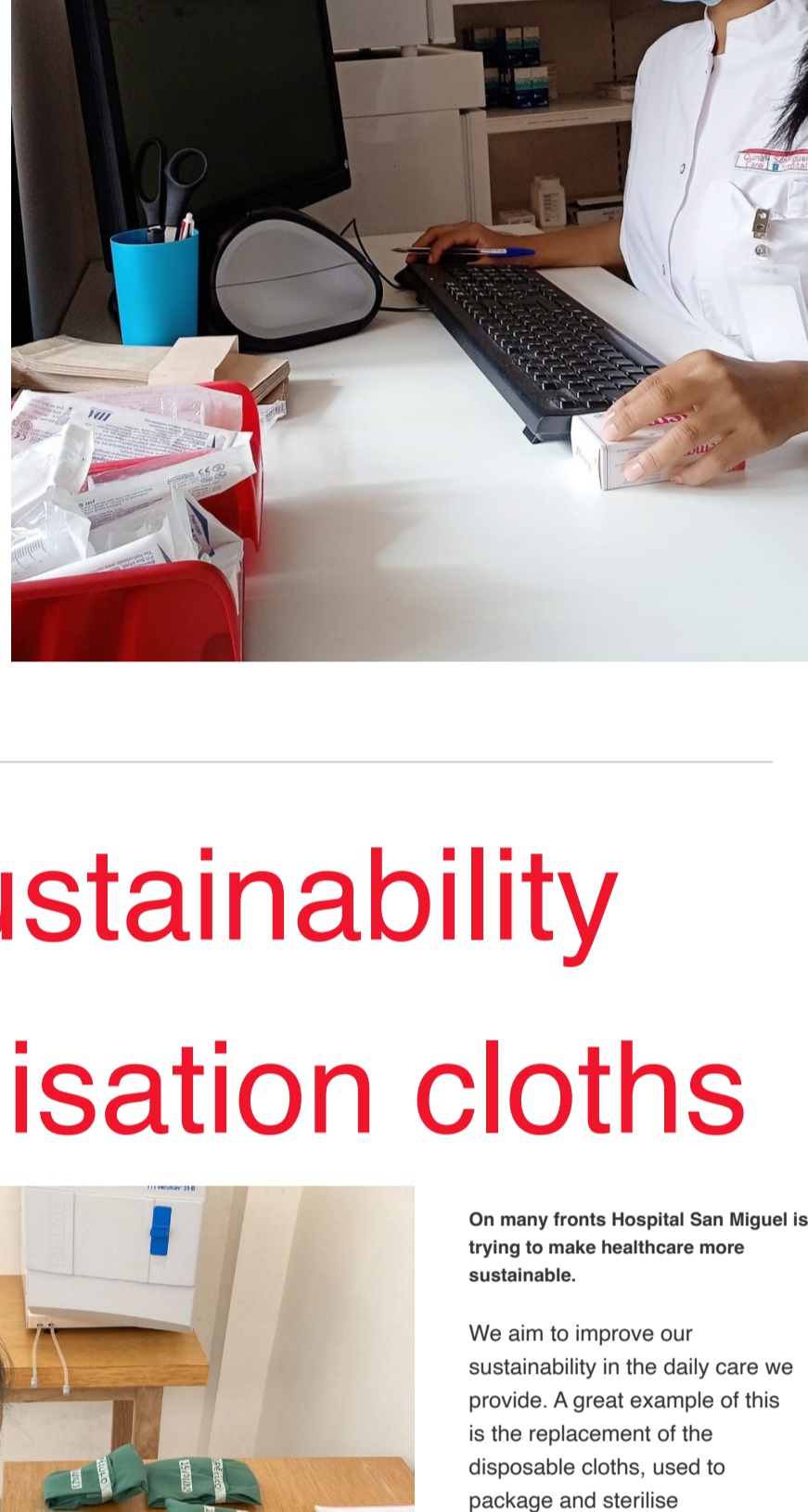
In every newsletter a staff member introduces themselves. This quarter it is Gladys.

We all have a calling as unique as a fingerprint, and the best way to be successful is to discover what you love and to find a way to offer that to others, by working hard and being guided by the universe's energy. Your passion is your fuel and that is what inspires you to personal excellence.

Hello! I would like to share my story and how I became part of this beautiful Quina Care family.

My name is Gladys Judith Mamallacta Andi. I was born in the city of Lago Agrio and currently live in Puerto el Carmen, Ecuador. When I was 4 years old my parents divorced. Because of this I have spent my childhood and most of my teenage years in the village of Rumipamba (in the Orellana province) with my father, my sisters and my brother.

Read more [here](#).



# Sustainability sterilisation cloths



On many fronts Hospital San Miguel is trying to make healthcare more sustainable.

We aim to improve our sustainability in the daily care we provide. A great example of this is the replacement of the disposable cloths, used to package and sterilise instrumentation, with cloths made of fabric that can be reused. This special cloth is made of cotton and is, among other things, able to withstand high temperatures. Using a big roll both the president of Quina Care, Cootje Bouwman as one of her friends, Helen, have cut and sewn tailor made cloths. Another example are the so-called fenestrated drapes which ensures that the section around the operation area remains sterile. For the smaller operations we are also in possession of reusable fenestrated drapes made of cotton.

# Extra Volunteer Doctor: Niels Erkelens

Niels Erkelens was temporarily supporting the team in Puerto el Carmen.



To cover the temporary vacancy due to the maternity leave of Carolien who was willing to fill in for 2,5 months. Niels Erkelens was very much interested in this. A doctor with plenty of experience at the emergency room who currently was employed on Bonaire. Niels has a strong affinity with the jungle which made it feel from day one as if he was here for months. We thank Niels for his commitment, professionalism, but also friendliness.

# Current directly from high voltage



New connection with its own transformer directly to high voltage.

Hospital San Miguel grows in terms of diagnostics and treatments on offer. This led to an increase in power consumption. Added to this is the fact that the recently

installed elevator needs 3-phase power. Compelling enough reasons for owning a transformer directly connected to high voltage in order for us to have a stable supply of current and be independent of peak loads by

other users. Thanks to two loyal donors De Wissel we were able to complete this project within a very short time.

# Room for Education and Handover

New spacious room for handover of the shift in the mornings and, in addition, for education purposes.



Recently a new room has been completed in the hospital. Later this year, when the clinical units have opened and staff will work

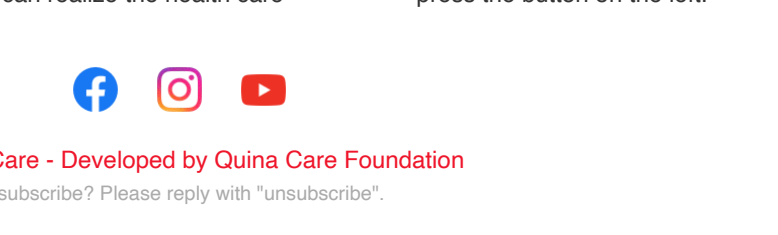
in shifts, this room will be used for handover in the mornings. The idea is to connect a short educational opportunity each

morning to this handover. For the current weekly training and education purposes this room is already utilised.

# Sustainable Chicken Coop

Gerrit Spiersma, the partner of Ellen van Goor who worked as a volunteer for six months in the San Miguel Hospital, was also located in Puerto el Carmen during this period. Apart from supervising the students of the I DO Project and preparing the administration of some of the potential future projects, Gerrit also built a complete chicken coop from waste material in the hospital's garden. The wooden crates used for delivering the elevator were an important source. Looking forward to the opening of the clinical units later this year ten young hens have found a home in this new residence.

Ten young hens have found home in a new chicken coop built with recycled materials by Gerrit Spiersma.



Donate

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.

