

## New Hope for Destitute Women in Munyonyo, Uganda

Michael's House has initiated a new program in Uganda! As you will recall, our program in Masaka closed when our trusted care partner of many years ended its presence in Masaka to address pressing needs in other parts of the country. We are able to initiate this new program in Munyonyo because of your support (Thank you!) and with funds previously devoted to the Masaka program.

The destitute in Munyonyo, Uganda are located beyond an inlet from Lake Victoria on swampy land not inhabited by people of wealth or stable income. Most destitute sleep-in ramshackle houses and feel hopeless due to the lack of food and medical issues. Times are difficult with political turmoil and violence due to recent elections and the COVID-19 pandemic. Some of the elderly have masks the Government supplied in 2020. Most do not wear masks because they are homebound but do wear masks if able to go out. Soap, for personal hygiene and hand-washing protection from COVID-19, is scarce and expensive. A full bar of soap costs the equivalent of \$1.10 U.S. This amount is beyond the means of the extremely poor elderly that Michael's House serves.

The government provides limited health care, most often at a cost that the destitute cannot afford. The elderly most likely to receive free medical care are those with HIV/AIDS and tuberculosis. Hospice Uganda, a private organization, gives out morphine at a small cost and its staff does home visits to those with terminal cancer.

The initial visits of our care partners to visit with food and, for some, medical care, brought happy smiles to the faces of many of the elderly who had not had cause to smile for months, maybe years.



*Left:* Aisha Nalumansi is 76 years old; she is a widow with diabetes. She fell last year and hurt her knee. She went to a nearby Government hospital where she was told her left knee was fractured. They then put a plaster of Paris (POP) on her knee. She later went back to have it removed, but they would not treat her further because she had no money. She went home and removed the POP herself which only made the pain worse. She is grateful for the food and food supplements provided by Michael's House. If there is enough money, we hope to take her where she can get her fractured knee repaired.

*Right:* Rosalia Otokoro is 74 years old; she is crippled and lives near a swamp. When it rains, part of her house is flooded by water. She visits her neighbors hoping they will be able to provide her with food. Before the COVID-19 lockdown, she earned a small income selling papyrus mats she made. She had a smile when given food and supplements from Michael's House. Our care partners who visit her are concerned the house could collapse due to lower wood rotting from the swamp water.



*Left:* Farasca Namande is 77 years old and lives alone since she lost her husband and all her children during the Luwero War (also known as the Ugandan Bush War) that ended in 1986. A friend of her deceased husband gave her a room to reside in. She is unable to walk, and her chronic arthritis makes it difficult to even move her arms. She has not left this room for almost 10 years except when neighbors carry her to sit outside. Michael's House has provided her with food and nutrition supplements.

*Right:* Fortunate Nakamaanya (lying down) is 73 years old and lives in a rented hut with five grandchildren. One of her grandchildren suffers from hydrocephalus (fluid buildup deep within the brain) and sickle cell disease. Her landlord has threatened to evict her because she has not paid the \$37 monthly rent for a year. She has back and neck pain. Michael's House has provided food and nutrition supplements for her and grandchildren.



## Update from North Togo

In North Togo, we provide support to impoverished elderly living in remote villages in the Kara and Central regions. There are few roads and even the main roads are not well maintained. Once food is taken to the small towns, it is then delivered to the elderly living in villages or isolated huts. The delivery is usually done by tricycle, but the tricycles cannot traverse mountainous terrain and thick rainforests, so food is carried on their heads.

The limited amount of food available to the destitute elderly that we support from relatives or small gardens is not enough to live on. Your support is what staves off malnutrition and prevents them from going to bed hungry.



Above: Bags of food being readied for delivery.

Left: Food distributed to the elderly that help sustain them.

### DID YOU KNOW?

- ✓ Many elderly live in “skipped-generation” households where the old (mostly women) and young live together with the parent generation absent. AIDS/HIV is a primary cause of the loss of the parent generation. Two-thirds of all HIV-infected people worldwide are Africans.
- ✓ In Uganda, 40% of older adults live with children five years or younger.
- ✓ Most older Africans live in rural areas and have small social networks, often limited to family members.

Michael’s House is a wonderful charity that helps give life and hope to the destitute elderly. Our team has grown passionate about helping them. The destitute elderly have changed us by their humility, kindness and gratitude. Would you like to be part of our team to help the destitute elderly around the world? We would love to hear from YOU and welcome your ideas. Just send us an email at [info@michaelshouse.org](mailto:info@michaelshouse.org) or contact one of the officers or board members listed below. We look forward to talking to you.

### JOIN US!

### Let's Connect!



Want to stay connected with our Michael's House community? Make sure to visit us on Facebook, at <https://www.facebook.com/michaelshouse01> and click "like" so you don't miss seeing any posts. We love sharing positive news, recent updates, and how your caring support has made a difference across the world.

## Annual Meeting of Board of Trustees and Officers

An election of officers and trustees was conducted at the November Annual Meeting.

*The following officers were elected for a one-year term:*

Dennis Tarner-President, 301 706-2439, [dtssmd@aol.com](mailto:dtssmd@aol.com)

Lynda Mischler-Vice President

Sharon Craddock-Secretary

Deborah Halpern-Treasurer, [deb@michaels-house.org](mailto:deb@michaels-house.org)

*The following persons were elected to serve on the Board of Trustees:*

Anne Ackerman

Lucilla Akanegbu

Sharon Craddock

Michael Craig

Deborah Halpern

Clara Isama

John Lendi

Richard McGinnis

Lynda Mischler

Matt Rogers

Dennis Tarner