



2019 = Sixteen Years of Soft Power Health in Uganda

It is impossible to explain how quickly sixteen years has gone by and to express how grateful all of us are at Soft Power Health for the unwavering support we have been lucky enough to receive! It is hard to believe that our first program of malaria education and prevention (which is still going strong today, and is more needed than ever!) was the genesis for everything that has followed: the Clinic, family planning education and outreach, malnutrition education and prevention, DIG organic gardening program, and anti-domestic violence outreach.



Country Manager Kirsten Bukeddeko (far right) Dr. Jessie (far left) and doctors from London School of Hygiene and Tropical Medicine visit Itanda Falls



Dr. Charles doing what he does best © Eli Reichman, 2019

With your support, we are able to health-educate, provide prevention, and treat more 50,000 people per year! The high number makes it easy to forget that every one of these people is an individual with a unique story and concerns. Thanks to our superb and committed Soft Power Health staff, we are able to deliver high-quality health education and prevention, in addition to providing reliable treatment for these individuals. The communities we serve are healthier because of it. Thank you again for making this life-changing and lifesaving care possible. We could not do it without you!

London School of Hygiene and Tropical Medicine Doctors Visit Soft Power Health

During the last week of October, Soft Power Health hosted seven doctors from the London School of Hygiene and Tropical Medicine. They were an international group, from Africa, the UK, and Australia, with diverse backgrounds but an important common interest: to work in underserved communities! All are studying NGO medicine as part of a larger healthcare course based in Uganda and Tanzania. It was wonderful to share with them what Soft Power Health does, both at the Clinic and in the field, and to hear about their experiences in their own countries. We enjoyed hosting this inspiring group and hope to work with the London School again next year.

Family Planning Still Reaches 5,000+ Women Despite Supply Shortages!



Administration of family planning methods at an outreach
© Eli Reichman, 2019

The resourcefulness and resilience of Ugandans is never more apparent than when things don't go as planned—which is often in Uganda! 2019 presented a unique family planning supply chain challenge, as at the end of 2018, we were told that family planning supplies would no longer be coming through our regular suppliers. This was a huge issue, as we have been offering family planning outreach and methods for over thirteen years and our local communities have come to depend on us. Not being able to supply these methods for women and families in need would

potentially cause big problems for the communities we serve, and would impact the reliability Soft Power Health has come to represent for them. Luckily, because of the resourceful collaboration of our family planning team with other health centers and partners in our district, we were able to remedy the problem, allowing only minimal gaps in supply delivery. In 2019, Soft Power Health provided over 5,200 women with intermediate, long term or permanent methods of family planning, which was no easy feat. Well done, family planning teams!

Extended Kalagala Offset Area/Special Conservation Area (EKOA/SCA) – Consequences One Year Later

In Uganda, human health cannot be separated from the environment. Because of where and how Ugandans live, they are in close contact with all elements of nature and it directly impacts their health and well-being. It's not surprising then, that there are serious health consequences from the December 2018 flooding of the Kalagala Offset Area due to Isimba Dam.

The most immediate effect was the displacement of hundreds of people without any form of compensation. Global climate change had already impacted the growing seasons in Uganda: last year there was a drought, this year there is flooding. The result has been an inability to grow crops as expected and subsequent food shortages. Both of these factors have really impacted people's ability to survive and to provide adequate nutrition for their families. We see direct effects of this at the Clinic, with large numbers of severe acute malnutrition. In 2019, we treated over 1,000 children for this condition.



A young patient receives lifesaving malaria treatment at the Clinic
© Eli Reichman, 2019

In addition, we have seen a doubling in the number of cases of malaria we diagnosed, beginning immediately after the flooding in December 2018. Prior to then, malaria had dropped to the eighth most commonly treated disease at the Clinic. Now it is back up to the fourth. Needless to say, Sarah, Julius, and our team of educators have been busier than ever—with particular emphasis on malaria prevention education, including the sale of subsidized mosquito nets. In fact, in 2019 we sold more than three times the amount of mosquito nets we sold in 2018!

MPH Student Evaluates Soft Power Health's Family Planning Program

From February to May 2019, Gen, a Masters of Public Health student from the University of Montreal, came to work with Soft Power Health. She helped analyze and evaluate our family planning outreach program. Gen provided helpful feedback about the program's strengths and weaknesses and made suggestions about how we could improve it. This kind of feedback is extremely helpful to ensure that we deliver the best services. Interestingly, some of Gen's feedback included the need to explain the different family planning methods in even more depth, along with continuing to use pictorial diagrams of the methods and how they work. Although the family planning teams are extremely thorough, this was a great reminder about the value of repetition in education, especially when there is a lot of information to absorb. As many outreach attendees cannot read or write, the explanations and diagrams make a huge difference in conveying information so it can best be retained! Thank you, Gen, for all your valuable feedback!

Newly Refurbished Physiotherapy Room



Refurbished physio room being put to good use

Thanks to a generous grant from the Mirja Sachs Foundation, Soft Power Health was able to renovate and enlarge a space in one of our buildings to accommodate the increased demand for physical therapy. Despite the huge need for physical therapy both by adults and children, it remains a neglected area of medicine in Uganda. With the newly refurbished space, our three therapists, Stephen Kato, Flavia, and Rachel, can see patients at the same time. The room is also equipped with upgraded therapy tools such as stairs, Swiss balls, standing frames, large mats, and a mirror. This year over 3,000 patients

were treated in Soft Power Health's newly refurbished physiotherapy room and in outreach programs! Both patients and therapists are grateful for the new space.

The Kyibundire Family – A Desperate Situation

Our anti-domestic violence team visited a family after their extreme situation was discovered during a family planning outreach in Kyibundire village. The mother had received family planning, but reported already having eight children at home. The family was living in very bad conditions. Apparently, her husband had left her and had sold most of their garden land to sugar cane growers. The mother and children were sleeping in their kitchen, as this was the only dry space they had during the extreme rainy season. There was also no door to close against the outside elements and intruders. They merely hung a tattered old mosquito net across the doorway.

When the team saw their visibly compromised state of health, they encouraged the family to come to the Clinic to be evaluated. Malnutrition was apparent in the whole family and, based on their living situation, it was easy to assume that they had malaria as well. Additionally, sleeping in their kitchen meant breathing in a lot of smoke! Fortunately, the family visited the Clinic and all were treated for malaria and malnutrition. Our head driver, Joseph, was so moved by this situation that he took it upon himself to help the family reconstruct their house on his days off! Patrick, DIG's head gardener, also organized to help the family put in a garden with the little land that they have left. Since then, we have been following up with them to make sure their health conditions improve. This group effort has surely been life changing and lifesaving for this family. Thank you SPH team!



Soft Power Health's anti-domestic violence team visits the extremely compromised Kyibundire family.

Incredible Steve Boda



*Steve Boda with community patient Hasfa and her children
© Eli Reichman, 2019*

In life, we sometimes meet people who renew our faith in humanity! I am lucky enough to work with many of them at Soft Power Health. One such person is Steve Boda, our community patient liaison. He manages to keep track of and communicate with many of our most in-need patients in the rural areas around the Clinic, and he has been instrumental in helping many patients' lives improve over the long term. We could not assist as many of the patients we do in far-away communities without Steve's hard work and dedication! Thank you Steve!

Snapshot from MPH Student Marie Catherine

“Working at Soft Power Health and in Uganda has been a great experience for me. I learned a lot from the malnutrition team and other health professionals at the Clinic, who generously offered guidance and advice throughout my project. I am also very grateful for the support of the management team. I'm looking forward to sharing my evaluation results with staff members, and I hope to be back to beautiful Bujagali soon!”



Volunteer Mary Catherine and the SPH triage team, Juliana and Loy



Dr. Stella does an EKG for a new patient

Dr. Stella is a Full-Fledged Cardiologist and is now Consulting at Soft Power Health Monthly

Last February, Dr. Stella graduated from her cardiology residency and is now an attending physician! There are only a few cardiologists in Uganda and, considering the rates of high blood pressure we see at the Clinic, we are very lucky to have Sr. Stella's expertise available for our patients! Thank you for being with us Dr. Stella!

Volunteers and Sarah Visit Wamala Jane to see Mosquito Nets in Use!

One of the amazing things that volunteers get to do when they come to work with us is have a real and intimate view into the daily lives of Ugandans. Part of our malaria education program is making follow-up visits to people's homes to see how they are using their mosquito nets and whether they report less malaria. If you have never seen how Ugandans live in a rural setting, you will never know what challenges they face each day to do things we never even think about, such as getting clean drinking water, sleeping safely (under a mosquito net), or cooking a meal. On home follow-up visits with Sarah, the head of our malaria program, volunteers are able to see this first hand and to ask people about malaria and their experience with sleeping under a net. Recently, Sarah brought volunteers, Alex and Fran, to Wamala, Jane's home to follow up on her family's net use. Jane was very proud to show off her correctly-hung net! This experience was a great learning opportunity for all.

Education, Education, Education = Prevention and Better Life Quality

The importance of high quality, repetitive education about subjects such as family planning, malnutrition, and malaria cannot be over emphasized! Soft Power Health is extremely lucky to have some superb educators working (for many years now) in our outreach programs. Special appreciation to nurses Annette, Margaret, Mary and James as well as Julius Cesar and Sarah Malaria are well deserved. These long term Soft Power Health staff work tirelessly and with humor to convey essential health education! Thank you team for making so many Ugandans' lives better!



Malaria team educators, Julius, Sarah, and Dan explain malaria transmission during an outreach. © Eli Reichman, 2018

Fast Facts on SPH's Initiatives

In 2019, The Allan Stone Community Health Clinic treated nearly 40,000 patients and referred close to 1,000 patients for surgeries, advanced treatment, and testing elsewhere. The Kyabirwa Surgery Center has opened just down the road from us and now offers our patients affordable alternatives for surgery right next door!



Nurse James dresses a wound for a community patient
© Eli Reichman, 2018

Soft Power Health's outreach programs for malaria, family planning, malnutrition, organic gardening, and domestic violence reached another 20,000 people with health improving and lifesaving health education and prevention methods, as well as in-the-field treatment this year!



Dr. Paul, our dentist, during community dental outreach
© Eli Reichman, 2019

Dr. Paul, our dentist, treated over 400 patients in 2019 and educated many in dental outreaches!

Jessica, our medical imaging technologist, performed over 450 ultrasound scans for patients in need at the Clinic in 2019. Thank you to the Gould Family Foundation for the

donation of the ultrasound machine and vital signs monitors!

High blood pressure (i.e., hypertension) remained the most commonly treated disease in 2019, with over 6,600 people receiving treatment. Non-communicable diseases have surpassed communicable diseases as the most common illness treated at the Clinic.

15% of our patients are children!



Juliana and the triage team weigh a patient
© Eli Reichman, 2018

This year, between the Clinic and outreach, over 1,000 rounds of vaccinations were delivered to people in need – mostly children! 66% of these vaccinations were administered during family planning and malnutrition outreaches. This means those most in need in rural communities are able to access these lifesaving interventions!

With the help of Vitamin Angels, Soft Power Health provided essential deworming treatment for over 18,000 children, as well as essential nutritional supplementation of vitamin A. Vitamin Angels also supplied prenatal vitamins for over 10,000 mothers in need! Thank You Vitamin Angels!



Deworming in Action

In spite of major challenges in obtaining family planning supplies in 2019, over 5,000 women accessed Soft Power Health's long term and permanent methods of family planning through the Clinic and outreach programs!

1,500 families have benefitted from the malnutrition education outreach program in 2019. This program is more important than ever with climate change and Isimba Dam's fallout still being felt!



Irene shows patients and families how to make High Energy Milk
© Eli Reichman, 2019

The malaria education and prevention team sold over 2,000 mosquito nets and educated over 2,000 people in rural communities and far away districts this year! It's time to buy a new container of mosquito nets!

The DIG team graduated 29 gardens and gardeners in 2019, and is working with 30 new gardens into 2020.



DIG gardener and nutrition specialist, Loy, hard at work
© Eli Reichman, 2019

Florence, our domestic violence counselor, counseled over 600 people about domestic violence at the Clinic, and through outreaches and home visits in 2019!

News in Brief

- Check out our new website designed by documentarian and photographer extraordinaire Eli Reichman: www.softpowerhealth.org.
- Mt. Sinai Global Public Health students Chinasa and Jezelle helped us finish our five-year mosquito net use survey in Budondo subcounty, our home subcounty. Thank you Chinasa and Jezelle!
- Look out for our isometric handgrip exercise survey in 2020. We think this will really help Ugandans reduce blood pressure without taking as many medications. The best part is that people can do it for themselves!
- Dr. Oliver has done such a good job diagnosing and treating tuberculosis that she has been named Jinja district's TB focal person! Congratulations Dr. Oliver! TB is on the rise as HIV infection rates drop. Malaria is sixteen times more common than TB, and TB is twice as common as HIV!
- Soft Power Health, and one of Soft Power Health's mosquito nets, are featured in the Giving and Health section of Giving in America, an exhibition on the history of philanthropy. It can be seen at the Smithsonian Museum of American History in Washington DC, through March 2020!
- The Waterloo Foundation joined Soft Power Health to support our malnutrition education and outreach program in 2019. Welcome Waterloo!

What your money buys:

\$1.50 pays for one patient's laboratory tests.

\$3.00 pays for the medicines for one patient's visit to the Clinic.

\$7.00 buys one mosquito net to cover an average of three children and prevent malaria for up to five years!

\$11 pays for one patient's visit to the Clinic to see a doctor, get lab work done, and receive necessary medicine.

\$15 covers the cost of one month's supply of hypertensive medicines for one patient.

\$20 per month buys a malnourished patient one full-course of treatment with life-saving High Energy Milk.

\$50 pays for a domestic violence counselor's salary for one month.

\$110 can help patient access chemotherapy at the Uganda Cancer Institute.

\$160 pays for a laboratory assistant's salary for one month.

\$190 pays for a physical therapist's salary for one month.

\$220 will pay for a new exercise bicycle for the physical therapy room.

\$260 pays for a nurse's salary for one month.

\$280 pays for the salary of a full-time driver for one month.

\$300 pays for the salary of a nurse practitioner for one month.

\$400 pays for the salary of our ultrasonographer for one month.

\$800 pays for the salary of a medical doctor for one month.

\$1,200 pays for the head malaria outreach educator for one year.

\$3,300 USD pays for a life-changing hip replacement surgery for a patient in need.

\$5,200 will pay for life saving valve replacement surgery for a patient with rheumatic heart disease.

\$10,000 pays for the DIG Organic garden program for one year, which includes maintenance of forty outreach gardens plus Soft Power Health's home garden, which supplies the lunchtime meal six days per week.

\$45,000 pays for a one-year supply of hypertension medicine which will treat 6,600 cases of high blood pressure

*We welcome donations of any size, and every contribution makes a big difference!
Thank you very much for helping to make Soft Power Health what it is today!*

Scaling to a Sustainable Future

While growth or “scaling up” appears to drive the world today, even the non-profit and development world, Soft Power Health is charting another course. We are focusing on sustaining what we do for the long-term. Over time, we have provided reliable quality healthcare and developed trusted relationships within communities. This allows us to work closely and usefully in those communities. Heretical as it may sound, our goal is



Patient Educator, Joslyn, teaches patients at the Clinic © Eli Reichman, 2018

not to grow; instead, it is to sustain our programs as long as possible, adapting to changes in the social and environmental fabric as needed while integrating them thoroughly into the communities in which we



DIG garden participant gets her seeds © Eli Reichman, 2018

work. Over a decade and a half of experience has shown that the positive long-term effects of this “soft power” approach far exceed those of “scaling up.” Helping people to help themselves expands organically and exponentially through a community and is passed down over time. Healthy knowledge and practices that really work for people become an integral part of daily life and of the culture. We have found that meeting people where they are, and directly addressing problems that they face, in ways they understand, and that work within the existing culture, is an extremely helpful way to create enduring positive change. This change then creates ripple effects in families, extended families, communities, and ultimately, societies. This is our simple, effective, and sustainable model—the soft power of Soft Power Health.

Amazing Avina Foundation!

Sometimes miracles happen when you most need them! This year, by some incredible happenstance, I met a fantastic couple, Viktoria and Stephan Schmidheiny, in a remote valley in Switzerland. They are founders of the Avina Foundation (www.Avina-Stiftung.ch) and are global outside-the-box thinkers and long time philanthropists, well-versed in the challenges of fundraising and the importance of long-term, multi-year donors and donations. They enthusiastically agreed to become long-term partners with Soft Power Health. This came at an extremely opportune moment for us, and we hope that their commitment to Soft Power Health will help encourage more long-term donors as well. Now that Soft Power Health has reached the end of its sixteenth year of work and service in Uganda, we are more grateful than ever to begin a new and promising partnership. Thank you Viktoria and Stephan! We cannot say thank you enough!

**Partner With Us!
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 # 20-6195776

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