

ROTARY MALARIA FIGHT AND SUPPORT TO THE DISADVANTAGED ELDERLY



PROGRAM DESCRIPTION

Introduction

Rotary Club of Kampala Kawempe and Rotary Club of Christiana USA in partnership with St. Kizito health center III carried out a malaria fight outreach amongst the elderly people in the slum communities of Kawempe in Kampala district in Uganda.

With malaria being the highest killer disease in Uganda, killing five children every day, an earlier assessment shows that the second vulnerable group after the children is that of the elderly who are struggling with weak immunities and poverty and very many living with orphans or abandoned grandchildren.

As Rotary in partnership with St. Kizito health center Bwaise took the initiative to avail a mosquito net, medicine, treatment and some basic needs like soap and paraffin to light the houses/homes in support to the elderly.

We (Rotary) partner with local health centers for easy follow up of beneficiaries after the outreaches and the health centers have been very helpful in providing medical checkup, vehicles to transport the disadvantaged and making medical prescriptions for malaria treatments and other health challenges.



With a target of 250 homes of elderly people, in a three day program we have been involved in visiting the elderly people in their homes to assess and to deliver the nets and other items, ferrying them for medical to the health center for treatment. The first two days involved door to door visits and distributions while the third day we organized a medical camp in which we offered free malaria and other health treatment, the third involved transporting the disadvantaged to and from the health center, offering medical support, luncheon, and sensitization and distribution of nets and other basics like soap, medicine.

A team of 18 people in 3 groups composed of Rotarians, Rotaractors, local leaders and health workers, visited elderly peoples in their homes to offer them a word of encouragements and a small package to show them that amidst their old age trail they are not alone, we always think about them and pray for them as we invite them to come the third day for free treatment.

It's hard to visit the venerable and you go empty handed since most of the elderly in slums are struggling to survive with children and grandchildren who seem to be a burden to them. This outreach was kind of unique that we also included food staff in reaching out to the grandparents and elderly.

The elderly were given package of items which included 2 kilograms of sugar, one bar of soap and two kilograms of rice, this was received after treatment or delivered at home.

Expression of happiness was witnessed while carrying out this activity and some elders went emotional and cried tears of joy. It was warm bathing seeing how such a small package could make elders so happy.

Besides food, the mere fact of showing up in their houses made them happy and appreciated the thought about them. Some went ahead to confess to us their struggles thinking we could bring them some help in future

This activity was a very successful. Most of the elderly got a package of sugar, soap and rice though we were overwhelmed by the attendance that some who came to the facility didn't get the package but 80% received and where very happy.







Lunch

All grandparents and elderly who attended were given lunch plus a soft drink during while at the health center. Lunch was of great help since the

target groups were so fragile and so old to be worked on with empty stomachs. A total of 250 people were served lunch at the health center.

Medical team

We had a team of 10 medical workers and 5 Rotary medical Volunteers who were working tirelessly to ensure that the elderly didn't stay long in the queue. Of these 4 were medical clinical officers, two laboratory attendant, two dispensing nurses and two nurses for blood pressure. On top of the medical workers we had 20 volunteers which included 11 Rotarians (these helped to gather the elderly in their different sub-parishes and also to give support to those who couldn't walk well while getting treatment), 5 Rotaractors who helped to direct them to their seats and also serve them food and drinks, the rest were good Samaritans who still helped during the outreach.

Of the medical workers, we were blessed to work with two internship students from Rotaract club of Mulago who are pursuing certificate in midwife from Nsambye Hospital. Surely they were of great help as one helped in dispensing drugs and the other one helped with screening the blood pressure of the grandparents and elderly.



Medical services offered and treatment.

We offered medical services which included mainly malaria checkup and treatment plus blood pressure screening and treatment, Blood sugar screening and treatment, joint pain treatment, wounds dressings and

treatment and a few cases of flu and cough treatment. All grandparents who were diagnosed with the above treatment received drugs.

In attendance was a senior Rotarian, Mrs. Musoke Maria Gorreti, being a senior midwife in training she was very resourceful to the outreach offering health education to the elderly. She emphasized eating fruits every day. This helped a lot to keep those who were waiting to be calm because she engaged them in health education.



Transportation

Unlike the previous outreaches where very few people were picked from the homes, in this outreach many people/elderly were picked from different homes and local areas. Chairmen's offices actually we were forced to use two cars, the health center ambulance couldn't manage to bring all people in time, so we hired a drone car/ van to help us transport them up to the facility in time and taking them back after receiving treatment since most of them are fragile sitting for a long time is hurting and painful. Though it was costly especially since the fuel prices have really gone high, it eased the process and

they all got treatment in time





Comparison of the first to our other Rotary outreaches ever

Unlike other outreaches, where we treated all people across the communities of Kawempe, cleaned and gave nets to everyone, the elderly outreach was only focusing on grandparents and elderly

Since we were treating a certain section of people elderly we focused only on challenges which are common in old age unlike the other Rotary outreach which focused on all challenges of all age groups.

This outreach was very organized and calm people were sitting in their chairs waiting to be called according to their numbers achieving our first come first serve criteria unlike our other Rotary outreaches where beneficiaries outnumber the protocols of our organization.

Losing patience and complaints of hunger was so common in this outreach we can't imagine if we never prepared food for them this forced the organizing committee to serve food at 12:00pm just to reach out to the elderly who were really desperate for food however after that we resumed normally and in the calm environment.

Experiences

In our communities of Kawempe slums, their many Elderly who are living a miserable life besides being old, they are hand and leg crippled due to many diseases which are incurable especially stroke due to high blood pressure, crippled legs due to diabetes and accidents. Some are lying down without even a mosquito net over them, which make them vulnerable to malaria, with no any hope of getting up its so devastating watching them so helpless.

In our view setting up a physiotherapy outreach with the local centers could be a great way to offer hope to such elderly people, the establishment of this clinic could help them come and do exercises to regain the nerve system and regular visit to have someone to talk too.

Achievements

Visiting them in their homes was a very great experience and very impactful. In their homes they shared their pain and struggle and we managed to talk to them and give them hope that we care about their health and always pray for them.

The program has helped us to not only to reduce malaria cases but also pass on information to the community on how to fight malaria, we have also inspired and encouraged the community to always mind and take care of the elderly people in our communities.

This has also given us a chance to work together with different partners like the health workers, Rotaract, local leaders, community, and other people.

Other than a chance to serve, we have also been able to build a good image of Rotary in the community.

After month time, Rotary and the health centers will carry out evaluations and assessment based on the number of cases that arise from the areas the project has served, the local leaders who happily guide and support us, Members of the Rotaract Kawempe, The management and health workers of St. kizito

Code of thanks

We send immense applauds to backbone sponsors of this outreach, **Rotary club of Christiana USA** for without their answer to this slums call, this malaria fight and support outreach could have not been able to happen. We appreciate your kind hearts that you were able to step out to offer hope to such vulnerable and underprivileged people.

Special thanks also go to local leaders who identified the need to reach out to the grandparents and elderly in our communities. This steered the outreach very smoothly.

Code of thanks also goes to our own members of the Rotaray Club of Kampala Kawempe lead the one and only Rotarian Nsamba Henry and Rotaract Kawempe, for the dedication and commitment in the assessment, visits and implementation was really unbelievable all the way in this outreach. Their contribution to the success of this outreach was vivid.

To the clinic management committee, words can't express how blessed we are to have such selfless hard working people. You contributed highly for this impactful outreach to the elderly in slums of Bwaise.

The dedication and commitment showed by St. Kizito Health center staff was a great contributor to the success of this outreach. Thank you so much the clinic staff for all your efforts and professionalism portrayed during this outreach.

While winding up the code of thanks list, the good Samaritans and other volunteers from the community crowned this outreach's success. You moved house to house informing elders and their care takers about this outreach as if that was not enough you gathered them together to the local area offices and helped to carry them by ambulance up to the health center, your hard work paved way for the success of this outreach.

Conclusion

When we started to plan this elderly malaria fight outreach, it was late and yet we needed to register success to the surprise the outreach was very successful. Many grandparents and elderly where given hope both health wise and spiritually.

Attached are some of the photos of homes visited, while distributing nets and medicine, food and a list of beneficiaries who received support at the health center.























NAME	VILLAGE	AGE	SEX
183. Mawala John	Bwayiise I	60	M
184. Sabugumuso Denis	Mulaga	53	M
185. Nansabiga Margaret	Makerere	70	F
186. Nabatanzi Margaret	Kawempe	52	F
187. Nabuvuzi Elizabeth	Makerere	62	F
188. Namabvu Lesadica	Makerere	80	F
189. Dsa Rose	Makerere	73	F
190. Malubega Ruth	Mabweru	38	F
191. Hoo Akohi Vilian	Kazo Angola	30	F
21. Birungi Maerina	Bwayiise I	69	F
22. Nabukalu Sarah	Bwayiise II	53	F
23. Sunday Henry	Kawempe	2	M
24. Nassanzi John Mary	Kazo Angola	24	F
25. Nematzi Rose	Kibwa	50	F
26. Kayimbaye Florence	Kazo	53	F
27. Bulya Esther	Bwayiise I	54	F
28. Nabwera Margaret	Bwayiise I	70	F
29. Amavulu Fatuma	Mabweru	30	F
30. Ashenju Ak Hakim	"	1m 11	M
31. Nabwera Namuyaja Teddy	Kawempe	74	F
32. Afulo Florence	Bwayiise I	60	F
33. Nabatenzi Prossy	Kawempe	32	F
34. Nakiya Sarah	Kawempe	29	F
35. Naba-kooza Im Emily	Mabweru	14	F
36. Nankingo Mercy	Mabweru	50	F
37. Nasuuna Asaphine	Bwayiise III	45	F
38. Namakula Sarah	Kawempe	36	F
39. Kibirungi Jackie	Kazo Angola	30	F
40. Nkurungi Resty	Mpereke	60	F
41. Tupene Mrs	Mwaiso	25	M
42. Namirembe Scovia	Kazo	59	F
43. Namirembe Sarah	Kawempe	54	F

NAME	VILLAGE	AGE	SEX
225. Bulamu Samuel	Bwayiise	50	M
226. Mutagabya Dominic	Bwayiise II	32	M
227. Masereka Isaac	Bwayiise III	40	M
228. Kyebutire Vicent	Bwayiise	26	M
229. Nakanwagi Ruth	Bwayiise	20	F
230. Robert Mugisha	Bwayiise	29	M

NAME	VILLAGE	SEX	AGE
10. Nalongo Teo Namuli	Bwayiise	F	67
11. Nalongo Mayiga	Kawempe	F	65
12. Nabumma Mary	Bwayiise	F	72
13. Mbona Matulina	Bwayiise	F	73
14. Namugga Christine	Kawempe	F	47
15. Kimuli Sarah	Kawempe	F	64
16. Anuti Peter	Kazo	M	74
17. Tibwita Inyelda	Makiso Ngabe	F	80
18. Alujinza Teddy	Kazo Angola	F	61
19. Nakyanzi Christine	Bwayiise	F	56
20. Nalongo Munugi Robinah	Bwayiise	F	75
21. Musanje Matia	Bwayiise	M	61
22. Nakanyaga Zezi	Kibwa	F	64
23. Nanteza Bernah	Mabweru	F	50
24. Namakula Florence	Mabweru	F	52
25. Nakiide Salima	Kawempe	F	85
26. Naba-kanzi Margaret	Bwayiise	F	74
27. Nasimbwa Virizita	Bwayiise	F	60
28. Namagembe Margaret	Bwayiise	F	79
29. Nabisenke Alice	Bwayiise	F	90
30. Nabwera Grace	Kawempe mbugo	F	54
31. Nalwadda Betty	Kazo Angola	F	55+
32. Nalubwema Joyce	Kazo Angola	F	90+
33. Nabagabala Madalena	Bwayiise	F	78
34. Mukasa James	Kawempe	M	70
35. Nakyanzi Rose	Kawempe	F	67
36. Nabukaera Carol	Kazo Angola	F	58
37. Nalubamba Sarah	Kazo	F	41
38. Namusoke Rose	Bwayiise	F	68
39. Nanteza Rose	Kazo	F	62
40. Kiseembo Joseph	Mpereke	M	50
41. Namagembe Molly	Tuka	F	65

	NAME	VILLAGE	AGE	SEX
140	Nalongo Nassazi Christina	Kazo	67	F
141	Nabitula Kettie	Bwayise III	63	F
142	Kasumba James	Bwayise I	49	M
143	Kamudenge Tereza	Tula	80	F
144	Ephraim Pragio	Kazo Angola	76	F
145	Musisi Matinda	Bwayise I	55	F
146	Nampirima Sarah	Bwayise I	86	F
147	Nakato Zaituni Nalongo	Bwayise II	54	F
148	Nakibugwe Teopigita	"	69	F
149	Nanzigula Satina	Tula	63	F
150	Baziryo Nisiso	Kawempe	62	F
151	Lubega Angella	Bwayise I	67	F
152	Nantwanda Isabella	"	62	F
153	Naggawa Zaulanta	Bwayise III	58	F
154	Namaddu Noelina	Bwayise I	46	F
155	Kigongo Petralina	Tula	76	F
156	Nakabusya Imelda	Tula	80	F
157	Bashasa Zeliya	Tula	89	F
158	Kaguri Fines	Bwayise III	68	F
159	Namwisi Zowena	Tula	58	F
160	Kasibante John	Bwayise III	69	M
161	Yawe Rosinie	Bwayise I	21	M
162	Namanga Kalile	Bwayise I	60	F
163	Nalongo Meriyasi	"	60	F
164	Kwadondo Margeret	Nabwera	85	F
165	Batwawula Margeret	Nabwera	80	F
166	Namgalo Betty	Kibwa	75	F
167	Budalah Amina	Bwayise II	65	F
168	Nabwawules Malita	Kazo Angola	60	F
169	Bawesi Zairinah	Kibwa	38	F
170	Nabwawuni Zairinah	Kibwa	58	F

	NAME	VILLAGE	AGE	SEX
162	Kaweesi Antonio	Nabwera	73	M
163	Kzito Milly	Kibwa	54	F
164	Nakubwera Elizabeth	Kazo Angola	63	F
165	Nalongo Sankus Regina	Bwayise I	52	F
166	Kagezo Justine	Kazo Angola	70	F
167	Sambanya Janet	"	73	F
168	Sambanya Isaac	"	93	M
169	Bakko Terézita	Kagema	53	F
170	Namunga Egeza	Bwayise I	47	F
171	Namugalu Proscovia	"	55	F
172	Nambi Victoria	"	60	F
173	Namutabi Bayani	Nabwera	31	F
174	Nakamwali Olivia	Kazo Angola	38	F
175	Ndagye Margeret	Bwayise I	72	F
176	Kashabe Prina	Bwayise II	42	F
177	Bunna Beatrice	Bwayise I	53	F
178	Namuli Winnie	Bwayise III	28	F
179	Nakibugwe Deborah	Tula	80	F
180	Kasolo Harriet	Tula	52	F
181	Ssamanika Cedion	Tula	15	M
182	Nakigazi Regina	Kibwa	32	F
183	Mungakayiza Bernard	Makera	75	M
184	Nantwala Agnes	Kawempe	87	F
185	Nantwaga Tetty	Kazo	56	F
186	Nantwaga Rose Mary	Makera	47	F
187	Namagamba Fandah	Bwayise I	48	F
188	Achema Augustine	Kawempe	57	F
189	Ambwa Maria	Kawempe	59	F
190	Nakazzi Elizethebeth	Bwayise I	62	F
191	Kakumba Fred	Nabwera	57	F
192	Nabwaga Rose Mary	Kazo Angola	60	F

No	NAME	VILLAGE	SEX	AGE
33	Bwakwanso Betty	Bwanyiise I	F	70
34	Nabukwera Harriet	Makere	F	57
35	Nakirwera Mariah	Bwanyiise I	F	61
36	Ahimbisibwe Teopista	Kazo	F	50
37	Sonyi Margaret	Kawanda	F	50
38	Naldamba Ate Alilist	Bwanyiise III	F	63
39	Lely Tom	Bwanyiise I	M	62
40	Semlerang Margaret	Nabwera	F	59
41	Nantung Harriet	Bwanyiise III	F	56
42	Nakigisibye Masituba	Bwanyiise III	F	80
43	Mwasititi Katri	Bwanyiise III	F	75
44	Nsubuga Margidi A	Bwanyiise III	M	75
45	Kasabit Gabudesio	Bwanyiise	F	47
46	Nakijiba Sarah	Bwanyiise	F	67
47	Nakigoda Beatrice	Bwanyiise	F	73
48	Ntong Resty	Bwanyiise	F	55
49	Nababwera Rose	Nabwera	F	83
50	Nakacusa Kettie	Nabwera	F	49
51	Nalubwama Justine	Kazo	F	74
52	Atwoki Justine	Kazo Angala	M	62
53	Nabwera Margaret	Kigbando	F	55
54	Nawiga Mawadalema	Bwanyiise I	F	65
55	Nakata Resty	Bwanyiise I	F	59
56	Buyekwanso Cissy	Kawanda	F	68
57	Nabwera Angelah	Kazo	F	58
58	Tusabe Paskhariz	Nabwera	F	61
59	Kizza Precirah	Nabwera	F	48
60	Nankya Joyce	Nabwera	F	90
61	Mugamba Joseph	Kibwa	M	72
62	Nakabuge Margaret	Kibwa	F	77
63	Namusiisi Sarah	Bwanyiise I	F	77

No	NAME	VILLAGE	AGE	SEX
99	Nanzukisa Juliet	Bwanyiise I	65	F
100	Mpologoma Damalie	"	58	F
101	Nalubaga Lukia	"	63	F
102	Maria Kalande	"	63	F
103	Kampire Harriet	"	52	F
104	Namusiisi Ruth	"	50	F
105	Masilko Alex	"	45	M
106	Mbonako Veronica	Bwanyiise	80	F
107	Kizza Ncamamina	Bwanyiise	80	F
108	Ngagyi Sandra	"	78	F
109	Namuganga Petronica	"	75	F
110	Nalugya Sarah	"	75	F
111	Nankya Dimitria	Kitanda	80	F
112	Nalussada Garreth	Bwanyiise II	43	F
113	Ninisima Agnes	Bwanyiise II	25	F
114	Nakulinleri Betty	Kibwa	60	F
115	Nabatanzi Solome	Bwanyiise III	65	F
116	Gonzaga Nasula	"	54	F
117	Namugya Anna Maria	Kibwa	72	F
118	Nalubaga Jane	Nabwera	72	F
119	Nakawinga Proscovia	"	50	F
120	Nakiganda Robinson	Kazo Angala	59	F
121	Namusiisi Joyce	"	64	F
122	Musisi Sirage	Bwanyiise III	59	M
123	Namugya Yonana	Bwanyiise I	75	F
124	Muganga Peter	Bwanyiise II	60	M
125	Ssardawula Pasitubh	Kawanga	27	F
126	Kabwama Asamani	Tula	29	M
127	Kizito Deziderio	Nabwera	73	M
128	Nalubaga Irene	Tula	59	F
129	Nalubaga Mauricia	Makere	74	F