

200 Wheelchairs Distributed to People in Need



Volunteers Mary and Julien at the Soft Power Health Wheelchair Distribution

Not all wheelchairs are the same, and between sizing the wheelchairs to fit people and determining the level of support the recipients needed from the wheelchairs, we had a major job on our hands.

Luckily, with the help of our physical therapist **Stephen Kato**, we were able to get most people well-fitted and comfortably into the chairs. With this distribution, we collaborated with several other organizations that work with disabled people. These included Soft Power Education, **Home of Hope, Akisa**, and **Family Life and Education Programs**. Additionally, we had a number of local patients and families who we had been treating at the clinic who needed and received wheelchairs. Disabled people make the Rough Rider chairs in Kenya. This provides employment and also direct feedback on the mechanics of the wheelchairs for African wear and tear. Follow ups have been done on the 200 wheelchairs distributed in March, and so far, most chairs have held up quite well. This distribution also scratched the surface of another major need in a non-represented population in Uganda. Disabled Ugandans have no voice in society and are largely neglected. The government offers no assistance, and often these families are discriminated against in their own communities. Like so many other major issues here, it's all about education. Again, with the help of Stephen, our physical therapist, we are tackling this problem and beginning to make changes for the better. The Walkabout Foundation is also doing its part by donating the chairs.

Since the need for wheelchairs is so great, we are planning another distribution early next year with Walkabout's help. If you want to come and assist in this effort, we could use your help!

Maribu-Making a Difference!



Community patient Maribu and Dr. Stella

Maribu is one of our community patients—unfortunately, her story is not uncommon in the communities in which we work. Her husband died of AIDS a number of years ago. She lives in a nearby village and was diagnosed with HIV and TB several years ago as well. While being treated for TB long before she came to us, she developed a neurological problem from the TB medicines that resulted in difficulty with balance and walking. Her 11-year-old daughter, who was also HIV+, became her primary care taker, collecting her anti-retroviral medicines from the health center and reminding her mother to take her meds on schedule, as well as cooking for her. Very suddenly, the little girl died last December and Maribu was left alone. HIV+ patients are often stigmatized and abandoned by their families and for Maribu, we feared the worst.

Luckily and miraculously, Maribu's family came to her aid and one of her sisters and a nephew moved in and began helping her with her activities of daily living. In addition, we sent a physical therapist to visit Maribu and help her with certain exercises to regain balance and strength so she could begin to walk with a cane. In addition, **Patrick, our head DIG gardener**, instructed Maribu in how to start and grow her own nutritious, organic backyard garden and also create a little income for herself. To date, Maribu is doing really well. She is able to move around freely with less dependence on people at home and outside. With Soft Power Health's help, Maribu has been able to improve her quality of life. We helped her help herself, and she stands as a wonderful role model for what is possible. *(To learn more about other community patients, please visit our website).*

Meet New Country Manager Sasha Adler

Coming all the way from New Hampshire, **Sasha Adler** joined the Soft Power Health team in January to manage operations on the ground in Uganda. Sasha had experience working in a Congolese hospital before coming to us, so we knew she would be well prepared. Sasha has a MPH degree in Emergency and Disaster Management from Tel Aviv University. Although we are very happy she has this training, we hope she'll never have to use it here in Uganda. Sasha's professionalism and hard work have been a huge asset to our team – we are very lucky to have her.



Country Manager Sasha Adler with a happy wheelchair patient

Amos – More than a Dedicated Driver

One key element that makes Soft Power Health work so well on the ground, which is not acknowledged often enough is our drivers. Soft Power Health's drivers are unsung heroes of the work we do. Besides ensuring the prompt and safe transport of patients to and from Kampala, and staff to outreaches, the drivers also help educate people during the outreaches. This is not a requirement we ask of them but because they are interested and motivated to help the patients and people we work with. **Amos** is a driver that has been with us for the last 8 years. He is dedicated to his job, the service Soft Power Health provides, and the patients and community members. Amos worked his way up from driving a taxi car and now drives our Soft Power Health car. We are grateful and proud to have him as part of our team.



Thank you Amos!

Family Planning - Ongoing Success

The family planning program that encompasses the outreach programs, the quarterly collaboration with **Marie Stopes**, and the ongoing family planning education and provision offered at the clinic, continues to consistently reach thousands of people, especially the women. Over 4,000 women will receive intermediate-term to permanent forms of contraception from Soft Power Health this year. Thousands more men and women will receive education about family planning to help them better plan their families. The success of this program is due to the dedicated nurses and outreach workers who provide these services on an ongoing basis to the communities Soft Power Health serves. Soft Power Health has created a model for family planning long term with rural communities, who need it most and it works! 8 years of progressively reaching more people is hard to argue with. We are very proud of that.



Family Planning Outreach Team educating women for Marie Stopes Day

Soft Power Health Founder/Director Jessie Stone Interviewed by Full Frame in Los Angeles



Dr. Jessie Stone with Professor Bruce Hayes and News Anchor Mike Walter on the set of Full Frame

Watch the Full Frame Interview:
vimeo.com/87525928#t=23m48s

"As a volunteer with Soft Power Health, I participated in education sessions on malnutrition, malaria prevention, and family planning in villages surrounding Kyabirwa, Uganda. I also assisted in a distribution of 200 wheelchairs to the local community, and led a field survey 3 months post-distribution. My extended volunteer experience exposed me to a very different side of medicine and public health and cemented my desire to work in global health in the future. As a volunteer, I had many opportunities to work independently on projects going on in the organization. I was able to see first hand what a difference that

education, access to preventative medicine, and adequate medical care can make. I learned a great deal of patience and how to improvise by working in a community where access to many resources is limited and infrastructure can be prohibitive to accessing medical care. The level of compassion and positive attitude of the clinic staff was incredibly impressive; their dedication to their patients and to the health and well-being of the community inspired me to pursue a path in public health dedicated to helping medically underserved populations. I look forward to returning to Soft Power Health and volunteering in the future!"



**Caitlyn Ngam,
Volunteer 2014**

Inner City Kids Kayaking Camp – 10 Years of Teaching Kids to Kayak

This summer, with the help of **Jackson Kayak** and **Aquapac**, we celebrated our 10th year of teaching inner city kids from the New York Metro area how to whitewater kayak. For the last two years, we have been working with an organization called **The Graham Windham School**. Beginning in a swimming pool, and progressing to two whitewater rivers in Connecticut, all the participants got a full immersion in paddling including running rapids on their own and learning the Eskimo roll. The camp continues to open up a whole new world of the outdoors and its possibilities for these kids and the entire experience is fun for all involved. We hope to continue this camp as long as we can. Thanks to all who continue to make what we do possible!



Inner City Kids Kayaking Camp 2014

New Staff - This year, Soft Power Health hired some new key staff members who have been terrific.



After many years of apprenticeship with Soft Power Health, **Julius Caesar** was hired as assistant manager. He has proven himself extremely capable and ready to meet any challenge that comes his way.



In January, **Stephen Kato** was hired as our new physical therapist. His services are a wonderful addition to what is already offered at the clinic. Because the demand for physical therapy is high, and often patients who need ongoing physical therapy have trouble getting to and from the clinic, Stephen has set up weekly physical therapy outreaches in a village about half an hour from the clinic so that he can reach more patients.

Dr. Emma, an experienced pediatrician, was hired to help treat our complicated pediatric cases. He joins us one day a week to begin with.



To help out with increased demand at the clinic, we hired **Robert** as a new laboratory technician. He joined us over the summer and has proven to be a very capable and experienced.

We are lucky to have such terrific people join our staff.

Soft Power Mukagwa Allan Stone Community Health Clinic – 9 Years of Community Healthcare

As many people are aware of, and especially highlighted by the recent Ebola outbreak in West Africa, basic healthcare resources, as well as basic health education, are extremely limited commodities in Sub – Saharan Africa. Thus, being able to provide basic, good quality care for people is our top priority. The third quarter of this year proved to be the busiest quarter yet for the clinic. We saw over 8,000 patients and by the end of 2014, the clinic will have treated well over 20,000 patients. During



Mama Mugumba and community patients the Mugumba boys

the summer **Mt. Sinai Global Health** volunteers **Taylor** and **Emma**, administered a satisfaction survey to 242 patients of the clinic, and discovered that over 90% of those interviewed were very happy with the services we provide. This is fantastic feedback to get. Once again, the clinic manager, Dr. Charles Kalumuna, continues to lead the clinic team and provide the best clinical services in the area. Thank you Dr. Charles for being so awesome!

Malnutrition Outreach and DIG Garden – More Positive Results from this Health Educational Outreach

For the second consecutive year in a row, the **Deerfield Foundation** has stepped up to support our nutrition/malnutrition outreach. The first year of the outreach proved to be so well received by the communities we worked in that we decided to expand the outreach into as many communities in the sub-county where Soft Power Health is located as possible. Follow up visits done with the help of **Mt. Sinai Global Health** volunteers this summer proved that the educational intervention has a lasting positive effect for people who attended the nutrition/malnutrition outreaches. Coupled with the educational outreaches for the communities, our expanded DIG garden and gardeners have helped many families in need start their own productive organic gardens. This year alone, we have helped 25 families start their own gardens. This is a life saving intervention.



Patrick with a pineapple from our garden

Partner With Us!

Preventing malaria and improving people's overall quality of health are among the simplest and most effective ways to help people lift themselves out of poverty.

Soft Power Health depends on the generosity of individual donors and foundations to continue with its important work. Your financial contribution can make a huge and immediate impact.

We understand that you may frequently be asked to give money and know it is important that your money be used carefully and effectively.

One of the strengths of Soft Power Health is that our nearly all-Ugandan staff work directly with the people we serve. No middlemen are involved so donations go directly to those they were intended for.

Two Ways to Give:

Send check payable to:

Soft Power Health
2887 Purchase Street
Purchase, NY 10577 USA

Online at:

softpowerhealth.org

Soft Power Health is a registered 501(c)(3) and all contributions are tax deductible

Tax ID # 20-5195776

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Your Money At Work

\$0.65	treatment for one episode of malaria	\$150	20 mosquito nets that will cover and average of 60 children and prevent approximately 360 episodes of malaria, a savings of \$600 USD for each family
\$4	salary of one malaria educator for one day	\$160	nurse's salary for one month
\$7	salary for one family planning outreach educator for one day	\$290	laboratory technician's salary for one month
\$7.50	one mosquito net	\$330	clinical officer's salary for one month
\$11.56	average cost for one clinic patient to be seen at the clinic including doctor's consultation, all lab work and all medication dispensed.	\$450	salary for one medical doctor for one month
\$20	safe drinking water treatment for 600 gallons of water	\$500	cost of field patient treatment and rehabilitation for one month
\$140	supply of high energy milk for 5 malnourished patients for one month	\$1,600	cost of fuel and transport for outreaches for one month
		\$3,500	cost of laboratory supplies for one month
		\$5,000	cost of medicines for the clinic for one month