



# FRIENDS OF TIBETAN DELEK HOSPITAL

**Zorba Paster, MD**

Chairperson  
Professor of Family Medicine  
University of Wisconsin  
School of Medicine  
and Public Health

**Mehmet Oz, MD**

Professor and Vice-Chair,  
Dept of Surgery  
New York Presbyterian  
Columbia University

**Richard J. Davidson, Ph.D.**

William James and Vilas  
Research Professor of  
Psychology and Psychiatry  
Director, Waisman Laboratory  
for Brain Imaging and Behavior  
University of Wisconsin-Madison

**Erin L. Olivo, Ph.D., MPH**

Director, Columbia  
Integrative Medicine Program  
Columbia University  
College of Physicians  
and Surgeons

**EX OFFICIO MEMBERS**

**Lobsang Nyandak**

Representative of  
His Holiness the Dalai Lama  
for the Americas

**Tashi Wangdi**

Representative of  
His Holiness the Dalai Lama  
Brussels

**Tsetan Sadutshang, MD, MPH**

Chief Medical Officer  
Tibetan Delek Hospital

**Dawa Phunky**

Chief Executive Officer  
Tibetan Delek Hospital

**Rinchen Dharlo**

President  
The Tibet Fund

Dear Friends,

It is truly gratifying when a small group of committed individuals comes together to address issues of significance. Such were the inspiring accomplishments of the inaugural year for the Friends of Delek Hospital. Your generosity was abundant, and as a result, much has been achieved for the Tibetan community in exile in Dharamsala. A report on our progress is included to demonstrate the impact of your gift.

We have witnessed firsthand how the hospital generator, x-ray processor, ultrasound, and other medical tools in the hands of caring Delek healers have directly improved patient care. The excitement and gratitude of both patients and staff are palpable.

But much more must be done. We have yet to secure a reliable ambulance, replace a chemistry analyzer, and install a usable dental chair. The sad reality is that we can enhance the hospital. Right now if two patients need an ambulance simultaneously, they both cannot get to Delek. Simple things, really, but out of the reach of the hospital, and within our capacity to help.

We acknowledge the financial situation in America is challenging, but the truth is, our friends in Dharamsala have it much, much worse. We ask for your help again.

Would you consider a meaningful gift to Dharamsala — meaningful as you define it. We pledge to you that all of your gift will go to urgent hospital needs, as all of our efforts are voluntary, with no administrative charges reducing the impact of your generosity.

Sincerely,

**Zorba Paster, MD**

**Mehmet Oz, MD**

**Richard J. Davidson, Ph.D.**

**Erin L. Olivo, Ph.D., MPH**

PS: Once again the Tibet Fund has offered to accept charitable donations for Delek without administrative fees. Information at [www.tibetfund.org](http://www.tibetfund.org).

[www.delekhospital.org](http://www.delekhospital.org)

5652 Vineyard Road • Oregon, Wisconsin 53575 USA • [Friends@DelekHospital.org](mailto:Friends@DelekHospital.org) • Tel: (608) 835-2222

# WE COULD NEVER HAVE DONE THIS WITHOUT YOU:

## BACK-UP GENERATOR

Let's not forget what started the project in the first place – the back up generator. When the lights went off in Dharamsala, Delek was dark. The solution used to be flash lights, lots of them. But now, thanks to all of you, Delek has a generator that kicks in whenever the lights go out. Every time this happens the Delek staff thinks about how nice it is to be able to see what they are doing (and they say thank you).



## ULTRASOUND MACHINE

Delek's ultrasound was more than a decade old which is very old for a medical device. A new machine was crucial so we could predict fetal age, pinpoint abnormal growth patterns and predict early cancers with accuracy. The challenge was to pick which machine was right for Delek – something that was affordable, but capable enough to meet present and future needs. The ideal model had a US \$20,000 price tag along with the immeasurable payoff of improved maternal care and early cancer detection. These payoffs became reality with your help.

## GASTROSCOPE

Stomach cancer is a major killer among Tibetans, Indians and throughout Asia. In the US colon cancer is the scourge; in Asia it's stomach cancer. The cause is a bacterium, helicobacter pylori, often showing up initially as ulcer pain. Thus being able to diagnose this infection early (so it can be treated) can save a life, just like pap tests save lives. Delek's scope was 8 years old and couldn't do the job. The new scope and bright screen allows Dr. Tsetan to scope people as they need it.



TIBETAN DELEK HOSPITAL

# WE COULD NEVER HAVE DONE THIS WITHOUT YOU:

## X RAY PROCESSOR

---

X ray film processing at Delek was a challenging chore. The old-fashioned hand developing of X ray film meant slow turnaround, more technician time and poor quality X ray images. It often took 5 minutes of tech time for each X ray. But now Delek has an automatic processor. We can now put the film in at one end and 2 minutes later it pops out ready to read. We now get better images, faster and more efficiently, all thanks to your support.



## COMPUTERS

---

Right now lab tests at Delek are given to the patient to keep with them in their “personal” folder. The only other copy is in the daily log. So the only way that doctors can review past tests if patients bring in their folder or if they go back to the daily log. It’s a problem that computers can easily solve. Partnering with our Dutch colleagues at the Society for Helping Tibetans stay Tibetan brought Delek hardware and software. But the networking was a bit more difficult. Every time the wires are placed between the various network buildings the monkeys play with and destroy them. Not a common problem that we have in the US. The solution is setting up Wi-Fi with boosters. That should do the trick (and thwart the monkeys).



## HAND SANITIZERS

---

Delek’s wards are large, 20 beds to a room. The sink is in the hall making hand washing between patients an arduous task. This isn’t unique to Delek. Improved hand washing between patients is a quality improvement project at major American hospitals such as Hopkins and Mayo. The answer was hand sanitizer. The problem was a supply chain. What is common in the US is uncommon in India. A medical student (my daughter, DeeDee Paster) found a source in Delhi, and had metal sanitizer holders fabricated by a local metal worker. Delek now has sanitizers in each room with funding for one year, thanks to the support of donors such as you.



TIBETAN DELEK HOSPITAL



# OUR GOALS FOR 2009

## DELEK HOSPITAL SCHOLARSHIPS

---

Delek hospital workers are among the lowest paid in all of India. But they do have a very special benefit — scholarships for their children to attend school.

The modest scholarship amounts to \$35/month for the worker, which pays for room and board, supplies and teachers' salaries for their week at the local Tibetan Children's Village. For more than two decades all this was supported by the efforts of a committed German woman who accomplished this by soliciting donations from her friends and relatives. Now in her 80s she is unable to continue. This year her friends came up with funding for 5 scholarships, but they too will not be able to sustain this. If this support is to grow, we need more friends to provide this support and with your help we can do it. With your help more children of Delek employees than ever will be able to attend school.



## HOSPITAL UPGRADES

---

The hospital will soon be whitewashed, painted and the outside planted with flowers and bushes. The plumbing and sinks will be upgraded and sanitized, new fans installed in the ward rooms, and 50 mattresses purchased. Several new metal beds will be added to the swing ward room and an ICU style bed purchased for any acutely ill patient. A crash cart has been ordered with a “crash bag” purchased to make cardiac arrests easier to attend to. The cardiac defibrillator will be refurbished and kept with a new automatic defibrillator which has been ordered from the US. New pots and crockery for the kitchen are on order, as well as plates, glasses and silverware to make feeding Delek's patients and staff more sanitary and enjoyable. Finally, a dental chair, suction, drill, new autoclaves and dental “cure” machine for fillings will be shortly coming.



TIBETAN DELEK HOSPITAL

# OUR GOALS FOR 2009



**Dawa Phunnyi**  
Chief Executive Officer  
Tibetan Delek Hospital

**Zorba Paster, MD**  
Friends Chairperson

**His Holiness**

**Richard Chaisson, MD**  
Johns Hopkins University

## TB PROJECT

---

The Tibetan community in exile has strikingly high rates of TB. By some estimates this is the highest rate in Asia and among the highest in the world. Nearly 75% of these cases are young adults, 15 to 29. Imagine being struck down with TB when you are trying to get a job and start a family. TB is a 100% treatable disease.

Delek hospital has played a major role in combating tuberculosis in the Tibetan population for almost three decades. Unfortunately, limited resources have hindered progress. A joint initiative has begun with major support from the Italian Association for Solidarity Among People charity with some additional funding from Johns Hopkins. What it needed was an initial kick-start. A very generous donor family gave \$50,000 to get this vital project up and running.

The program will improve TB diagnosis and detection of drug resistance, strengthen the disease case management, increase the proportion of patients completing treatment, prevent multi drug resistant TB from developing and improve outreach into the community.

This is a long-term project (5 to 10 years) that will reap tremendous benefits in helping our Tibetan friends prosper. Without eradicating TB the Tibetan community and the Tibetan culture is at risk for extinction. With the help of donors such as you this tragedy will never become a reality.



**TIBETAN DELEK HOSPITAL**





# TIBETAN DELEK HOSPITAL NEEDS

Item	US \$
<b>Emergency Room &amp; Ward Needs</b>	
Ambulance — Including Emergency Equipment	\$50,000.00
<b>Scholarships for Children of Workers</b>	
20 Children at \$40/month X 12 Months for 5 years	\$9,600.00
<b>Laboratory and Imaging</b>	
Automatic Chemistry Analyzer	\$20,000.00
Laboratory Hood / Sterilizers / Incubator	\$1,000.00
Blood Counter	\$12,000.00
<b>Doctor Education</b>	
Up to Date Medical Information Software X 3 Years	\$1,050.00
Medical Library	\$1,500.00
<b>Computers and Software</b>	
Office Equipment — Fax, Printers, Monitors	\$2,000.00
Office Software Upgrade (MS Office/ Billing)	\$1,500.00
<b>Building Repair and Upgrade</b>	
Misc. including Cafeteria, Nurse Station, etc. Upgrades	\$15,000.00
<b>TB Project</b>	
Support for Ongoing TB Project	\$100,000.00

**GRAND TOTAL**

**\$213,650.00**



# TIBETAN DELEK HOSPITAL FUNDRAISING INITIATIVE

The Tibet Fund is pleased to assist The Tibetan Delek Hospital and Friends of Delek Hospital with their fundraising initiative to bring urgently-needed equipment and other resources to better serve the Tibetan refugee community in Dharamsala, India. As the flagship healthcare institution for the Tibetan community, Delek Hospital has received numerous grants from The Tibet Fund over the years. The current initiative is vitally important to maintain and upgrade the quality of care provided by the Hospital. The Tibet Fund is committed to helping Delek Hospital and Friends of Delek Hospital meet their goals.

The Tibet Fund is a 501(c)(3) tax-exempt organization established in New York State in 1981. Accordingly, all donations for the Delek Hospital initiative are tax-deductible to the extent allowed by law and will be strictly used for Delek Hospital's needs. The Tibet Fund will not deduct any amount for administrative or other costs. For further information about The Tibet Fund, email [info@tibetfund.org](mailto:info@tibetfund.org) or visit our website at [www.tibetfund.org](http://www.tibetfund.org). For questions about this funding initiative, please contact Rinchen Dharlo, President or Robyn Brentano, Executive Director at 212-213-5011.

Donations may be made on line at [www.tibetfund.org](http://www.tibetfund.org). Click on "Donate Now" and "Delek Hospital" and follow the prompts. Or, use the form provided below.

- CHECK or MONEY ORDER Enclosed  
(Payable to The Tibet Fund; write Delek Hospital in the memo line.)
- DONATION OF STOCKS or OTHER SECURITIES  
Please call Rinchen Dharlo at 212-213-5011 for further details.
- CREDIT CARD DONATION (Your signature below authorizes the Tibet Fund to charge your credit card as indicated. Normal credit card fees apply.)

Amount of \$ \_\_\_\_\_  Visa     Master Card     American Express

\_\_\_\_\_  
Credit Card Number

\_\_\_\_\_  
Expiration Date

\_\_\_\_\_  
Card Holder's Signature

## DONOR INFORMATION

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
City

\_\_\_\_\_  
State

\_\_\_\_\_  
Zip

\_\_\_\_\_  
Email

Please mail to The Tibet Fund, 241 East 32nd Street, New York, NY 10016