



One Heart for Bulgaria

Volume 1, Issue 2

October, 2003

One Heart welcomes new sponsors!

- The Scott and Alison Garner Family
- The Ken Huffman Family
- The Cross Family
- Kathy Wiersdorf and the Best Ever Book Club
- Two anonymous donors
- Russell Warthen and the John E. Warthen Family Trust
- The Stringham Family
- The Ginn Family

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Making Connections

Our heartfelt thanks go out to everyone who helped make our September trip such a success! Deborah Gardner, Kelly Anderson and I departed Chicago for Sofia on September 10th and spent ten wonderful days in Bulgaria consulting with the board of the One Heart Foundation, touring orphanages, meeting with orphanage directors and government officials, and fine-tuning our plans and goals for the upcoming year. In addition to our meetings we were able to transport several hundred pounds of educational supplies for the Resource Center, as well as specifically requested items for our orphanages.

Thanks to the thorough groundwork laid by One Heart Foundation Director Radost Yanakieva, we were greeted with open arms and goodwill wherever we went, meeting also with representatives from several other humanitarian groups in Bulgaria in order to exchange information and ideas and make plans to collaborate on projects in the future.

Most importantly, we were able to spend a lot of time playing and interacting with the children. At every orphanage we visited we made it a point to greet every child and let them know that they do have friends and that their future can be bright. As you can see from the picture above—the children brightened up our lives, too. Thanks to all of you who make this possible!

—Heidi Glyn Barker, *Executive Director, One Heart*



One Heart director Heidi Glyn Barker with some happy kids at an orphanage in Sofia

New Projects, New People

One Heart welcomes to its ranks a new Project Director, Kelly Anderson, and her assistant, Brittany Daw. Kelly and Brittany will be overseeing new Opportunity Center projects, including several sewing projects, New Child Care Kits, and the new Yearly Container Shipment. All donations to the Resource Center will now also be directed through their office. One

Heart receives daily requests from individuals eager to participate in the program. In order to streamline participation while keeping it personal, meaningful, easy and fun, Kelly will be developing specific projects to fit your needs. Project instructions and ideas are available online. Questions or ideas? Contact Kelly directly at kelly@oneheart-bg.org.

New Orphanage Sponsorship Guidelines

The wonderful response received this year from orphanage directors and donors alike has prompted an updated and streamlined method for setting up orphanage sponsorships.

Sponsorship Director Deborah Gardner has developed a new questionnaire for potential sponsors to fill out and return to her. The form asks questions which will allow Deborah to set up your sponsorship more

quickly and which will enable her to find the correct "fit" for you or your organization.

Beginning in November, prospective orphanages will be listed online,

allowing potential sponsors to choose an orphanage and begin the sponsorship process without having to wait for an appropriate orphanage to be found.

Currently sponsored orphanages

are now listed on our website at www.oneheart-bg.org/orphanages.

An orphanage of thirty children can be provided with a basic level of sponsorship for \$1,400 per year, which provides supplementation in the four Bulgarian Orphanage Project areas: food, hygiene (including clothing and bedding) needs, medical transportation, and interaction with a concerned and loving adult. Orphanages with more than thirty children—such as the Slavekov Orphanage in Sofia, which houses 200 children—are supported with multiple sponsorships. For more information about becoming an orphanage sponsor, please contact Deborah at 435-792-3508.



Sponsorship Director Deborah Gardner with a child at the clinic in Plovdiv

One Heart Board Members Elected

New Board Members were elected at meetings held August 9th-11th, 2003. Heidi Glyn Barker was elected President of the board, with board members Deborah Dushku Gardner, Kelly King Anderson, and Ivan Djambov. Jennifer Djambov was elected treasurer and accountant, and Brittany Daw was appointed assistant to the Project Director. Kimball Brown will continue as the webmaster, and Valentina Brown as translator.

New assignments were also given to the board members. Glyn will continue as Executive Director; Ivan will be acting as the Program Director, overseeing the development of the Bulgarian Foundation and working closely with Radost to coordinate the efforts of One Heart both in America and Bulgaria; Deborah will direct the sponsorships department; and Kelly will serve as the Project Director.

During the meetings we were able to hear firsthand from a young man who was adopted at age 15 from an orphanage in Plovdiv. Michael Craig offered many insights into the experience children have in Bulgarian orphanages and helped us focus our efforts to impact the children in personal and lasting ways. His mother, Elaine Craig was also in attendance, as were other members of the One Heart Development Committee.

Medical Transportation Now Available

One of the biggest problems for orphanage directors has been the lack of reliable transportation for sick children. Thanks to a generous donation, the foundation was recently able to purchase a car which will be used to transport children in Sofia to and from the dentist, the doctor, and the hospital. It will also be used to pick up and deliver large

grocery orders and other items delivered to the orphanages. The vehicle will also enable the foundation to easily visit some of our outlying orphanages. Medical transportation for orphanages outside of Sofia will be provided by a special fund through the Bulgarian Orphanage Project.



Christo Yanakiev stands next to the new Foundation car

Opportunity Center Offers Projects For Everyone

Project Director Kelly Anderson has developed some fun and simple projects for your youth group, eagle project, or service activity. Check the website for complete instructions and information.

Wallhangings. Brightly colored wallhangings with interesting patterns and designs help to stimulate young minds and brighten up dingy walls. Get creative and design your own work of art.

Activity Vests. These comfortable and fun vests made with four detachable toys were originally developed for an orphanage for blind children in Russia. The vests provide children with easy-to-grasp toys so that they can explore different textures, colors, and sounds. They're

also a favorite of orphanage workers, because they keep the toys off the ground!

Child Care Kits. These basic kits



Project Director Kelly Anderson with children from an orphanage in Sofia

provide children between the ages of seven and eighteen with a few necessities and comfort items. They will be distributed at participating youth

orphanages and made available to all incoming children. This project makes a great activity for youth groups!

Check out the Opportunity Center online for more project ideas and ways to get involved, or call Kelly at 801-798-3036.

Container Shipment 2003-2004

The following items are needed for our shipment. Collected items must be new (except where noted). All medications must be at least one year and six months from expiration date. Please seal containers with liquids in Ziploc bags. Ship items to:

One Heart
Attn: Kelly Anderson
2154 E. 1710 S.
Spanish Fork, UT 84660

- A&D diaper rash ointment
- Hand Sanitizer
- Baby shampoo/wash
- Infant swings (small size, battery operated—accepted in like new condition)
- Sleeper pajamas, sizes 0-4 yr.
- Pajamas, in warm, modest styles, sizes 5-18 yrs.
- Socks, sizes 0-18 yrs.
- Shoes, sizes 0-18 yrs.
- Winter boots, sizes 5-18 yrs.
- Training pants (thick, all cotton undies) sizes 3-7 yrs.
- Underwear, in plain, comfortable styles, sizes 7-18 yrs.
- Winter coats in like-new condition, for sizes 3-18 yrs.
- OTC cold, fever, and allergy medication
- Picture/Board books for infants and small children
- Educational toys in like-new condition, appropriate for ages 0-8 yrs.
- Waterproof mattress protectors crib-twin bed sizes
- Twin size flat sheets
- Twin size quilts or comforters (must be washable)

Meet Our New Orphanages

Several new orphanages signed on during the latest trip in September. **St. Sofia** is home to one hundred children between the ages of 0 and 4. They are in need of pajamas, diapers, hygiene products, and sheets. **P. R. Slavekov** is the largest orphanage on the Balkan peninsula. Two hundred children from 7-18 live in very desperate circumstances—One Heart is combining four sponsorships to help meet their needs. One hundred children and young adults with special needs live in the orphanage in **Vidrare**, and sixty children from 8-18 live in the Home for Children in **Razliv**. Both orphanages are in need of basic items through BOP and the container shipment. One clinic at the hospital **St. Mina** cares for sixty abandoned children from 0-3 years old with birth defects (**St. Mina #1**), and the other clinic cares for 30 malnourished children under the age of one who have been temporarily removed from their parents (**St. Mina #2**). Both clinics are in desperate need of diapers, sheets, pajamas, and A&D Ointment.

Thanks!

Becky & Rusty Bastian; Jeanie & Matthew Singerman; Annette & Kip Rollins; Becky & Kip Kint; the Muirbrook family; Doneen Larsen; Christine & Wayne King; Verl Anderson; Laureen & Kenny Endoso; Justin King; Sherri Price; Julie Hundley; Kalin Krohn; Noelle Lau; Jami Jensen; Jade & Julie Koyle; Shepherd family; Sandra Schut; Karen Grant; Tracey Christiansen; Melissa & Doug, Lights, Camera, Interaction!, Inc.; Maple Meadows First Ward; the Breyman's & Activity Day group; Eric Sauter; Myrle & Shirley King; The Children's School, La Jolla; Don Martinez family; the Wayment family; Dave & Donna Altop; The Happy Factory; Natalie & Andy Goddard; the Barlow family; Margaret Doe; Marbel Payne; Patty Squires; Lisa Norton; Ray & Janette Richards; Alyn & Gloria Andrus; Leo & Martha Gill; Russel E. Warthen & the Warthen Family Trust; Alan J. Cline; Darrel & Sharie Adamson; Donald & Marian Anderson; Mary Jo & Stephen Brimhall; Bryan & Marcella Crockett; Lyle & Gay Leann Hill; Douglas & Kathleen Himle; Jane & William Ivie; Judy Jenkins; Douglas & Margie Seastrand; Theron, Rachel, Aurora & Will Sperry; Roy & Lois Walton; Gilbert Rieger; The Kirtland Stake Youth Program; George DeMott; Frank & Angie Ulibarri; Andy Walter; Scott & Ali Garner; Asparuh; Larry Rice; Talut Rasul; Valoy Taylor; Sara & Brandon Holmer; Donna & Nick Dushku; Mona Macriss; Beth Reeve; Doug & Pauline Stutzman; Earl & Dorothy Gardner; Darlene Gulmer; Scott Johnson; Edmund Ginn; Diana Sumsion; Sue Kapp & the Perry Ward; Mary & Jon Hopkins; Jolyn Johnson; Mary Johnson; Dottie Machado; Ronald & Mary Halterman; Molly & Everett Otto; Eastern European Student Union; Kristin & Blaine Franson; Randy & Alice Braun; MTC group 13; Dave Gardner; Kaly & Matt Dushku

The infant orphanages in Bulgaria have needs beyond that of food and diaper rash cream. The babies need to be held, soothed, stimulated and loved. With one nurse for every fifteen babies it is impossible for these little ones to get the proper attention they need. It is troubling for us to enter these orphanages and see the babies lying in small cribs hour after hour, day after day. So I made a goal to find individuals who would be willing to donate the funds for us to purchase and deliver three infant swings to Bulgaria.

Almost immediately I found someone to buy the first swing—a portable one with blinking lights synchronized to soothing music. The funds for the second two swings were donated under the direction of Sue Kapp from Perry, Utah, who worked with her local church group to raise over \$500. With these funds, I was able to purchase the swings and many other essentials for the babies. These swings also played music and had the option of being “cry” activated. I was thrilled about the swings and so grateful for the efforts of each of these individuals. Now I just needed to get them to Bulgaria!

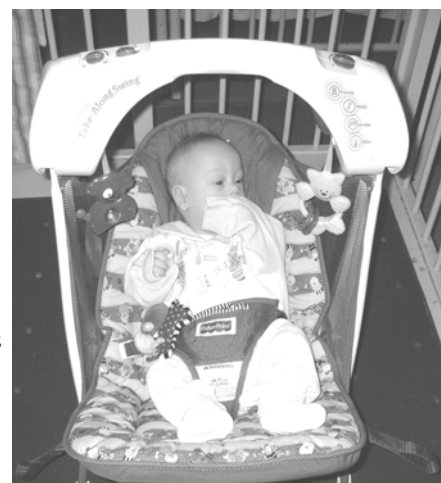
We delivered the swings to three different infant orphanages during our September trip. The first swing went to St. Mina #1, an orphanage for babies with severe birth defects. This orphanage was referred to as the orphanage for “throw away babies.” Upon giving birth to an infant with severe deformities and health problems, some Bulgarian mothers feel helpless and desperate. It is not uncommon for them to leave their babies in a clinic such as this where they typically live up to three years and die. In many cases, one operation would save these children's lives. Nevertheless, we felt honored to be able to help make their short lives more comfortable. We placed a tiny newborn baby with Down Syndrome in the swing and buckled him in. What a thrill came over me to see this little child enjoying the ride.

We assembled the second swing in Sveta Paraskeva where little four-month-old Maya was the first to try it out. We placed the swing in a small room where she lives with six other babies. The next day, when I came back to this orphanage to play with the children, many of the babies were crying or screaming. One baby in particular would not be soothed. I picked him up, secured him in the infant swing and started it up. He stopped crying immediately and remained quiet. What a relief for that little one (and everyone else).

The third swing went to Sveta Sofia. Our greatest reaction in this orphanage came from the orphanage workers themselves who were thrilled by this “marvelous invention.” Bulgarians, in general, have never seen infant swings before, so they are truly an amazing invention to them. Perhaps that was why the orphanage workers in this particular orphanage remained enthusiastic in spite of the entire hour it took for us to assemble the swing. Next time we will have to bring a screwdriver!

As much as we would like to, it is impossible for those of us here in America to visit each of these orphanages and to hold and sooth each baby and child. What a difference these swings will make for all the little babies who will be rocked in them in place of our own loving arms. Truly, we have the power to make a difference in the lives of suffering individuals all over the world!

—Deborah Dushku Gardner



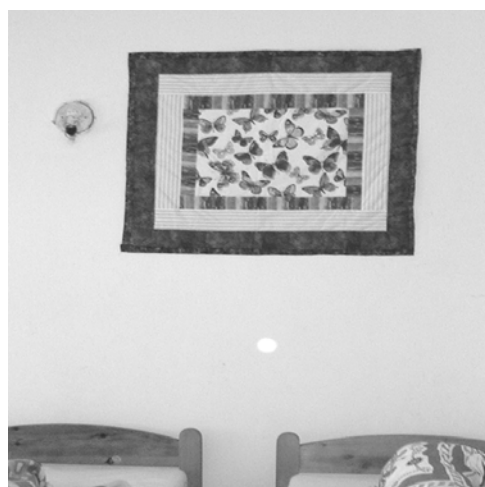
Helping Hands Make a Difference



Several individuals and groups contributed time and effort this year to make requested items for the orphanages and the Resource Center. Cloth balls (above) were sewn by women in Virginia as part of a large service project. The balls and other toys were sent to the Resource Center in September.



Ann Crane Santini, Director of International Affairs for the Church of Jesus Christ of Latter-day Saints, Joyce Bennet, wife of Senator Bennet of Utah and Ludmila Dimitrova, 1st press secretary for the Bulgarian Embassy, pose with blankets sewn for our orphans at the service activity in Virginia (above). The blankets were distributed to our orphanages in September. Below, children play on a steam shovel donated by the Happy Factory.



(Above, top) A woman works on a wall-hanging at the Virginia service project. This same wall-hanging was hung in the Ivan Rilski orphanage in Sofia during our September trip (above, middle). The brightly colored wall-hangings were a big hit among the directors and children. Instructions and ideas for creating wall-hangings are available online at www.oneheart-bg.org.



An educational sorting game designed by Sandra Schut.



RED ALERT!

One Heart has been asked by the Department of Child Protective Services in Bulgaria to participate in an emergency project to help an orphanage that is in desperate circumstances. The orphanage in Gorna Koznitsa is home to fifty children with severe disabilities. They are trying to raise 6,000 leva (about

\$3,500.00) to pay for fuel to heat the building for the winter, among other expenses. One Heart responded immediately with a donation of \$500 which was used for fuel, and we want to follow up with more help as soon as possible. One Heart Director, Radost Yanakieva, recently visited the orphanage and

described the conditions there as deplorable. Radost will assess their needs so that One Heart can include appropriate items for the children on the next shipment. If you are interested in donating to this special project, please contact Glyn Barker at 440-338-6754 or at glyn@oneheart-bg.org.

WINTER NEWSLETTER 2003

One Heart
9778 Cedar Rd.
Novelty, OH 44072

Phone: 440-285-8649



We're on the Web!
www.oneheart-bg.org

Information Available Online

We have lots of great new information and projects available online! Check out our new design at www.oneheart-bg.org. Beginning in November you will be able to find information about

- each of the orphanages we currently sponsor
- orphanages waiting for a sponsor
- ready-to-download instructions for service projects, including child care kits, wallhangings, and activity vests
- our current quarterly newsletter, *One Heart For Bulgaria*
- projects designed around special requests
- upcoming events

- fundraising and involvement ideas for your community or family group
- One Heart board members and representatives here and in Bulgaria
- links to sites dealing with Bul-

garian and domestic adoptions, and

- pictures and reports from our One Heart representatives in the field!

Beginning in January, we will be highlighting a single orphanage online. We'll include information about the children, the workers, and the progress they've made working with One Heart. We'll also introduce you to the sponsor or sponsors who have made it all possible!

We'd appreciate your feedback on our website. Please direct questions, comments, and ideas to webmaster Kimball Brown at kimball@oneheart-bg.org.



The Bulgarian Orphanage Project provides fresh produce—like the apples, above—to participating orphanages