

This series looks at the work of EPES in Chile.

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## LEARNING TO LIVE WITH THE LOSS OF A LOVED ONE

In July 2018 Amelia, a young child who had not reached her second birthday, died while waiting for medical attention in the intensive care unit of Carlos Van Buren Hospital in Valparaíso. In November, EPES organized a workshop at the Las Cañas Community Center to help her parents, community leaders Camila Jorquera and Mauricio Salazar, their families and colleagues work through how to handle such an unthinkable loss of loved ones.

The workshop was led by Lutheran Pastor Rev. Dr. Dale Alan Young, founder of Global Grief Support, who has trained support group leaders to assist mourning processes in the aftermath of socio-natural disasters in Miami, Haiti, India, Sri Lanka, Guyana, and Peru. The Rev. Young had previously traveled to Chile after the 2010 earthquake and tsunami to lead a grief support workshop at EPES for people affected by the disaster. Angelina Jara and Karen Anderson, coordinated the Las Cañas gathering on behalf of EPES together with Pastor Marcelo Huenulef-Ortega, of the La Trinidad Congregation of the Evangelical Lutheran Church in Chile (IELCH).

"When we are grieving, people around us want us to "move on," noted Rev. Young, "but, we are learning that the journey of grief is more about "living with" our grief rather than finding "closure."



Above: Rev. Dr. Dale Alan Young held the workshop at the Las Cañas Community Center.

Right: Camila Jorquera, mother of Amelia, at candlelight vigil outside Van Buren Hospital, eight months after Amelia's death.

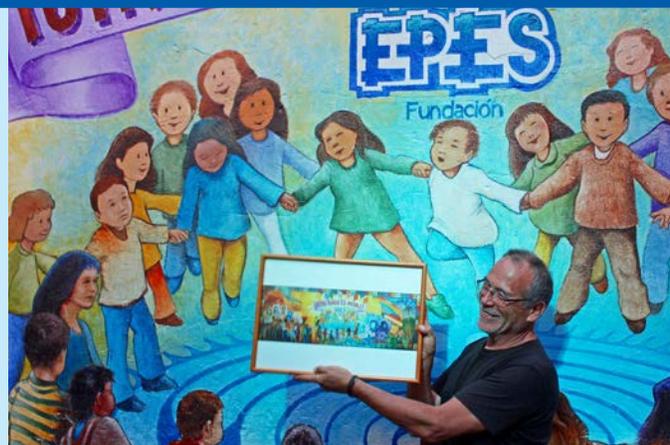


## "ANOTHER WORLD IS POSSIBLE!"

### INAUGURATION OF MURAL BY ARTIST PANCHO RAMOS

Pancho Ramos is an artist whose drawings for training manuals, flyers, educational games, and any number of other illustrations helped forge EPES' identity over more than thirty years. Now a mural in his characteristic style graces the entrance to EPES offices in El Bosque. Entitled "Another World is Possible", the mural, painted with a palette of shades of blue, accented by bold yellows and orange, traces the story of EPES' powerful advocacy for the right to health and dignified life. It also depicts the aspirations for social justice in today's Chile.

On March 21, Pancho's mural was inaugurated in the presence of many friends of EPES, and with music from guitarist Sebastián Bastías.



Left: EPES founders recall the beginnings of their work with Pancho Ramos in the 1980s.

Above: Pancho Ramos receives a gift from EPES.

Pancho Ramos is a gifted artist whose drawings have the capacity to transform ideas and dreams into reality, through the countless materials EPES has produced as fundamental tools in its work for justice, dignity and health.

# EPES INTERNATIONAL TRAINING PROGRAM MARKS A DECADE

## EPES TRAINING EXPANDS TO MORE AFRICAN COUNTRIES

The Tenth International Training Program (ITP) on Popular Education for Health was held January 6-16, in Santiago and Concepción, attended by 20 people from ten countries: Madagascar, Tanzania, Ethiopia, Zimbabwe, Senegal, Nicaragua, United States, Guatemala, and Chile. Two guest lecturers came from Kenya and Argentina.

Since its inception, 187 people from 25 countries have participated in the EPES International Program, expanding popular education methodology throughout Latin America and Africa to address critical health problems.

Following the 2019 course, three participants quickly set in motion popular education methods in their respective African communities. Upon returning to her community in Ethiopia, Worknesh Begi, Executive Director of Tarkanfi Sustainable Development, developed popular education courses for three groups: elementary school teachers, city administration employees, and group leaders of women displaced from their land.

In South Africa and Zimbabwe, course graduates also put into practice what they learned in Chile. Chengitai Chismaba, of the Lutheran Community of South Africa, and Yeukai Muzazawa, of the Evangelical Lutheran Church of Zimbabwe, have held two popular education training workshops for HIV/AIDS and malaria prevention program coordinators. Their first course, February 11-16 in Johannesburg, South Africa, was attended by 27 people from Botswana, Zimbabwe, Namibia, Malawi, Mozambique, South Africa, Angola, Zambia and Swaziland. In early March, they held the second course, which trained 30 young people in the same countries on popular education, and social determinants of health. The courses featured key aspects gleaned from the EPES international training such as the power walk, participatory community planning and evaluation.



Graduates of first popular education workshop for coordinators of Lutheran malaria and HIV/AIDS prevention programs in South Africa and Zimbabwe.



Women in Ethiopia participating in a workshop on popular education.



Above: Neighborhood groups at EPES offices plan International Women's Day activities including initiatives to stop the construction of a cement plant that would have devastating health impacts.

Above Right: Massive turnout for International Women's Day march.

## INTERNATIONAL WOMEN'S DAY



A highlight each year is EPES's commemoration of International Women's Day on March 8th; this time the massive turnout in Santiago and throughout Chile surpassed all expectations. EPES staff and health promoters were among the record 190,000 people who filled both sides of Alameda Boulevard, Santiago's main thoroughfare, stretching five blocks long. All along the length of Chile — most notably in Concepción, Valparaíso and Temuco — an estimated one million people marched for women's rights and an end to violence against women.

The EPES center in Santiago also hosted women's and feminist organizations as well as the El Bosque-San Bernardo Environmental Committee when they mapped out local Women's Day actions. Activities included a march that started from the site of a proposed massive cement plant, that neighbors fear will devastate the land and cause ill health for local population.



University of Chile nutrition students playing EPES' new educational board game, *From Seed to Plate* that creates awareness of underlying factors that shape our eating habits.

## FROM SEED TO PLATE MAKES ITS DEBUT

On April 2nd, at the University of Chile, Department of Nutrition academic program, EPES educators Susana Jiles and Katie Bubriski held a course on community interventions to promote and recover healthy eating habits, featuring *From Seed to Plate*, EPES' new educational board game. Students learned about popular education methodology and focus, as implemented by EPES over 37 years, and they tested out the new educational board game. Playing *From Seed to Plate* spurred discussion and reflection among the students about underlying causes of poor nutrition. The board game is designed to encourage collective analysis regarding social determinants of nutrition (underlying factors), while transversally incorporating gender, human rights and food sovereignty perspectives.



Participants of the healthy eating workshop at the Good Samaritan congregation hold a banner that reads, **Nutritional Health is a Right.**



Children at Lutheran daycare taste healthy snacks at the workshop.

## GOOD NUTRITION FINDS ENERGETIC ADVOCATES

In November a healthy eating workshop was conducted for the Good Samaritan Lutheran Church and its kindergarten teachers in Peñalolen, southeastern Santiago. The four-session activity encouraged consumption of healthy food, while informing people of the high sugar content of ultra-processed food products and the consequences of poor nutrition. Participants acquired tools and methodology to enable them to promote healthy nutrition in their community.

In early April health promoters trained by EPES joined community leaders, as well as municipal public health and education employees to create a coordinating committee that will champion the right to healthy nutrition in El Bosque. The organization arose from the health promoter groups' work centering on the regulatory framework for Law 20.606 that, since 2017, requires nutritional content labeling of all packaged food products and regulates advertising. The coordinating committee, another project of the Nutrition, Justice, and Health Program headed by Susana Jiles and Katie Bubriski, aims to reduce nutritional inequality locally.



Participants engage in a variety of activities at a day long EPES' community workshop to raise awareness about sexual and reproductive health and rights.



## OUR SEXUALITY, OUR RIGHTS

EPES closed the month of November with an afternoon of activities at El Bosque's Christa McAuliffe high school designed to boost awareness of sexuality-related concerns. During the daylong activity, entitled "Our sexuality, our rights," participants could choose from among a series of workshops on sexual and reproductive rights, women and HIV, sexual diversity and identity, and adolescent sexuality. The event culminated with the sharing of lessons learned and commitments acquired through "the clothes line," an EPES participatory method.



EDUCACIÓN POPULAR EN SALUD  
POPULAR EDUCATION FOR HEALTH

EPES was created in 1982 to promote health with dignity for the poor through empowerment, mobilization and collective action. It began as a program of the Evangelical Lutheran Church in Chile (IELCH) and maintains close ties nationally and internationally with the Lutheran church and is an ELCA Global Mission supported ministry. EPES became an independent, non-profit Chilean foundation in 2002.

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## LEARN ABOUT OTHER EPES ACTIVITIES AT:

[www.epes.cl](http://www.epes.cl) or Action for Health in the Americas (AHA): [www.actionforhealth.org](http://www.actionforhealth.org)  
or Chile Libre de Tabaco: [www.chilelibredetabaco.cl](http://www.chilelibredetabaco.cl)

On Facebook: EPES Fundación; Action for Health in the Americas;  
Red Chile Libre de Tabaco.



Twenty participants from ten countries participated in EPES' Tenth International Training Program (ITP) on Popular Education for Health in January. Here with the EPES staff before the graduation ceremony. (See article on page 2).

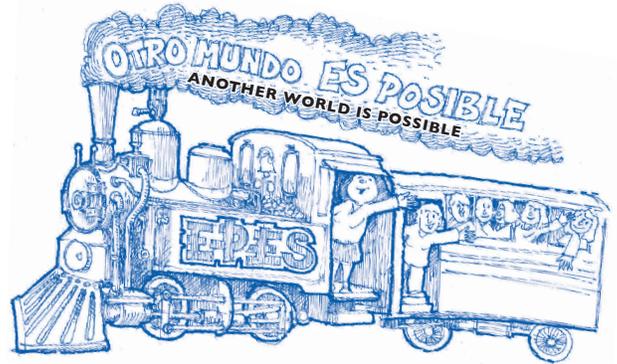
## WORKPLACE HEALTH PROMOTED IN CONCEPCIÓN

EPES, jointly with the Regional Health Committee and the No AFP Movement (to end privatization of pensions), brought together retail, health care, schools, port and other labor sector employees in Concepción November 30th to develop proposals for improving workplace health. The seminar, held at the Petrox oil refinery workers' union hall, provided the opportunity for discussing the need to inform and train workers on workplace hazards. Participants also planned a program that will foster greater awareness of the right to health and dignified conditions on the job.



Poster from workplace seminar.

At the first board meeting of the year, EPES directors became acquainted with *From Seed to Plate*, the new healthy nutrition board game.



When I think of EPES I always think of **the Little Engine that Could!** I just returned from Chile where I had the opportunity to be with them on several occasions and saw their ongoing work in a meeting with women leaders in the neighborhood to stop a polluting cement factory from moving in; in a national march to defend the right to health; in a staff retreat to address the financial challenges and plan for the future; and playing their creative new nutrition board game. I always see the same thing – a deeply committed team, strategic thinking, long-term vision, horizontal relationships and an undying commitment to justice and dignity for the poor and marginalized. **I think I can, I think I can...** Gracias for all your support that keeps this powerful little engine going!

— **Christina Mills, MD FRCP, President, Action for Health in the Americas**



Participants march in Santiago. The banner reads: **Health is a right and not a privilege - fighting for health and dignified life for all.**

## FAMILIES MARCH FOR THE RIGHT TO HEALTH

The first *Family March for the Right to Health* in Santiago and other Chilean cities made a forceful presence April 6. EPES was one of thirty organizations and health care user advocacy groups that organized to decry the government's plans to expand health service privatization. In Concepción too, EPES participated in the march from that city's court building to the downtown district, under the banner, "The wait is killing us," a reference to the 16,000 people who died during 2018 while on waiting lists for medical care.