

Gaza's Grim Milestone: A Year of Conflict and the Struggle for Survival

The conflict in the Middle East has been devastating to witness. With nowhere to flee, Palestinian civilians face widespread attacks. Millions are displaced, facing "evacuation orders" to so-called "safe humanitarian zones," which have been targeted by Israeli forces. **Humanitarian aid delivery remains severely impeded across Gaza.**

Humanity & Inclusion employs 70 people in the Gaza Strip, supported by approximately 300 community-based volunteers. **HI has been providing rehabilitation services and thousands of physical therapy sessions.** Mobility aids, first aid kits, cooking kits, dignity kits, and baby blankets have also been distributed.

In relentless efforts to reduce armed violence, **HI organized more than 8,000 community awareness sessions on the risks of explosive remnants of war in nearly 1,000 shelters.** Likewise, recreational activities have been held to provide mental and psychological support, especially to children.

The massive attacks on civilians, humanitarian workers, and aid are alarming. In June, **HI's warehouse in Rafah was bulldozed to the ground,** despite its location and humanitarian function being reported to the Israeli authorities. **On June 8, HI was shocked and outraged by the killing of colleague Muna and her entire family after Israeli forces indiscriminately bombed her house.** This tragic incident marks the second loss of an HI staff member since October 2023.

Amid the unprecedented humanitarian crisis in Gaza, **the Ministry of Health confirmed the first polio case of a 10-month-old child in Gaza on August 16.** This adds more challenges to helping people, including those with disabilities, in Gaza.

HI continues its unwavering commitment to support those impacted by the conflict and calls for an immediate and lasting ceasefire.

All numbers are reported as of mid-September.



Rehabilitation sessions and mobility equipment distribution for people with injuries in shelter camps.

How the War in Gaza Makes Life Nearly Impossible for People with Disabilities

MOTHER JONES Q&A WITH NOOR BIMBASHI, HI ADVOCACY OFFICER

Q: There need to be thousands more prosthetics in Gaza. How does delaying getting an amputee a prosthesis negatively impact their quality of life?

A: First, it affects their mental health. We've heard about confusion, anger management issues, because they're unable to get the right treatment. And even mild injuries are turning into permanent disabilities. We're hearing about people having their legs or arms amputated without anesthesia. It's devastating. We try our best to find alternatives, but I don't know what else can be done.

Some children think that their legs might grow again. This is one of the saddest things that we hear on a regular basis, when talking to children. They tell us, we're waiting for our legs to grow again. Sometimes, it's difficult to explain that that's not going to happen.

Q: What challenges have you experienced in helping people with disabilities in the West Bank since October?

A: I can tell you, living there, that everything has escalated following the seventh of October... It's becoming really,

really difficult for persons with disabilities to continue their treatments or to access services that they need.

Scan to read the full interview!



Mother Jones

Hope Amidst Crisis in the Democratic Republic of Congo

In North Kivu, Democratic Republic of the Congo, violence between the Congolese army and the non-state armed group M23 has escalated since last November. **Roughly 2.7 million people have been displaced to camps near the provincial capital of Goma.**

The camps lack infrastructure for this influx of people, and living conditions are poor. There's an alarming need for water, food, healthcare, and shelter. 92% of households are hungry. **To date, you've delivered 509 tons of supplies through 72 convoys across frontlines.**

Jean fled to the camps six months ago with his nine children and many grandchildren. He shares, "This is the third time in 30 years that I've been displaced because of war. I remember there were many bullets. **We were all running and I fell and injured my back, pelvis, and knee.**"

Having lost his crutches while fleeing, Jean used wooden sticks to walk. You provided him with a crutch, physical therapy, and psychosocial support. **Jean shares, "Thanks to the help**

I've received, things are starting to get better. My morale has improved."

HI operates two clinics to provide free healthcare for refugees. **Three in four people treated show signs of psychological distress. In response, you helped inform 7,000 people about mental health and trained 90 healthcare workers in psychological first aid.**

After raising five children of her own, Maria, 65, took in seven orphans whose mothers died in childbirth at the local hospital. One day, she found a newborn girl. **There was a letter from her biological mom explaining that a family member had sexually assaulted her, and she was abandoning the baby.**

Maria adopted the little one and named her Diela. In January, Maria and her children fled fighting in their village for the Goma camps. At 2 years old, Diela wasn't walking, but people like you provided her with access to stimulation therapy. **After six sessions with her physical therapist, little Diela took her very first steps!**

IMPACT

Refugees work to overcome adversity in Bangladesh.



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IN FOCUS

Sustainable livelihoods are helping communities thrive!



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COMMUNITY

Meet Karma, an HI monthly donor set on making an impact.



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Rohingya Refugees Overcome Adversity in Bangladesh

In August 2017, 700,000 Rohingya fled violence in Myanmar to safety in Bangladesh. **Seven years later, 1 million Rohingya refugees live in camps in Cox's Bazar.** About 12% of them have a disability.

Living with a disability in a refugee camp means barriers to accessing services and navigating crowded spaces. **Additionally, refugees with disabilities are often excluded from education or work.**

6-year-old Jannat Ara was born in the camps in 2017. Her mother, Fatema shares, "My daughter was born with cerebral palsy. **Before meeting the HI rehabilitation teams, she couldn't sit up or stand.** She depended on us for everything."

HI teams helped Jannat Ara strengthen her muscles and improve her coordination and balance. They taught her parents how to do her exercises at home and gave them psychological support.

Fatema reflects, "We are now less anxious, particularly about the difficulties our daughter is experiencing." **Because of you, Jannat Ara can now sit and stand on her own—and her parents are standing tall, too.**

You were also there for 12-year-old Jubair, who fled Myanmar with his siblings and mother in 2017. **Near the Bangladesh border, he was shot in the leg.** His mom, Rukaiya, recalls, "He fell to the ground. I called for help, and people tried to stop the bleeding with leaves and clothing."

Rushed across the border to a hospital, Jubair's left leg was amputated. Rukaiya says, "Afterward, my son suffered from phantom pains and cried day and night. He couldn't stand, so he stayed in a corner of our shelter all day."

Jubair received crutches after our team met him during a door-to-door visit. **Recently, Jubair got his first prosthetic leg!** He shares, "Until now, it was as if a part of me was missing. I feel whole. I'll be able to walk and play soccer like before."

Last year, you provided rehabilitation services for nearly 32,000 people in Bangladesh. You stood alongside 110 caregivers to ensure that no Rohingya refugee is forgotten.



Jubair and HI Prosthetics Technician, Jahangir, during a rehabilitation session.

Mark Your Calendar: Important Dates to Remember

As 2024 comes to a close, please keep in mind the following HI giving deadlines for the end of the year...

DECEMBER 3 Giving Tuesday

This year, Giving Tuesday falls on the International Day of Persons with Disabilities. Join the global giving movement that day by making a gift at hi-us.org.

DECEMBER 13 IRA Rollovers, Donor Advised Funds & Qualified Distributions

Contact your plan administrator to determine how much time is needed to transfer assets to HI to guarantee they arrive by the end of 2024.

DECEMBER 27 Stock Gifts

Contact your broker to initiate your transfer of stock to HI. You'll complete a stock transfer form noting your brokerage firm, contact info, ticker symbol and volume of stock you like to donate. All of the information you'll need about HI's Vanguard account is available at hi-us.org/stock.

DECEMBER 31 Donations by Mail

Checks and cash gifts arriving by mail must arrive in an envelope postmarked on or before December 31, 2024. Our address is 8757 Georgia Avenue, Ste. 420, Silver Spring, MD 20910.

DECEMBER 31 Online Donations

Your online donation must be completed before 11:59 p.m. your local time on December 31, 2024. You can submit your secure donation via credit card, PayPal, Venmo, Google Pay or ApplePay at hi-us.org.

Thank you so much for your incredible generosity year-round. Everything we do is possible because of YOU!

All gifts made to HI are tax-deductible under the fullest extent of the law. HI's federal tax identification number is 55-0914744.



2022



THEN & NOW PRABIN FROM NEPAL

Prabin, who was born without the lower part of his right leg, met Humanity & Inclusion's team seven years ago, when he was just a year old. Since then, he's made incredible progress. Today, HI continues to provide him with new prosthetic legs as he grows.

The first years of Prabin's life were difficult for his family. They loved their little boy but the community wasn't very accepting of children with disabilities. "It seemed like nobody could help us," said his mother, Sunita. "But a social worker told us about the rehabilitation service in Biratnagar supported by HI, then everything changed."

Ambika, a prosthetist and orthotist for HI's partner organization, recalls meeting the family for the first time. "It was my first time making a leg for a 1-year-old child," she remembers. Yet it wasn't long before Prabin was up and about on his new leg. By the next time Sunita brought Prabin to the center, he had already made amazing progress.

Today, Prabin is 8 years old and has received multiple prosthetics to help him keep up with his endless supply of energy. With your help, we'll provide Prabin with prosthetics for life!



2024



Growing Sustainable, Inclusive Livelihoods

ALL AROUND THE WORLD, YOU'RE PROMOTING SUSTAINABLE LIVELIHOODS. MEET A FEW OF THE FARMERS YOU'RE SUPPORTING:



Meritt Buyer
Economic
Inclusion Policy
Development
Officer, HI



OMO: SIERRA LEONE

Omo, age 48, is a mother of six. Doctors amputated her foot due to diabetes complications, limiting her ability to work. *"I barely made enough for us to live on,"* she recalls.

She joined HI's agricultural training and learned how to grow mushrooms, rice, maize, and groundnuts, and how to run a small business. Farming has been profitable for Omo, who reflects, *"Today, I know how to manage my savings, and life at home has improved a lot."* Thanks to you, 200 others have now participated in this training.



MAGDALENA: COLOMBIA

Magdalena and her family run a beekeeping business called *Mieles El Tigre*. They started it in response to economic hardship caused by armed conflict. *"My husband has a curved spine and a bad foot, so he can't stand for long,"* she shares. *"He instructs us, and we do the rest."*

You helped Magdalena grow her family business, which now has 190 honeycombs! It's a source of quality honey for the community and income for three families. *"For us, bees represent life,"* she says.

In many parts of the world, children are regularly asked what they want to be when they grow up. Though most of us do not end up being firefighters or ballerinas as we wished, how we spend our days and interact with our community shapes our identity. **Our jobs, our livelihoods, aren't only about an income, but they give us a sense of empowerment and security.** When we talk about economic inclusion, we are talking about giving people opportunities - opportunities to participate in their own economic and financial life, for dignity, to contribute to their family and community.

The Convention on the Rights of Persons with Disabilities enshrines the right to the opportunity to gain a living by work freely chosen in an environment that is open, inclusive and accessible to persons with disabilities. **To make this possible, people need access to education, employment, vocational and business skills, and finance.** People need the confidence and communication skills to engage with customers and co-workers. And then, for inclusion to be effective, societies must create opportunities for individuals of diverse backgrounds and abilities to engage in all these areas.

Last year, I visited a project in Colombia that supports people (largely women migrants from Venezuela) to improve their financial literacy and to access secure credit, wire transfers, and bank accounts. The project is not complex but it has made an enormous impact on these women. After the first training session, one woman started to cry. **"This is the missing piece,"** she told me. **"This brings all the rest together. This makes me feel secure, like I can actually take care of my family in this country."**



WALTER: VENEZUELA

Your support promotes peace by supporting entrepreneurs like Walter, who runs an egg and fish farm. With new materials such as water troughs for the henhouse and an oxygen motor pump for the fish farm, he's expanded his business.

"At the moment, we're harvesting 38 eggs a day," Walter reports. *"We eat some of them, and the rest we sell."* He now earns a steady income for his family and provides food for his community.



THA ZIN: THAILAND

Tha Zin Aye is a single mom who lives with her mother and son at Umpiem Camp. After her husband left after an accident that burned her face, she joined HI's self-help group and received peer counseling support.

Last year, Tha Zin enrolled in HI's mushroom farming training. Afterwards, she sold mushrooms for 90 baht/kg (less than the market price of 120 baht), leading to a surge in demand. Today, her business is thriving, and she can now cover her family's expenses.

MICRO NEWS



MOROCCO

HI Morocco's approach to inclusive employment has officially made The Zero Project's 2025 Award Shortlist! The Zero Project is a global network working to advance the rights of people with disabilities and each year, it rewards inclusive solutions of interest that can be scaled up.

LITHUANIA

Lithuania will be officially withdrawing from the 2008 Convention on Cluster Munitions, making it the first country ever to do so. This move sets a detrimental precedent for the Convention and represents a major step backward for the global stigma against cluster munitions.

UNITED STATES

On November 3, we'll be in New York with six runners representing Humanity & Inclusion at the TCS New York City Marathon. Each member of our team will raise \$4,000 to help fund our work alongside people with disabilities, as well as survivors of conflict and disaster!

Monthly Donor Spotlight: Meet Karma



What inspired you to start a monthly gift with Humanity & Inclusion?

I saw the opportunity to support the work of HI first of all in Lebanon, in the aftermath of the devastating explosion there in August of 2020, where so many people were killed and injured and much of the city was leveled. I had worked in Seattle as a rehab specialist years earlier, helping to transition brain and spinal-injury patients back home from hospital stays, so I thought this would be a good way to lend help in a field where I had had some experience. More personally, I was born in Beirut myself, the son of American missionaries, and grew up there until we left for Europe when the Lebanese civil war started in 1975. By then I was about 11 years old, and thoroughly steeped in that wonderful place. I also witnessed the onset of the fighting and remember watching jet planes firing missiles and hearing the explosions from the roof of our apartment building in Ras Beirut, the neighborhood where the American University of Beirut and the American University of Beirut Medical Center are located. That hospital is where I was born.

What inspires your charitable giving?

When we help someone else we also help ourselves because we are really all in this world together. One way in which even small donations can help donors like me is because it is a way we can take action, and taking action helps us avoid hopelessness. That is why I have picked a few causes to support, and am proud of the work that HI is doing with my contribution and so happy that I can participate, even in the small way that I do. I know my giving is just a drop in the bucket, and that there are so many more areas of the world affected by climate

disasters, but I also know that small donations can go a long way and that we can pool our donations to do more than we ever could do alone. So I really appreciate HI in carrying out the work that is inspiring donors like me. I am also inspired by HI's value of inclusion. Many charitable organizations work through religious or other institutions that prioritize communities that they identify with, and do not have such an inclusive approach. As an American living in the US, the son of American missionaries, and descendant of European settlers who conquered this land, I also feel inspired to give to an organization called Native Hope, which exists to address the injustice done to Native Americans.

Which aspects of HI's work do you find most interesting and why?

The high value of inclusion in all of HI's work is what inspires me the most. I think it is so important to address all the areas in which HI works — and it's so courageous to do so! — but it's next-level to do so with inclusion, because we are all in this together and we are all needed to play a part in creating a safer and better world for everyone, free from discrimination.

What would you say to someone else considering starting a monthly gift?

Do it! You can help people and participate in world events. Pick a few causes and start giving and following the progress. There is so much to do, and it may seem overwhelming, but small donations combined together and managed with care and good values can keep hope alive.

Karma Lhundup, from Bellingham, Washington, made his first gift to Humanity & Inclusion in August 2020, after the devastating explosions at the Beirut port. A few weeks later, Karma started his first monthly gift with HI. He's been a regular supporter of HI's inclusive humanitarian action ever since, upping his monthly support in the aftermath of the Pakistan floods in the summer of 2022 and again after the Syria earthquake in February 2023. We welcome you to learn more about this compassionate First Responder...

ARE YOU INTERESTED IN JOINING KARMA AND THE REST OF HI'S FIRST RESPONDERS WITH A MONTHLY GIFT?



Scan to start your pledge today!



HOW WILL YOU EMPOWER THE PEOPLE WE SERVE TOMORROW?

Your values can reach future generations.

Consider making a planned gift to Humanity & Inclusion today!



You can name HI as a beneficiary of:

- Your will
- Retirement plans: 401(k), 403(b), IRA
- Life insurance policies
- Donor-advised funds (DAFs)
- Commercial annuities
- Bank accounts

Interested in learning more about planned giving? I'd love to chat! Already made plans for a legacy gift? Please let us know. We want to thank you!

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