

Louisiana Himalaya Association (LHA)

2016 ANNUAL REPORT

LHA is a 501c3 nonprofit organization dedicated to improving the lives of Tibetan refugees, and to making ancient Tibetan wisdom traditions available to the world. LHA is COMPLETELY volunteer-staffed and all our volunteers cover their own expenses. From the New Orleans office space to accounting and legal services, ALL resources and work hours are DONATED by our Board of Directors and other members of the LHA team, rendering LHA 100% free of overhead expenses. One hundred percent of donations to LHA go directly to social service projects. Listed below were projects completed in 2016 with funds donated to the Louisiana Himalaya Association. Some projects received targeted donations. Others were funded by the LHA general fund. Funds received this year total \$36,490. The following details how the money was used.

For more details on any of these programs, visit the [Programs in India](#) page of our website www.lhainfo.org.

MEDICAL ASSISTANCE PROGRAM (MAP) \$ 1,718

This summer Dr. Suchin Shukla, LHA's Medical Programs advisor, and 13 LSU Medical School Students came to India in June; for three weeks they performed medical, dental, and eye assessments for 365 monks, nuns and Tibetan elders, referring 75% of them to local practitioners for follow-up care. Many were referred for glasses and/or dental work while 60 were referred to the hospital for medical care. The volunteer teams worked closely with local practitioners in order to enhance the relationships they have with their community. LHA funded all emergency room and hospital stay costs, plus all prescription medications and further testing/exams needed. It's incredible that all this was done with only \$1,718. Donations go a long way in India!

CLEAR VISION EYE CARE PROGRAM \$2,320

This program has been operating for about 7 years. Each summer, contingent upon donations, LHA offers free eye exams and glasses to those in need. This year, 102 Tibetan received free glasses. There is no shortage of individuals in need unable to afford glasses; all donations to this program are used in full. It only costs \$20 to give someone an eye exam and a new pair of glasses! This year, once again, more than half the funds for this project were raised by Elena Rauda. Another source of income will be the second annual Vision Fest put on by Ashley Beach at the LHA Center in New Orleans. The Festival will offer music, crafts, special events and lots of good food. It's all set to happen the day before Easter

TIBETAN SMILES DENTAL PROGRAM \$3,430

This program keeps growing. One third of the 338 Tibetans assessed by our LSU Medical School team this year needed dental care – 228 cavities were filled, 9 teeth pulled, 9 root canals performed, 8 X-Rays were done, 4 bridges made, 77 people received teeth cleaning, 21 people received medicine and 4 people received dentures. All this happened for only \$3,430. This program has been supported annually by Fran Phares and Debora Tremont from New Orleans. Fran founded the Tibetan Smiles program when she was here with a Loyola Group five years ago. We are hoping to double the number of refugees who receive dental care through this program next year, so we'll need additional supporters. Please help if you can. Thanks Fran and Debora!

CLEAN WATER PROJECT \$7,522

Over the past three years, we've installed 24 water filtration systems, to Tibetan schools, monasteries and nunneries, and provided annual

maintenance and filters. For the final installation at our last school, funds were raised by three LHA supporters from New Orleans – Greg, Caley and James who did a 16-day Rickshaw Race across India. They didn't win the race but they exceeded their \$3,000 goal and raised an extra \$1,000! The funds were used to help run a new water supply line to a local monastery. The end result of LHA's three year clean water initiative, organized by Johanna Gartner, is clean drinking water for more than 10,000 people.

LHA CHARITABLE TRUST SOUP KITCHEN \$11,500

The LHA Charitable Trust Soup Kitchen provides healthy meals to 75 Tibetan refugees daily. To get this project started, for the first two years of operation, funds were donated by the Fayetteville Methodist Church in Arkansas. A portion of this year's soup kitchen funding came through an online crowd-funding initiative by LHA Charitable Trust. The bulk of the funds (\$8,500) were generated by LHA's annual New Orleans's Mardi Gras costume event hosted by LHA board member Misty deMahy, a party with a purpose! This year's Apocalypse Ball will be held on Feb 18.

CONSTRUCTION PROJECTS \$10,000

LHA Charitable Trust built a Conference Hall and Meeting Room on top of its Ahimsa House building this year. It will be utilized by the organization, and rented to other organizations and community members to generate income, contributing to the self-sufficiency and sustainability of the organization as it continues to grow. Construction is complete and the space is now in use. LHA received the \$10K donation from one of our major individual long term supporters. Thanks for your continued generosity Luke!

PARTNER PROGRAMS

Our Tibetan partners with LHA Charitable Trust organize a wide array of programs and projects which were not listed here. These include but are not limited to a language and computer school offering free classes to more than 150 refugees each day, coordination of over 500 international volunteers annually, a fair trade shop, a community newspaper, environmental projects, public health programs and much more. Please see www.lhasocialwork.org for more details on the many programs run by our Tibetan partners in Dharamsala.

INDIA GROUPS

Since 1999, when the first group from Louisiana came to Dharamsala, the connection between Louisiana and the Tibetan Refugee Community has grown. Our Tibetan partners of LHA Charitable Trust host groups by providing accommodations, meals and by helping to or-

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ganize volunteer opportunities and learning options. In exchange, the groups provide funding, resources and skills that help keep the organization self sufficient, sustainable and able to continue providing vital social services to their community.

This year, 3 group trips will be open to the general public, with a maximum of 12 participants each:

- Louisiana Mississippi Hospice and Palliative Care (LMHPCO) – 2 week group in October
- New Orleans Mindfulness Program - 2 week group in July
- Louisiana Himalaya Association Acadiana Chapter (LHAA) – 2 week group in September

The following trips are open to specific professions or student groups:

- Ochsner and LMHPCO Mindful Medicine Conference – MDs
- Loyola University – Loyola undergrad students
- LSU Med School – LSU med students
- Tulane Med School – Tulane med students
- Tulane Center for Public Service CPS – Tulane undergrads
- Tulane School of Social Work – Tulane MSW grad students

FUNDRAISING GOALS FOR 2017

We need your support to keep doing what we're doing! The following are ongoing programs in need of funding:

- Clear Vision Program: \$3,000 for eye care and glasses
- Tibetan Smiles Program: \$7,000 for dental care
- Medical Assistance Program (MAP): \$4,000 for medical care
- Tibetan Elder Assistance Program (TEAP): \$1,000
- Animal Care Program: \$1,000 for veterinary care
- Happy Feet Program: \$500 to buy shoes for Tibetan elders
- Clean Water Program – maintenance and filters for the 24 water filtration systems previously installed - \$5,300
- The Ahimsa House soup kitchen: \$14,400 (\$1,200 a month) provides 75 healthy lunches daily for needy Tibetan refugees
- Solar Energy Program: Solar energy set up for LHA's Ahimsa House - \$4,700
- Commercial oven for the LHA soup kitchen - \$7,800
- Commercial Coffee Machine - \$3,000

If you or your organization is interested in becoming a sponsor of one or more programs, or offering one-time support please go to the donation page on the LHA website: www.lhainfo.org and/or email us any questions or fundraising ideas at lha.neworleans@lhanola.com. For more details on any of these programs, visit the [Programs in India](#) page of our website www.lhainfo.org.

**The Louisiana Himalaya Association does not organize, coordinate or in any way have responsibility for these group trips to India. Groups are the responsibility of the universities, organizations, and/or individuals who put the groups together. However, if you are interested in joining a group trip, or putting one together, LHA can help you to access the group leaders and guides and ensure that you are setting off on the right foot. If you are interested in more information or joining one of the groups to India in 2017 please contact lha.neworleans@lhanola.com. We will be happy to answer your questions and/or refer you to the individual responsible for that particular group. Some of these groups are open to the public while others are closed to only specific populations.*

Message From the President:

I would like to personally thank the LHA Board of Directors and everyone who has been a part of helping to make all of this keep happening. Financial support and volunteer service hours are the life-force of LHA. Encouragement and support from our friends and families help keep us motivated. The age-old wisdom teaching that true happiness lies in helping others to be happy is the reason this all makes sense. May All Beings Be Happy!

Sincerely,
Neil Guidry
LHA President
nguidry@tulane.edu

TO DONATE

www.lhainfo.org/donate.html

Or mail a check to:

Louisiana Himalaya Association
PO BOX 19826 New Orleans LA 70179

PS – Check out Tibetan House, one of LHA's local partners located in uptown New Orleans at 4900 Tchoupitoulas Street. Tibetan House is both a cultural gift store and a learning center, with a classroom for meditation classes, films, lectures and seminars. Purchases made at Tibetan House support Tibetan individuals, families, communities, nunneries or monasteries directly involved in providing services, livelihood, businesses or homes to Tibetans in exile. For more information or to visit the online store, see www.tibetanhouse.com.