



International Medical Health Organization (IMHO)

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IMHO 2010 Projects Update

As another year draws to a close, IMHO ended the year with a flurry of activity in support of a whole host of efforts across Sri Lanka, including:

1. **\$3,750** for **flood relief** work at the Valaichenai Hospital psychiatric unit.
2. **\$5,000** to provide **rubber sheet walls** for flood victims. This project was organized and implemented by Survivors Associated.
3. **\$30,000** to the Consortium of Humanitarian Agencies (CHA) as a seed grant in support of a large-scale **clean water & sanitation** project across Kilinochchi & Mullaitivu. These funds will be used to launch the project and leverage funds from other organizations.

[Efforts of HGD Foundation in Haiti](#)

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Mullaithivu. These funds will be used to launch the project and leverage funds from other organizations.

4. **\$6,100** to the Batticaloa Teaching Hospital via CHA for the second installment on the [renal dialysis machine](#) that was purchased earlier. The final installment of \$6,000 will be given when the machine is installed and staff training is completed. This dialysis machine was delivered to the Batticaloa Teaching Hospital, along with a cardiac monitor and ECG machine which were given to the cardiology unit. This unit started outreach cardiology clinics in Valaichenai (north of Batticaloa) last month and plans to start another in Batticaloa South as well with the help of the portable 2D echo machine that was donated by IMHO. Representatives from IMHO Lanka handed over the cardiac monitor to Kaluwanchikudy Base Hospital as a first step of starting thrombolytic center there.
5. **\$5,000** for [2 labor/gyno beds](#) at the Batticaloa Teaching Hospital, where they are lacking such vitally important equipment despite the high number of births that occur at the hospital each year.
6. **\$1,000** to St. John's College to cover the cost of a [children's playground](#) at a severely war-affected school in the Vanni.
7. **\$1,500** to the newly established IMHO Lanka to purchase [shoes and school supplies](#) for 100 war-affected children in Trincomalee.
8. **\$5,000** to the Regional Directorate of Health Services (RDHS) Jaffna to support the "5S" quality improvement [renovations at the Point Pedro Base Hospital](#).



The newly renovated Point Pedro Base Hospital in Jaffna.

In other news, the "Vasantham Day" celebrations were held on December 20, 2010 at the Kalmunai Base Hospital where IMHO has supported a myriad of efforts, mostly relating to mental health, over the years.

Also, the ongoing pregnant mother's nutrition project in Jaffna is going well. The packing is being considered as a psychiatric rehabilitation program and is being carried out by the Mental Health Society, Base Hospital, Tellipalai. Monthly the unit produces 250 nutrition packs to be distributed amongst the pregnant mothers of 11 MOH areas. To view a photo gallery of the packing, please click [HERE](#).

The microcredit and livelihoods support programs for resettled families in Kilinochchi is also going very well. Almost all beneficiaries have started repaying their loans, which will ultimately

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benefit new families.

The 4 photos at the top of this e-newsletter show a mental health patient being transported in Kalmunai by 3-wheeler donated by IMHO Canada (top left); portable echo 2D machine in use on a patient in Valaichchenai (top right); distribution of materials to beneficiaries at World Mental Health Day in Batticaloa (bottom right); IMHO Lanka reps handing over cardiac monitor to Kaluwanchikudy Base Hospital (bottom left).

A Year of Challenges & Hope Lies Ahead... *will you stand by us in 2011?*

As we all know, 2009 was a crisis year in Sri Lanka...the long-standing civil war came to an end hundreds of thousands across the North and East were displaced, and countless civilians were left physically, mentally, and emotionally marred. With the generous support of people like you, IMHO was able to respond in a big way, assisting survivors and helping to rebuild lives.

The year 2010 was in many ways a continuation of these efforts, as well as a chance to begin rebuilding the healthcare infrastructure in these most disadvantaged and impoverished areas. We undertook efforts in microcredit, amputee rehab, mental health, nutrition, emergency relief, hospital development and much more. We are very pleased to be able to share with you our many efforts and organizational milestones this year in our **2010 IMHO Annual Report**, which is now available to view and download on our website [HERE](#).

However, as we move forward, we face greater challenges than perhaps ever before in serving the needs of those in Sri Lanka. **With international attention on improving the humanitarian situation continuing to dwindle and a whole host of international & local NGOs scaling back their operations on a significant scale, the people of Sri Lanka (especially those in the North and East) are counting on us to do all that we can.** And their needs are enormous...

Many people now believe that the humanitarian situation for these most vulnerable communities is improving and that there is no longer a need to support such humanitarian efforts, beliefs that have resulted in far fewer donations to IMHO over the past year and a decrease in overall involvement amongst our traditional supporters. However, these beliefs are deeply misguided...and dangerous. The reality is that people across the North and East have come to rely on the humanitarian services of IMHO. Without the funds and support of those who have the means to give, we cannot do our work. Failure to continue supporting such life-saving and life-improving efforts would in essence amount to an abandonment of these people at this most crucial moment in the rebuilding process.

Together we must continue to do everything possible to serve those who would otherwise suffer to lend a helping hand to those living deep in poverty, to help save and improve the lives of those who are sick or in need of medical care, and to help rebuild the lives of those who have endured so much over the past 3 decades. We know you share our vision for a better world and a healthy society. We hope you will continue to support IMHO by making your tax-deductible contribution today. Thank you for your compassion.

Vitamins & Supplements Sent to Clinic in Haiti

IMHO recently facilitated an in-kind donation to benefit the community health clinic operated by the Dr. Henri Gerard Desgranges Foundation in Petit-Goave, Haiti. This shipment consisted of a large supply of vitamins & supplements, altogether valued at approximately \$7,419. These resources will go a long way in serving the overall nutritional and health needs of these impoverished people in Haiti. Valuable in-kind donations such as these are welcomed by IMHO.



Sri Lanka Situation Report (December 2010): Shelter & Food Remain Top Concerns for "Returnees" in Sri Lanka

According to recent reports by the United Nations Office for the Coordination of Humanitarian Affairs (UN OCHA) and the World Food Programme (WFP), food security in the North remains fragile. Of the 1,755 households surveyed across the districts of Mullaitivu, Vavuniya, Jaffna, Killinochchi and Mannar, the majority spends more than 65% of their income on food. Almost all persons who were displaced by the war are still dependent on the WFP for food, including 110,000 people on 6-month return packages, 120,000 people on extended rations after an initial 6-month return package expired, 50,000 refugees now living with host families, and 25,000 people still in the camps. Maintaining proper nutrition, which lies at the core of overall human health and well being, will remain a challenge given a very low rate of livelihood recovery and widespread asset & livestock depletion. The mental and emotional burden of families deeply entrenched in poverty also cannot be overlooked. Many are still coming to terms with trauma they have endured, with issues of loss and depression, with newfound disabilities, and with the overall struggle of coping and surviving on a daily basis.

The IRIN (Integrated Regional Information Networks) released a situation report on December 6, 2010, outlining the current humanitarian needs and issues of concern for Sri Lanka:

Heavy rains continue to wreak havoc on the lives of thousands of returnees to Sri Lanka's conflict-affected north, aid agencies say. "At this point the immediate needs are food and shelter," Thaya Thiagarajah, a senior official with the Jaffna Diocese of the Church of South India, told IRIN, noting even schools in the Jaffna area were unable to function properly. "Everything is flooded, including roads, fields and homes. These people can't live like this. Things are going to get worse."

Of the 15 districts affected nationwide, five are in the north, including Mannar, Jaffna, Mullaitivu, Killinochchi and Vavuniya. Almost 34,000 people are now affected in Mannar District, 15,770 in Jaffna, 13,250 in Killinochchi and 3,588 in Mullaitivu districts, the Disaster Management Centre (DMC) reported on 6 December. Thousands have been forced into shelters, it added. Since the return process began in August 2009, more than 300,000 conflict-displaced have resettled in the north...Many of the returnees live in transitional shelters, often little more than tarpaulins, unable to withstand the abnormally heavy rains and flooding.

Health risks

Since returning, some families have dug their own latrines; however, many have not, exacerbating potential health risks. "If they don't have a latrine, they are defecating in the open," said one aid worker.

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Aid workers now worry that even minimal rain could have an "enormous" impact on returnees, particularly among the most vulnerable segment of the population, the UN's latest Joint Humanitarian Update warned. These include people living in traditionally flood-prone areas, returnees in remote locations, recent returnees living in tents and those with specific needs, such as the elderly, the disabled and single-headed households. An analysis made during the distribution of assistance showed the most vulnerable may cumulatively represent 40 percent of the entire returnee population in the Vanni, it added...

Reaching everyone remains a challenge, despite ongoing efforts by the government and its partners to provide assistance. Added to that is the limited capacity of government and agencies in the north.

IMHO Canada Welcomes 2 New Youth Coordinators

IMHO Canada is very pleased to welcome its 2 new Youth Coordinators--Jasica Mahalingam and Pradheepa Simonpillai. After the long-awaited recruitment process came to an end, the two were selected amongst ten candidates who were being considered for the volunteer Youth Coordinator position. Both of these young women are very energetic and capable of leading university level youth groups. They will work on building these youth groups and will be involved in marketing & awareness-raising activities to bring in more youth from different networks, encourage financial support for the organization, promote ideas such as the new "Wedding Favours" & greeting card fundraisers, utilize social networks to involve the younger generations and more. Thanks to all who applied and were interested in serving as an IMHO Canada Youth Coordinator!

Past IMHO Events

*****1st Birthday Celebration in Virginia*****

On November 27th, Siva and Thara from Chantilly, Virginia collected \$2,600 on their daughter Pugazhmathi's 1st Birthday and donated the funds to IMHO. Both the family and IMHO are extremely grateful to the generosity of such wonderful, caring friends and family. The family requested guests to strictly avoid gifts but encouraged donations to IMHO for those who wished to honor Pugazhmathi on her birthday. As her parents so aptly stated, "Kindness is the greatest gift to those in need, especially children. For any who are still interested in making a donation in support of this life milestone, you can still make a donation [HERE](#)."



Upcoming IMHO Events

*****"Light Musical Night & Fashion Show" in New Jersey*****

WHEN: March 26, 2011 from 6:00-10:00pm

WHERE: West Windsor-Plainsboro High School (North Campus), 90 Grovers Mill Road,

WHERE: West Windsor-Plainsboro High School (North Campus), 90 Grovers Mill Road, Plainsboro, NJ 08536

WHAT: A benefit concert featuring renowned musical artists C.S. Ainkaran and Anitha Krishna joined by a live band. A fashion show and dinner will follow.

HOW MUCH: \$25/general; \$20/students; kids under 10 are free

Please save the date and support us with your presence and participation. You can view the event flyer and event posting on our website [HERE](#).

*****Online Shopping Campaign*****

WHEN: Now! This is an ongoing campaign taking place online.

WHERE: Go to <http://cafegive.com/?cause=IMHO>

WHAT: Now you can make purchases from your favorite online stores and earn money for IMHO! Simply login to cafegive.com and shop your favorite stores...Target, Barnes & Noble, Expedia, Macy's, Home Depot, iTunes, and hundreds more. A percentage of all your purchases will go back to IMHO. Just use the following link and start shopping today!:

<http://www.cafegive.com/?cause=IMHO>

*****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

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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