



Fourth Quarter Newsletter



October Clinic Pinnacles

Highlighted Case Opportunities: The John H. and Marie Parrish Medical Clinic hosted the Breast Cancer Awareness Month. The theme was “No one should face breast cancer alone.” The goal for the attendees was to inform them of ways to reduce the stigma of breast cancer through education, self-examination, mammograms, recognizing symptoms, and effective treatments.

The Clinic offered other services to ensure a holistic approach to healthcare for their 100+ attendees. Examination screening was given to 71 women and training on how to perform self-examinations. There were three women referred to the Fort Portal Regional Referral Hospital for further examination. **The Clinic does not have the necessary Breast Ultrasound and the Breast Magnetic Resonance Imaging (MRI) equipment to complete a diagnosis.**

Included in the holistic offering was HIV Screening and counseling, Blood pressure and glucose testing, Syphilis testing and treatment, Cervical cancer screening and Deworming.

November Clinic Pinnacles

Highlighted Case Opportunities: The focus for November was on Malaria. This illness continues to infiltrate many of the people in Fort Portal Uganda. The rainy season brings out the female mosquitos that infects others with Malaria. The report shows that 51 people were infected with Malaria this month.

The mosquito parasite enters the body through the bloodstream and travels to the liver. The parasite multiplies and continues to infect the red blood cells. After 48 – 72 hours the effects of the infection can produce fever, chills, and sweating. The three stages of Malaria are the Cold Stage-the patient feels cold and shivers, the Hot Stage-the patient feels hot, and the Sweating Stage-the patient sweats and begins to feel relief of their symptoms.

The consequences of Malaria can be deadly. Rosemary had Malaria during her pregnancy and she had maternal anemia. Her baby was born with a low body weight and passed away. Rosemary became pregnant again but decided to educate herself on Malaria so her baby would not be affected. She followed a medicinal regimen despite her Malaria and was able to deliver a healthy baby girl.

Richard, a 29-year-old male, contracted Malaria while visiting family. He became ill after two nights there then returned home with a high fever, headaches, loss of balance, and muscle aches. Richard’s sister had just



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November Clinic Pinnacles cont'd

passed a few months earlier so he was fearful of Malaria's outcome. Richard's wife took him to the John H. and Marie Parrish Medical Clinic for treatment. After taking his history and lab tests, Richard was positively diagnosed with Malaria. He was given treatment and released to go home. Richard was praising the Clinic staff for their customer care.



December Clinic Pinnacles

Highlighted Case Opportunities: A Blood Donation Camp was held at the John H. and Marie Parrish Medical Clinic this month. The theme was "Donate blood-every drop saves lives." The Clinic made people aware of the need for donated blood that will save lives.

Blood Plasma serves several functions: it helps to maintain blood pressure, it provides proteins for blood clotting, and it balances the levels of sodium and potassium.

As a result of the education received from the Blood Donation Camp, 22 donors produced 66 units of blood for the Clinic's use. After a few days, the body replaces the red blood cells that was donated.

Susan was a young expectant mother who was getting ready to deliver her first child. She visited the John H. and Marie Parrish Medical Clinic for a normal delivery, but it turned into a three-hour procedure because of complications. Susan was experiencing a hemorrhage and lost a lot of blood. The Parrish Clinic was able to give Susan nine units of blood and she survived.



Humanitarian Hands CHARITIES

Building Hope...
One Heart, One Life, One Community At A Time

Volume 10, Issue 4
January 2026

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Ugandan Children's Manager's Report October - December

The children's manager combined the reports for **October and November**. The children successfully completed their Third Term for 2025. Many of the children showed scholastic progress throughout the year. The children's manager continually meets with the guardians to ensure they are openly communicating and supporting the children. There remains a need for the guardians to be steadfast in giving the children emotional support addressing peer pressure, self-esteem, and daily living. Consistently communicating with the children reinforces resilience, confidence, and positive thinking in their everyday lives.

As in the states, not all guardians are able to effectively support their children, but the children's manager attempts to communicate with the guardians through periodic phone calls. Some of the children are waiting for a new uniform, shoes, and backpacks for the new school Term in 2026.

December addresses the upcoming end-of-the-year exam on the 5th of this month. The children's manager visited the various primary and secondary schools the children attend to evaluate the children's progress in their education. She also checks on the children's attendance, classroom participation, and their overall well-being. After the exams, the children were assessed to have done well and successfully completed Term III. The end-of-the-year celebration was organized and was celebrated by the children. Thank you to our special donors for helping them to celebrate well!



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

Terms for **Ugandan Public Schools**:

Term I – February 2nd – May 1st

(Funds due by January 28, 2026)

Term II – May 25th – August 21st

(Funds due by May 20, 2026)

Term III – September 14th – December 4th

(Funds due by September 9, 2026)

Funds are used for: Tuition, Uniform, Shoes, School Supplies, Lunch Meals

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**