



ENGLISH



爱心基金会2011-2012年年度报告

2011-2012 Biennial Report
AiXin Foundation, Inc. USA

Contents

Message from the AiXin Foundation-----	2
AiXin Rural Education Program-----	4
AiXin Rural Reading Program-----	12
Support of Rural Family Health Promotion Programs in China-----	14
Support the summer program of the “Building Bridges” -----	25
Support of Rural Women Mental Health Programs in China-----	28
Exchange Views through “AiXin Column”-----	31



Message from the AiXin Foundation

Dear friends,

With sincere and grateful thoughts in our minds, we present the 2011-2012 Biennial Report of AiXin Foundation to you.

Established by overseas Chinese scholars and professionals in 2002, AiXin Foundation is a non-political, non-religious, non-profit, and public supported charitable organization based in the greater Washington DC area. Bearing the mission to promote "people-oriented" caring, AiXin Foundation is dedicated to the development of family and community-based health education. Just as important for us is also to encourage the young children from rural areas in China, who are mired in poor health and poverty, to accomplish their education with our financial support, and to inspirit them to learn self-reliance and to serve the public when they grow up. As the supporter and facilitator that bridge the non-governmental communications between China and America, AiXin Foundation provides service in the field of health awareness, primary education, and sustainable development. Presently, we focus on the promotion of public health awareness, primary education, environment conservation, and sustainable development in China. The two methodologies that we adopted in recent years are to promote the government-initiated advocacy and policy changes, and at the same time, to support the innovative models and participate in the pilot projects of sustainable developments that have shown demonstrated significance.

As the reform of Chinese political systems started in the late 70s and followed by the globalization of the economic development acceleration, the once scarce resources in the early stage of reform have become abundant. Therefore, China's ability to effectively integrate and utilize those enriched resources that will enable her to break through the limits and to practice sustainable development. Under such circumstances, AiXin Foundation is more than willing to build an open platform for volunteer services that facilitate the cooperation of experts and scholars from various





fields as well as all friends from China and overseas. We hope to pave the way for international cooperation, exchange of ideas, and building research networks, in diversified fields and various formats. It is always our goals to promote the efficient utilization of resources in the fields of health, education, environmental conservation and sustainable development of China. We hope that AiXin Foundation serves as a bridge, to assist those established people in US with compassion to make their contributions, to make a difference, and to participate in the historical process of reform and development ongoing in China. In the meanwhile, we believe that young people are the future of both China and the United States. So we make efforts to build the connection between the young people from both countries, through a variety of activities including exchange, sharing, and mutual assistance, and hope to enhance the understanding and to strengthen the friendship between our two countries in the future.

This year is the 10th anniversary of AiXin Foundation. For AiXin Foundation, this decade is a process of practicing and exploration - constantly evaluating and reflecting of our methods and results. Although a lot of our efforts have been shifted in the past ten years, our original ideals and enthusiasm always remain the same and will never change. With limited resources, most of our projects are innovative and explorative, and strive for achieving maximum benefits. Especially in health education in rural area, we have concentrated on making some systemic changes and are able to achieve multidisciplinary collaborations in the pilot projects so far. We appreciate the trust, support and love from all donors, volunteers and friends. I, on behalf of all volunteers of AiXin Foundation, hope to express my heartfelt gratefulness and sincere respects to all our friends, and thank you for your companionships along the way. Together with all corners of the society, AiXin Foundation is dedicated to promote China's sustainable development and progress step by step!





AiXin Foundation, Inc. 2011-2012 Biennial Report

AiXin Rural Education Program

Aixin's Rural Education Program was launched in 2006, with the original purpose to facilitate overseas donations to poor students in China. With the economic development of China and the increase of input into rural education, more and more people in China began to participate in the program. Now, the program is at a brand new stage, not only stressing providing funds to poor students, but also focusing on transmitting love. AiXin hopes to build a bridge between donors and sponsored students, and develop education jointly with schools, communities and all walks of life.

AiXin's main work accomplished in 2011 and 2012 includes:

In 2011, the program funded 325 poor students (138 in Pingshan County, Hebei Province; 183 in Shitai County, Anhui Province; 4 in Lingshou County, Hebei Province) with RMB190,200 (USD30,190) (RMB71,400 for Pingshan County, Hebei Province; RMB117,200 for Shitai County, Anhui Province; RMB1,600 for Lingshou County, Hebei Province).

In 2012, the program funded 290 poor students (131 in Pingshan County, Hebei Province; 154 in Shitai County, Anhui Province; 5 in Lingshou County, Hebei Province) with RMB255,700 (USD40,587) (RMB105,600 for Pingshan County, Hebei Province; RMB147,100 for Shitai County, Anhui Province; RMB3,000 for Lingshou County, Hebei Province).

Methods of the program

1. Donation. The program aims at supporting students in poor area through



Aixin Volunteer Hu ChuanShuo visited students in Hebei Province





Procedures for students' grant issued in Shitai

providing living allowance, textbooks, tuition fees and extras. Currently, the financial aid for disabled or poor students is RMB600 annually for each primary or junior middle school student, while RMB1500 annually for each senior middle school student. The program also undertakes some other tasks such as correspondence, home visiting, and so on. It provides information on the progress, the conditions of students and home visiting results to donors at regular intervals.

2. Communication. The program shows the sponsored students and their parents, the local teachers and the volunteers that the donations stem from love and care. The voluntary donations embody the wish of all the donors that poor students are able to complete their studies and work hard to be self-supporting. AiXin sends letters to all the sponsored students every year, telling them that the donors in the distance are

concerned with them. It hopes they feel and live with such a love and care. AiXin encourages the students to write letters to their donors. The letters addressed to AiXin's Beijing office will be forwarded to the donors. AiXin also advises the donors, as a moral support, send letters or cards to the sponsored students.

3. Cooperation in education. AiXin, after several years' work, has reached good understanding and cooperation with the local competent authorities and schools, thus learned thoroughly the implementation criteria of the program. It also acquires the information about the living conditions, studies and needs of the students through home visiting, etc. AiXin guarantees that the sponsored students are all real ones, and the donations will be delivered to them. We hereby solemnly declare that we will bear full responsibility and damages should there be any student ineligible for donation or false information on the implementation.

Home Visiting

Each year, AiXin invited volunteers and donors to join in home visiting, to do spot check and to interview the sponsored students and their family members. Then, AiXin summarized and reported.

In November 2012, Zhang Baoshan, a volunteer, went to Shitai County, Anhui Province to visit the sponsored students





and their families. He wrote in his article "What Do they Need?" that:

"We interviewed ten students in Shitai No.1 Middle School, the best one in the County. One of the students named Jiang Shaohua left me a deep impression. He was a handsome secondary middle school student and studied well. The head teacher told us something about his family: disabled father, mental disordered mother and a younger sister in school. The burden of the family was on Shaohua. The young man kept silent during the interview. He was reluctant to accept aid from others because of his self-esteem. I could understand him. I said to him later in a private occasion: 'Every body will meet difficulties. The difficulties appeared a little bit early for you. Had overcome them, you would be stronger and more experienced than others. It is the precious wealth for you. You will be proud of what you have done. Now, there are some strangers in distance who are willing to support you.' At that moment, he looked up at me, and I saw his confidence ..."

Huo Chaoqun was a secondary middle school student supported by Ms. Xu Yayin since 2008. She was not in the name list submitted by Pingshan County in autumn 2010. Through correspondence with Chaoqun, Mr. Hu Chuanshuo, one of AiXin's project managers, knew that in autumn 2011, Chaoqun was enrolled in a university in Nanjing, but felt uncertain

about her future. Chuanshuo shared his own experience with her and invited her to Beijing to visit Peking University and Tsinghua University. She talked with some professors, doctorate and postgraduate students, etc. She finally realized that she could be a graduate student one day by hard working. For a university student from rural area, such an opportunity to broaden the views will have a great effect on his/her future. Providing such opportunities is also significant in addition to supporting their studies.

Monica Yu , a volunteer, wrote after the family visiting:



Aixin volunteer Monica Yu and her sponsored child

"You were called by your teacher and went out of the dormitory, head bent, not knowing what to do. I could understand you because in some occasions, I was the same as you. We had been to your home





Students from American Thomas Jefferson School held an “online English writing class”, and then donated the earning to poor children through AiXin Foundation.

and known that your father was weak in eyesight and hearing because of an accident and was specially cared for. Your father received us cordially. His disabilities did not hinder his hospitality. I thought, if I had been handicapped, I would hope others treat me as a normal one and give me proper help, not excessive sympathy or compassion, which might embarrass me. Don't look down upon yourself or be bothered by your father's disabilities.”

In recent years, China has made a great effort to implement the nine-year compulsory education system. The

primary and middle school teaching, except secondary middle school teaching, is free now. The school expenses are mainly for stationary, board and lodging. The education authorities are implementing a policy of incorporating small rural schools into town schools, to consolidate education resources, improve the quality of teachers, and enhance the administration and teaching quality. Many students have to study in faraway schools and pay for board and lodging. In a thrifty manner, the average amount is RMB100 to 300 per month. In AiXin's two program





The sponsored students appreciate the love and care from the other side of the ocean

places, the standard in Shitai, Anhui is higher than that in Pingshan, Hebei. Free from any tuition fees and extras, a student still has to pay RMB1500 to 3000 every year for board and lodging. That is why we still have to provide financial support to the poor students.

In the poor rural area, the family income is mainly from work in other places. For a family with disabled or sick member(s), or suffered misfortunes, no one can go out to work. That is the reason why such a family is still living in poverty and can't afford the board and lodging fees.

Love from the other side of the ocean

The American Chinese young people are always ready to provide financial aid to poor children in China with their

earning from hard work, encouraging them to desire for improvement and filling them with gratitude.

In 2011, a group of secondary middle school students, the members of Teens-help-kids Club, from Thomas Jefferson School, held an "online English writing class", and then donated the earning to poor children in China through AiXin Foundation.

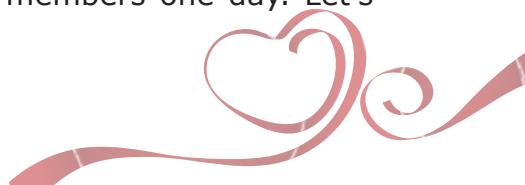
On September 25, Lauren Huang and other three girls came to the Call In Program and delivered a cheque of US\$2,000 to Ms. Weng Yongkai and Zhang Yili, the representatives of AiXin.

The youngsters from Friendship Book Club also took part in the program. They wrote in the letters to the aided children:

Dear Wang Kang,

We are Cheng Yilin, Yang Tingting, Feng Yueming, Wu Yuedi, Yang Leilei and Zhou Hongyi. We study English in weekdays and Chinese at weekends in a Chinese school.

We make money by washing cars, mowing lawns, selling cakes and giving lectures. We want to make more money to support your studies. We also want to cure your father of his illness, and hope he will be well soon. We will go to see you and your family members one day. Let's





work hard.

Let's keep up a steady correspondence with each other.

Dear Liu Tongwei,

We are Yang Lanlan, Cheng Yihao, Feng Yuan and Li Yi'an. We will be secondary middle school students next year. We live in Virginia, not far from Washington DC, the capital of the U.S. We make money by teaching chess, washing cars, mowing lawns and selling cakes. We hope to use the money to support your studies.

We are glad that you can eat at school and no longer need your grandma to prepare for you. We have planned to give you more help in next summer vacation.

Yang Lanlan also likes singing. We have learned rope-skipping. Of course you can do better than us. We like playing with friends and playing games.

We are sure we will be good friends.

In March 2012, A&C Business News reported that an eleven-year old primary student Zhang Qingqing and her sixteen-year old brother Zhang Keke helped the poor children through AiXin Rural Education Program. Having listened to the stories told by their mother about the children in poor area in China dropping out of school, they decided to help the children with their pocket money. In a letter to Zhao Xinyue, an aided child, Zhang Qingqing sincerely wrote: "Please do not say thanks. We should help each



Smiling faces of rural children

other and love each other because we are living in the same world. You said you wanted to go outside to see the colorful world. I bless you. Never give up your dream!"

The children's behavior was supported by their parents. We hereby on behalf of AiXin Foundation and all the sponsored students express thanks to the donors. Welcome to China and visit the sponsored students.

Gratitude from Rural Area in China

In communication with the sponsored students, we noticed that most of them were grateful to the donors. Many of them desired to write to their donors to express their thanks. The donors' reply would be great moral encouragement for them. In order to protect the privacy of the donors





Letters from sponsored students to their donors

and reduce the postage burden of the students, AiXin Foundation made public its address of Beijing office and forwarded the letters addressed to the office to the donors. AiXin welcomes donors and other friends to visit the students together with us or by themselves.

It is a letter from a parent, not long but sincere and moving:

"My name is Han Xinjun, a villager of Mijiahui Village, Xiao jue Town, Pingshan County of Hebei Province. Since 2008, my child Han Xiaochun has enjoyed RMB400 each semester. We were very thankful, because it solved our financial problems and greatly encouraged us. Last year, I became a security guard of a primary school with a salary of RMB800 per month. Now, my daughter and I live well on my salary, plus the income from farming and planting Chinese prickly ash. I am in my forties and healthy. I have

great confidence in our beautiful future. With the support from so many warm-hearted people, I gradually realized that everyone should care about others. We no longer need the donation and please give the money to others in need. Thank you again for your help."

AiXin also forwarded many letters of thanks to donors and was moved by the simple but sincere wording.

Li Zeyang wrote in his letter to Uncle Mark: "Thank you very much for your support to my studies. I will spend the RMB600 on stationery and I will study hard. I hope to help more people when I grow up."

Recently, Mr. Ye received a letter from a student in Pingshan County, Hebei Province, with the content as follows:

"Don't worry about me. I am OK, thanks. Please take care of yourself. I will take more exercises to recover and study hard. It is you who have given me moral support and happy life. I think I am the happiest child in the world, because of my father and grandmother's love and your encouragement. I will do better."

"My family is poor, but rich in mind. When I grow up, I will also care about others, care about every person."

In her letter, she told us she had felt the care and love from donors, which gave her confidence and pleasure. A child like her who has experienced such a love care from others in his/her life will





Aixin volunteers visited sponsored students' families every year

be optimistic and bear up well against all misfortunes. It is at least a good wish at present for her to "care about others, care about every person" in the future.

Of course, many rural children couldn't express themselves by letter like she did. Being shut away in countries, they are not good at writing, even not knowing how to write.

In the past nine months, the girl wrote to Mr. Ye and received his replies, which were of greater benefit to the girl than the financial aid itself to some extent. What a good thing it is! That is the reason why we encourage all the donors to correspond with the sponsored students.

In recent years, especially since the Wenchuan Earthquake and the Olympic Games in Beijing, NGOs in China develop rapidly, and more and more volunteers

have participated in the voluntary services. The act of donating is endorsed by the people. AiXin Foundation is a small overseas NGO and delivers the donations to the sponsored children. We welcome friends to join us and help us to improve our services. At present, some of our volunteers are in charge of scanning the letters from sponsored students and sending them to donors by email, running "AiXin Column" as a channel for releasing information about the situation in China and the work of AiXin, and so on. We hope the donors who did not tell us their email addresses and those who changed their addresses to contact with us as soon as possible. Then we won't be troubled by forwarding letters to those without leaving exact addresses.





Implementation of AiXin Rural Reading Program 2011-2012



Happy reading

Commissioned by donors, AiXin launched Aixin Rural Reading Program in July 2009. This program aimed at providing, through rural schools, rural students with outside reading materials, enhancing the quantity and quality of their reading, and broadening their views.

In 2011, AiXin carried out the program in nine schools in Pingshan County and Lingshou County of Hebei Province. AiXin provided the schools with books, the schools distributed the books

to each class, and the teachers circulated them with the help of volunteer student librarians. In the next semester, AiXin would provide additional 20% to 30% new books to the schools which had completed the book circulation.

In 2012, AiXin carried out the program in the same way as described above in eight schools in Pingshan County (2 middle schools and 5 primary schools) and Lingshou County (1 primary school) of Hebei Province. According to the school





Happiness of borrowing books



New books for Donggang Primary School

reports and on-site inspection by the volunteers, AiXin identified the schools which actively advocated reading, and went on support these schools, while stopped support to the others.

In the current education system in China, students are evaluated by exam result. Although most schools realized the value of reading, not all of them would accept this program, because this program could not improve exam result immediately, but would burden

schools and teachers with more work. Some schools were even worried that the outside reading would have a negative effect on school teaching. In order to guarantee the effect of the program, we need to make every effort. In 2013, we will continue to support the schools which can complete book circulation. AiXin, through on-site visiting, acquired the information on implementation and the changes of students, and strengthened its supervision.

Based on the feedback from teachers, students and supervisors, the program broadened the views of students, improved their reading and writing ability, and accordingly improved their exam results, especially in Chinese, geography and history. In a word, this program is difficult to carry out, but fruitful.

For more information, please visit AiXin's website.



Stamped book samples for Xin Yue Guang Cai Primary School





Support of Rural Family Health Promotion Programs in China



The AiXin Foundation, established in 2002, originally committed itself to supporting the prevention and treatment of HIV/AIDS in China. Having entered the aging society, China is confronted with a series of challenges including environment pollution, and the people's health and security is under serious threat. Since 2005, AiXin began to turn to the cause of Chinese public health, with the focus on rural women's health and family health. The Pingqiao Program is one of AiXin's pilot health programs in Chinese rural area.

In Spring 2011, Pingqiao District (Xinyang, Henan Province) Committee and Government, in cooperation with several civil societies, designated a pilot reform area for sustainable development, with the aim of setting up an innovative model of ecological civilization in the rural area. In the plan, Pingqiao District Government offered funds for NGOs' social services, among which the "Health Service into Home" Program, a pilot multi-sector health promotion program in Pingqiao, was designed, coordinated and organized by AiXin and carried out jointly





The Pingqiao “Health Service into Home” Program launched on November 28 , 2011

by AiXin and the Government, academic circle, and many institutions at home and abroad. The purpose of the Program was to “encourage all to act and build health for all”, and finally let all enjoy a healthy life far from diseases. For the purpose of “all participate, enjoy health, and build health for all”, AiXin made a great effort to sought effective tactics “with prevention first” and a model of popularizing health services on the basis of Chinese communities’ reality and families’ needs and guided with domestic or foreign advanced concepts and technology. We aimed to establish a broad social health syetem with all people participating in and multielements mutual complementing through prapaganda and education on sanitary conditions, public health and

psychological health in the form of family health promotion programs.

The economic development of China has attracted worldwide attention, but can not conceal the worsening of the people’s health condition. In recent years, chronic diseases in China developed dramatically, especially in the rural area, and brought individuals, families and the society grave health loss and heavy medical burden. In spite of so many years of reform, China is still pursuing the wrong concept of “treatment rather than prevention”. The Government increases medical input year after year, while the amount spent by people in medical treatment and health care grows fast. Compared with a so-called “perfect” medical care and medical insurance system, in which





Women health counselors in Zhugang Village

the Government shall pay more and more for the people's medical care, China is actually in need of a strong preventive health care system, in which the Government shall make an effort to improve the people's awareness of health, and encourage them to participate in building a "health for all" society and lead a rational and healthy life.

For many years, the Chinese Government has made a great effort to satisfy the needs in rural China for medical services and health education. In 1994, for example, headed by the Ministry of Health, more than ten ministries and commissions jointly participated in the costly "National Health

Education Campaign among 900-million Peasants", which was vigorous but inefficient. One of the important reasons why these programs were not put into effect is lack of a group of staff members, as a bridge between the programs and the target groups, to implement them at the grassroots level for a long time. The Pingqiao Health Program chose the family planning network as its platform for enhancing public services and promoting scientific and healthy concepts, because Chinese family planning system in transition, which maintains close ties with the masses and owns a powerful nationwide network, was appropriate for rendering the services which attached





Juping Yan, an official from a pilot village, was introducing their plans of health-promoting activities.

more importance to prevention on the family planning, the reproductive health and the family health care to the population in health and sub-health.

The "Health Service into Home" Program held a series of family-oriented practical health education and promotion activities at the grassroots level through the family planning network. These activities included education on advocacy of natural childbirth, breast feeding, regulatory use of antibiotic for the pregnant and lying-in women, and also education on prevention of chronic diseases for the middle and old people. The Program aimed to, according to a correct model, building up the scientific concept of "prevention first" as regards the health, forming healthy eating, living, exercise and health care habits among the villagers, and thereby facilitating the

positive change in knowledge, attitude and behavior.

International experience proves that good habits and living manner are the most effective way of preventing diseases and preventing poor caused by diseases. In accordance with the statistics from WHO, among the five factors having major influence on health, habits and living manner are the most important, accounting for 50-55%. In another word, most of diseases can be prevented by changing habits and living manner. In pursuing the well-off level of living, providing information and knowledge on health and changing irrational living manner and habits are relevant tasks of the public health sector. In this sense, the "Health Service into Home" Program in Pingqiao, which aimed to seeking health for all, complies with the requirements





A graduate student from the Chinese University of Hong Kong was making a rural survey in snow.

of the Government, and also meets the needs of the people.

Pingqiao District of Xinyang City is in the south of Henan Province, with a total population of 780,000. Since launched on November 28, 2011, the "Health Service into Home" Program has attracted the attention of the local Government and all walks of life. In about one year, this Program held three sessions (8 days in total) of training for the competent officials in Pingqiao District, involving more than 5,000 officials, from the family planning managers of the villages to the

staff members in the District Population and Family Planning Commission, as well as some medical workers. It invited dozens of Chinese and foreign experts and scholars in relevant fields to give lectures on the concept of public service, scientific management and methods of social work; concepts and knowledge of health, balanced diet, traditional Chinese medical care, psychological health, etc. After the training, the technical support groups and the local program staff members held various special workshops and informal discussions for the family planning personnel and health care workers as well as the villagers, and followed up by irregular visits, promoting the change of mind and enhancing the overall quality and ability.

We paid more attention to the question of how to reduce or even eradicate diseases and let the people enjoy a healthy life, rather than how to solve the problem of "costly and difficult for the people to enjoy medical treatment", which was the focus of the Government. The trained local officials and the experts launched dozens of health promotion and education campaigns in the pilot villages, attracting the villagers' attention by activities which were catering to their interests. The campaigns dealt with topics of maternal and child health, parent-child education, harmonious family relationship, psychological health,





Rural women were filling out a form of family health

interpersonal communication skills, male sexual health and family health care, etc. During the period, the program staff members of different levels imparted health concepts and knowledge to the village families; created health information files for the villagers; and gave lectures on the harm of cesarean delivery, advantages of natural childbirth, regulatory use of antibiotic, knowledge of chronic diseases, and civil and healthy lifestyle, etc. These activities received a warm welcome. We aimed to foster a local backbone force, i.e. "experts on family health", which could lead health promotion at the grassroots level, raise the awareness about health, and update health concepts and knowledge.

At the end of 2012, having fully recognized the achievements of the "Health Service into Home" Program, the

Government of Pingqiao District decided to integrate resources by including all the relevant departments such as health, family planning, human society, culture & education, science & technology, trade union, youth league and women's federation, and to normalize the Program and keep it effective over long time. It also

decided to incorporate the Program, as a benefit-the-people plan, in the "TOP 10 EVENTS" of the District in 2013. AiXin will strengthen its cooperation with the local government and the technical support groups, plan for the future actions, and include some innovative ideas in the second phase of the Program.

We entrusted the appraisal of the "Health Service into Home" Program to the Chinese University of Hong Kong. It completed the baseline survey and intermediate survey of 450 households in nine villages at the end of 2011 and 2012, respectively. We will use scientific, evidence-based data to prove the effect of health education on the society and economy and its socio-economic cost-effective results. We hope to popularize the Program as a model, benefiting more people.





Little Stories

Collecting information and disseminating health knowledge

The staff of "Health Service into Home" Program Office together with Aixin members often visited pilot village families. They collected information regarding villagers' diets and health conditions and delivered health knowledge. They found that lots of villagers were too busy earning a living to pay attention to health. Recently there is evidence of a dramatic increase of hypertension, cardiovascular disease, diabetes and other chronic diseases in China's rural area. The high cost of medications often threw those rural families back to poverty, increasing burdens for their everyday life. The picture on the left shows that during a home visit, villager Guihua Chen (the second from the left), told us that she had spent 50-60 thousand RMB due to diabetes and its complication. The existence of many similar cases suggested that there is an urgent necessity to change villagers' living habits with proper and effective instructions.





Great benefits of health workshops

Taking local conditions into consideration, the Program Office has held several health knowledge workshops, trying to guide villagers into a healthier lifestyle. Easy-to-use family healthcare methods were shared. By easy words and frequent interactions with villagers, lecturers won applauses and praises from them. Juan Hu, a pregnant woman, told the Program Office, "The workshops are very helpful, and I will do whatever I can to get a natural childbirth." Zhufeng Qiu, a mother of a one and half year kid, told us with emotion, "I would never know these if I hadn't listened to your lectures. In the past, every time my child caught a disease, I took him to the village clinic to inject Antibiotics. I should try my best to learn more health knowledge." After knowing the harms of cesarean birth, another villager Haiyan Ma said, "In the past our village doctor recommended cesarean birth as much as possible! Who knew this can cause harms that much!" She swore to tell her friends to avoid cesarean birth.



When will you come again?

Even the freezing cold and annoying rain could not dim people's enthusiasm of learning health knowledge. A lot of villagers went to the health lecture regardless of the muddy ground and rain, and filled every inch and seat of the village school. Even after the lecture, there were still many villagers coming by. A villager held the teacher's hands tightly and said, "The lecture is really awesome, and when will you come again?" Zhang, who lives in Qianlou Village and had hypertension and coronary disease, said after the lecture, "I should have acquired those kinds of knowledge before to avoid today's tragic diseases." Su is from Donggang Village and when asked the feelings about lectures, she said, "The words 'health guarantees wealth' said by the teacher were really like a motto. I'll attend every health lecture from now on."





Little Health Guards—— Healthy Habits, Healthy Children



Children are the bond of a family. The "Health Service into Home" Program has been fostering children to become "Little health guards" by giving health lectures in school. It helped children improve living styles and sanitation habits, such as washing hands frequently, eating proper food etc. Children are also encouraged to help each other and parents at home. These activities got much attention and appreciation from parents. The Haotang Village Primary School held a "Little Health Guards" Knowledge Contest on March 5th, 2012. Many students participated. Afterwards the Program Office awarded prizes, the Little Health Guard's bags, to the children who won the contest. Since then, one can always see those happy and proud "Little Health Guards" on the way home.

Dance with health

A dancer is explaining and demonstrating the moves step by step, and leading the dance according to the melody – this was a live scene of Square Dance training. At first the villagers were reluctant to dance and just watched the teacher; however, when it came to the second round of training, lots of them joined the dance. Aroused by the cheerful music and dance, a little girl Xinyue Cao pushed her mother "Mom, join them to dance!"





In the past, when villagers finished their daily farm work, they had no other recreational activities except watching TV and playing Mahjong. They were envious of the Square Dance played by people living in cities. But now the Square Dance training has made their dream come true. Shunlian Guo in Seven Bridge Village told us that she wanted to learn more and kept it as a constant hobby. Good news also flew to us soon: villagers of Haotang Village practiced dancing by themselves after dinner and the number of participants grew rapidly.



A gift from Ms. Yu

Ms. Ruoluan Yu is one of the Aixin volunteers of the “Health Service into Home” Program. She gave live guidance of foot massages to the people in pilot villages. “Lots of acupoints and nerve endings concentrate on feet, corresponding to different organs. Foot massage is the essence of Traditional Chinese Medicine and is a very effective way of healthcare. Ms. Yu said, “I don’t have lots of theories but I do have practical experience. Now would you please put off your shoes and follow me.” Ms. Yu demonstrated how to do massages and asked everyone to keep this as a habit after mastering it. She also gave words to the staff, “The best gift to the public is to pass on knowledge to them.” Ms. Yu also gave a foot massage to an ill, aged woman by herself. The women felt very relaxed and appreciated her help, and also promised to follow the instructions to have massages after going back home.





Parent-child education lectures

Because young parents left their hometown as migrant labourers, lots of little children were left to their grandparents. However, grandparents, who usually were not well-educated, often spoil grandchildren, creating difficulties for young parents in educating their children when they are back. In June 2012, parent-child education lectures began to be held in pilot villages.

"We are fellows with one common duty, which is MOTHER". After one simple prologue, Ms. Zhou, one of the Aixin volunteers, encouraged parents to speak out their puzzles about education. Parents were eager to name their children's bad habits such as eating snacks instead of dinners, hating studying or being impatient of parents. After that volunteers provided professional comments on those phenomena, explaining reasons and giving corresponding solutions. Meanwhile, parents were advised to appreciate and award their children, to give appropriate praises, to be patient enough and not to exaggerate children's mistakes, and to build an equal relationship with children just like friends etc. Parents-children interactive games were also held.

Parents came with puzzles but left with heartfelt smiles, because their misunderstanding about children education had been solved. A parent from Haotang Village told us, "After listening to this lecture, I find that my education methods were wrong and in need to be corrected."

The staff team

The staff of the "Health Service into Home" Program had received several professional instructions and trainings on program management and team building. The picture below demonstrates that a staff training session on communication skills. When talking about work experience, a staff member from Pengjiawan Village shared their experience with us, "we should learn more, use more and communicate with others more, for this can bring our knowledge and experience about health to more villagers." "Our job needs us to know about villagers' health conditions first and to work hard on learning professional knowledge. Then we can help and influence people around us."





Support the summer program of the “Building Bridges”

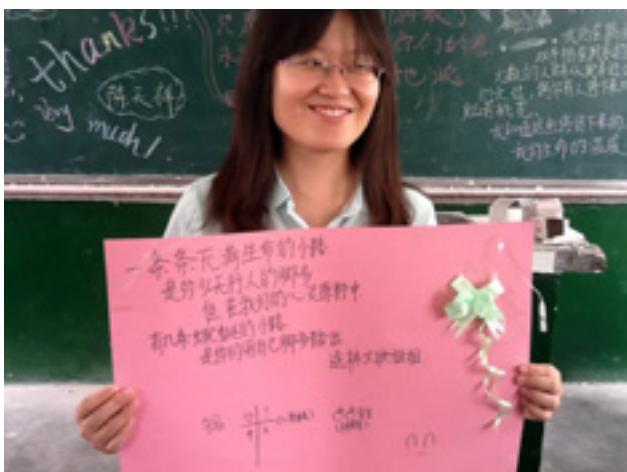


Together with the children

In August 2011, Aixin Foundation jointly with Beijing Green Cross (an NGO in China) supported and coordinated the Teaching Program “Building Bridges” initiated by Yale University. More than 30 university student volunteers from Yale University, Princeton University, Peking University and Tsinghua University and so on carried out the program in Nanxuan

Middle School in Mianzhu City of Sichuan Province. This program, on the one hand, aimed at building a bridge to enhance communication between China and the rest of the world, especially the unofficial exchange between the young people from China and the U.S., to further mutual understanding and to deepen the love of foreign students of Chinese origin for





Gifts for the volunteers by the children

China; on the other hand, opening a window for rural students to look outside.

During the half month from August 15, the young people taught culture, music, art, drama, biology, physics and chemistry. They, with their ideal, full of vigor and vitality, tried their best to change the life of the local students. The volunteers broadened the views, passed on knowledge, and brought in some new ideas. The activities left the local people great impression and long-lasting influence.

The 2011 Teaching Program "Building Bridges" was warmly welcomed by the local students, parents and other people. Li Lei, a volunteer, wrote in her thoughts on the program: "The program is not only a social practice, but also a new platform for me to experience the pleasure of helping others and communicate with people of different cultural backgrounds. But for the program, I would not have had such an opportunity. Exchange between

people will not be hindered by language and culture barriers. With an open mind, we are all able to communicate with each other smoothly. What is more important, I understood the idea of my major through this program, and decided to study more assiduously."

In August 2012, more than 40 volunteers from Yale University, Princeton University, Brown University, Peking University, Tsinghua University and Xiehe Medical College carried out a ten-day Teaching Program "Building Bridges" in Xinglong Town of Zaoyang city in Hubei Province, and popularized health knowledge in several villages. AiXin spared no effort to support the program as ever. It believes that the bright future of China and the U.S. will be created by the young, and hopes to build a bridge between the young people of the two



A dormitory in Xinglong No. 1 Middle School





Children's show

countries through exchange and mutual help, enhancing the friendship and broadening the views of Chinese rural students.

The program was supported by the local government and enterprises. The volunteers taught English through lively activities, including explaining new words and expression, role play, and playing all kinds of games. The volunteers introduced the U.S. universities to the children, described the U.S., and gave lectures on the Olympic Games, the western music and customs of difference places around the world. The children were very interested in all the activities and lectures. AiXin encouraged the volunteers to actively communicate with the children and to live together with them.

In the last two days, all the volunteers participated in the popularization of health knowledge planned by AiXin. They

propagated health knowledge in several villages, raising the villagers' awareness of health and delivered small presents donated by Dr.Thomas Ried. AiXin, jointly with Xiangyang Vocational Technical College (Medical College), mobilized and sent about ten doctors to provide free medical service to the villages in Xinglong Town. Aixin also held a lecture and a competition on health knowledge in the town.

During the ten days, the volunteers experienced a lot and enhanced their ability. They struck up a friendship with each other and with the local people. A volunteer wrote: "After this program, I began to think what we should do for the education, for the society, and for the life. We all deeply touched. Thank you, 'Building Bridges'! I hope more people pay attention to the education in China, and lend a helping hand."





Support of Rural Women Mental Health Programs in China

With the rapid social transition in China, more and more mental health problems emerge among rural people. Compared with Chinese rural men, the rural women, under tremendous pressure from society and family, are haunted by more complicated mental problems. The causes are the low education level and stereotyped concept of rural women as

a whole, particularly the ignorance of mental problems and lack of relevant information. The mental problems in family and marriage, parent-child education, "left-behind" children and women, family violence, early marriage and child-birth, study-weary and drop-out may develop to psychological diseases. It attracts great attention of all walks of



Ms. Zhou is answering questions of Villagers





Various healthy and joyful activities in a village in Sichuan Province organized by Ms. Zhou

life. However, very few doctors engage in psychological counseling for rural people. Since 2005, AiXin has been focused in and support of rural women mental health programs in China, among which "Psychological Consultation Service by Ms. Zhou" is an important one. This project aims at providing free psychological consultation for rural women in Qianxi County, Hebei Province. During 2011 and 2012, AiXin continued to advance and promote mental health of rural people. "Psychological Consultation Service by Ms. Zhou" is open to and provides free psychological counseling for rural women.



Various healthy and joyful activities in a village in Sichuan Province organized by Ms. Zhou





and other help-seekers. With AiXin's assistance, it created a psychological counseling hot line, listening to the women who took things too seriously. In 2011, it held speeches, lectures and workshops with an audience of 4,044, and provided individual consultation to 130 people. In 2012, its speeches, lectures, workshops and group counseling brought benefit to tens of thousands of people. The number of people who consulted face to face individually is 56, while the ones who consulted on line 310.

Ms. Zhou Yonghong has been providing free service in rural area in China for many years, particularly in marriage and family, interpersonal relations, prenatal and early childhood education, study pressure and disability, psychological diseases, etc., through correspondence, telephone and internet. Ms. Zhou's work has greatly enhanced the mental health of rural people, harmonized their family relation, and improved the quality of life. At present, she is preparing a reading material for rural women. China Women's News Daily started a special column for her. Numerous media reported her deeds. She was commended and invited to hold psychological health lectures all over China, as well as consult through



A lecture on parent-child health in Pingqiao District, Xinyang City, Henan Province, in which villagers take the floor one after one



Ms.Zhou is talking to villagers

other channel. In 2011 and 2012, AiXin allocated RMB18,000 per annum for "Psychological Consultation Service by Ms. Zhou".





Exchange Views through “AiXin Column”

In 2011 and 2012, AiXin continued to publish essays and articles in AiXin Column in Chinese newspapers in the Greater Washington DC metropolitan area, exchanging views with readers.

We appreciate all the support and help from the media, such as New World Times, A&C Business News, Asian Gazette and Washington News. Our readers get to know the education and health conditions in China, realize the current situation in rural China, and understand and begin to participate in AiXin’s work.



The Future Plan and Requirements

The main projects to be carried out and funds required by AiXin in 2013 are as follows:

- Continuing AiXin’s “Rural Education Program,” which provides financial aid for disabled or vulnerable youth in poor areas of China to finish school
- Continuing AiXin’s “Rural Reading Program,” which provides books for primary and middle schools in poor areas of China
- Collaborating with government institutions and NGOs to carry out the “Health Service into Home” program in pilot areas of deepening reform in Xinyang city, Henan Province
- Continuing to support the “Rural Women Psychological Health Center” of Qianxi County in Hebei Province, and strategically supporting the compilation and publication of the “Give me your hand”





- Continuing to support the “Health Service into Home” Program of Pingqiao District (Xinyang, Henan Province), and design, edit and publish a Handbook of Family Health for Rural Areas
 - Continuing to support and coordinate volunteer teaching programs in China’s rural area--- sharing experience for university students from China and the US
 - Continuing to support various exchange and cooperation programs conducted by governmental, non-governmental and academic organizations from China and the US, and from both sides of the Taiwan Strait

At the same time, AiXin Foundation needs volunteers to dedicate their precious time to support our projects:

- Technological support and maintenance of the website
- Translating thank you letters from beneficiary students to donors from Chinese to English
- Being responsible for all communications, such as regularly submitting entries to AiXin’s column and providing other relevant information to donors and volunteers
- Helping organize and deliver the letters of beneficiary students to donors
- Joining in fieldwork to investigate progresses of various projects including AiXin rural education program, rural reading program and rural family health promotion programs etc.

We also welcome U.S. volunteers or student interns to participate in AiXin’s project sites and provide logistical support. If you are interested, please contact aixinfund@gmail.com.

We hope more volunteers will join our projects, donate funds or dedicate their precious time to support our work.





AiXin Foundation - Donation Form 爱心基金会捐赠表格

AiXin Foundation is an IRS 501(c)(3) charitable organization. Your contribution will be 100% tax deductible (爱心基金会享受有501(c)(3)免税条款，您的所有捐款都可以免税。)

Please fill out this form and mail it with donation check to:

AiXin Foundation, Inc.
13621 Valley Oak Circle,
Rockville, MD 20850 USA

(请填写此表格，然后和您的捐款支票一起寄往以上地址。)

Name _____ 姓名: _____

Address(地址): _____

City(城市): _____ State(州): _____ Zip code(邮政编码): _____

Tel(电话): _____

Fax(传真): _____

Email(电子邮件): _____

[] I want to become a supporter of AiXin Foundation. My tax-deductible contribution is:

[] 我希望捐助免税捐款给爱心基金会:

I. Education Program (financial aid for Rural Students, 乡村少年助学金)

I/We would like to sponsor (please fill in the # of students in each category)

我/我们愿意资助 (请注明您欲资助的学生人数及指定类别)

_____ An elementary/middle school student (\$100/year) 初中及小学生每人每年 \$100

_____ A high School student (\$150/year) 高中生每人每年 \$150

_____ Others (including college students) 其他，包括大专学生

Enclosed is a check for a total \$ _____

II. Health Program (Family and Community-Based Wellness Center, 家庭/社区健康中心)

_____ \$ _____

III. General Contribution (支持机构运行)

_____ \$ _____

[] My employer has a matching gift fund. Company: _____

[] 您的公司是否有相应的计划配合您的捐赠？如果有，请填写您公司的名字和地址：

[] Contact me to volunteer with AiXin (如果您愿意帮助爱心基金会的工作请和我们联系。谢谢！)





**From AiXin Foundation, Inc.
13621 Valley Oak Circle,
Rockville, MD 20850 USA**

To

**POSTAGE
Here**

爱心基金会的联络信息：

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13621 Valley Oak Circle,
Rockville, MD 20850 USA
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8558
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