We believe every child has the right to a healthy and loving life. Friends Without A Border will accomplish this by providing high-quality, compassionate medical care to the children of Southeast Asia, by creating community health education programs and by training local healthcare professionals.

Message from our Founder

When we broke ground to build a new children’s hospital in northern Laos, we did so with a determination to make a difference in the lives of children of the region.

Five years have passed since we opened the doors to Lao Friends Hospital for Children (LFHC) and I can confidently say that we are making a difference. I have watched the hospital grow from a small Outpatient Department into a bustling medical facility, equipped to handle a wide range of illness and injury.

The dedicated doctors, nurses and other healthcare workers, both volunteers from around the world and the local Lao staff at LFHC, work tirelessly to fulfill the mission that Friends Without A Border initiated two decades ago: to provide compassionate medical care to the children of Southeast Asia, to create health education and prevention programs and to train local health professionals. Our staff work long hours of day and night, and sometimes take on extra shifts. They adhere to a principle we established when we built our first hospital in Cambodia in 1999: to treat every patient as if one of their own children.

The hospital cared for a record number of children last year. Many families traveled long distances and their children arrived with advanced stages of illness or seriously infected injuries. Sadly, not every story had a happy ending. And yet, our staff saved the lives of so many little patients, including the tiniest patients in the Neonatal Unit. They also healed thousands of sick and injured children.

It’s my pleasure to share with you this Annual Report for 2019. It provides a summary of the amazing progress we made during the year and for that we are sincerely grateful to our supporters.

As I write this, we are all facing the health and economic ravages of a global outbreak of a novel coronavirus. The pandemic poses unprecedented challenges for our hospital and Friends Without A Border. More than ever, we will need your continued support.

Kenro Izu
Founder and Honorary President
Message from our Chair

Dear Friends,

In late summer last year, I was nominated for and accepted the role of Chair of the Board of Friends Without A Border. I am proud and excited to take on this role to help lead an organization that has provided compassionate care to so many children over the last twenty years. I also thank our prior Chair, Matthew Magenheim, for his years of selfless service to Friends Without A Border and the children of Southeast Asia.

I am taking on this challenge at a pivotal time for Lao Friends Hospital For Children. LFHC recently celebrated its fifth birthday. Much has been accomplished in these first five years. We have provided high-quality and compassionate healthcare to 120,000 children, 40,000 of those in 2019 alone. We have opened seven departments plus a laboratory and an on-site pharmacy and have already greatly expanded and remodeled one of those departments, our beautiful neonatal ward. In 2019, we started to shift our focus to concentrate on continuing to better the quality of services across all departments and on training a new generation of Lao pediatricians with a formalized training curriculum. Another important 2019 milestone was the beginning of increased collaboration with the Lao Ministry of Health. We are coordinating efforts to allow LFHC to continue to provide compassionate, high-quality care for the children of Lao PDR and to increase our sustainability through our teaching efforts with not only our own staff but also clinicians at other hospitals. While the current coronavirus pandemic will make 2020 a challenging year, we are confident we can accomplish the tasks ahead of us because we have a very dedicated staff and group of volunteers as well as a family of board members and donors whose ongoing generosity and involvement is never less than inspirational.

We deeply appreciate the support of all of our friends dedicated to helping Friends Without A Border continue to improve the lives of children. Thank you for your continuing efforts to support our mission.

Steven Williamson

Message from our Executive Director

In 2019 (twenty years after we opened our first hospital, Angkor Hospital for Children), Lao Friends Hospital for Children hit an important milestone by treating their 100,000th case. We also provided 27% more medical services in 2019 than in the previous year, continuing our rapid growth rate.

However, 2019 will be remembered for so much more than numbers. We focused on the need for long-term strategy and for achieving and maintaining excellence not only with our treatment services, but with the two other areas that make up the pillars of our mission: education and prevention. There was a perceptible shift in focus from creating a new hospital to sustaining one so that we may some day acknowledge LFHC’s 20-year anniversary and celebrate the effects that our clinical training will hopefully have on the entire country of Laos.

This is also a year during which we welcomed a new board chair, Steve Williamson, after Matt Magenheim stepped down after a four-year term. We are very grateful to Matt for helping to kickstart LFHC and we excitedly welcome Steve who has been an active member of our board’s executive committee. FWAB also said good-bye to retiring long-term board member David Pritchard who had been an integral part of our organization for years. Dedicated individuals, volunteering time and expertise and/or donating money, have always been the heartbeat of our organization.

We celebrated all our supporters in 2019 at our annual NY gala with our theme, “Friends for Life,” while honoring Princess Beatrice of York for her contributions to FWAB. In her acceptance speech, Her Royal Highness said that she had found her voice working with organizations like FWAB. She also felt that all long-term sustainable development is a result of collaborations and that she was particularly taken with our “family partnership striving to give everybody opportunity no matter where they are in life” and advised “everyone to find the mission where you can make a difference.”

We agree that we have created an extraordinary family and are so grateful to every one of you for making us your mission. Together, we truly are making a significant difference.

Nicole Pagourgis
Lao Friends Hospital for Children

In 2019, we completed the first five years of our 10-year commitment to provide free, compassionate, high-quality healthcare to children in northern Lao PDR – providing a record number of treatments, renewing our commitment to pediatric clinical training through a new curriculum, traveling a record number of outreach miles to visit children unable to come to the hospital and developing partnerships with other NGOs to pursue public health prevention initiatives.

We also strengthened our partnership with the national ministry and local health department, resulting in a mutual determination to work toward extending and revising our contractual agreement (MOU) to operate the hospital.

Additionally, the hospital reached a milestone in 2019: LFHC has now provided more than 100,000 treatments to children in northern Laos since opening its doors in 2015. One-third of all those cases happened in 2019, making it the busiest year in the history of the hospital.

We are extremely proud that LFHC has been part of the successful effort to reduce child mortality rates in Laos. When the hospital began treating children in 2015, the child mortality rate in Laos was 58.9 deaths per every 1,000 children five years old or younger. The rate had dropped to 47.3 in 2018, according to the most recent data available. In 2019, work started on creating and implementing a new long-term strategic plan that will include an increased emphasis on certified training and prevention collaborations in an effort to enhance sustainability and help to remove Laos from its current position as having the highest child mortality rate in Southeast Asia.

| 24,878   | outpatient treatments | 13% increase |
| 11,801   | emergency room treatments | 76% increase |
| 2,891    | hospitalized children | 25% increase |
| 1,213    | surgeries performed | 57% increase |
| 680      | neonatal admissions | 40% increase |
TREATMENT

Doctors, nurses and other healthcare providers at LFHC handled 39,944 cases in 2019, a 27% increase from the previous year.

Our doctors and nurses cared for a record number of newborn infants in the hospital’s Neonatal Unit, which expanded in late 2018 into a renovated space inside the neighboring Luang Prabang Provincial Hospital. Every month, an average of 16 babies received the intensive care provided by the unit. Premature babies typically spent about five weeks in the unit.

The type of care given our tiniest patients is dependent upon the infant’s gestational age and is tailored to meet each baby’s unique development needs and any underlying illness. Care was provided by a doctor who staffed the unit during the day shift and four nurses who provided 24-hour coverage.

LFHC also worked to enhance its relationship with the Provincial Hospital Obstetrical Department, which included training some of their staff in neonatal resuscitation. All LFHC nurses working in the Emergency Department, Operating Theater and Neonatal Unit have been trained in our Neonatal Resuscitation Program.

LFHC admitted 680 infants into the Neonatal Unit during the year, an increase of 40% from 2018.

Expansion of the Neonatal Unit alleviated the bed-space dilemma for newborn patients. However, space in the Inpatient Department continued to be a concern, particularly as the number of children who needed to be hospitalized increased. A total of 2,882 children were hospitalized in 2019, a 25% increase in admissions from 2018.

Not only did the number of hospitalized children increase, but so too did patient acuity – the severity of illness or injury requiring a high level of nursing care. LFHC routinely hospitalized children receiving non-invasive respiratory support and continuous infusions. These kinds of treatment are typically only provided in high-dependency units or intensive care areas within the hospital, but have become a regular feature of the hospital’s inpatient services. Consequently, movable beds that were brought into the ward only when needed became permanent fixtures. Beds were packed tightly into every space. Yet there was still insufficient space for families... or even for the staff. Treatment room beds were being used for isolating patients or as privacy rooms. Beds for long-term patients and children needing less nursing care were set up in space previously used by the Neonatal Unit.

Every department in the hospital experienced an increase in caseload in 2019. The most dramatic surge in medical treatments occurred in the Emergency Room. Doctors and nurses in the ER
treated 11,801 cases, a 76% increase from 2018. A portion of that increase was attributed to the treatment of some outpatients by ER doctors on weekends. However, the surge in caseload was primarily linked to the hospital’s ability to win the trust of a growing number of families in the region.

The sharp increase in ER patients prompted the nursing staff to increase the hours of coverage. A doctor staffed the ER during the day and nurses worked shifts in the ER 24 hours a day. Three nurses worked day shifts on weekends when the Outpatient Department was closed. Physicians were available after hours to ensure that every child brought to the ER was seen by a doctor.

The staff of the Outpatient Department handled 24,878 medical cases in 2019, an increase of 13% from 2018. The staff not only met the challenge of tackling that record-setting caseload, but also learned ways to improve care. With the help of a visiting emergency room nurse from the Australian Volunteers Program, the staff identified some areas where the department was lagging in efficiency. By making some simple, yet effective, adjustments in procedures, nurses were able to more quickly identify serious medical cases and ensure that the appropriate provider saw those children faster.

Whenever possible, five doctors treated children daily in the Outpatient Department. The workload was often daunting. Yet, the level of high-quality, compassionate care was never compromised. Staff members were always willing to work beyond their shifts and give up their breaks. Furthermore, staff from other departments pitched in to help their colleagues in the Outpatient Department when needed.

There were 57% more surgical procedures performed in 2019 than in the previous year. While the number of surgeries continued to rise, the number also reflected a greater use of the Operating Theater for dressing changes and minor procedures that previously had been performed in the Inpatient Department. Redirecting such procedures to the Operating Theater alleviated the burden on the Inpatient Department staff and facilitated patient care.

In 2019, the hospital welcomed back Dr. Kihwan Han, a plastic surgeon from South Korea, to repair cleft lips and cleft palates for children at LFHC. The hospital also hosted a team from Interplast for one week. Interplast is an Australian nonprofit organization of volunteer surgical teams that provide plastic and reconstructive surgery.

The number of children receiving care in the Thalassemia Clinic continued to rise as awareness and testing for this inherited blood disorder increased. By the end of 2019, a total of 303 children had enrolled in the clinic.
Thalassemia patients have an abnormal form or inadequate amount of hemoglobin in their blood. Hemoglobin is the protein in red blood cells that carries oxygen. The disorder results in the destruction of large amounts of red blood cells, which leads to anemia. There are different types of thalassemia and treatment often involves regular blood transfusions.

LFHC consulted with administrators of the adjacent provincial hospital in 2019 to ensure that thalassemia patients who “age out” or become too old to qualify for pediatric care at our hospital will continue to be treated for their thalassemia at the provincial hospital.

The Child Development Clinic counted 195 visits by new patients during 2019. An additional 231 visits were follow-up sessions with children. The clinic is designed to diagnose, assess and provide therapy for children living with such conditions as Down syndrome, cerebral palsy and autism.

The clinic increased its involvement with the Outreach Team to ensure the continuity of hospital-based care and home care. It also expanded its role to become a training site for LFHC doctors. A specialist from the Australian Volunteers Program provided training in speech and language therapy, non-verbal communication and behavioral interventions for children with autism. This volunteer also instructed staff, including hospital nutritionists, in the assessment and feeding of neurologically impaired children. The volunteer further assisted in training staff in audiology testing and in the areas of goal-setting and goal-directed therapies.

Additionally, the clinic’s staff participated in training focused on diagnosing and classifying cerebral palsy. Junior doctors were also assigned to the Development Clinic to improve their examination and history-taking skills as well as learn about developmental screening.

The hospital achieved important technological developments in 2019 in the areas of diagnostic imaging and patient record-keeping. The Radiology/Imaging Department moved well into the 21st century with a new capability to store X-rays and other diagnostic images via cloud computing – thanks to the nonprofit RAD-AID organization.

RAD-AID linked the hospital to its Friendship Cloud, which it formed in a partnership with Google Cloud, Ambra Health and Tribalco. Five RAD-AID volunteers came to LFHC and provided 17 weeks of training to our technicians.

LFHC became the first hospital to use the RAD-AID Friendship Cloud and by midyear had stored more than 14,000 patient files on it – making the hospital’s patient care more efficient and effective.
RAD-AID introduced LFHC to digital imaging with the installation of its Picture Archiving and Communication System (PACS) more than a year ago – a system shared with the local provincial hospital. PACS enables doctors and nurses to view X-rays, CT scans and ultrasound images on computer screens and store them on a computer’s hard drive at the hospital. The system allows comparisons between old and new images for a patient, helping doctors track a patient’s progress. Friendship Cloud enables the staff to now store an unlimited number of digital diagnostic images on a secure Internet platform.

The hospital upgraded its electronic medical record (EMR) system with a clinical interface that enables crucial, time-critical clinical information to be received by doctors and nurses in the ward as they need it. This interface, the Bahmni EMR system, integrates data from clinical, radiological, pharmacy and laboratory sources. It enables quicker clinical decision-making, a reduction in medical errors, more efficient use of doctor and nurse time, and contributes significantly to better patient outcomes. Our system serves as a model for hospitals and clinics throughout the Lao PDR.

The hospital’s growing caseload prompted administrators to extend the weekend hours of the LFHC Laboratory. Lab technicians performed 10,128 tests in 2019, an increase of nearly 38% from 2018. The staff was particularly busy during the national outbreaks of Japanese encephalitis and dengue fever. Lab techs performed more than 3,700 tests during the height of the outbreaks in August, September and October, though not all of those tests were related to the outbreak.

Further, management of the lab underwent a very important change in 2019 with the promotion of Annusin Phonedala (Sin) to the top position. He became the first Lao department head at LFHC. Additionally, the hospital made progress toward acceptance into the Lao National Laboratory Association.

The increase in sick and injured children treated at LFHC triggered an exceptionally busy year for the hospital Pharmacy. In the Out-patient Department alone, doctors issued 54,623 prescriptions for pharmaceuticals, an increase of 12.7% from 2018. The ability of the hospital to meet the medicinal needs of children in northern Laos is critically important in light of a recent finding by the World Health Organization that the “availability of essential medicines in public health facilities is suboptimal.”

The hospital became involved in its first major research project in 2019 – a yearlong study of thiamine deficiency disorders in children. LFHC encounters children suffering severe thiamine deficiency, also called beriberi, on an almost daily basis. Researchers from the...
University of California, Davis, and the Lao Tropical and Public Health Institute have been studying thiamine deficiency in children hospitalized at LFHC. The research, which is expected to conclude in 2020, is being financed by the Bill & Melinda Gates Foundation. A total of 149 children had been enrolled in the study by the end of 2019.

EDUCATION
Perhaps the most dramatic development at LFHC in 2019 was the beginning of a new Pediatric Training Program for Lao doctors. LFHC was founded as a teaching hospital and has welcomed many experienced doctors, nurses and other healthcare workers from other countries to help train and mentor the hospital's Lao staff. However, only a few Lao doctors at the hospital had been trained as pediatricians at the nationally certified program in the capital city of Vientiane.

Staff doctors participating in LFHC’s new program began their training with a one-year Child Health Foundation Course. Upon passing the course, they will then begin the three-year Certificate of Pediatrics program, which will be comparable to a pediatric residency.

The curriculum for the new program was developed by Medical Education Director Dr. Rathi Guhadasan, who designed a similar training program 16 years ago for doctors at Angkor Hospital for Children in Cambodia, the first hospital built by Friends Without A Border. Dr. Guhadasan proposed the LFHC program in 2018, noting that only three of the 22 doctors on staff had received structured training in pediatric care. The national pediatric training program accepts only one or two doctors from LFHC per year.

The long-term aim is to build intellectual sustainability, such that the Lao staff can manage the hospital independently and continue to train future generations of doctors. Friends Without A Border and hospital administrators are pursuing negotiations with Lao Ministry of Health officials to establish a nationally accredited pediatric training residency for physicians at LFHC.

It should also be noted that 15 Lao doctors moved up one or more levels in English language training.

The Nursing Department continued to raise the competencies of all the nurses on staff through various courses in anatomy, physiology and pathophysiology. In 2019, the department focused on developing Lao leadership in nursing education.

Highlights in nursing education in 2019:
- Two nurses were graduated from the hospital’s nurse anesthesia program, which gained formal recognition by the International Federation of Nurse Anesthetists.
Eleven nurses completed LFHC’s two-year courses in Anatomy & Physiology and Pathophysiology. Four nurses completed extra Emergency and Pharmacology training to move into leadership roles in the Nursing Department.

Two nurses were trained to provide direct leadership in the Neonatal Unit and five nurses completed training to become neonatal nurses.

The ER nurses completed a pediatric emergency training course and two ER nurses have become trainers to help train the rest of the nursing staff.

PREVENTION

The LFHC Outreach Team delivered healthcare to 345 children in outlying, isolated rural areas, including the more remote districts of Nan, Chomphet, Phomxay and Phokun. The team drove a total of 25,405 kilometers (15,785 miles) in 2019 – equivalent to driving from Luang Prabang to London and back. They often drove along rutted rural roads and remained in villages overnight to ensure that they cared for every family that needed help.

The team increased the number of “single visits” it makes during a year. Some patients require only one visit to ensure that their recovery is complete. The team also performed the very stressful function of providing grief counseling to parents who have lost a child.

The hospital continued its efforts to prevent the spread of severe malnutrition in 2019 with the establishment of a follow-up clinic for children being treated for malnutrition. More than 150 children were treated in 2019 for severe or moderate malnutrition. The follow-up clinic includes test-feeding of ready-to-use therapeutic food (RUTF). The RUTF program is designed to dramatically reduce the need to hospitalize malnourished children by giving therapeutic food supplies to parents who can then treat their children at home.

Additionally, LFHC decided in 2019 to create the position of prevention director to initiate and oversee collaborations regarding health preventative measures with non-governmental organizations operating in Laos as well as healthcare entities overseen by the Lao Ministry of Health.

LIFE-CHANGING SURGERY

The LFHC Operating Theater saw a record number of surgeries performed in 2019. One of those procedures, a splenectomy, was the first such operation performed at the hospital – and it dramatically changed the life of a young boy.

Bounsaweng Bouadichith was 11 years old when he underwent the splenectomy. He had been receiving blood transfusions nearly his entire life and once or twice a month as a patient at LFHC.

He was also diagnosed with an enlarged spleen. One of the functions of the spleen is that it filters old or damaged red blood cells. Thalassemia destroys a large number of red blood cells, forcing the spleen to work harder.

A splenectomy increases life expectancy and decreases blood transfusion requirements for thalassemia patients but comes at a high risk for surgical complications and infections.

After a month of hospitalization, Bounsaweng recovered to the extent that he required far fewer transfusions. His family reported that he had much more energy and was able to go back to school and thrive as a happy young man.
Angkor Hospital for Children

In its 20th year of operations, Angkor Hospital for Children (AHC) introduced a new, three-year strategic plan. The refined framework remains consistent with the organization’s founding vision: for all Cambodian children to have access to high-quality, compassionate care.

AHC stands as an important part of the history of Friends Without A Border. It was the first pediatric hospital built by the organization and its success led to it becoming an independently managed facility in 2013, as proposed by founder Kenro Izu.

In 2019, the need for pediatric specialty care was apparent, ensuring the relevance of AHC’s new strategic priorities and reinforcing its efforts. A marked increase in oncology patients necessitated an early opening of AHC’s oncology ward. An increase in patients with chronic conditions corresponded with high return rates for those requiring follow-up care. During a record-breaking dengue outbreak, AHC’s inpatient department and intensive care unit were over capacity as staff worked around-the-clock to treat the most critical conditions.

Two decades of fostered, government support means AHC defines success not in a silo, but as a stronger, sustainable Cambodian healthcare system. In 2019, AHC’s capacity building initiatives delivered expertise, quality, and impact within the profession, in the community, across the country and beyond. Within its wards, subspecialty units were considered blueprints for replication, as government staff spent weeks training and studying the model of AHC’s neonatal, intensivist and social work units. In Cambodia’s most rural province, government support and integration allowed AHC to pioneer a model for transformative, accessible neonatal care. In communities, AHC is conducting one-of-a-kind, training-of-the-trainer courses, ensuring sustainability by scaling education.

135,488 total treatments provided, from outpatient care to subspecialty services

100,686 attendances recorded at educational sessions

144 volunteers from 12 countries

12 peer-review articles published in medical journals

The Lake Clinic

Isolated and removed from the rest of Cambodia, the floating villages on the Tonle Sap lake receive almost no public services. Jon Morgan recognized the dire need for medical care in those villages while serving as the first executive director of Angkor Hospital for Children, the first pediatric hospital built by Friends Without A Border.

In 2007, Morgan founded The Lake Clinic (TLC) and since then it has been sending teams of doctors, nurses and midwives to those villages. The teams travel by boat to floating communities as far as 100 kilometers (62 miles) away.

TLC provided a record-breaking 43,544 services in 2019 to residents of the eight villages it serves. TLC’s Outreach and Clinical teams work in tandem to prevent and treat illnesses. An Outreach team of midwives travels from home to home in each village to monitor malnutrition and promote healthy growth and disease prevention in both children and adults. The Clinical team steps in to provide medical care to villagers suffering illness or injury. It also works to prevent the spread of disease. Each week, two teams see an average of 201 patients as they make the journey to different villages around the Tonle Sap and Steung Sen River.

10,306 general medicine care

4,143 pediatric treatments

1,775 immunizations

975 eye care

1,962 dental care

11,163 health promotion/education
NEW YORK GALA
More than 300 people filled the Edison Ballroom in Manhattan on May 15 for the 17th Annual New York Gala, an event that honored a member of the British Royal Family and celebrated the birthday of the founder of Friends Without A Border. Her Royal Highness Princess Beatrice of York was awarded the Making A Difference Award for her support of Lao Friends Hospital for Children. The princess attended the opening of the newly expanded Neonatal Unit at the hospital in late 2018, as well as the Lao Friends Gala. She also donned her running shoes to participate in the annual Half Marathon fundraiser that weekend. The gala evening was capped off with a surprise birthday tribute to Friends Founder Kenro Izu, who was presented with a cake shaped like the specialized camera he has used as an internationally acclaimed photographer. The event raised a net total of $390,000 for the benefit of LFHC.

LAO FRIENDS GALA
Lao Friends Third Annual Gala Dinner was held Oct. 18 in Luang Prabang, an event attended by more than 150 supporters, including Miss Universe Laos 2019, Miss International Laos 2019 and Laotian Pop Star Tot Lina. Friends Without A Border presented its Best Friend of Friends award to Team We Run, a group of Lao and expat runners in Vientiane who promote LFHC through running challenges and the Luang Prabang Half Marathon every year. We presented its Making A Difference award to Linfox, an Australian logistics and supply chain company. The dinner, which benefited LFHC, featured a special musical performance by Jojo Miracle and a welcoming dance performance by Puang Champa Cultural House.

LUANG PRABANG HALF MARATHON
Roughly 1,800 runners participated in the 2019 Run for the Children: Luang Prabang Half Marathon — exceeding 2018’s race by about 200 participants. The annual fundraiser benefited Lao Friends Hospital for Children. More than 60 nationalities were represented at the event. The half-marathon weekend also included fundraising by the Carlsberg Golf Classic, the first time that the tournament contributed as a charity event to benefit LFHC.

LOS ANGELES EVENT
Dr. Indi Trehan, former medical director at Lao Friends Hospital for Children, was the featured speaker at the “Friends for Life” Los Angeles Event on Sept. 25 at NeueHouse on Sunset Boulevard. The event raised more than $62,000 for the benefit of Lao Friends Hospital for Children.

FWAB JAPAN 2019 TOKYO GALA
Friends Without A Border’s 4th Annual Tokyo Charity Gala Dinner, Friends for Life, held on Oct. 25 at The Capitol Hotel Tokyu, raised ¥18.6 million ($171,000) to support our mission of providing free, compassionate medical care to the children of Laos. The lively Fund-A-Lifeline campaign raised ¥7.5 million ($69,000), which will aid hospital stays for approximately 1,500 children.

The hurricane weather in the region did not deter the spirits of 184 guests from Tokyo and around the globe who saw no borders when it came to helping vulnerable children in need. Thank you for your incredible and most generous support!
Children around the world die every day from such preventable diseases and manageable conditions as malnutrition, pneumonia and diarrhea. The reason: they don’t have access to medical care. Lao Friends Hospital for Children is dedicated to the mission of providing free care to the children of Laos, and promises that they will not have to suffer the fate of so many other children who live in impoverished conditions in developing nations. The model of LFHC, which emphasizes treatment, education and prevention, guarantees that your support will benefit children who are in need today.

How You Can Help

Give a gift to support our efforts to provide high-quality healthcare to the children of northern Laos. Make an instant, secure, and tax-deductible donation online by visiting www.fwab.org/donate or give us a call at (212) 691-0909 or mail a check to Friends Without A Border.

Become a Forever Friend by joining our recurring gift program for only $20 a month. To join, visit www.fwab.org/donate/foreverfriends

Honor someone special with a tribute gift. Your gift can be in honor of, or in memory of, a family member, friend or colleague. Your honoree (or their family) will receive a personalized letter detailing the impact the gift has on the lives of children in need of medical care. To make a tribute gift, visit www.fwab.org/donate/tributegift or call the number above.

Consider including Friends Without A Border in your estate plans. A gift in your will or living trust is a lasting investment in advancing our mission and ability to respond to future challenges. Visit www.fwab.org/donate/plannedgiving/ to create a lasting legacy.

Donating stock or mutual funds to Friends Without A Border is a tax-wise approach to caring for children in need. We encourage you to consult your personal tax advisor to evaluate your best options when making a donation of securities. Please visit www.fwab.org/donate/plannedgiving/ for further information.

We have agreements with organizations in Canada, the United Kingdom, Germany, Hong Kong, Japan and the European Union to allow donors in these countries to make tax-deductible donations to support our work. Visit www.fwab.org/internationaldonation/ or email us at fwab@fwab.org for details.

Celebrating a birthday, wedding, or other event? We can assist in organizing community events and online fundraisers to support Friends Without A Border. Visit our www.fwab.org/fundraise for some creative ideas and links to the crowd-funding sites we recommend.
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EXO Travel
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Hoi Sang
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J & C
Jolo Miracle
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Run With Heart
Safron Coffee
Sala Prabang Hotel
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Sofitel Luang Prabang
Tanger
Team We Run
Thansamay Group
The Belle Rive
The Belle Rive
Tiger Trail
Tigerhead
Traditional Arts & Ethnology Centre
Viengthong Pharma
Villa Maly
Yuni Yupoun
Villa Santi Resort

FRIENDS WITHOUT A BORDER 2019 ANNUAL REPORT
## Statement of Activities and Changes in Net Assets for the Period Ended December 31, 2019 (With comparative totals for 2018)

Note: These numbers are unaudited and subject to change.

### Revenue

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<td>–</td>
</tr>
<tr>
<td>Special events</td>
<td>702,154</td>
<td>702,154</td>
<td>1,194,316</td>
<td>1,194,316</td>
</tr>
<tr>
<td>Less: direct expenses</td>
<td>(243,280)</td>
<td>(243,280)</td>
<td>(257,833)</td>
<td>(257,833)</td>
</tr>
<tr>
<td>Patient income, fees etc.</td>
<td>15,902</td>
<td>15,902</td>
<td>8,598</td>
<td>8,598</td>
</tr>
<tr>
<td>Sales</td>
<td>(969)</td>
<td>(969)</td>
<td>2,185</td>
<td>2,185</td>
</tr>
<tr>
<td>Collection boxes</td>
<td>4,263</td>
<td>4,263</td>
<td>7,092</td>
<td>7,092</td>
</tr>
<tr>
<td>Investment income</td>
<td>63,524</td>
<td>63,524</td>
<td>(94,521)</td>
<td>(94,521)</td>
</tr>
<tr>
<td>Other income</td>
<td>14,034</td>
<td>14,034</td>
<td>11,878</td>
<td>11,878</td>
</tr>
<tr>
<td>Net assets released from restrictions</td>
<td>908,789</td>
<td>(908,789)</td>
<td>–</td>
<td>–</td>
</tr>
<tr>
<td><strong>Total revenue</strong></td>
<td><strong>2,522,154</strong></td>
<td><strong>159,258</strong></td>
<td><strong>3,278,424</strong></td>
<td><strong>3,278,424</strong></td>
</tr>
</tbody>
</table>

### Expenses

<table>
<thead>
<tr>
<th>Category</th>
<th>2018 Total</th>
<th>2019 Total</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Program services</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hospital support</td>
<td>245,508</td>
<td>245,508</td>
</tr>
<tr>
<td>LFHC</td>
<td>2,117,831</td>
<td>2,117,831</td>
</tr>
<tr>
<td>Program development</td>
<td>12,778</td>
<td>12,778</td>
</tr>
<tr>
<td><strong>Total program services</strong></td>
<td>2,376,117</td>
<td>2,376,117</td>
</tr>
<tr>
<td><strong>Supporting services</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fundraising</td>
<td>246,698</td>
<td>246,698</td>
</tr>
<tr>
<td>Management and general</td>
<td>228,744</td>
<td>228,744</td>
</tr>
<tr>
<td><strong>Total supporting services</strong></td>
<td>475,442</td>
<td>475,442</td>
</tr>
<tr>
<td><strong>Total expenses</strong></td>
<td>2,851,559</td>
<td>2,851,559</td>
</tr>
<tr>
<td>Change in net assets</td>
<td>(329,404)</td>
<td>(329,404)</td>
</tr>
<tr>
<td>Net assets at beginning of year</td>
<td>2,432,176</td>
<td>2,432,176</td>
</tr>
<tr>
<td>Net asset at end of year</td>
<td>2,103,372</td>
<td>2,103,372</td>
</tr>
</tbody>
</table>

### Other

- Contributions: 65%
- Grants: 17%
- Special Events: 17%
- Other: 1%

### Revenue

- Management: 8%
- Fundraising: 9%
- TLC*: 4%
- AHC*: 5%
- LFHC*: 74%

### Expenses

- Program total: 83%

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**Note:** These numbers are unaudited and subject to change.

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**Photo credits:** Adri Berger, Kenro Izu, AHC and TLC

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- Dr. M. Greg Thompson, MPH
- Dr. Charles F. Craft, DDS

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  - Executive Director

- Akiko Arai
  - Director of Administration

- Gary Kane
  - Manager of Communications and Development

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  - Interim Executive Director

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  - Medical Director

- Dr. Rath Guhadasan
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