

First Quarter Newsletter



January Clinic Pinnacles

Highlighted Case Opportunities: It is warm and dusty in Fort Portal, but the community still has reasons to visit the Clinic. Malaria, Common Colds and Coughs, Urinary Tract Infections and Sexually Transmitted Diseases are conditions prevalent for this month. There were two cases of Retained Products of Conception (RPOC) noted in January. These conditions exist because criminal abortions are performed by young girls trying to get rid of unwanted or unexpected pregnancies. The Clinic strives to educate the girls on abstaining from sexual intercourse and family planning for good habits. One out of five women die from hemorrhaging due to abortions that are performed without proper care.

The Clinic is equipped to service some abortion emergencies but need speculums and evacuation sets.



February Clinic Pinnacles

Highlighted Case Opportunities: Malaria, Colds and Diarrhea remain areas serviced for visiting patients, but Bacteremia and Pneumonia rank high in the conditions treated in the Clinic. What is ranking higher than these conditions is the reappearance of the Ebola Virus in this Ugandan community. It is speculated that the reoccurrence is originating from The Republic of Congo. A lot of the people are starving and poor, so they resort to eating wild meat like monkeys, bats, Baboons, and others. The problem is also that the people are not properly preparing the meat and undercook it which causes the virus to be ingested, and the virus is contracted. Chance of survival after contracting the virus is 0.1%.

Consequences of this Ebola outbreak in the Congo and its neighboring countries has alerted the government to enforce a limit to traveling, additional vaccinations, and sending health teams are to these areas to contain the outbreak of the Ebola virus.

A 25-year-old patient, Asimwe Vincent, visited the Parrish Clinic with Ebola-like symptoms. The staff immediately put on protective clothing and called the District Health Team. Vincent was referred to the Regional Hospital where his tests came back with positive results for the Ebola virus. Early detection saved Vincent's life.



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Volume 10, Issue 1
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March Clinic Pinnacles

Highlighted Case Opportunities: Among the top conditions treated at the Clinic remain Malaria, Common Colds, and Coughs. Sexually Transmitted Infections is the concerning condition treated with 27 patients treated, which is a high number for the month of March. Among the diseases there were nine cases of Gonorrhea, one case of Herpes, six cases of Syphilis, ten cases of Vaginal Candidiasis, and one of Vaginitis.

Syphilis, left untreated, can cause serious health issues. For an expectant mother it can cross the placenta barrier and cross over to the baby. Because the Clinic has specialized antenatal care it has a well-equipped laboratory that saved three mothers, with their babies, and two men.



Essential Medical Equipment

For the Clinic to operate more efficiently, we have listed equipment needs with **Uganda's approximate costs**. Please join us in working to send the Clinic funds for equipment. Equipment and cost range is:

- Speculum Examining Set: \$300-\$500 (20 pcs.)
- Evacuation Set: \$300-\$500 (estimate)

Speculum Set



Evacuation Set





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Ugandan Children's Manager's Report January - March

In the month of **January**, the children reported back to school for their Term I. Report cards are being prepared for Term III 2024. The children's manager will submit them as soon as possible. It is a great challenge to get all the children to respond in a timely manner. Those who completed Primary Levels have now joined Secondary Levels which enters them into different schools. This is a milestone achievement for the students. The manager visited some of the children in their homes and it was reported by their guardians that the children are disciplined and helps with domestic chores.

In **February**, school fees were paid through the children's sponsors. They truly appreciate the continued support of their sponsors. Because of generous donors, HH Charities was able to send funds to purchase several uniforms and backpacks for the children. The children had Carriers Day, a day when the guardians visit the school, but some guardians were too weak to travel to the school therefore the children's manager was able to step in for them. The children are very appreciative and feel well-supported by an adult.

In **March**, the children, again, sent thoughts of appreciation for their sponsors and HH Charities. Because their needs are provided for, they can concentrate on their education and their reading more effectively. Counseling sessions with the children's manager and other adults were set up for the children. The adolescent years are challenging for them so, they are provided with guidance from caring adults.



Imagine Life Through a Child's Eyes...Sponsor a Child's Education!

Ugandan Children's Tuition/Support for 2025 Fort Portal, Uganda

Term I – February 27th – May 2nd
(Funds due by February 14, 2025)

Term II – May 26th – August 22nd
(Funds due by May 19, 2025)

Term III – September 15th – December 5th
(Funds due by September 8, 2025)

Funds are used for: Tuition, Uniform, Lunch Meals, School Supplies, Additional Meals/Clothes

ANNUAL TOTAL-----\$396/\$450 (according to grade level)

Term Payments: \$132/\$150 per term (according to grade level)

Monthly payments: \$33/\$38 per month ((according to grade level) Auto Pay via PayPal (Donate) or Your Bank)

Payments accepted: Checks (mailed to address below)

Credit Card Payments: via PayPal (Donate) at www.hhcharities.org

Zelle (Business): (info@hhcharities.org)/CashApp (Business): \$Humanitarianhands

*** Use your Match Program at your place of employment to maximize your giving. ***

95% of your tuition payments are wired to Uganda for the children

92% if paying via credit card payments 3% for charge fees/5% for administrative costs