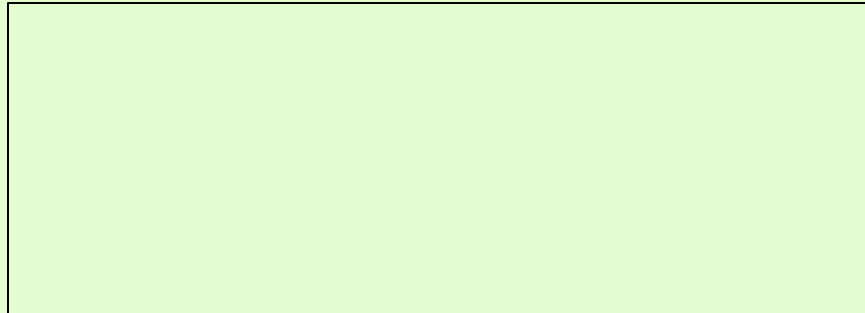




International Medical Health Organization (IMHO)
955 Proprietors Road, Suite B
Worthington, OH 43085

Postage
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Dear Friends,

On behalf of our entire IMHO Board of Directors, I would like to take a moment to reflect on how far we have come together over the past year and to express our deep gratitude to you for your thoughtful support of our mission and efforts.

As you are aware, IMHO responds in times of crises and works to strengthen health systems in under-served communities. Our efforts over the past decade have resulted in the channeling of over \$3.4M 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. One such recent achievement has been the support IMHO has offered to dozens of paraplegics through a three-wheeler livelihoods development project. As one beneficiary noted, *"I feel like I got more than just my legs back, I got my life back."* IMHO has also been at the forefront of raising awareness and improving care in the fields of mental health and chronic diseases like diabetes and heart disease, and is even spearheading a new initiative to establish a Center for Neuro-Developmental Disorders such as autism. In recent months, the number of requests coming from trusted local caregivers and nonprofit partner organizations in Sri Lanka has grown steadily. We need your support now more than ever...

Aside from our work in Sri Lanka, IMHO has also supported efforts in 14 other countries, including ongoing projects in Haiti and Ethiopia. IMHO also responded immediately to the Typhoon Haiyan disaster currently afflicting the Philippines by making contributions of \$2,500/each to the emergency relief efforts of both Direct Relief International and Mano-a-Mano Medical & Surgical Salvage. Wherever there is need, IMHO has always been willing to lend a helping hand. And with a vast network of local partners on whom we can rely, we can be sure that aid and assistance is getting through efficiently and effectively. We also 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 begin a new year, please consider making a donation to IMHO today to help create a new beginning for others in need. We offer the following update on some of our many activities for your kind consideration.

Warm Regards,

Dr. Kanaga Sena, IMHO USA President

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Restoring Mobility & Hope to Paraplegics



Thanks to the generous support of so many people, over the past several months IMHO has been able to offer life-altering support for 18 paraplegics and their families in Vanni, Northern Sri Lanka and has raised the necessary funds to help another 12 paraplegics. These efforts have benefited spinally-injured paraplegics who have been rehabilitated through the hard work and dedication of local partners, physicians, and rehabilitation experts. They have been trained, empowered, and given the necessary resources to drive specially equipped three-wheelers with hand control modifications. All of the beneficiaries were in a desperate socio-economic status at the outset, being excluded from holding a job and participating in many daily activities on account of their lack of mobility, poor infrastructure, stigma, and more. Since undertaking this initiative, many more paraplegics have emerged as the success of this project has become more well-known. The list of persons in need has grown to more than 100 names. While it may not be possible to reach them all, IMHO has so far impacted the lives of 30 such paraplegics. And with your help, we hope to do more...

This ongoing project is being implemented with the help of local partners and will benefit future recipients as well, all of whom are quadriplegics, through a monthly return of funds by the beneficiaries. All of the beneficiaries to-date have written letters of gratitude and testimonials as to how this intervention has forever changed their lives. As one beneficiary noted, *"I feel like I got more than just my legs back...I got my life back."* We felt it was important to share one such letter with you. The following letter was written and presented in August 2013 by one of the 18 original beneficiaries and was translated into English from Tamil:

"I, Mr. Yoganathan, would like to let you know that I am a paraplegic injured in the Vanni area. I have gone through numerous hardships and have been unable to travel anywhere. It has been impossible for me to even go to the Community Center or to the hospital. After receiving a three-wheeler from IMHO, we feel like we have regained function of both our legs. This three-wheeler is an absolute need for our livelihoods. Aside from this, it has helped us to meet the needs of our children going to school, helped us to earn a living, and encouraged us to be a part of the community. We consider the IMHO and all the project donors as our family, and we thank them wholeheartedly for this assistance. Our humble request is that you will also consider helping the other paraplegics still in need of a three-wheeler."

If you would like to sponsor a three-wheeler, please contact an IMHO Board Member today!

Striving towards Self-Sufficiency for Ozanam Centre for Special Needs Youth

The loss of property and livelihoods remains a major obstacle in restoring a sense of normalcy and self-sufficiency in communities across Northern and Eastern Sri Lanka. By investing in income-generating activities, we can begin to overcome those challenges. Earlier this year IMHO gave support



to establish a farm for raising pigs and chickens and a rice grinding machine to the Ozanam Centre for those that need Special Care in Batticaloa to assist with income generation for the facility. The returns from those investments have already started making a difference. The Ozanam Centre looks after the special needs of 30 children, 10 adult girls, and 12 daycare students with special needs, such as autism, Downs Syndrome, physical disabilities, and learning disabilities. With the help of IMHO, the center's operations are gradually moving towards a point of being self-sustaining.

Appeal for Your Support: Please Help Us to Establish a Center for Neuro-Developmental Disorders in Sri Lanka

In accordance with the global tendency, the incidence, prevalence and awareness of neuro-developmental disorders are on the rise in Sri Lanka. Unfortunately, services related to these disorders are at a bare minimum. There are only a few child psychiatrists available in the whole country, and their services are mainly available in Colombo, Kandy, and Galle. Similarly, there are only a few clinical psychologists available and even fewer who are interested in Autism and other spectrum-related disorders. Only a few schools and a handful of NGOs and institutions provide services to these children, but they are not at all sufficient to meet the demand. There remains a long way to go in developing these services to cater to the needs for all of Sri Lanka.

Locally, in Jaffna, there is not a single child psychiatrist and/or a clinical psychologist. The one and only adult psychiatrist tries to help these children with a 'clinical' assessment and some general advice, guidance, and referral. In the educational system, the special education unit tries to identify these children and provides non-goal directed special education services in selected schools. In this reality, the majority of the children with learning difficulties are being neglected from the mainstream and are deprived of having specialized services. Their parents continue to suffer, living in a reality where they themselves struggle with their child's condition and have no access to any specialized assessment, advice, support, or educational services to themselves and/or their loved ones. There are no self-help groups or support groups for these parents. It is in this background that IMHO is planning to develop a Center for Neuro-Developmental Disorders in Jaffna with the partnership of the Department of Health, University of Jaffna, Department of Education, and NGOs.

We are currently looking for prospective donors who are willing to invest in this new and ambitious initiative. Please let us know if you are interested in joining us in making this center a reality!

Jaffna Jaipur Centre for Disability Rehabilitation: Empowering Amputees in Sri Lanka

Over the years IMHO has lent its support to a number of projects to serve the needs of war amputees and the physically disabled throughout Northern Sri Lanka. Efforts have included support for corrective surgeries to be done on amputated limbs, the fitting of artificial limbs, pre- and post-op physiotherapy, counseling & psychosocial services, provision of wheelchairs & other orthotic/mobility

devices, livelihoods support, and more. With an estimated 20,000+ amputees and disabled persons in the Northeast of Sri Lanka, the needs are massive. Many continue to suffer from physical and mental trauma, lack of occupation, discomfort, and lack of mobility, all of which must be addressed urgently. IMHO has taken strides to provide services and support in all of these areas and is expanding our partnership with the Jaffna Jaipur Centre for Disability Rehabilitation (JJCDR) in particular as we move forward. On October 30th, JJCDR officially unveiled 2 new books, Stump Care for Below-Knee Amputees and Stump Care for Above-Knee Amputees, at a function at their office in Jaffna, Sri Lanka. The Chief Guest of the event was Dr. K. Umapathy, Consultant Orthopaedic Surgeon at the Teaching Hospital Jaffna. The printing of these books was sponsored by IMHO.



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Building the Capacity of Mental Health Services in Batticaloa

IMHO remains at the forefront of promoting mental health care throughout Sri Lanka and inspiring change amongst community partners and service providers. In August, IMHO sponsored a staff capacity-building training program in Batticaloa, Eastern Sri Lanka in which 13 psychiatric social workers and 5 therapists attached to the Kalmunai Base Hospital Rehabilitation Unit, 2 staff attached to the Palamunai Rehabilitation Unit, and 1 staff attached to the St. Benedict Brothers of Charity Rehabilitation Center gained important training and skills development. Later, 14 motorbikes were handed over to regional health officials to support psychiatric social workers and staff with improved transportation for the benefit of mental health patients there. With a handful of ambitious and deeply committed local partners, all of these interventions are going a long way in promoting improved mental health care and development of mental health care delivery systems throughout Sri Lanka.



Be the Difference. Inspire Change. Make a Contribution Today.

Your generous contributions make our work possible! Will you help support us in our mission to create healthier and more productive societies globally by making a donation today? You can make a single or recurring donation online at www.TheIMHO.org or simply send a check made out to "IMHO" to the following address. If you prefer your donation to go towards a specific project, please make a note of it in the subject line. All donations are tax-deductible (tax ID#59-3779465) and a tax receipt will be promptly issued.



IMHO Treasurer
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