



nested

*Did you know?
Nestled was awarded as a "Top Parent Educator" in DC, Maryland, and Virginia!*



PROJECT NIDO 2019

Nidhi and the Nested team recently returned from a medical mission trip on behalf of Project Nido 2019, where they helped provide health education and medical services to indigenous communities of Ecuador's Chimborazo Province. Working in partnership with PACH Ecuador, Nested exceeded their goal of serving over 450 patients. Nested is thrilled to have been able to provide a combination of medical and dental services to over 600 children and adults in a three-day time period!

Nested successfully provided essential medical & hygiene supplies for Project Nido 2019, thanks to the generous support from the Greater Washington DC Women's Health Village, including Reiter Hill Johnson & Nevin, the physical therapist community, reproductive endocrinologist practices, cord blood banks and medical technology companies, dental offices, local schools, breastfeeding centers, The Doulas of Capitol Hill, and their friends and families.

Project Nido 2019 was a unique trip which incorporated women's health, vision care and dental health education to address the underlying causes of many of the patients' medical complaints. As a result, the Project Nido team was able to have a huge impact on community health. They hope that their impact and the services provided will result in improved school attendance rates as well as patients' abilities to provide for their families.

Another objective of Project Nido's 2019 mission was to educate and enable women to learn about their anatomy and menstrual cycles. and provide instruction on how to alleviate period pain through yoga, massage, hydration and natural remedies (e.g., ginger, cinnamon). During "charlas" (female chats) women were able to openly discuss and ask questions about their health and other issues in a private and safe place. In addition to the educational component, we provided women with sanitary pad and hot/cold

gel packs to allow them to continue attending school and work during their menstrual cycles. With the combined effort of PACH, Nested and the Las Vegas Democracy Prep High School, the team was able to offer cervical cancer screenings, pediatric and adult medical care, physical therapy and chiropractor services.

With the help of teachers and students from the Montessori of Northern Virginia, a video was made using puppets to educate communities on oral health and emphasize proper tooth brushing techniques. All of the children who attended our clinics watched the video and were given toothbrushes & toothpaste to bring home to their families. Many of the members of the communities had never seen a toothbrush before and were excited to receive the dental supplies.

In addition to dental health services, vision screenings were administered and glasses were distributed. With PACH's great effort, the Project Nido team distributed 325 pairs of glasses! Eighty-four year old patient Dorthia was delighted to receive new glasses to help her continue knitting clothes for her grandchildren. With tears, she explained that she never went to school nor learned how to read, so Dorthia was unable to read the words when checking to make sure the new glasses were the correct prescription for her. She was proud that her daughters and grandchildren had all been blessed to go to school and learn to read.

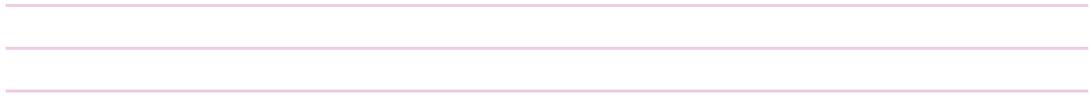
The Project Nido team also received a glimpse of communities during special "Mario" village tours, and were welcomed into family homes and farms. One of the most memorable experiences for the children on this mission was visiting the local elementary schools and engaging with the local kids, while donating school supplies. It was learned that most teachers educate a large age range of students in each classroom (10- to 18-year-olds). At the rural clinics, the Project Nido team was able to take Polaroid pictures of the children as a family keepsake, and gave framed collages as gifts to each community.

After returning home, it is always hard to articulate how impactful and life-changing the trip can be, so it's always easier to provide some statistics:

- **200** lbs of donated supplies carried by our 20 team members!
- **4** months to **94** years old: The age range of patients served!
- **600** toothbrushes donated
- **601** patients seen!
- **1** Alpaca being born on a village tour!
- **10,000** feet: highest altitude of community clinic!
- **5** 80-year-old men that returned home wearing pink bedazzled reading glasses selected by one of our "fashionista" trip participants! ;)
- **Tons** of thank you cards made by local kids!
- **Tears** shed while Nidhi thanked volunteers - enough to make Leela embarrassed! :)

Lastly, even though significant monetary funds, essential supplies and education were donated to these communities, the families of the Chimborazo Province gave the Project Nido team so much more. The team was gifted with an example of lives guided by purpose and acts of kindness and joy, regardless of having so "little" by traditional standards. All returned home with a much greater appreciation of the things that matter the most.

On behalf of Nested, thank you to our village of fundraising volunteers, our Project Nido team and our PACH family for all that you did for Project Nido 2019!



Stay Social with Nested!

