



International Medical Health Organization (IMHO)

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IMHO Embarks on a New Journey in Africa...

A land of extremes where the beautiful landscapes contrast sharply with images of mind-numbing poverty, Ethiopia is an ideal new frontier for IMHO, where a little service can go a long way in saving and improving the lives of the most vulnerable. For two weeks, a team of 6 IMHO volunteers embarked on an incredible journey, marking IMHO's first directly implemented effort in the African continent. The team had several objectives, including delivering a number of health & medical supplies, carrying out a needs assessment at each of the hospitals & clinics visited, conducting medical lectures & trainings, and laying the foundation for future long-term efforts. While necessary amendments to these objectives were made once on the ground, each was accomplished, thanks to our committed international volunteers and local counterparts. Joining us for this trip were Dr. Bonnie Wirfs (an internist from WI), Dr. Betsy Finigan (a family medicine doctor from NY), Dr. Alan Krohn (a psychologist/ psychoanalyst from MI), Ms. Hayat Ali (an MPH grad from Canada), Ms. Anouk Vashe (a photographer from CA), and Mr. Greg Buie (IMHO Programs Coordinator from CA).

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Working in partnership with the [Amhara Development Association](#), IMHO targeted the cities of Bahir Dar, Gonder, and Debarq, all in the Amhara Region of Northwest Ethiopia. This area has had a legacy of under-development, evidenced by the fact that 90.4% of the rural community has no access to potable water, 56% lack health services, and 53.7% of school age children do not have access to any education whatsoever. Primary education benefits only 46.3% of the population, and secondary education reaches a mere 6.3%. The low levels of agriculture productivity, combined with the continual sub-divisions of land due to rural population increase and recurrent drought in parts of the region, result in approximately 3.5 million people (almost 25% of the population) being left food insecure.

Please read our **full report and assessment**, complete with photos of the experience and the needs witnessed, by clicking [HERE](#).

You can also view a **full list of equipments, medicines, and supplies requested** by the various hospitals, clinics, and schools with which we met throughout the trip by clicking [HERE](#).

For a complete **photo gallery** of the experience, please visit our "[Picture Gallery](#)" page, and click on the tab for "Ethiopia Medical Trip 2010".

Transforming Lives through Microcredit/Livelihoods Efforts in Kilinochchi



Good news out of Kilinochchi--the microcredit & livelihoods empowerment initiatives being sponsored by IMHO are already producing noticeable results. Those who have benefited from this effort have seen an improvement in their overall well being, thanks to the true dedication and hard work of our local partners. For those who have started poultry farms, the hens have started laying eggs. For those who have opened small businesses, the returns are starting to come in. There are many such similar stories, testimonies to the perseverance of the human spirit and to the power of giving. In addition, the International Organization for Migration (IOM) provided semi-structured houses to many of the same mental health patients who were without homes. Together we truly can make an impact...

IMHO Semi-Annual Meeting in Baltimore Highlights IMHO's Growth & Nature

Another year, another successful event-IMHO held its 7th Semi-Annual Meeting in Baltimore, Maryland on

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this year about our growth and the diversification of our efforts, we were proud to welcome several speakers to highlight the unique work that IMHO does. Our speakers this year included **Dr. Nitin Puri**, a Board member for the [Dr. Henri Gerard Desgranges Foundation](#) which runs a medical clinic and school in Petit-Goave, Haiti. Earlier this year our IMHO

Secretary, Dr. Thambipillai, volunteered with this organization in Haiti. IMHO is now serving as their fiscal sponsor and has provided support to transport an ambulance donated here in the US to Haiti. Continuing on our theme of highlighting efforts in new countries, we next heard from **Dr. Meles Asfaw**, Chairman of the Amhara Development Association of North America (ADANA), an organization committed to improving the wellbeing of the people of the Amhara Region in Northwest Ethiopia. IMHO has partnered with the [Amhara Development Association](#) in Ethiopia for our upcoming 2-week volunteer medical mission.

Other speakers for the day included **Dr. Ananthakumar**, Committee Member of the [SJC87 Scholarship Initiative](#) in Sri Lanka, and **Dr. Alice LoCicero** of the Massachusetts School of Professional Psychology. Dr. Ananthakumar spoke about the need for serving the educational needs and overall wellbeing of the children affected and displaced by the war in Sri Lanka. He highlighted some of their educational and therapeutic efforts, especially those utilizing art as a form of expression and recovery. With extensive experience volunteering in Sri Lanka and working with those affected by trauma, Dr. LoCicero offered her unique perspectives on "Psychological Trauma & Mental Health Issues amongst Patients in Mannar". Earlier this year IMHO made mental a top priority for 2010, and hearing Dr. LoCicero's presentation further drove home the point that mental health is crucial to the personal and communal recovery and wellbeing of the people of Sri Lanka.

From our own IMHO Team, we also heard from **Dr. S. Nanthakumar** (IMHO Secretary), **Mr. Jegan Thambaiyah** (newly appointed IMHO Lanka Director), & **Dr. Mrs. Lali Thambaiyah** (IMHO volunteer) about IMHO's accomplishments in 2010 and current & future efforts. The meeting was concluded with a riveting and always fun saree auction, in which \$3,500 was raised thanks to the generosity of the 70+ persons in attendance. We were also very pleased to have representatives from the following pharmaceutical sponsors present, all of whom help make this event possible each and every year: *Glaxo Smith Kline, Bristol-Myers Squibb, Sanofi Aventis, Takeda, Diechi Sankyo, Lilly, Auxillium, Pfizer, Amlin, AstraZenaca, Forest, Kowa, Nova Nortis, and Satarus*. Thank you to all who attended, spoke, and helped sponsor this exciting event! We are very pleased to be able to share our continued growth and important work with you.

You can find **all presentations** from this meeting available to view & download [HERE](#). And a **photo gallery** of the event is available [HERE](#).

New Videos Highlight IMHO USA & IMHO Canada's Efforts in Improving Lives in Sri Lanka

A number of new videos have been released highlighting some of the many efforts of IMHO, including strides taken in cardiac care, nutrition, microcredit, and psychosocial rehabilitation. These new videos are now available to watch on the IMHO USA & IMHO Canada websites. (*A brief disclaimer: most of these videos are Tamil-language; we are working on getting English subtitles for all videos not in English. We apologize for any inconvenience.*)

IMHO USA: <http://www.theimho.org/field-news/video-gallery>

IMHO Canada: <http://www.imhocanada.org/field-news/video-gallery>



IMHO Canada: <http://www.imhocanada.org/field-news/video-gallery>

Or you can always view these videos and more directly on our YouTube page: <http://www.youtube.com/user/imhoua>. The videos are the same on all three links.

Further Urgent Relief for Returnees

In recent efforts, IMHO provided funds to support the purchase of emergency roofing materials for returnees from Omanthai West, as they lacked even basic protection from the rains and other natural elements. IMHO gave \$4,000 to this effort to help a few dozen families equip their temporary structures with cadgan roofing materials, which were distributed October 16th-20th.

IMHO also provided support in the amount of \$3,600 to cover the salaries and other related expenses for the appointment of two pre-intern medical officers at the Kilinochchi Hospital in an effort to further assist the growing number of displaced persons returning home to the area. These two pre-interns started on September 1st. This grant covers the first 6 months of their appointment.

Both projects were coordinated and implemented by CHA-the Consortium of Humanitarian Agencies.



A displaced woman in Omanthai West IDP camp waits for emergency roofing materials.

Emergency Shelter for Pakistan Flood Victims

IMHO volunteers rallied for Pakistan flooding relief by attending a cricket match in Baltimore on Saturday, October 23, 2010. The funds raised by this event were given directly to SUN Charity USA, another nonprofit organization that is currently focused on providing life-saving relief to Pakistani flood victims left stranded and without even the most basic survival resources. These funds will help to provide winterized tents and pre-fabricated housing to protect these most vulnerable persons in the Northern Sindh area from the extreme weather that is expected over the next 6-10 weeks. Food and medicines have already been delivered by SUN Charity USA. IMHO was very happy to assist in this relief effort and to work with the Pakistani community in Baltimore.

Past IMHO Events

*****Canada Association Meetings*****

On Saturday, October 30th two association meetings were held in Canada at which time IMHO Canada made a presentation. The Skandavarodhaya Old School Association held an indoor function where IMHO Canada Secretary Meera Kandeepan made a speech. IMHO USA President, Dr. Kanaga Sena, also attended as the Chief Guest. Later, the DELFT Association held their "Mavili Vasantham" event. IMHO Canada President Dr. Lambotharan attended as a Special Guest and gave a presentation on behalf of the organization. Thanks to both groups for extending a warm welcome and congrats on your successful events.

Upcoming IMHO Events

*****SAVE THE DATE: April 30, 2011**

8th Annual IMHO Convention in Houston, Texas***

WHEN: Saturday, April 30th, 2011; Registration opens at 8:00am; Program starts at 8:30am

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WHERE: Sheraton North Houston (at George Bush Intercontinental Airport), 15700 John F. Kennedy Blvd., Houston, TX 77032

WHY: Come hear first-hand about the humanitarian needs in Sri Lanka and globally from visiting experts, doctors, and humanitarian workers. Learn about the important work of IMHO, participate in panel discussions on various topics, and get involved with our organization. More details to come! You can also view the event listing on our website [HERE](#).

Please mark your calendars now and plan to join us for our 8th Annual IMHO Convention, taking place this year in Houston, Texas. Rooms will be available for booking by phone at 281.442.5100. For reservations by phone, group nightly rates are \$79/night +tax, which does not include breakfast. The nightly group rate with breakfast for 2 included is \$89/night +tax. Please ask for the group rate for the International Medical Health Organization (IMHO). We look forward to seeing you there!

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

During this crucial time in Sri Lanka and around the world, as we face monumental challenges in providing better access to quality medical and health care for those most at-risk populations, we need YOUR HELP now more than ever. With **just \$1/day** (or \$30/month) you can help save and improve lives in Sri Lanka and elsewhere. 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" to the following address:

IMHO Treasurer
PO Box 61265
Staten Island, New York 10306
U.S.A.

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

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