



Dr. Jessie with clinic staff and villagers on Opening day, February 23, 2011.

Photo: Juerg Ruf

The Allan Stone Community Health Clinic has been very busy – seeing an average of 50 patients per day. Because of the overwhelming demand for family planning of all types, requests for high-energy milk (used to treat malnutrition) and vaccinations, we decided Soft Power Health should have a dedicated center to meet these needs.

Our new Mother and Child Wellness Center opened on February 23, 2011, right next door to the clinic. This center provides all types of family planning, vaccinations and the treatment of malnutrition; it has been busy since our opening day.

Our grand opening included a visit to the Center by the staff of Marie Stopes, another family planning organization. Marie Stopes performs permanent methods of family planning such as tubal ligations and vasectomies. Contrary to common thinking, the Ugandans we work with have been very interested in all methods of family planning including permanent methods.

On our opening day, 22 tubal ligations were performed. Additionally, 19 long-term implants and 8 IUDs were placed. It was a very successful start for the community and for our new center. Since then, we have had two more family planning days with Marie

Stopes, resulting in 37 more tubal ligations, 1 vasectomy and 57 long-term contraceptive implants. We have one more family planning day scheduled with Marie Stopes for this year, and we anticipate a good turn out, as community interest has remained high. To the best of our knowledge, no other center in Uganda has had as successful a turnout for these methods of family planning. We certainly hope to continue the trend in the years to come.

In Addition, the Center has been very busy keeping up with the demand for vaccinations and the treatment of malnutrition. To date, we have vaccinated 243 children and treated more than 78 people (mostly children) for malnutrition. We are working to acquire a gas refrigerator for the vaccines so that we will not be subject to power outages or battery depletions – which have caused us to lose many vaccines in the past.

We are also administering different, non-permanent methods of family planning on a daily basis. These methods include condoms, birth control pills, injections of Depo-Provera, insertion of IUDs and contraceptive implants. All of our patients receive counseling before any forms of birth control are administered, and all questions are answered so that our patients are educated about their choices.

As of September 2011, we have administered 331 injections of Depo-Provera, 17 three-month courses of pill plan, 66 contraceptive implants, 24 IUDs and distributed more than 900 condoms.

Woman receiving birth-control injection at the Mother and Child Wellness Center.



Photo: Jackie Smith

We are excited to see the great results that our services are providing to the community! Without our help, many of these individuals would never receive treatments or vaccinations and would likely have much shorter, less healthy lives. Our success is made possible by your generous contributions! Your money is hard at work helping families across Uganda become healthier.

**Through education comes knowledge, through knowledge comes power!**

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# Dr. Charles Named New Head of the Allan Stone Community Health Clinic

We welcomed Dr. Charles Kalumuna to our staff as full-time director of the Allan Stone Community Health Clinic in April 2011 – he is doing a sensational job! Dr. Charles, as he is known, brings a wealth of experience as well as an MD and MPH to his role. Prior to working for us, he was working at the Infectious Disease Institute in Kampala.

Dr. Charles has been consulting us since the construction of the clinic and has given us invaluable advice about opening and running a clinic. He earned his MPH from the London School of Hygiene and Tropical Medicine, making him one of the only Ugandans with such a degree. He not only utilizes his clinical expertise while seeing

patients but also continues to educate our staff nurses and clinical officers to increase their knowledge so they can deliver better care.

With the Clinic busier than ever, Dr. Charles' guidance and care is more important than ever. We have seen 9,679 patients from the beginning of the year through September. Of those patients, 20-35 percent have been children under 5 years old. It's likely that we will see more than 12,000 patients by the end of the year. Malaria is still the most common disease that we encounter at the clinic but we also treat hypertension, anemia, diarrhea, pelvic inflammatory disease, diabetes, pneumonia,

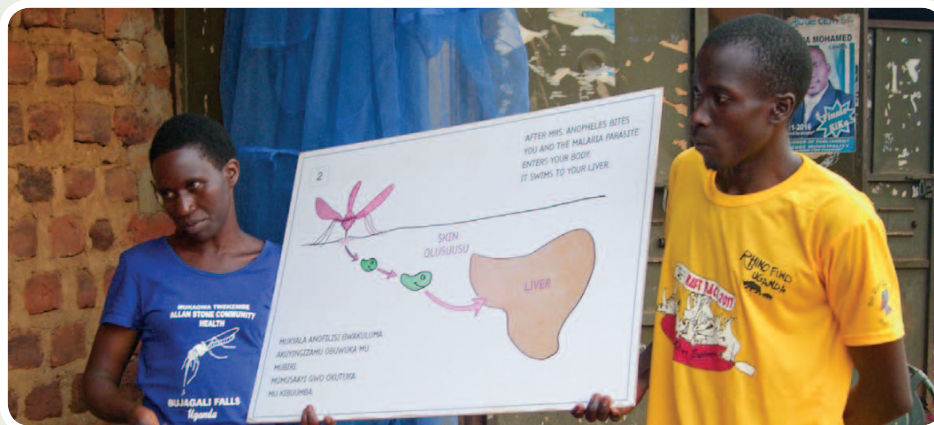


urinary tract infections, HIV/AIDS, filariasis, and malnutrition.

We are proud of the quality of care that we can deliver to our patients and that is due to the very excellent staff we have working at the Clinic. Our patients know they will be well cared for and receive all the tests and medicines they need at a fair price. This keeps local people coming back and new patients coming in from all over Uganda. In addition to treatment, our patients receive education about how to care for themselves and their families which is invaluable. We are grateful to all of you who donate to make this possible.

## Outreaches – Malaria and Family Planning

Currently in our 8th year of malaria outreaches and 6th year of family planning outreaches, the clinic has made great progress reaching people all over Uganda.



Sarah & Julius, malaria educators, teaching in Iganga district.

Photo: Jackie Smith

### Malaria Outreach

The clinic has sold nearly 60,000 mosquito nets at subsidized prices through our malaria education and prevention program. This year, we have visited 64 villages in seven districts to continue our community outreach programs. We work with different grass-root organizations to help Ugandans gain access to the vital information and subsidized mosquito nets that they so desperately need.

We use a simple but effective model that provides basic education about the transmission of malaria, how families can protect themselves and who is most at risk to die from malaria. We then sell the nets at the subsidized price of \$1.50, a price all Ugandans can afford. Every net buyer is registered with us so that we can make follow-up visits to their homes to assess net

usage. Our follow-up visits show that 65-70 percent of net buyers use the nets correctly and report fewer cases of malaria. Since January 2011, our malaria team has made 635 home follow-up visits.

Under the guidance of our new malaria team, Sarah and Portion, we have been able to reach more people in need than ever before. In spite of the free distribution of nets by the government and other organizations, our malaria program is still in high demand with a waiting list of villages and programs that run well into 2012!

### Family Planing Outreach

Our family planning outreach has continued to be the most surprising outreach of all because of the ever increasing demand from both men and women. This outreach consists

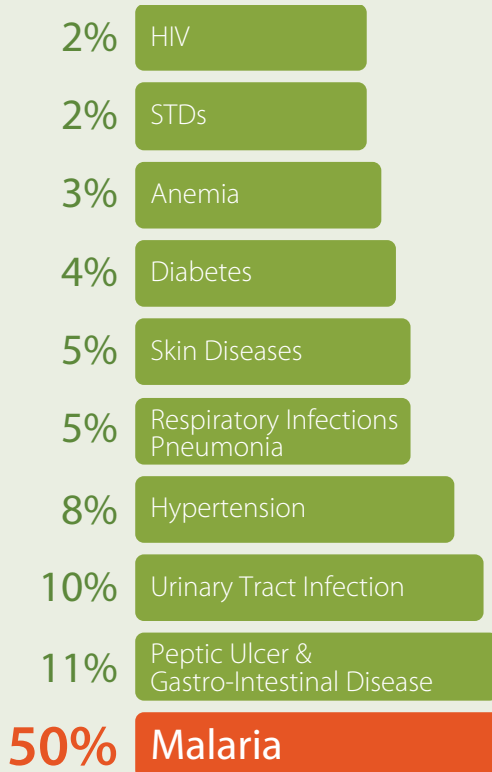
of nurses and local educators providing information and access to contraceptive methods. Ugandans are very interested in their reproductive health, the health of their families and the ability to choose a family size that is manageable for them. Educating men is just as critical as educating women because Ugandan men control most of the decisions in the family as well as how money is spent.

So far this year, we have administered 1,650 injections of Depo-Provera, 187 courses of pill plan and distributed 16,431 condoms. For these methods of family planning, we have both new and old patients we see each time we return to our 40 core villages. Returning every three months to these villages ensures that we keep track of people and continue to reach more people who are interested in our services. After the education session and the Q&A period, we offer contraceptives to those who want them.

We have also added a deworming program to our family planning outreach. We offer albendazole to all children present above 2 years old. Studies done in Uganda have shown that providing deworming to children twice a year improves their physical growth and their cognitive function. In 2011, we have provided 8,748 deworming treatments. This simple and inexpensive intervention can improve the well-being for some children and is lifesaving for others.

None of this outreach would be possible without the hard work of our teams!

## Incidences of Disease at Clinic in 2011



## A Slice of Daily Life

SPH Operations Manager: Jackie Smith

My day with SPH usually starts at 8:30am, when I head up to the clinic in Kyabirwa having already whizzed around to the bank, pharmacy and photocopy shop collecting all the things the clinic staff have ordered. Usually, at least one thing on my list can't be achieved because of:

- a) a power cut;
- b) there is no change in the bank; or
- c) the man with the key is not there

... my job is never dull – that is for sure!

Once at the clinic, I check in with the Clinic Director, Dr. Charles, who updates me on any staff sickness or absence.

Then, I begin organizing the outreach teams – the three Family Planning teams and the Malaria Education team – for the next couple of days. Not that they need much organizing because they all know where they should be and when.

Other aspects of my day involve accounts, report writing and coordinating any volunteers by making sure they know where they should be, who they should be helping, and when.

Quite often, my day evolves with whatever is thrown at me during the day, which keeps me on my toes.



### New Eco Bio-Digesting Latrines Installed

This year, our site has seen lots of activity from our busier-than-ever clinics and the daily troves of people frequenting the area. In response to this higher volume of activity and people, we have installed new bio-digesting latrines, which are eco-friendly and environmentally sound and should last 20 years!

### Trevor Clark's Project on Soft Power Health

Adventure Photographer Trevor Clark visited Soft Power Health in March of this year. He has put together a multi-media project to help promote all our work. Trevor is in the process of getting this project finished so stay tuned for an update! If you would like to see a clip of his work so far, go to: [www.thecleanestline.com/2011/03/dont-wait-for-good-go-find-it.html](http://www.thecleanestline.com/2011/03/dont-wait-for-good-go-find-it.html).

### Soft Power Health on VeryBest's Homepage

In case you are doing any luxury shopping online, you might see our name on this shopping outlets home page. Very kindly, [verybest.com](http://verybest.com) has offered to help educate their clientele about our work. Every little bit helps, and we are grateful for their continued interest in our work.

### Prince Edward Visits Soft Power Health!

You never know who is going to show up at our door, but this September we had a surprise royal visit. Prince Edward was visiting both Soft Power Education and Soft Power Health. Jackie was there to meet and greet the Prince, and I think she may have a new title since then too.

### DIG

Our DIG garden is going strong now in its 4th year since inception. The garden continues to produce wonderful fruits and vegetables sustaining itself and keeping the gardeners employed and happy. Patrick has been the main inspiration for us all with his hard work and dedication. And it's exciting to see more DIG gardens pop up all over Uganda.

# Partner With Us!

Soft Power Health depends on the generosity of individual donors and foundations to continue important work. Since 2004, Soft Power Health has empowered thousands of Ugandans to save their own lives.

We understand that as an individual or an organization you are asked frequently to give money. We know it is important that your money be used wisely and effectively. One of the strengths of Soft Power

Health is that we work directly with Ugandan volunteers and workers. There are no middle-men, so donors can be sure their money is getting to the people who need it.

Preventing and treating malaria as well as improving people's overall quality of health is one of the simplest and most effective ways to help people lift themselves out of poverty. Your financial contribution will make a huge and immediate impact.

## Two Ways to Give:

### Send check payable to:

Soft Power Health  
2887 Purchase Street  
Purchase, NY 10577 USA

### Online at:

[softpowerhealth.org](http://softpowerhealth.org)

Soft Power Health is a registered 501c3 and all contributions are tax deductible. Tax ID # 20-6195776

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## Your Money at Work:

**\$3.50** salary of one malaria educator for one day

**\$7.50** one mosquito net that can prevent three or more children from being bitten for 3-5 years

**\$14** a year Soft Power Health can purchase medication to treat malaria for one Ugandan child

**\$20** 2,400 bottles of Water Guard (clean water treatment) for 600 gallons of safe drinking water

**\$45** 500 condoms for Family Planning outreach and Clinic condom box

**\$150** 20 mosquito nets that will cover an average of 60 children and prevent around 360 episodes of malaria, a savings of 1,200,000 Ugandan shillings or \$600 for each family

**\$210** salary of a doctor for one month

**\$350** salaries of two nurses for one month

**\$500** cost of field patient medical treatment and rehabilitation for one month

**\$800** one month's contraceptive supplies and malnutrition treatments for the new Mother and Child Center

**\$1,500** cost of fuel for our outreach vehicles for one month

**\$2,500** cost of medication and lab supplies for the Allan Stone Community Health Clinic for one month



**Soft Power Health**

ALLAN STONE COMMUNITY HEALTH CLINIC

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