



# Nomadicare 2010



Nomadicare supports the sustainability, education, and cultural survival of nomadic peoples of Mongolia, harmonizes traditional and modern medicine, and documents nomadic ways and heart songs.

*"I fully support Nomadicare as it seeks to preserve Mongolia's nomads...If they are to survive as a culture, nomads desperately need health care close to home."*

*Jane Goodall,  
January 2010*

Dear Friends,

We are pleased to announce that after more than a decade and a half of working with nomads, we implemented what we believe is needed most: the Mongolian Sum Hospital Project. Seeing the plan become a reality felt like a breakthrough in my life's work. I am grateful to the many people who helped make this happen and to our partners the South Gobi Province Health Department and the Traditional Medicine Department of the Health and Sciences University of Mongolia.

In the taiga, we were grateful for our volunteer doctor and dentist Tania Rohany, who extracted 200 teeth for 60 people! But, we were sad to find that a gold mine is impinging on the survival of the reindeer herders. Next summer, we will take our program to all of Hovsgol Province, so that the 24 hospitals that serve Hovsgol's nomads, including the one serving the reindeer herders, will have training and supplies for improved health care.

My own projects for the fall have been writing a book of Mongolia experiences and taking Mongolian language lessons three days a week by Skype—either one of which could be full time. I am also overseeing the digitization of many years of videos in preparation for making a new film. Fortunately, I have a new advisory board and the advisors are helping with other Nomadicare tasks.

The Shelley and Donald Rubin Foundation are major underwriters of Nomadicare. I am grateful to all who continue to support this work. It is cost effective. This past summer we improved health care for a population of 50,000 for less than a dollar a person. Next summer we will impact Hovsgol's population of 125,000.

Please contribute your tax-deductible donation to Nomadicare, so that we can continue to improve nomadic health care in Mongolia—and support the sustainability of their unique lifestyle.

I wish you a peaceful and healthy 2011!

With gratitude for the honor of doing this work,

Sas Carey, RN, Director

**Please visit our new website to  
donate, for more information, and  
for project updates -  
[www.nomadicare.org](http://www.nomadicare.org)**





# Mongolian Sum Hospital Training

“You see good results if you combine Eastern and Western medicine,” G. Chuluundava, MD from Bulgan Sum Hospital told us during Nomadicare’s 16-day training this past summer. She attended with 27 other doctors and medical staff from South Gobi Province’s 14 sum (county) hospitals.

This year Nomadicare began its longtime goal to upgrade the care in sum hospitals, which serve the vast majority of nomads. Half of the doctor participants studied Traditional Mongolian Medicine half studied Laboratory Safety Procedures and Testing. The teachers, S. Ulziisaikhan and L. Narantsetseg, Ph.D., were experts from the capital city of Ulaanbaatar, so the program was done for Mongolians by Mongolians.

On the first day of class the temperature was 110 degrees F with no air conditioning and the students began to wilt after lunch. So, our director decided to solve the problem by offering active energy healing exercises to perk the group up. This continued every day at that hour.

An essential piece of the Nomadicare training is using the resources that the hospitals already have. Each hospital received a microscope from the government in 2007, yet we heard that four of the microscopes “did not work.” When the doctors brought them to the training, our laboratory teacher “fixed” them by teaching the students to use them properly. We also supplied reagents, which had run out and are necessary for microscope use.

Thus, the sum hospitals of South Gobi province, with the population of 50,000, are microcosms of Nomadicare’s mission to support nomads and harmonize traditional and modern medicine!



*Nomadicare Director Sas Carey demonstrates energy healing in her class in South Gobi, Mongolia.*



*Dr. Narantsetseg teaches the Laboratory Safety Procedures and Testing Class.*

## Gold Mine and Cell Phones - News from the Taiga

Basanhuu, son of Gosta, shaman, was out herding his reindeer in pasture land used for generations when he found gold. This has changed everything for the West Taiga reindeer herders. Now there are ninja miners panning for gold where reindeer used to graze. The reindeer herders then had to push farther and farther from that spot and from each other to find pasture land. Ten deaths occurred from December to July. It sadly feels like a huge threat to the lifestyle of the herders. We were unable to visit the West Taiga this year because of the gold mine. We wonder what the outcome will be.

Our team did—however—ride for 20 hours round trip visiting each of the East Taiga settlements, where Lucy McKeon, MD, updated our Dukha Health Database. With the help of Nara, translator and assistant, they assessed 88 reindeer herders. Dr. McKeon’s recommendations were for us to use our future resources to improve the sum hospital care and

pharmaceutical care in Tsagaan Nuur. Local Tsagaan Nuur hospital doctors will be invited to attend our Mongolian Sum Hospital Training, which will be held in their province, Hovsgol, in 2011. Quite wonderful that her recommendations fit with our plans!

When we lived with Handaa in her teepee in July four years ago, it snowed 8 inches. During the day, it was too cold. She told us not to get up. We watched as she busied herself



*Sas sharing photographs that nomads had taken of their daily lives the summer before.*

making rope by rolling hair from her horse’s mane. Recently, she moved to Ulaanbaatar and married a city man. It seemed very incongruent when I answered my phone and it was Handaa! Cell phones arrived in Tsagaan Nuur in 2008 and electricity arrived in 2009. This summer, I found one place where I could even get very slow internet service. The shift from the centuries old lifestyle to modern life is happening extremely fast. It will be very interesting to see how all this plays out in the next few years.





## Our 2011 Plans

- Mongolian Sum Hospital Training to Hovsgol Province (see map to the left)
- Train 48 doctors from 24 hospitals
- Continue video documentation of the nomadic lifestyle
- Finish and find publisher for book in progress on 16 years of experiences in Mongolia

## Talk in DC Area

In November, Director Sas Carey spoke about Nomadicare's successful work in Mongolia at a fundraiser for the Mongolia Society and the Young Mongolian Professional Association in Arlington, Virginia. The



program was a round table on the subject "US-Mongolian People to People Relations—Growing Our Ties." Other speakers were Dan Plumley, Totem Project, Ann LaPorta, wife of the U.S. former Ambassador to Mongolia, Jeffrey Davidson of Rio Tinto Mining, and Nyamsuren Dash, Assistant Principal, Mongolian School of the National Capital Area.

## Ambassador Bekhbat

While in Washington, D.C., Director Sas Carey met with Ambassador Bekhbat at the Mongolian Embassy. He offered to set up a meeting next summer for her to meet with the Minister of Health and the organizations working on health care in Mongolia. Also, at his request, Ulaanbaatar Television interviewed Nomadicare's director for a program, which will be aired in Mongolia and in the D.C. area.

## Please Help Nomadicare!

Tax-deductible contributions of any size are greatly appreciated. Please make your check out to Nomadicare and send to **NOMADICARE, 248 Washington St. Ext., Middlebury, VT 05753** or click on the Donate button to use Paypal through our website: [www.nomadicare.org](http://www.nomadicare.org)

### What would you like your gift to do?

- ☐ \$50 Training supplies
- ☐ \$100 Laboratory tests and supplies
- ☐ \$500 Continuing Education Credits for doctors
- ☐ \$1000 Traditional medicines and tools
- ☐ Other \_\_\_\_\_

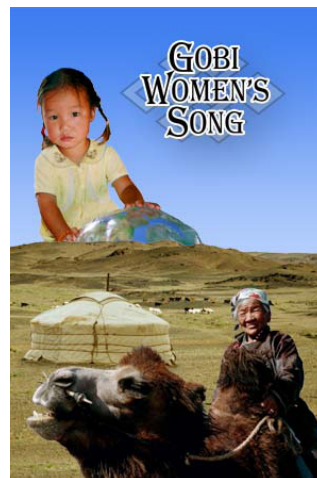
**Naming Opportunities** – We will put a plaque and photograph of you in the hospital(s), where staff and patients will appreciate you every day!

- ☐ \$5000 Training Chair in your name pays for training and supplies for one hospital
- ☐ \$10,000 Hospital Gift pays for training and supplies for two hospitals
- ☐ \$50,000 Benefactor ensures sustainable health care for more nomads.

**Total cost of 2011 project is \$120,000 for 24 hospitals, which serve a population of 125,000!**

## Gobi Women's Song Available Now

In a transitional moment, which decides the future lives and environment of Mongolians, Gobi women share their



stories with us. 73-minute documentary in Mongolian and English with English subtitles. The cost is \$25 per DVD. ©2006

☐ Send to my address

☐ Send as a gift to:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_





## Taiga 2010

Vitamin C to all reindeer herders

Professional team of doctor and dentist

20 hours riding horses to East Taiga

88 health assessments

200 tooth extractions



*Mongolian Sum Hospital Training in South Gobi*

## South Gobi 2010

28 doctors trained

14 hospitals equipped

Traditional Mongolian Medicine class

Laboratory Safety Procedures and Testing class

Energy Healing class



*Sas Carey meeting Ambassador Bekhbat.*

## Inside Newsletter

Mongolian Sum Hospital Training 2010

Gold Mine and Cell Phones in the Taiga 2010

Letter from Director

Meeting Ambassador Bekhbat

Plans for 2011



*Reindeer herder children in summer snow.*



**NOMADICARE**  
**248 Washington St. Ext.**  
**Middlebury, VT**  
**05753**