



International Medical Health Organization (IMHO)

Issue: #43

February 2014

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A Note from Our Board of Directors: Embarking on a New Year of Service and Empowerment

Dear Friends,

As we kick off a new year of projects to assist people in need and empower communities to face ongoing challenges, we are delighted to have many exciting updates to share with you! Last year proved to be a great one for us, as with your support, we positively impacted thousands of lives across the globe. We are inspired by the stories of resilience of the paraplegic individuals who received a specially equipped trishaw from IMHO and are now leading self-sufficient lives, by the selfless and tireless actions of local physicians and health authorities who consistently go above and beyond in serving their patients, and by the many families who have endured great hardship and are now rebuilding their lives through livelihoods support from IMHO. These are just a few examples of the many people who make everything worthwhile. However, with the success of the three wheeler program, the number of paraplegics requiring support has greatly increased. None of this, of course, would have been possible without the thoughtful consideration, compassion, and generosity of individuals like you who have enabled our work. We thank you for choosing to be a part of the solution and investing in those who need our continued support.

Looking to the future, we have many projects lined up already, as well as many ongoing efforts. In particular, we are reaching out for your support to bring two projects to fruition - firstly, a **bus to transport cancer patients from Jaffna to Tellipalai for treatment services (at an estimated cost of \$50,000)** and secondly, **ultrasound scanners for obstetric patients in Vanni and Jaffna (at an estimated cost of \$25,000)**. These two projects represent our current most crucial needs. We would greatly appreciate any contributions towards these two projects or any of our other efforts!

Thank you again for your belief in our work and for being the change in the lives of so many in need.

With gratitude,
The IMHO Board of Directors

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New Neonatal Intensive Care Unit (NICU) at Jaffna Teaching Hospital Officially Opened!

More than 2 years ago, a major undertaking was initiated in partnership with local physicians to establish a Neonatal Intensive Care Unit (NICU) at the Jaffna Teaching Hospital. With the advancement of medical sciences in much of the world, Northern and Eastern Sri Lanka continue to lag behind. In support of committed local leaders and visionaries seeking to bridge these gaps, IMHO committed itself to the establishment of this new facility. Lack of space, proper facilities, equipment, and trained doctors & nurses were all problems putting a strain on the available care for premature babies and their mothers. With IMHO's support the facility was renovated and developed, equipment was procured, and the required personnel were retained. This new center, which will help provide life-saving support to premature babies, was officially opened at a ceremony earlier this month.



Dozens Receive Support in Lifting Themselves out of Poverty & Reclaiming Their Independence

Over the past several years, IMHO has supported by the economic rehabilitation of hundreds of individuals and their families throughout Sri Lanka, particularly the resettled and war-affected communities where livelihoods, infrastructure, and daily routines were severely disrupted. As a continuation of this effort, 54 new beneficiaries from Jaffna, Kilinochchi, Mullaithivu, and Vavuniya received livelihoods support last week at a ceremony at the Rural Development Society building in Anandanagar, Kilinochchi. These recipients are clustered into small groups, each with a team leader, and receive monthly training and assistance from the local partners implementing this project. Efforts like these have not only pulled people out of extreme poverty, they have positive impacts on the beneficiaries' health, mental health and overall sense of well being.



Making a Difference Across Sri Lanka...

Aside from the above activities, we have made incredible progress in the past few months, including the following:

1) The next batch of **12 paraplegic individuals to receive a specially fitted trishaw and vocational training** were given their vehicles earlier this month in Vavuniya (see photo at the top of this e-newsletter). This support both enables individuals to earn an income and become self-sufficient, while also providing a renewed sense of dignity and purpose to their lives. IMHO has so far contributed 30 trishaws to paraplegics through this project.

2) A **new entertainment park for patients at the Mental Health Rehabilitation Center in Mavaddivembu, Batticaloa**, Eastern Sri Lanka was officially opened at a celebratory event on January 12th. This is just another example of IMHO's commitment to developing mental health infrastructure in Sri Lanka. Nearly 200 people, including staff, clients and their families, and community members attended the festivities. Also, at the event, the first publication of a quarterly mental health magazine by the Regional Directorate of Health Services named "Nanal" was released, and a vehicle donated by the UN for patient transportation was handed over.

3) Earlier this month, **shoes and socks were distributed to 326 children** (179 girls and 147 boys) at the Mahadeva Achchirama Children's Home in Kilinochchi, Northern Sri Lanka thanks to support from IMHO. The total cost of these shoes, which are always appreciated by the children, was \$3,066.



4) Additional **livelihoods support was provided for chronic mentally ill patients** from the St. Benedict Menni residential rehabilitation center in Batticaloa in the amount of \$900.

5) A grant of \$5,000 was given to purchase sealer for **gas sterilization of hardware at the Cardiac Catheterization Lab** at the Jaffna Teaching Hospital.

6) Ongoing support for **mobile clinics in Sandilipay** was given in the amount of \$5,000.

7) A contribution of \$3,000 was given to **support elderly patients at the Grace Care Center Senior Home in Trincomalee** to help pay for medications and doctor visits. This represents half of IMHO's commitment to the project this year.

Upcoming Events

HOUSTON, TEXAS: March 1, 2014

Please mark your calendar for the IMHO Texas Chapter Annual Dinner and Fundraising Program. This year's festivities will be held at the Ashiana Indian Restaurant (12610 Briar Forest Dr, Houston, TX 77077) in the evening on Saturday, March 1st. For more details or to RSVP, please contact the Texas Coordinator at texas@theimho.org

**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
955 Proprietors Road, Suite B
Worthington, Ohio 43085
U.S.A.**

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

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