

VITAL SIGNS



Stories of Health and Hope from Around the World



IMPROVING HEALTH



INCREASING ACCESS TO MEDICINE



RESPONDING TO DISASTERS



Agnes visits the health care providers that trained her in kangaroo care: a method that helps newborns begin to thrive.

Saving Babies and Mothers in Tanzania

Thanks to our caring supporters, Americares has been saving lives and improving health in Tanzania for more than 30 years.

We provide ongoing support for hospitals and clinics, and have partnered on many projects, from health worker safety to infectious disease outbreak response.

One major focus of our efforts in Tanzania is maternal and child health care. Agnes and her newborn son are alive and well today because of our supporters' compassion and generosity.

Agnes, who has sickle cell disease, had been receiving prenatal care at Sengerema District Hospital, so when her water broke weeks before her due date, she immediately rushed to the hospital. Without the medicine and expert maternal care you helped provide, this mother and baby might not have survived.

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Supporter Spotlight: Linda Hanscom

Americares community of supporters includes Linda Hanscom of Maine. Linda initially got involved in our work 26 years ago after learning First Lady Barbara Bush was an honorary board member. “I thought if she was involved, this must be a good organization,” Linda recalls, “and years of seeing all the things Americares does have shown that is true.”

Linda says, “What impresses me is that you respond so quickly when there is a disaster. I hear about disasters or wars [and] people suffering, it’s important to be there very, very quickly.” Americares ability to act fast when lives are on the line depends on individual donations in times of pressing need, as well as with foresighted planned gifts from friends like Linda, who provide a solid base of support far into the future.

“In addition to including Americares in my estate planning, I frequently use qualified charitable distributions allowed by the IRS, a win-win for both Americares and the supporter.”

—Linda Hanscom, Americares Supporter

Having included Americares in her estate planning, Linda is a proud member of our Macauley Society. Taking qualified charitable distributions from her Individual Retirement Account (IRA) lowers Linda’s tax liability while helping sustain health programs near and dear to her heart.

We are forever grateful to Linda Hanscom and every supporter who invests in Americares to save lives and improve health. ❤️



Letter from the CEO

Happy New Year!

You are making 2025 a happy and healthy year for people around the world through your support and involvement in Americares work. From a rural village in Tanzania to a clinic in Connecticut, you help save lives every day.

Whether we are rapidly mobilizing to deliver medicine and restore health services in the aftermath of natural disasters, or operating free clinics close to home, contributions from caring friends like you make it all possible.

I hope you enjoy reviewing the impact of your support in this issue of Americares *Vital Signs* newsletter. I also encourage you to regularly check our website, [americares.org](https://www.americares.org), for the latest updates on our programs and stories of the people being touched by your generosity.

On behalf of our staff, health care partners, and especially all the people you are helping, thank you for improving and saving lives.

Christine Squires, President and CEO

Hurricane Helene Update: A Community Taps into Safe, Drinkable Water

When Hurricane Helene made landfall, communities faced devastating disruption to their lives—many were still without clean water weeks later. “Not having power and water was a big adjustment,” says Jerome, a hurricane survivor with two children, ages 6 and 3, “It was a lot just to try to figure things out—the hand washing, food prep, bathing, cleaning and hygiene.”

Thanks to donors like you, a timely response enabled survivors in Asheville, N.C., to access safe, drinkable water. Americares, with years

of experience responding to extreme weather, partnered with local organizations to install four AquaBlock filtration units, each providing up to 17,000 gallons of clean water daily for affected families in Buncombe County.

“It was a big relief,” says Jerome, “especially for it to be within a mile and a half from our home.” Jerome and other survivors could access clean water when it was needed most. Americares rapid action, our local partners and your donations made all the difference. ❤️



Local residents fill up jugs of potable water provided by an AquaBlock system in Asheville, North Carolina, on Wednesday, Oct. 23, 2024. Americares and Planet Water collaborated to install four AquaBlock water filtration systems in and around Asheville, North Carolina, to provide communities with clean drinking water, in the wake of Hurricane Helene.

Saving Babies and Mothers continued from page 1

After more than a month of blood transfusions, antibiotics, and treatments to strengthen the baby’s lungs in utero, Agnes gave birth eight weeks prematurely. Her son weighed just over three pounds, and was unable to breastfeed.

“I always get good treatment from the doctors and nurses here.”

—Agnes, a patient who was taught kangaroo care

Midwives at the hospital instructed Agnes on expressing her breast milk. They taught her kangaroo care: a method of constant skin-to-skin contact that keeps babies warm, prevents infection and helps newborns gain weight and begin to thrive.

Agnes is immensely grateful to Americares supporters like you. “I always get good treatment from the doctors and nurses here,” she says. “I have also received counseling on family planning.” Agnes is confident that the skills she has learned will help keep her family healthy. ❤️

Treating Everyone with Dignity and Respect Since 1994

For over 30 years, AmeriCares Free Clinics have provided health care services to low-income and underinsured community members.

Maria is a patient at the Bob Macauley AmeriCares Free Clinic of Norwalk in Connecticut. Maria was unable to afford health care for herself, and she had to stop working to care for her two grandchildren. Now, one of our health coaches at the clinic who is fluent in Maria's native Spanish helps Maria control her diabetes.

Your support has helped put Maria on the path to improved health. With her diabetes and hypertension now in healthy ranges, Maria credits AmeriCares Free Clinics with showing her, "what to do and how to do it—everything from medicine to lifestyle changes. I'm in control, and it feels fantastic to be healthy."

AmeriCares Free Clinics supported by your generosity serve nearly 2,000 patients annually. The estimated value of services provided over the past 30 years is \$165 million. For patients like Maria, the value of good health is incalculable. ❤️



Debra Gerson, M.D., AmeriCares Free Clinics Director of Medical Services, assists Maria, a patient at the Bob Macauley AmeriCares Free Clinic of Norwalk.

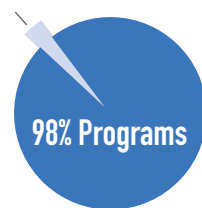
Give With Confidence

More than 98% of AmeriCares resources support health programs, with less than 2% going to administration and overhead expenses.

Plus, every contribution you make can go 20X as far providing aid to people in need due to our trusted network of local partners and careful use of donated medicine.

Independent Confirmations: Numerous charity evaluators have analyzed and confirmed AmeriCares efficiency and accountability to our donors.

2% Fundraising, Management and General



4 | HEALTH COMES FIRST



88 Hamilton Avenue
Stamford, CT 06902
203.658.9500 | 1.800.486.HELP
americares.org

AmeriCares is a health-focused relief and development organization that helps people affected by poverty or disaster with life-changing health programs, medicine and medical supplies.

Emergency Response Partners

These organizations support AmeriCares year-round readiness for global emergencies:

- Amgen
- Baxter International Foundation
- Catalent
- Cencora
- Chevron
- Daiichi Sankyo Inc.
- Dean and Denise Vanech
- Elevance Health Cares
- Elevance Health Foundation
- Investnet Asset Management
- Integra Foundation
- Medtronic
- Northrup Grumman
- Novartis
- Odyssey Group Foundation
- Olympus
- Patagonia
- PVH Foundation
- Teleflex Foundation
- Vertex Foundation
- Voya Foundation
- Xylem Watermark

Build Your Lasting Legacy of Health

Your commitment to helping people lead healthier lives can endure by including AmeriCares in your long-range financial planning. We offer several thoughtful ways to make giving decisions that align with your values in each stage of your life.

IN YOUR 40s AND 50s, a gift in your will or living trust is a great way to help that costs you nothing today.

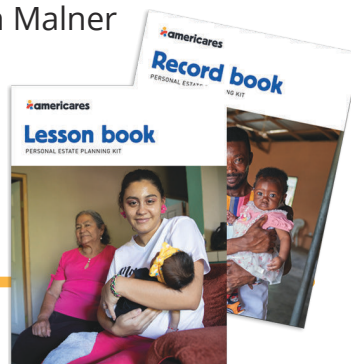
IN YOUR 60s, you can create steady lifetime income for yourself or a loved one with a gift annuity that pays you and then improves health for others. This can also be a good age to transform your retirement plan or life insurance policy into an impactful gift by adding AmeriCares as a beneficiary.

IN YOUR 70s, you can make a gift from your IRA directly to AmeriCares and avoid paying income taxes on the money or fund a charitable gift annuity through your IRA and receive income payments for life.

IN YOUR 80s, 90s, AND BEYOND, if you choose to carry on your compassion through any legacy gifts, please let us know so we can include you in our Macauley Legacy Society.

For more information about planned giving options, check the box on the enclosed form or contact Karen Malner at (800) 486-4357, ext. 596, or by emailing PlannedGiving@americares.org. ❤️

Request your free, comprehensive estate planning guide today! ▶

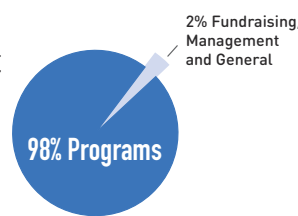


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- Patagonia
- PVH Foundation
- Teleflex Foundation
- Vertex Foundation
- Voya Foundation
- Xylem Watermark