



Nomadicare 2012



Nomadicare works to harmonize ancient and modern medicine to support the health and cultural survival of Mongolia's nomads.

“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

Dear Friends,

Because of your generosity, this year Nomadicare’s Health Training has improved health care options for 125,000 nomadic herders! In July, we provided training in Laboratory Safety Procedures and Testing, Energy Healing, and Traditional Mongolian Medicine for 50 doctors from all rural areas of Khovsgol province.

In January, intern Jessica Appelson and I spent three weeks in the cold city of Ulaanbaatar. We met with ten organizations working in the health sector and attended the elaborate wedding of Nomadicare’s former assistant, Khongoroo.

Nara, a child of nomads from the Gobi area of Mongolia, was in Boston with her mother from February to May, receiving surgery from Shriners Hospital for her burn scars.

In June, our team delivered hygiene kits and vitamin C for each reindeer herder in the East and West Taiga. During my last two-week stay in Ulaanbaatar in July, my mother died, and I was glad I had spent the past summer enjoying her company.

From December until August I was never in the same place for more than three weeks in a row. I went from Ulaanbaatar to Boston, to Middlebury, and to Connecticut to see Mom. Then back to Ulaanbaatar, onto the taiga, and Murun. When I was in the East Taiga, I told Zaya, a nomadic reindeer herder, about my year and she said, “I couldn’t live like that,” which, I guess, made me more nomadic than a nomad.

My book, *Reindeer Herders in My Heart: Stories of Healing Journeys in Mongolia*, is now (finally!) available—after 15 years of writing the stories. The Shelley & Donald Rubin Foundation has supplied funding for the book and continues to generously support Nomadicare’s work with nomads in Mongolia.

We are very grateful to them and to all of you who support us. 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 hope 2013 will be a peaceful and healthy year for you!



With gratitude for the honor of doing this work,

Sas Carey, RN
Director

Above: A taiga baby waits in the stripped urts (Siberian tipi) while his parents pack their reindeer to move to the summer camp.

Please visit our website to donate, for more information, and for project updates
www.nomadicare.org



Nomadicare's Health Training

For patients from Tsagaan Nuur, the soum* center where the Dukha reindeer herders go for health care, Khovsgol province's hospital is 12 hours by car over bad roads. A patient from Khankh soum takes 16 hours. Because these distances are common in Mongolia, Nomadicare works to upgrade health care at local soum clinics.

This year, we were surprised to find that Tsagaan Nuur has high tech equipment, like an EKG machine, a biochemical analyzer, and an ultrasound. Unfortunately, they are in boxes, unused, either because some small supply like distilled water is missing or because the staff is not comfortable using the equipment. Over the decades, Nomadicare has come to know what is needed—and what will actually be used. Our focus is to give low-tech equipment with all the necessary reagents and supplies—and to train the doctors and staff how to use each item.

Fifty doctors and health professionals from soum clinics in Khovsgol province attended our week-long Nomadicare health training. One health professional from each of the same soum clinics studied Laboratory Safety Procedures and Testing with professors L. Narantsetseg, Ph.D. and T. Buyankhuu from the Health and Sciences University of Mongolia. The students practiced using donated supplies from Nomadicare including gloves, test tubes, microscope slides, reagents, and pipettes. For traditional Mongolian medicine training, our high level teachers were Dr. B. Boldsaikhan (who trained our director) and Dr. Ch. Batnairamdal, a Mongolian Buddhist lama doctor. They instructed head doctors from each of the province's 24 soum clinics. At the end of the training, the doctors had new medicines and techniques for assessing and treating their patients—methods that are low cost and effective.

With this training, new options are available for Khovsgol's population of 125,000.

* Soum means county



Traditional Mongolian Medicine teacher and Buddhist lama Batnairamdal teaches the head doctors of soum hospitals to take pulses.



Professor Buyankhuu demonstrates the use of a pipette to rural laboratory workers.

Plans for 2013

- ❖ Evaluate and build capacity of soum clinics and visit herders in Khovsgol and South Gobi provinces
- ❖ Archive 500 hours of video documentation from two decades
- ❖ Edit "Becoming a Shaman" video
- ❖ Disseminate *Reindeer Herders in My Heart* to promote and help fund Nomadicare
- ❖ Consult with Mongolian organizations to use our training model for building health options in more soum areas



Nomadicare training has been held in Khovsgol and South Gobi with 80 rural doctors and health professionals.





With the satellite dish and children securely packed onto the reindeer, a nomadic family is ready to move

Taiga Reindeer Herders

The herders were leaving their spring settlements earlier than normal due to unusually warm weather. We were able to document the herders meticulously packing all their possessions onto reindeer to move to the summer camp and will edit these for future videos.

This year we handed over copies of our five-year Dukha health database to the herders, to the local clinic doctor, and to the director of health of Khovsgol province. We found the main health problems to be high blood pressure, poor dental health, and lifestyle choices related to alcohol and cigarettes. We are committed to continue working with the herders and local clinic doctors to improve these issues.

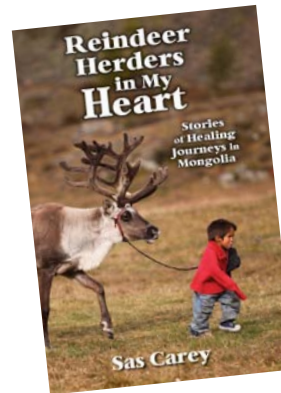
Please Help Nomadicare!

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

With your contribution, we can extend health care to more nomads! What would you like your gift to do?

- \$50 Vitamins and hygiene kits for each reindeer herder family (40 families)
- \$75 Traditional medicines for a soum hospital (restock)
- \$100 Laboratory tests and supplies for a soum hospital
- \$500 Stipend for traditional Mongolian doctor-trainer
- \$1000 Transportation to the reindeer herder settlements for one team member
- \$1500 Stipend for Mongolian assistant or cameraman
- \$90,000 Producer for "Becoming a Shaman" video (or any portion thereof!)

Reindeer Herders in My Heart is Now Available!



Reindeer Herders in My Heart:
Stories of Healing Journeys in Mongolia

216 pages, 16 photos
\$18.95 + \$5 S+H

Please add \$2 postage for each additional book.

To order, please send a separate check for books to Sas Carey at the Nomadicare address.

Join Sas Carey as she follows her calling to a remote community of nomadic reindeer herders in the northernmost reaches of Mongolia. Live her experiences and encounter the spirit world, truth, ancient ways of healing... and a strong heart connection.

Winter in Mongolia

January in Mongolia is a real experience! While I was there, the temperature plunged to -43° F at night and rose to -19° F during the day. Ulaanbaatar is also the second most polluted city in the world, after Ahvaz, Iran. My doctor told me to wear a mask, but then I couldn't see the icy sidewalk, so I chose a cough over a broken leg.



In a Mongolian winter, even cars need blankets. Notice also the ice and pollution of Ulaanbaatar.

January was a time for meetings. With the help of our Middlebury College intern, Jessica Appleson, we met with ten government and non-government organization leaders to discuss collaboration.

Nomadicare on the Road



In November, Sas Carey gave a Nomadicare update to 150 members of the Mongol-American Cultural Association in Princeton, New Jersey. The organization's 25th Chinggis Qan Ceremony celebrated the unity of Mongolians from all parts of the world.





Nara has healed from her surgery at Shriners Hospital and is now at home in the Gobi Desert, running after lambs and goats with her sisters.

Two West Taiga women are happy to receive their Nomadicare bags containing hygiene kits and vitamin C for their families.

Documentation

Our big project for the winter is to archive videotapes and edit a video. A Middlebury College intern, Graciela Sarabia, is helping. The goal is to produce the documentary, "Becoming a Shaman." Like the book, these projects take a long time. We have

been interviewing and videoing shaman for 6 years and look forward to showing it to you when we finish it. Our ability to capture this unique footage and create the movie depends on donations.



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Inside

Letter from the Director



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