



CARE & SHARE

A NON-PROFIT 501 (C) 3 CHARITABLE ORGANIZATION

ESTB: 1990

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ADARSH SPECIAL SCHOOL

Adarsh Charitable Trust (www.adarshrehab.org), based in Kureekkad, Ernakulum, focuses on the rehabilitation of kids with cerebral palsy, autism and Down syndrome. The organization drives community programs, provides medical aid and physiotherapy, and runs a special school to help these kids through various fronts. Adarsh Charitable Trust provides services to nearly 350 children through its centers in Kureekkad and Vyttila. Another 110 kids receive services at home through their community service units. This home-based service unit has three teams, with each team consisting of two assistant trainers, one physiotherapist and one special educator.

On average, the cost involved for one child is around INR 2000 per month. Of the total running cost, 50% comes through donation, 20% through government grants, and the rest paid by families. Only around 5% of the kids can afford to pay the full fee. Around 60% of the kids pay from 15% to 75%, depending upon their financial status. Thirty five percent of students are below the poverty line and are served completely free of cost.



Anna & Justin volunteered a month at Adarsh. Left to them is school 'grandma' Lakshmi Amma. Her daughter is in the wheelchair.

"\$25 per month takes care of the expenses of one child at Adarsh"

"Dr. C. M. Hyderali receives Humanitarian Award for his services in the pain and palliative care field"

"In 2015, Care & Share spent \$145,280 for charitable projects with an administrative cost of just 1.1%."

A fifteen-member bike team from Kerala Sports Club in Seattle (www.keralaclubseattle.net) participated in the popular Seattle To Portland (STP) 2016 bike ride to raise funds for our friends at Adarsh. Thank you Kerala Sports Club for the awesome support.

Special education is a cause that Care & Share has supported since its inception in 1990. We were introduced to Adarsh in 2015 through the initiatives of Justin Loveland from Western Washington University, who continues to work with Adarsh even after graduation. Justin's current project focuses on occupational therapy (OT) by sending a therapist from the US to deliver a 10-day workshop. OT teaches students on the autism spectrum how to open a lock, or twist a doorknob, so they can do so at home. OT seeks to develop fine motor skills for the body and self-confidence for the mind, with the end goal of thriving independently in the workplace, at home, and in life. Care & Share is excited to partner with Justin in this initiative. More details are available at <https://adarshotherapy.wordpress.com/>.



Kerala Sports Club in Seattle raised \$7,500 to support Adarsh. Team at STP 2016 finish line.

For the organization to function smoothly, close to six lakhs (appx \$10,000) in donations must be made each month. Twenty five dollars per month takes care of one child's expenses. Would you consider part of your annual pledges towards this cause?

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MEDICAL CAMP FACILITY FOR KIDS WITH MULTIPLE DISABILITIES

NAB Kerala (www.nabkerala.org) has been conducting medical camps and providing therapy for the children under Inclusive Education for Disabled Children (IEDC) program, in Vamanapuram Block Panchayat, Trivandrum with the active involvement of the Block Resource Centre, within the premises of Government Lower Primary School, Palode, with the financial support from Care & Share. It has been the long cherished desire of all concerned to have a convenient building at that location to serve as a waiting Hall and therapy center. Care & Share offered to give financial support for constructing the building if suitable space was available. Nanniode Grama Panchayat considered the matter and allotted space for the construction in the school compound. The Assistant Engineer of Local Self Government Department, Nanniode Grama Panchayat prepared the plan and estimated that Rs.10,00,000.00 is needed for the construction. Care & Share contributed 65% of the cost, and the rest was met through local fundraising. The construction was completed in June, and the facility was opened to the public on June 25, 2016. Including this project, Care & Share donated a total of \$20,000 to support NAB's efforts to help children with disabilities and vision and hearing impairment.



Tony Devassy with NAB, Local Supporters and Camp Volunteers



From Palode Medical Camp

FUNDRAISERS

Ganolsavam 2016 — Seattle Saptaswara, a non-profit music band based in Seattle, performed yet another time for Care & Share to support palliative care. Palliative care seeks to improve the quality of life of people with advanced life-threatening or debilitating illness, through physical, psychosocial, and bereavement support to the patient and the patient's affected family. The event held at Kirkland Performance Center on April 16th raised \$26,000! We partnered with Pallium India in Trivandrum to deliver the services. The funds were used for educational purposes and rehabilitation of the patient families. Since 2009 Saptaswara has raised \$78,000 for Care & Share projects. Thank You, Saptaswara!

Christmas Carol — A bunch of friends from Seattle identifying themselves as MaChaNi once again did a Christmas Caroling fundraiser to support a children's palliative care center Solace in Thrissur and disabled kids at 'Center for Rehabilitation of the Disabled' in Trivandrum. Solace is the first palliative care center in Kerala that focuses on children suffering from various life threatening ailments like cancer, thalassemia and nephrotic syndrome. Solace provides financial and medical aid, rehabilitation and counseling to more than 1000 kids' families. MaChaNi raised a total of \$12,000. Thank you MaChaNi for this great effort, it definitely brings smiles to many kids!



Seattle Saptaswara Ganolsavam 2016 Team



MaChaNi Christmas Carol Team

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THANKSGIVING MEALS

We continue our tradition of feeding the homeless during Thanksgiving. Last year, we partnered with Morning Star Mission in Joliet, IL and St. Thomas Orthodox Church in Seattle, WA. Together we fed over 500 people. We sincerely thank both the partners for opening your doors for this opportunity! Let us know if you would like to volunteer and serve meals in your hometown!



St. Thomas Orthodox Church team after delivering meals at Union Gospel shelter in Seattle

'SNEHATHEERAM' – HOME FOR MENTALLY CHALLENGED WOMEN

It is a common sight in every city to see mentally challenged people who have lost their memory of their home, place of birth, relatives and wander about aimlessly. Rather than just being sympathetic to such people, Rev. Sr. Roseline chose to live for them by starting a shelter for such women. Snehatheeram is a psycho social rehabilitation center for mentally challenged destitute women based in Vilakudy village in Pathanpuram taluk of Kollam district, taking care of 300 women and 8 children. All of the residents were at one time or another brought by the police from railway stations, bus stations and hospitals. Snehatheeram accepts the destitute irrespective of their caste, religion, language or state. The mentally deranged inmates are admitted here under the direction of Police, Social workers, and representatives from various Legislative bodies and Local authorities. Snehatheeram also accepts mentally ill destitute women from Thiruvananthapuram (Oolempara), Kozhikode (Kuthiravattom), and Thrissur Government mental health centers. Since most of these women are ignored by their family, friends and relatives, Snehatheeram provides them with proper care and protection. More details are available at Snehatheeram's website: <http://www.snehatheeramcs.org>



Sr. Roseline with couple of inmates



Inmates are trained with possible skills like sewing

Snehatheeram heard about Care & Share from one of our earlier beneficiaries. Snehatheeram required support for a new freezer, sewing machines and a computer with printer. Care & Share gladly supported them with the necessary funds of \$2,000. We request you to include them in your pledges!

WELCOME ABOARD JAVAN CHACKO

Our Kerala Chapter president E. R. Menon had to step down due to health reasons, but we were fortunate to get Javan Chacko to join us, especially to take care of our public relations. Javan is an Indian Govt certified glass painting artist and maintains a gallery called "Healing Galaxy". His work has decorated many churches in India, including Vellankanni and Bharananganam. He recently presented his "Ocean of Consciousness" work to the Pope during his visit to Vatican.



Javan Chacko presenting his work to Pope in Vatican

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FINANCIAL REPORT

In 2015, a total of \$145,280 was spent for charitable projects with an administrative cost of just 1.1%. This means that for every \$100 donated to Care & Share in 2014, \$98.90 went straight to the project beneficiaries. For more details, please visit <http://www.careandshare.com/finance.html>.

	2011	2012	2013	2014	2015
Revenue for the Year	77,830	89,631	75,584	158,887	167,106
Fund Balance from Prior Year	65,302	77,858	84,871	89,618	75,701
Allocation and Disbursement for Charitable Projects	62,112	82,427	68,386	158,550	145,280
Administrative Expenses	2014	191	156	1,556	2,601
Administrative Expenses %	1.4	0.1	0.1	0.6	1.1
Revenue over Expenses	77,858	84,871	89,618	75,701	93,799

HUMANITARIAN AWARD

Since its inception in 1990, Care & Share has recognized individuals who exhibit extraordinary selflessness towards their community through our Humanitarian of the Year Award. Dr. C. M. Hyderali is the fourteenth individual to receive this award from Kerala, India. He was recognized primarily for his services in the field of Pain and Palliative Care movement in India. Dr. Hyderali runs Anwar Memorial Hospital in Aluva, Ernakulam that has a dedicated floor for palliative care. The hospital focuses on financially struggling patients and it's a locally known fact that their services are cheaper and superior than Government hospitals. The hospital has both an outpatient unit and an inpatient unit with 18 beds. Below poverty line patients are given free care, medicines and food. The necessary funds for these come through individuals and institutes. On Mondays and Wednesdays under two doctors, home care service is also delivered. So far the hospital has served more than 5,000 patients. On the rehabilitation side, they provide education assistance to the children of patients, and enable widows of the patients to stand of their own through self-empowerment projects. He is also the founding secretary of Kerala Action Force that focuses on building homes for poor. More information is available at <http://anwarpainandpalliative.org>



Dr. C. M. Hyderali receives Humanitarian Award from Secretary Andrew Thomas. Tony Devassy, Kerala Chapter ex-president E. R. Menon and Kerala Chapter director Javan Chacko beside him.

The award carries a memento, citation, and a check of Rs. 100,000 (1 Lakh).

I would like to direct my donation towards the following cause(s) :

Name.....

Address.....

City.....State.....Zip.....

- Pain & Palliative Care
- Kidney and Diabetes
- Old age homes
- Cancer Care
- Special Education
- Multiple Disabled Children
- Orphanages
- Snehatheeram

