



# International Medical Health Organization (IMHO)

Issue: #45

December 2014

## In This Issue

Reflections on 2014 &  
Investing in the New Year

## Quick Links: Recent Reports

[2014 Annual Souvenir Program](#)

[2013 IMHO Annual Report](#)

[Empowerment of War-Affected Women through the Promotion of Savings](#)

[Mental Health in Older People](#)

[Jaffna Medical Association \(JMA\) Newsletter: June 2013](#)

[2013 Annual Souvenir Program](#)

[IMHO Annual Update: Leading the Way Forward](#)

[Return to our Roots: Full IMHO Overview](#)

[Cancer Care at Batticaloa Hospital](#)

[Let Us Not Forget: Societal Evolution in Sri Lanka](#)

[Mental Health Development Efforts in Sri Lanka & Ethiopia](#)

[Women's Health Issues & Current Needs](#)

[Profiles of War-Affected Families in Sri Lanka](#)

[In Service of Humanity: Global Outreach of IMHO](#)



## Reflections on 2014:

### Supporting IMHO in Continued Efforts to Serve Those in Need Globally

Dear Friends,

On behalf of our entire IMHO family, we would like to take a moment to say thank you for your continued support of our efforts to improve the health and wellbeing of those in need globally and to wish you a prosperous, healthy, and joyful 2015!

As another year comes to a close, we reflect on how far we have come together over the past year. IMHO continues to be a beacon of hope for thousands across Sri Lanka and the 14 other countries where we have supported relief & development efforts in times of crises and great need and positively impacted more than 2 million lives.

[All Previous IMHO e-Newsletters](#)

Follow IMHO on



[Follow Us on Twitter](#)



[Follow Us on Facebook](#)



[Subscribe to our YouTube](#)

[Follow Us on GuideStar](#)

[Follow Us on Idealist](#)

Our efforts over the past 11 years have resulted in the channeling of over \$3.8M in financial and material support to dozens of local partner organizations and institutions, the vast majority of which has benefited communities deeply affected by chronic poverty, war, natural disaster, and other hardship across Sri Lanka.

The impact of these efforts, however, cannot be summed up in numbers or statistics alone. Rather, it is the personal testimonials of those affected that are the most telling. A paraplegic in Northern Sri Lanka who benefitted from an IMHO-supported three-wheeler livelihoods development project noted, "I feel like I got more than just my legs back, I got my life back."

With a vast and established network of local partners on whom we can rely, we can be sure that aid and assistance is getting through efficiently and effectively. We believe in providing a holistic set of services and support to help pull marginalized and struggling communities out of poverty to ensure that all people have the ability to lead a healthy and productive life.

The power to positively impact the life of another and perhaps even save a life, lies with you. Our work is only possible through your generous contributions. As we keep pushing forward, please consider making a donation to IMHO today to help create a new beginning for others in need. It is not too late to make a tax-deductible end-of-year donation to IMHO:

## [DONATE HERE](#)

Alternatively, you can send us a check made out to "IMHO" to our new mailing address:

IMHO Treasurer  
P.O. Box 341466  
Columbus, OH 43234

Thank you for your thoughtful support and compassion. Together we are making a difference. Wishing you a very Happy New Year!

With gratitude,  
The IMHO Board of Directors & Team

**Be the  
Difference.  
Save a Life with  
just \$1/day!**

With just \$1/day (or \$30/month) you can help save and improve the lives of persons in need in Sri Lanka and elsewhere around the globe. Please consider making a donation to IMHO today. You can donate online via PayPal as a one-time or recurring donation (the amount & frequency of which are up to you).

You can also donate via mail by sending a check made out to "IMHO"

**DONATE**  
**TODAY!**

to the following address:

IMHO Treasurer  
P.O. Box 341466  
Columbus, OH 43234  
U.S.A.

All donations are tax-deductible (tax ID code #59-3779465)