



December 2007

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## Uganda Mission

Dear Friends of Uganda!

A year has gone by since our team went to Uganda with Far Reaching Ministries. Many of you donated toward this mission and we want to say...**thank you** from deep in our hearts! For those who were not able to attend our slide show, I would like to summarize our accomplishments.



Through the St. Vincent's Foundation, Uganda Fund, you all graciously donated approximately \$5,000.00. Your donation items and monetary support provided basic medical supplies, vitamins, eye drops, blankets, tin pots, malaria test kits, antibiotics, antimalarials, antifungals, de-worming medications, mosquito nets, plastic mattress covers, sheets, shampoo etc. for those in need. Some of these funds were also donated to provide care in the Uganda medical system for those without access. During our visit, we held outreach clinics and teaching sessions on hygiene, sanitation, nutrition and disease prevention education, as well as children's ministry. Here are some details of our visit: See page 3.



Again, I want to thank all of you who helped so much with our initial trip in November. I wish all of you could see what a small amount of money is able to do in this country. I am also extremely excited now that we are able to actually provide funds for medications to be given out through clinics now staffed with Ugandan nurses. With clean water and ongoing medical support, we help the people of Uganda to become more self-sufficient.



Please consider helping us with donations and/or ongoing pledges for the people of Uganda. Nadine Hart and Terry Fettig will again be going to Uganda in January and February 2008 and will bring us an update.

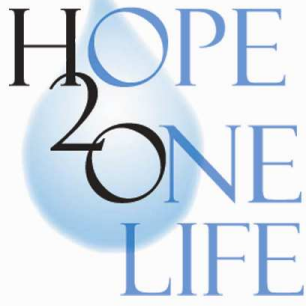
Sincerely,

*Marty Lucas, MD*

Martin K. Lucas, MD

## Inside this issue:

Mission, Vision, and Goals	2
Beginning with One Life	2
Calvary Chapel-Entebbe	3
Kitgum Infant Orphan Care Center	3
Family Empowerment Farm in Masindi	3
After our Trip- Clean Water Project	3
Get Involved—World Water Day	4
How You Can Help: Greatest Needs	4



## Mission, Vision, and Goal

**MISSION:** To provide hope, clean water, health care and educational resources for impoverished people.

**VISION:** Through personal contact and professional connection, HOPE 2 ONE LIFE, INC., supports water and sanitation projects, medical clinics, health care and education for people in need.



**VALUES:** Each life is valued. All persons are respected as human beings.

**GOAL:** Women and family empowerment toward self-independence and a sustainable future.



*H2O Life is a faith-based non-profit organization, currently operating under St. Vincent Healthcare Foundation, 501c3 status is pending.*

*“A little went a long way and a little more will continue to improve the health, future and hope for the impoverished, war ravaged...babies, children, widows, orphans and families of Uganda.”*

*-Nadine Hart, PA-C*

## Beginning with One Life

Our community's interest in providing clean water and healthcare for under-developed countries began with the life of one boy, Kenneth Mwanje. In 2004, a Ugandan boy with sickle cell disease was brought to Billings, Montana, by Nadine Hart for medical help at St. Vincent Healthcare because he suffered from severe destruction of his hips making every step painful.

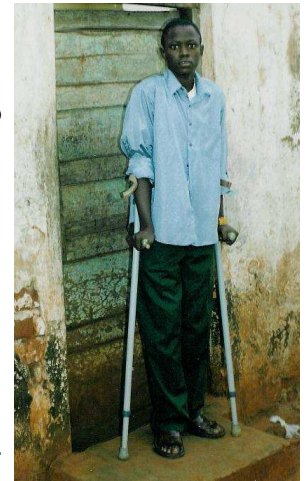
Bone destruction is only one facet of sickle cell disease which affects many young Africans. The most important intervention to prevent painful crisis in sickle cell disease is hydration. Clean water to provide vigorous hydration for those with sickle cell is not available in many countries where sickle cell disease is prevalent.

This one boy has now been blessed with two new hips by Dean Sukin, MD, so that he walks without pain. With Dr. Ed Malters, Dr. Lucas and a team of physicians and healthcare providers, good

nutrition and plenty of water, he now rarely has problems with sickle cell crisis. Illiterate, Kenny concentrated on his education through tutoring by many volunteers and Sylvan Learning, eventually attending Billings Central Catholic High School and Lincoln Center. He obtained his GED and now attends Rocky Mountain College.

Hope 2 One Life has been formed by those who have been touched by this young boy's life with the goal to help others like him by bringing them the resource of clean water, healthcare, education, and the knowledge to care for these resources.

*“My life is forever changed....Thanks everyone so much for my greatest dream.....health and an education. May God Bless you!”*



**YOU Can Make a Difference!**



# Our Visit

## 1. Medical Outreach to Calvary Chapel-Entebbe



We focused on antimalarial testing and treatment of malaria. Health and hygiene teaching and first aid kits were also provided to the widows. With \$300 donated to Calvary Chapel Entebbe, they have now begun their own clinic with a Ugandan nurse, Dianne. They have been able to place cabinets within their clinic where medications can be stored. With the help of St. Vincent's Foundation we have now committed to supplying this clinic \$100.00 per month on a continuing basis to buy supplies.



## 2. Kitgum Infant Orphan Care Center



We spent four days at the Kitgum Infant Care Center treating skin infections, scalp fungus, respiratory diseases, malaria, and anemia. We found the children weak, sick and listless. With the use of the donated hemoglobin testing machine many were noted to have hemoglobin levels of 7 or below. The beautiful thing about our visit, within four days, we could see the children were actually feeling better. Through your generous donations, we supplied the care center with plastic mattress covers and sheets: prior to this the children had been sleeping on bare mattresses. You can



understand the health risk as diapers are not available for the children. Our team was able to leave multiple plastic tubs full of medical supplies for these children, including iron supplements, vitamins and anti-fungal shampoo. Nadine noted on her visit in March 2007 that the children continued to appear healthy. At this point, they are running out of supplies and are in need of continued support.

## 3. Family Empowerment Farm in Masindi



The Family Empowerment Farm in Masindi is a fantastic haven where widows and orphans who have fled the war in northern Uganda are able to start new lives. This is a Christian organization that is working diligently to help those who come here become self-sufficient. During our stay we saw patients in a dirt floored shell of a building with minimal ambient light and the company of chickens. Through your help, \$450.00 was given to this



clinic to improve the facility. Now the clinic actually has windows, a door, partitioned areas for the privacy of patients, and a floor.

Along with treating patients at this clinic, we were able to leave intravenous medications to treat one young boy with central nervous system malaria and provide the money for an eye exam for one of the workers. These are only a few examples of the many wonderful things your dollars were able to do in Uganda. It was very apparent that the main need was clean water, hygiene and sanitation. When asking the widows at the farm what they prayed for most diligently, they stated tin pots which could be used to boil water. Through your generosity, we



Nurse Susan

were able to buy each family a pot to boil their water, mosquito nets to prevent re-infection with malaria, blankets, toothbrushes, soap, and first aid kits.



## After our Trip - Clean water project



We came away with the conviction that 75-80% of the illnesses that we saw could be prevented with clean water, soap and mosquito nets. We provided 280 mosquito nets to the Infant Care Center in Kitgum and to the widows at the Family Empowerment Farm. Nadine Hart and others then began a drive to raise money to provide wells (bore holes) and water filtration sand systems for the Family Empowerment Farm. Through a \$9,500.00 grant from the Atkinson Foundation, the Farm now has a deep water well and 40 bio-sand filters for each home. Your \$500 donation funded the hydrology survey.



A second well was also funded through Calvary Chapel Billings. As God often works, because of problems with the drilling process, a third well which is not safe for drinking but is excellent for irrigation was also inadvertently dug on the farm. Through St. Vincent Healthcare Foundation and Hope to One Life, Nadine continues to fundraise for clean water in Africa. If anyone is interested in helping with this cause, SVHF continues to have its Uganda Fund open and all help is very much appreciated. We are currently raising money toward two more deep water wells, bio-sand filters and life-straws.



# Get Involved

From: Craig Linquist <[craig@fmafrica.org](mailto:craig@fmafrica.org)>  
Date: Nov 10, 2007 4:31 AM  
Subject: Report on Use of Medical Funds  
To: Nadine Hart <[nadine.hart@gmail.com](mailto:nadine.hart@gmail.com)>

Nadine,

We are very appreciative of the quarterly sum of \$300 you are sending to the church. As you know, we minister in a poor part of Entebbe and there are many people who need medical attention who don't get it because they don't have the money to pay for the drugs. The funds you have sent us have helped us in three ways:

1. We have a small stocked medicine cabinet at the church which we have stocked with drugs to treat the most common ailments here (malaria, worms, fungus, infections, flu, etc.) We have a nurse in the congregation who dispenses the drugs to needy people every week.
2. Some people have ailments that we can't treat and that need fairly expensive procedures. We are able to assist in the costs of procedures and operations on a case by case basis. Typically, these have been hernia, goiter, eye surgery, several surgeries on women with complications of the uterus.
3. Most recently, we facilitated a medical outreach to the village where the Widows work farm is (Nangombe). This is supposed to be done by the government, but because it is remote and difficult to get to (you need to use a boat), they rarely go. So we have mobilized the government health care workers to do their job and go to the village, and for our part, we provide the facilitation (transport, some of the medicine, food for the nurses, publicity in the village etc.) We also use the opportunity to share the love of Christ with the villagers and do special outreaches for the children. Our last outreach enabled us to treat nearly 100 with drugs for various ailments, and immunize 95 babies and children against basic diseases. It was a great success and the government hospital really appreciated our effort. We followed up by taking the women's fellowship from church to the hospital to clean the women's ward and the children's ward. It was extremely dirty with nearly sick and dying women crowded into a room meant for 10 beds. Many were on the floor. Urine and feces were on the floors and walls...bad.

What we would like to do: We would like to do the village outreach once a month...focusing on different things each month (immunizations, eyes etc). The cost to the church for the outreach by itself is about \$150. We supply the medicines, mobilization, transport, food, and the government supplies the nurses and some of the medicine.



Blessings,

**Craig**



## Walk for Water

Free 5K or 1 mile walk

Saturday, March 29 at 9am • MSU-Billings

*Are you aware 4,900 children die each day from preventable illnesses due to contaminated water?*

You can help! Join us at this free walk to benefit the 1.1 billion people worldwide who do not have access to clean water and the 2.6 billion who lack access to adequate sanitation.

- Water Mission & Informational Booths
- Demonstrations
- Refreshments
- T-shirts
- Slide Show
- Entertainment

Presenting  
Sponsor:



Contact Nadine Hart at 248.1954 or [nadine.hart@gmail.com](mailto:nadine.hart@gmail.com) for information.  
Donations for World Water Day gladly accepted, call 237.3600.

## How You Can Help: Future Needs

As stated above, we are committed to supporting the Calvary Chapel Entebbe Clinic with \$100.00 per month on an ongoing basis. We also have hopes of supporting the Family Empowerment Farm Grace Community Clinic with the same amount (\$100.00 per month) on an ongoing basis.

We have been made aware of a significant need in Kitgum, Northern Uganda. There is a need for medical funding at the Tender Trust Orphanage and Northern Based Community Action for Children with Disabilities. This organization cares for orphans who are deaf, blind, and disabled. Our hopes are to supply them with \$450.00 quarterly on an ongoing basis.

If anyone is interested in making a donation or pledge to help any of these medical clinics or water projects, please make your donations to the St. Vincent Healthcare Foundation Uganda Fund – Medical, Water, or Unrestricted. Any and all help will be very much appreciated. It is amazing how a small amount of money can make such a difference. 100% of your donations go directly to Africa and is tax-deductable.

Here are a few examples:

- \$25 buys a malarial test kit (25 tests).
- \$6 buys a mosquito net.
- \$15 buys a first aid /hygiene kit.
- \$30 buys the construction of one bio-sand water filter for a family.
- \$25 will buy materials for a latrine.
- \$200 buys a biosand water filter mold that can be re-used to build the individual biosand filters.
- \$150 buys a C.U.R.E. kit (60 lb. kit equipped with wound and first aid supplies, basic instruments, medications, etc.)
- \$100-\$150 per month supports a clinic/healthcare in Uganda
- \$5 buys a LifeStraw (water filter straw)

### Send Donations to:

St. Vincent Healthcare Foundation  
1106 N 30th Street  
Billings, MT 59101  
Attn: H2O Life Uganda Fund