

The Volunteer Connection



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The Vital Role of Volunteers in International Development

Recent news articles have focused on the increase in global volunteerism, with many questioning its merits, after reports of unethical and culturally inappropriate actions. The problems range from personal behavior to volunteers providing clinical services beyond their scope of abilities.

The UN and other global institutes have recognized the important role that highly skilled volunteers can play in moving forward with the complex agenda outlined in the Sustainable Development Goals (SDGs). They emphasize that the goals are people-driven and transformative, and often require a champion to work with a community to effect change. Volunteers in well-structured positions play a crucial role in sharing skills, working at the local level, modeling attitudes, and catalyzing behavioral changes, all of which are key elements in improving health care.

Each of these elements is incorporated in HVO's work towards its mission of providing training and education for our colleagues in resource-scarce countries, where there is a shortage of both health care providers and opportunities to expand their knowledge. Yet how can this issue be addressed when the global shortage is anticipated to increase to 18 million providers by 2030?

Critical to addressing the global shortage of health care providers is the understanding that HVO does not work alone. The SDGs were developed by global institutes with the consent of governments, and the recognition that each of the goals has implications for the entire planet. To meet the global challenges we face, governments, institutes, organizations, and communities must work in a coordinated manner.

At HVO, we work with our partner institutes to address the concerns they have identified, and draw on the expertise of our sponsor associations and our dedicated volunteer professionals to focus on improving the quality and delivery of health care.

Key problems in developing health workforce capacity that HVO works with partners to address:

1. Isolation
2. Outdated curricula & lack of advanced practitioners
3. Weak systems
4. Health provider shortages

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News & Events

LETTER FROM THE EXECUTIVE DIRECTOR



“The heart of a volunteer is not measured in size but by the depth of the commitment to make a difference in the lives of others.”

- DeAnn Hollis

Dear Friends,

These are challenging times in our world, on so many different fronts. At the United Nations General Assembly recently, the news about climate change was grim, particularly with the recognition that these changes will affect every aspect of our lives. Health care workers will be dealing with extreme environments - the consequences of excessive heat, droughts, flooding, cyclones and tornadoes; an increase in vector-borne diseases (in areas where they previously did not exist) and water-borne diseases; and the stress and trauma of disasters – all in addition to the usual caseloads that present themselves.

Unfortunately, as WHO notes, “Areas with weak health infrastructure – mostly in developing countries – will be the least able to cope without assistance to prepare and respond.”

While all of this news could leave us discouraged, I am encouraged by the words of the UN Secretary-General António Guterres, who said he has hope that, in working together, we can “link climate change to a new model of development – a fair globalization – with less suffering, more justice and harmony between people and planet.”

I, too, am hopeful because, as you will see in our cover article, our volunteers are an incredible group of dedicated professionals whose impact, through education and training, is changing lives and building the capacity of health systems.

Please join us in building a healthier world for all!

Sincerely,

Nancy

Nancy A. Kelly, MHS
Executive Director

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Active Project Sites

CURRENT VOLUNTEER OPPORTUNITIES



Photo courtesy of Vivian Leuche

Anesthesia

- Bhutan 4 weeks
- Cambodia 2 - 4 weeks
- Ghana 2 - 4 weeks
- Laos 2 - 4 weeks
- Malawi *suspended*
- Rwanda 2 - 4 weeks
- Vietnam 2 - 4 weeks

Dermatology

- Cambodia 2 - 3 weeks
- Costa Rica 1 - 2 weeks
- Nepal 2 - 4 weeks
- Uganda 2 weeks
- Vietnam 2 - 4 weeks

Hand Surgery

- Honduras 1 week

Hand Surgery/Hand Therapy

- Ghana 2 - 4 weeks
- Nicaragua *suspended*

Hematology

- Cambodia 2 - 4 weeks
- Peru 2 - 4 weeks
- Tanzania 1 - 4 weeks
- Uganda *suspended*

Internal Medicine

- Bhutan 4 weeks
- Cambodia 2 - 4 weeks
- Costa Rica 2 weeks
- Guyana 2 - 4 weeks

Internal Medicine

- India 2 - 4 weeks
- Nepal 3 - 4 weeks
- Uganda 1 - 4 weeks

Nursing Education

- Cambodia 2 - 4 weeks
- Laos 4 weeks
- Tanzania 3 - 4 weeks
- Uganda 3 - 4 weeks
- Vietnam 2 - 4 weeks

Obstetrics-Gynecology

- Cambodia 2 weeks
- Haiti *suspended*
- Uganda 1 week
- Vietnam 2 - 3 weeks

Oncology

- Bhutan 4 weeks
- Honduras 1 week
- Nepal (gyn-onc) 1 - 2 weeks
- Nepal (med-onc) 2 - 3 weeks
- Uganda 2 weeks
- Vietnam 2 weeks

Oral Health

- Haiti *suspended*
- Laos 1 - 2 weeks
- Nepal 2 weeks
- Peru 1 - 2 weeks
- Tanzania 2 weeks

Orthopaedics

- Bhutan 4 weeks
- China 2 - 4 weeks
- Costa Rica 1 week
- Ghana 2 - 4 weeks
- Myanmar 3 - 4 weeks
- Nicaragua *suspended*
- Philippines 2 - 4 weeks
- St. Lucia 1 - 4 weeks
- Tanzania 2 - 4 weeks
- Uganda 2 - 4 weeks

Pediatrics

- Bhutan 4 weeks
- Cambodia 4 weeks
- Laos 4 weeks
- Nepal 3 - 4 weeks
- Nicaragua *suspended*
- St. Lucia 2 - 4 weeks
- Uganda 1 - 4 weeks

Physical Therapy

- Bhutan 2 - 4 months
- India 2 - 4 weeks
- Malawi 4 - 6 weeks
- Rwanda 2 - 4 weeks
- St. Lucia 1 - 4 weeks
- Vietnam 2 - 4 weeks

Other Projects

- Bhutan*
- Emergency Medicine 4 weeks
- Mental Health 3 months
- Residency Training 3 months
(Anesthesia, General Medicine, General Surgery, Ophthalmology, & Pediatrics)

Uganda

- Pharmacy 3 - 4 weeks

Wound Management

- Cambodia 1 - 2 weeks
- Haiti *suspended*
- India 2 - 4 weeks

Please Note: New projects are added regularly and volunteer assignments are made on a rolling basis. For the most up-to-date information on volunteer sites and scheduling, contact the HVO Program Department: info@hvousa.org or (202) 296-0928. Visit the website www.hvousa.org.



News & Events

HVO MEMBERS IN THE NEWS

HVO Mourns the Passing of Malvin Barer, MSc, MD

Dr. Malvin Barer, a partner in the Webster Orthopedic Medical Group of Oakland, California passed away in May, just shy of his 88th birthday. He had served as Chief of Pediatric Orthopaedic Surgery at Oakland Children's Hospital and was an orthopedist for the Golden State Warriors. A graduate of Purdue University, he obtained his medical degree from Holland's University of Amsterdam, and trained as a Fellow in Orthopaedic Surgery at the Mayo Clinic.

After joining HVO in 1997, Dr. Barer shared his skills as a volunteer in Moldova, Trinidad & Tobago, Vietnam, and Costa Rica. The HVO community extends condolences to his wife Barbara and their family.

The Loss of Dr. Stanley Schrier, Renowned Stanford Hematologist

Stanley Schrier, MD, passed away in August at the age of 90, having continued his lifelong work in hematology up until two months prior to his death. Fascinated by science from a young age, he received his medical degree from Johns Hopkins School of Medicine and received additional training at the University of Michigan and the University of Chicago. As a member of the Commissioned Corps of the U.S. Public Health Service, he studied treatments for Korean vivax malaria, which initiated his interest in studying blood.

Dr. Schrier joined Stanford University School of Medicine as an instructor in 1959, one of four members of the hematology division. He became division chief in 1968, and served in the position for 27 years. By 1972, he was a professor of medicine, and became an active emeritus professor in 1999.

He researched an hereditary blood disease, thalassemia, for over 20 years and conducted research in Israel, Italy, and Thailand.

In 2004, he served as president of the American Society of Hematology and helped launch their work with HVO. When he became an HVO member in 2007, he took on the development of the hematology division and chaired the Steering Committee for the next seven years.

His dedication to the field of hematology and his compassion for his patients carried over to his teaching, where he inspired and mentored many young hematologists.

His enthusiasm for life, and his commitment to his field, will be greatly missed. HVO extends sincere condolences to his family and colleagues.

Orthopaedic Resource

A second edition of the textbook *Global Orthopedics: Caring for Musculoskeletal Conditions & Injuries in Austere Settings* has just been published. Many of the authors have volunteered with HVO, and the book has served as a helpful resource at project sites.

If you wish to order a copy, here's the link to the publisher:

<https://www.springer.com/gp/book/9781461415787>

Join us at the OO-SICOT-WOC Luncheon

Attending the 2020 AAOS Annual Meeting? Join Orthopaedics Overseas (OO), along with the Société Internationale de Chirurgie Orthopédique et de Traumatologie (SICOT) and World Orthopaedic Concern (WOC) for our annual global volunteerism luncheon during the meeting!

When: Friday, March 27; 11:30 am – 1:30 pm

Where: The Rosen Centre Hotel, Orlando

Cost: \$100 per ticket; *seating is limited.*

Visit www.hvousing.org/luncheon

News & Events

HVO MEMBERS IN THE NEWS

Physical Therapists Receive Recognition at APTA Conference

At the annual American Physical Therapy Association conference this past summer, three long-time HVO volunteers were honored for their service.

Kim Dunleavy, PhD, PT, OS received the Societal Impact Award which recognizes “leaders within the APTA member community who demonstrate commitment and dedication to addressing issues related to societal welfare.” Since joining HVO in 1993, Dr. Dunleavy has volunteered her skills in Vietnam, Rwanda, and Nicaragua; conducted site assessments in South Africa and Sri Lanka; and is currently doing an e-volunteer assignment with Myanmar. Her leadership and broad impact have been shared through her service on the Technical Advisory Groups for HVO’s USAID-funded projects in Vietnam and Rwanda, her service as an HVO Board member, and her authorship of one of the articles in the e-book published last year through Frontiers.

Dr. Dunleavy received HVO’s Golden Apple Award in 2009.

Barbara Billek-Sawhney, PT, EdD, DPT, MS, GCS was honored with the Humanitarian Award, which recognizes physical therapists “whose demonstrated leadership and outstanding humanitarian volunteerism have improved the quality of life of individuals worldwide.” Dr. Billek-Sawhney has volunteered her skills with HVO in Malawi, India, Peru (where she also conducted a site assessment), Ethiopia, St. Lucia, Vietnam, and Rwanda. Her commitment to education was recognized with a Golden Apple Award in 2015.

Alice Salzman, PT, EdD was honored with the Illinois Physical Therapy Association’s Babette Sanders Award for Leadership and Service, which recognizes someone who has “demonstrated, over time, an exceptional level of support and dedication to physical therapy through their support and role in the national and/or state association.” Dr. Salzman has served in the leadership of the state’s clinical education, has been a representative-at-large for professional development, chaired various committees, and been a leader in APTA’s Global Health Initiatives. In her work with HVO, since joining in 1993, she has volunteered in Vietnam, Peru, and Uganda, and chaired the PT Steering Committee.

Congratulations to all three of these honorees, whose dedication to improving global physical therapy has made a difference in so many lives!

Resources on the Impact of Climate Change on Global Health:

1. Scientific American, “Climate Change is Having Widespread Health Impacts”, Sept 16, 2019
<https://www.scientificamerican.com/article/climate-change-is-having-widespread-health-impacts>
2. National Institutes of Health – Health Effects of Climate Change, June 30, 2018
<https://report.nih.gov/nihfactsheets/ViewFactSheet.aspx>
3. World Health Organization, Fact Sheet- Climate Change and Health, February 1, 2018
<https://www.who.int/news-room/fact-sheets/detail/climate-change-and-health>
4. The Lancet/ University College London Institute for Global Health Commission: Managing the Health Effects of Climate Change, May 16, 2009
[https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(09\)60935-1/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(09)60935-1/fulltext)



Reflections from the Field

VOLUNTEERS REPORT ON THEIR ASSIGNMENTS

Leila Srouf, MD, MPH, DTM&H · Pediatrics · Bhutan

I love working with the pediatric residents and interns. Watching the young doctors learning how to care for their young patients is so rewarding.

Jonathan Blackwell, MBBS · Hematology · Tanzania

I was uncertain about any contribution I could make prior to going to Dar. I am now aware of the needs and gaps in training and feel that I can offer more.

Steven DeFroda, MD, MEng · Orthopaedics · Tanzania

For me, operating with the younger residents was truly a unique experience. Often times there was both a technical and language barrier, but with patience and the appropriate communication we were able to learn from one another and complete complex surgical procedures. Invaluable in my evolution as a teacher and surgeon.

Jessica Bay, MSN · Oncology Nursing · Bhutan

This experience deepened my passion for being of service in the world. Helping to educate and empower those who need it is incredibly fulfilling. I also feel I became more creative, resilient, and flexible since it is so different than my typical work environment and going with the flow is essential.

Betty Beard, RN, MSN, PhD · Nursing Education · Vietnam (Hai Duong)

I have made some wonderful new nursing faculty colleagues at HMTU. I also have a new colleague/partner who is my counterpart and who is working with the medical school faculty on their research - while I continue to mentor nursing faculty via email.



Photo courtesy of Jonathan Blackwell

Reflections from the Field

VOLUNTEERS REPORT ON THEIR ASSIGNMENTS



Photo courtesy of Patty Rogers

Patty Rogers, MSN · Nursing Education · Cambodia

This experience has very much increased my confidence about my ability to travel to foreign countries and that the knowledge I have can be successfully translated anywhere in the world. Core concepts are the same, and humility on my end goes a long way in understanding how to adapt what I know to help in the developing world.

There was a teaching moment when I was doing some case studies as the students practiced SBAR communication (nurse to doctor). I decided to throw in a case about a woman who confided in her nurse upon discharge that she was afraid to go home. Most nurses missed the clue that she was not safe at home, especially some of my “soldier nurses,” older staff who had been Khmer Rouge soldiers then trained as nurses after the war. They wanted to send her home. One young male nurse (about 40% of nurses in Cambodia are male) spoke up and said, “No! She might be abused!” We had a really great discussion about domestic violence and options for victims in Cambodia, which I learned do exist. Light bulbs went off around the room, and I was so glad to touch on such an important topic.

As was told to me, it is critical to put your ego and lofty ideals on the back burner and just BE there in whatever capacity you are needed. Sometimes the most humbling tasks are so powerful as staff, patients, and families see you doing the simplest work.

Ted Sussman, MD · Internal Medicine · Cambodia

Prior to leaving, my wife and I were invited to a medical staff party where students, trainees and senior physicians ate, laughed, danced and Kareoked. It was a wonderful evening of fellowship. Volunteers are really appreciated and the staff never fails to make this evident. I have been back enough times that there are close relations with senior staff that allows for greater trust. Phnom Penh remains an extraordinarily rich environment for teaching and making an impact. Although limited in resources, they are committed to delivering excellent care. Although the city is changing, with increased congestion and growth, the hospital remains a greatly needed institution that benefits from HVO’s involvement.



News & Events

VITAL ROLE OF VOLUNTEERS

The Vital Role of Volunteers...

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There are four key problems involved in developing the health workforce capacity: isolation, outdated curricula and the lack of advanced practitioners, weak systems, and a shortage of providers.

Isolation: Many global health providers work in situations where they are the only provider, or the only specialist, for a large segment of the population. Whether they are working in a remote region of the country or in a bustling, urban environment, they feel the burden of responsibility of caring for a large number of people with little professional contact.

HVO volunteers offer an opportunity for collegial exchange of information, a chance for local providers to learn new skills, discuss difficult cases, etc. The training provided by volunteers is continuing education for the local staff or faculty but it is also a chance to provide the kind of support of a true colleague. The professional relationships that volunteers develop on assignments is a supportive network for local providers to draw on, and many volunteers return to a project site on a regular basis. Additionally, many volunteers continue providing support and

assistance, after they return home, through on-going communication or even an e-volunteering assignment (which is a specific activity that is time-limited with a defined scope of work).



Photo courtesy of Annie Genois

Outdated Curricula & Lack of Advanced Practitioners: In many hospitals and universities, some of the health professions are either new or did not develop as a result of political or economic difficulties in the country. Some of the teaching materials are outdated and, often, there are few practitioners with advanced degrees who are able to teach young students.



A planned gift ensures that HVO will be able to continue to make important educational strides in the improvement of health care in resource-scarce countries.

When you write or review your will, please consider leaving HVO a charitable bequest as an investment in HVO's future. To discuss making a bequest in your will or other charitable aspects of your estate planning, please contact Nancy Kelly at giving@hvousa.org.

If you have already made a charitable bequest, please let us know. We would like the opportunity to express our gratitude and will honor all requests to remain anonymous.

Thank you to the following people who have made this commitment:

Anonymous (8)

Charles & Sandy Blitzer

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Elaine Goodall, PT, Med

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Stephanie & Chris Murphy

Celia Pechak, PT, PhD, MPH

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Steven Stoddard, MD

The Estate of Karen Pitts Stubenvoll

Dr. Robert & Ann Volz

News & Events

VITAL ROLE OF VOLUNTEERS

Depending on the needs of the country, and the profession, HVO has developed curricula, provided continuing education, trained faculty in new pedagogical methods, provided bridge training (ie: to teach the skills for diploma-level providers to advance to BS-level), and provided residency level training for medical students. Volunteers on e-assignments have also assisted with training in research skills, reviewing academic papers, etc.

While most of HVO's work focuses on the volunteers serving in host countries, opportunities are also provided for local providers to have international training opportunities. The *Warfield Scholarships* are provided for anesthesiologists to attend conferences and trainings. For young health care providers who are early in their careers, the *Wyss Scholarship for Future Leaders in Global Health* offers funding for conferences and training courses of up to several months, with the expectation that the information will be shared with their colleagues at the project site. All of these efforts seek to advance the skills and body of knowledge at our partner institutions.

Weak Systems: Health systems require skilled providers but the system must be greater than just a few strong individuals. The system must be

able to survive a major catastrophe, an infectious outbreak, or just one provider being out sick.

Recognizing this crucial need, HVO works with local institutes to develop assessment tools, clinical protocols, record-keeping systems, and guidelines on best practices. Where appropriate, volunteers also emphasize the importance of building health care teams, to recognize the different but important roles each specialty has in patient care. Through the development of management systems and best practice protocols, institutional knowledge is strengthened.

Shortage of Providers: Although the global shortage of health care providers often seems daunting, by focusing on providing skill training, improving the body of knowledge available to the project site, and maintaining strong relationships built on trust and mutual respect, fewer providers will feel the need to leave their jobs from burn-out. As health care providers develop their skills and share them with their colleagues, the depth and breadth of systems can be strengthened, and the health professions will be more attractive to young students entering the profession.

This is the mission at HVO, and one that we, together as a global community, are striving to accomplish.



Photo courtesy of Viviane Leuche

Ways to Give

HELPFUL WAYS TO GIVE TO HVO

IRA ROLLOVER DISTRIBUTIONS – Don't miss this opportunity!

With the year coming to a close, tax planning is getting into full swing. If you are over 70½ and required to take a distribution from your IRA, there is a great way for both you and HVO to benefit.

These required minimum distributions are fully taxable as income. However, you may direct your IRA plan provider to make a 'qualified charitable distribution' and thereby reduce your taxable income. Here are some benefits:

- Avoid taxes on transfers of up to \$100,000 from your IRA to HVO
- Satisfy your required minimum distribution (RMD) for the year
- Reduce your taxable income, even if you do not itemize deductions
- Help further the work and mission of HVO

HVO is a 501(c)3 organization and is eligible to receive such a rollover. For a sample request letter, visit our website: www.hvousing.org/ira-rollover/

For more information on the process, contact your IRA plan provider or your financial advisor. Thank you for thinking of HVO!

Fellowships & Funding at HVO

Everyone must struggle with the two primary resource constraints in life – time and money. Of course, time is the major limiting factor since we cannot make more of it or get it back if wasted. But lack of financial resources is another major limiting factor, especially for young professionals getting started, often with a significant amount of debt. This is why we are pleased at HVO to be able to offer a variety of funding opportunities to those interested in volunteering with HVO, but challenged by our self-funding model.

Over the past 2 years, a partnership with the Doximity Foundation has provided financial support to over 35 volunteers going to numerous sites, and we recently entered into discussions with the Making a Difference Foundation. We have received generous support from the Special Donor-Advised Fund of the Jewish Federation of Omaha Foundation to support volunteers who have served repeatedly or have made a longer term commitment to a site.

HVO has also partnered with the Association for the Advancement of Wound Care (AAWC) to provide travel grants to offset costs for AAWC members to travel to HVO wound and lymphedema project sites. The American Academy of Dermatology (AAD) Education and Volunteers Abroad Committee (EVAC) similarly offers a grant, administered by HVO, to offset costs of HVO volunteer travel for AAD members.

BECOME AN AMBASSADOR-AT-LARGE

A recurring gift will amplify your impact, saving HVO both time and money. More of your tax-deductible dues and donations can be directed to what you really care about – projects that transform lives through education.

Complete the recurring gift section on the enclosed donor envelope to join!



HVO Fellowships & Funding

FUNDING OPPORTUNITIES FOR VOLUNTEERS & YOUNG PROFESSIONALS

Additionally, with the help of a number of generous donors, we are able to offer several fellowship opportunities:

AFSH-HVO Young Surgeon Traveling Fellowship: This fellowship is available thanks to a generous grant from the American Foundation for Surgery of the Hand (AFSH). Eligible surgeons include: hand fellows and surgeons within four years of completing their fellowship. AFSH-HVO fellows are exposed to a wide range of surgical pathologies not commonly seen in the United States. The experience teaches fellows to communicate more effectively with people from different cultures and exposes them to the realities and constraints of delivering health care in a resource-scarce environment. The fellowship recipient will be challenged to be flexible, to adapt to different circumstances and to hone their decision-making skills. There will be two rounds of applicants in 2020, with due dates on April 1st and October 1st.

Feinberg Fellowship: This year, HVO launched the Rita Feinberg Fellowship for Long-Term Volunteers. This opportunity provides funding for volunteers able to commit to assignments of 3-6 months in order to address critical needs at our project sites. These are specific, focused assignments requested by the sites. Current needs are in pediatric medical education and quality assurance.

HVO-ADA Foundation Fellowship: Dentists who are HVO members with confirmed HVO assignments may apply for funding up to \$1,500 to defray some of their travel-related expenses. A qualifying dentist is (a) a dentist who is a first time HVO volunteer and/or (b) a dentist who graduated from dental school within the last five years. This opportunity is made possible by a grant from the ADA Foundation.

Orthopaedics Traveling Fellowship: Thanks to generous contributions from members of our orthopaedics division, the Orthopaedics Traveling Fellowship will fund senior orthopaedic residents to volunteer at an HVO orthopaedic project site for 2-4 weeks. All residents who travel to HVO sites work with a preceptor and have the opportunity to share their knowledge with students and junior residents at the site. Nearing the end of, or having completed, their own education, these fellows have a unique perspective. They have up-to-date knowledge of their field and recent experience in learning fundamentals, giving them an understanding of obstacles students and young residents may face and the tools to help overseas students overcome them. They offer an important perspective to students and residents at HVO project sites. Applications are accepted on a rolling basis.

SEA-HVO Traveling Fellowship: This fellowship funds four-week assignments at HVO anesthesia sites for senior anesthesia residents. The fellowship is made possible by generous donors and members of the Society for Education in Anesthesia (SEA). The global experience afforded by the SEA-HVO Fellowship pushes residents to be both flexible and creative in problem solving. Serving as teachers of anesthesia and as role models for the anesthesia students at HVO project sites, residents are able to hone their skills as mentors. Many SEA-HVO fellows maintain professional relationships with their students long after they return home and become part of the global anesthesia network, offering the opportunity to grow in their field and expand their global health networks. Applications for the 2020 SEA-HVO Fellowship are due January 13, 2020.

Go to www.hvousing.org/fellows to find out more about these opportunities and how to apply. If you are interested in donating to these or other funding opportunities for volunteers, contact giving@hvousing.org.

Special Thanks

DONORS

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