

GYTTE NEWSLETTER

Dear Friends of GYTTE:

Thank you so much for your donations, prayers and visits that make our programs possible. If you would like to make a gift to GYTTE and are unsure how, please go to <https://www.gytte.org/donations.html>

In September, 11 women graduated as Health Promotors thanks to your support of our community health program. The women



11 Women finished their training and graduated as Health Promotors.

would have graduated a year ago, but Covid has changed life for all of us. Among the graduates was Ocotlan, a Nahault woman from a village in the mountains of Cuetzalan, 7 hours from Puebla. She is a leader and a specialist in natural medicine. Another woman graduated nearly 20 years after her second course, Elvira from Oaxaca. She is a leader and specializes in encouraging villagers to give up drinking sodas and start savings and loan efforts. Fabiola should have graduated three years ago, but had to have an operation. She's doing great and is very active in her church and community and grateful she finally graduated.

Because there were women who couldn't participate from the graduating class, we invited some new women and others that had had one or two classes previously. So next spring the First course will already have some women who attended the third course.

The Indigenous people in Mexico are generally relegated to remote areas. We are very pleased that five Indigenous women, Totonaco and Nahault, will be better prepared to serve their villages in promoting better health.



These courses were taught in an interactive fashion. Topics covered were: reproductive systems, menstruation, pregnancy, adolescent pregnancy, delivery, the post-partum period, family planning, prevention of sexually transmitted illnesses, HIV-AIDS, Breast and cervical-uterine cancer, menopause, andropause, prostate cancer, prevention of gender violence, heart disease and taking pulse and blood pressure.

One of the ways the women process what they learn is through presenting social-dramas. It's easy to see what they have learned, and the dramas are both tender and funny.



The women spent at least an hour a day taking blood pressures – it's not as easy as you might think to place the stethoscope correctly to be able to hear when systole and diastole begin and end. The last day they were tested on many things and blood pressure was one area they all passed with flying colors.

Along with using their knowledge from the three courses with family, neighbors, churches and friends to monitor high blood pressure, or diabetes or care for a wound or burn, or give an injection, the women also give classes to others.



It was really an honor to be with the women for a week in their learning process. Thanks to Rev. Marian Hartman for her participation and photography skills.

We hope to do the first course in the series sometime in March with 25 women and we hope you might be able to make a gift before then. Thanks so much!

In God's healing love,

Nan, Miguel, Clara, Cata, and Betsy and Panchita (who work fulltime in the health program)

