



Mothers and Children's Medical Center of Uganda

Thank you to all of our donors who make this project possible.

Newsletter December 2021

Report from Uganda by Hilda Kugonza, MCMC administrator

Greetings from Uganda. Mothers and Children's Medical Clinic is located at Bulamu village, Gayaza. Our main goal is to improve the health of the communities through preventive and curative care. We offer basic affordable health care to residents with a focus on prevention and treatment of malaria in mothers and children. Currently we are 8 staff members on contract: 2 medical officers, 2 nurses, 1 laboratory assistant, 2 in administration and 1 security guard. We have a doctor on call any time.

HEALTH CAMPS. We have carried out monthly community outreach health camps, but due to the Covid 19 pandemic, we no longer do so. However, we are hopeful that with improved vaccination rates in the country, we shall be able to resume. These attracted over 100 people per camp, offering free malaria testing and treatment for a small fee, free mosquito nets to pregnant mothers and children under 5 years of age, and free deworming. This could only happen due to the generosity of your support towards us. (continued on page 2)

Brittany Farro talks about Epilepsy Program

Approaching epilepsy has been a vision of MCMC given the significant disability it creates in our community. The epilepsy support group has been meeting for over one year, signifying the first leg of MCMC's Epilepsy Program.

Social and spiritual stigma surrounding seizures and epilepsy have led to significant misunderstandings about the disease, and the support group has been established to help break down these barriers in order to create trust for establishing a therapeutic relationship for comprehensive treatment going forward. We provide some basic needs including a backpack to hold materials for support group, some basic staples for food, and a notebook and pen to record medical history and lessons learned while in support group. (continued on page 2)

Facebook: Mothers and Children's Medical Center of Uganda
<http://mcmcuganda.com>

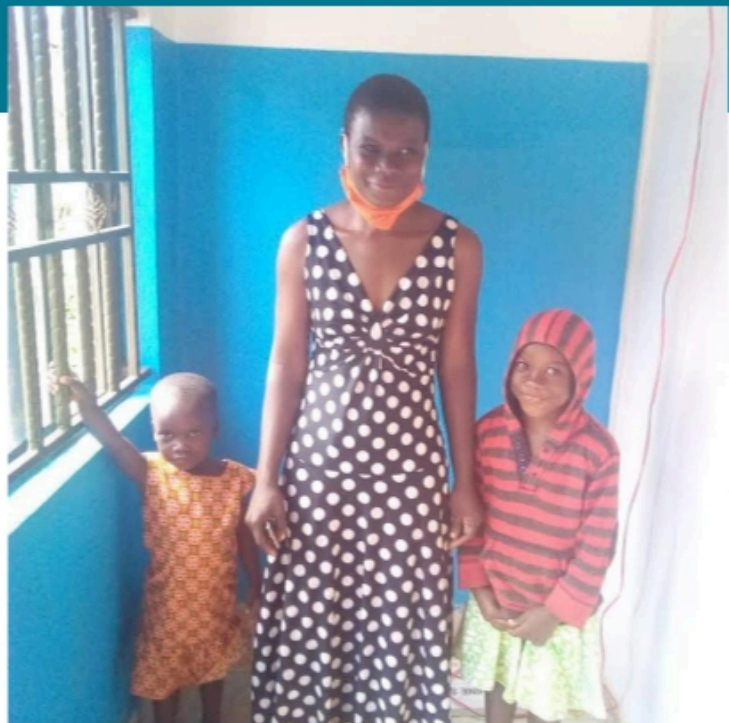
Epilepsy cont.

The fellowship provided by several families meeting and sharing their stories has felt groundbreaking and unifying. As one of the myths of epilepsy is that someone who suffers seizures is unable to work or sustain a trade, we provide lessons to learn a craft. We provide the initial materials for them to begin, and then help them sell their goods. So far we have covered basket weaving. Being able to create and sell something has been therapeutic and provided hope for their future.

Additionally, we have recently advanced services to provide each patient with psychological support from a clinical psychologist who has experience working with epilepsy patients. She provides another layer of stability and trust with psychological evaluation and therapy, and important focus on medication compliance and lifestyle factors.

Irene Nakalanzi, mother of two, is one of the MCMC epilepsy project participants who had this to share;

"I have no regrets joining the Epileptic fellowship program at MCMC. Before, I used to get my treatment from Kasangati Health Center. Sometimes I could miss seeing the doctor, getting drugs, and used to get very little time for counseling or none. This was very disappointing. But now, I get enough time with the Doctor, interact freely with her because she listens to me as I express my complaints, I always get good time sharing with my fellow participants and get my drugs on time. I no longer feel alone or so stigmatized and I look forward to attending every fellowship. I used to worry so much about getting some money but at least now thought this fellowship, I have learnt a new skill of weaving baskets and the expectation of earning money from it eases my financial struggles. Thank you MCMC for your generosity. There is hope after all!"



Financial Report

INCOME	2019	2020	2021YTD
Corporate	5140	14000	
Ind Business	650	450	1075
Individual	13816	15385	13730
FUMC	14174	4145	1650
Non-Profits	540	0	320
TOTAL	34320	33980	16775
EXPENSES			
Construction	2254	3351	0
Medicine	2884	2474	925
Operations	3313	4829	2826
Payroll	9690	10396	7386
Staff Exp	1013	224	0
TOTAL	19154	21274	11137
NET INCOME	15166	12706	5638

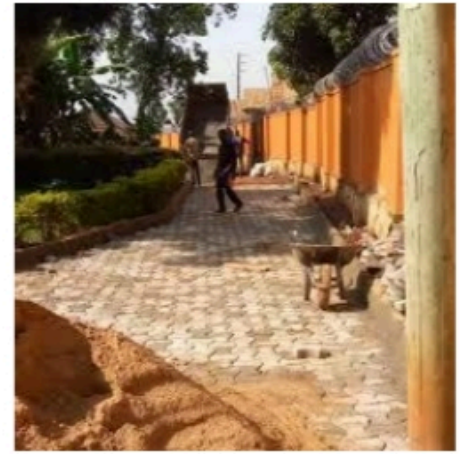
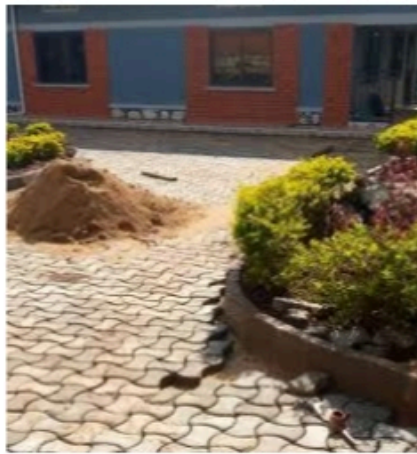
Uganda report continued

MATERNITY SERVICES. The regulatory paper work for the maternity services is complete, and we have the practicing license approved, ready to serve our community with antenatal, postnatal and child immunization.

REPRODUCTIVE SERVICES. We work together with Reproduction Health Uganda through their outreaches to offer free family planning and screening of sexually transmitted infections, cervical cancer, and breast cancer. This happens every three months, but due to Covid 19 we have had to put them on hold until the situation normalizes.

AMBULANCE. With the generous offer of an ambulance made, we shall be able to assist the vulnerable mothers, children and all those that need urgent evacuation to a health facility that is above our grade and run by the government of Uganda.

(continued on page 3)



The driveway was paved help keep dust from entering the medical center



Caroline Kisakye, Psychologist

Caroline is a clinical psychologist who received two degrees from Makerere University of Kampala. She has been a counselor for children, adolescents, foster mothers and staff for 9 years in a foster care facility. She has planned and implemented psychotherapy for persons with mental health problems, concentrating on women, post war victims, orphans and vulnerable children and families. She has a strong talent for collaborative care and is adept at partnering with education teams, parents and other critical figures to develop action plans to address psychological needs.

She is happy to be supporting the epilepsy program at MCMC which is in the neighborhood of her home town.

Report from Uganda conclusion

IMPROVEMENTS AND RENOVATIONS. We owe a debt of gratitude to MCMC USA for your continued commitment and support in terms of funding for our activities in Uganda and have ensured that we carry on, despite the trying times brought about by the Covid 19 pandemic. We also appreciate the health facility improvements and renovations undertaken, which has given a homey and amiable environment to carry out our activities. Thank you for the opportunity to contribute to the humanitarian cause to improve lives through this venture.

Yours sincerely in service,

Hilda Nakuya Kugonza
Accounts and Administration

We want to thank you, our supporters, for your donations. At this time we receive about \$1000 per month from sustaining supporters. As we look to expand our services to include maternity and birthing services, we will need about \$1500 in monthly contributions. American dollars buy a lot of medicine and services in Uganda. We hope you will consider a monthly donation to this ongoing, life-affirming cause.

Donations may be sent to
MCMC
PO Box 40787
Eugene, OR 97404