



Dear Friends,

Welcome to *People First*—our April issue, dedicated to the people who care, often quietly, but with lasting impact. This month, we celebrate a new playground in Fakulteta, where over 3,000 kids finally have a place to just be kids. We step into a pediatric ward in Dobrich, reimagined with joy and dignity. We hear from a nurse advocate who believes better care begins at the bedside—and that real change can start with practical fixes. And we'll meet a doctor who's making sure women have the information and support they need to catch breast cancer early. These are stories of action, empathy, and what's possible when we truly put people first.

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Better health is mission possible



A Light in the Ward: From Hospital Walls to Halls of Hope

In Dobrich, a drab hospital corridor has become a place of color, comfort, and care—showing how a pediatric ward can heal more than just the body.

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Who Cares for Us When We Are Sick? A Case for the Nurses

Economist Petya Georgieva argues that solving Bulgaria's healthcare crisis starts with one simple fix: valuing nurses as the backbone of care.

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A spotlight on business



“Your Future in Bulgaria”: When a Program Gives You a Reason to Stay

Postbank CEO Petia Dimitrova shares how a bold new partnership is helping young doctors and nurses build meaningful careers—and stay—in Bulgaria.

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A voice for women's health



A Life Devoted to Every Woman's Fight for Health

Dr. Vanya Mitova puts her heart into every fight for health and hope. From the operating room to the BreastHelp app, she builds systems that save lives and inspire trust.

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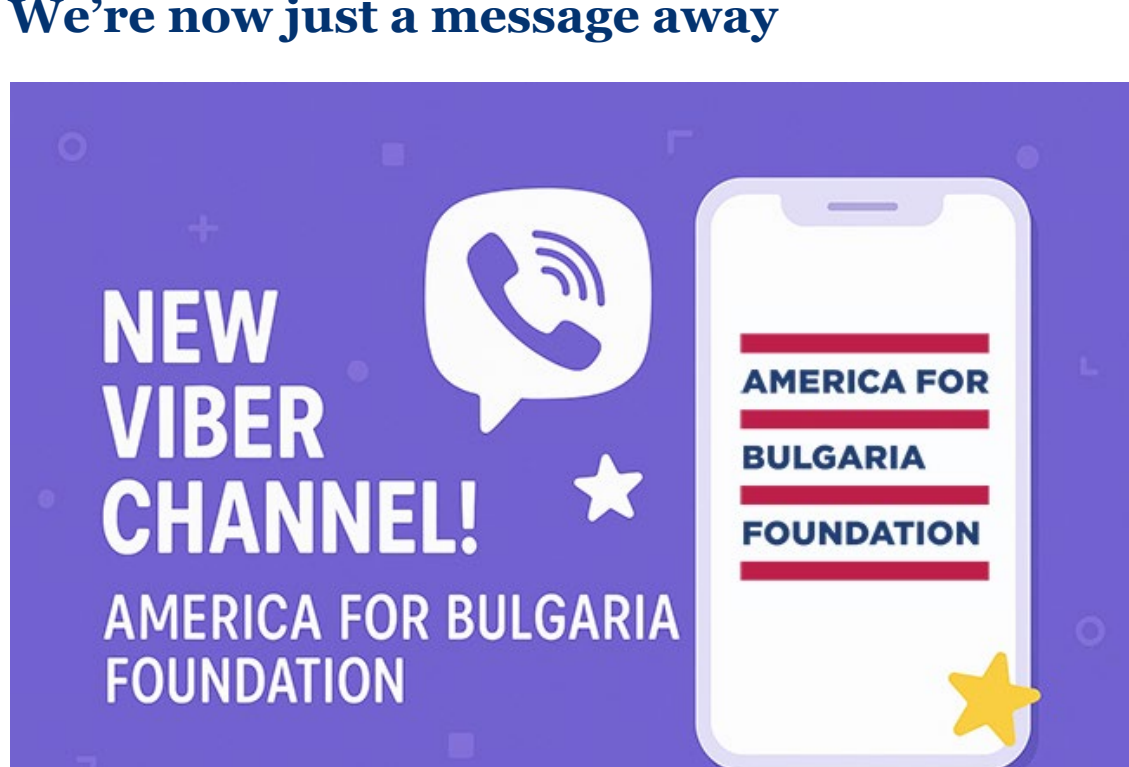
A garden of firsts



This April, joy bloomed in Sofia's Fakulteta neighborhood with the opening of Charlene's Garden—the very first children's playground in the area. What was once a dream is now a vibrant, safe, and inclusive space where over 3,000 local kids can play, grow, and just be kids. The project is a heartfelt tribute to Charlene MacDougal, made possible thanks to a generous gift from her husband, Gary MacDougal—a founding father of the America for Bulgaria Foundation and a steadfast friend to Bulgaria—who joined the community for the celebration. With additional support from the Sofia Municipality's "Sofia Chooses Green" program and brought to life through the partnership of the Trust for Social Achievement, the Krasna Polyana District, and the Health and Social Development Foundation (HESED), this space is a powerful symbol of what happens when people come together with a shared purpose. The laughter in Charlene's Garden is just the beginning.



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Sending warmest regards,

Your friends at the America for Bulgaria Foundation

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