



Seniors meeting with Benjamin the physiotherapist

Outreach

May, 2015



ReachOne
TouchOne
Ministries

Older persons living dignified and fulfilled lives!

PHYSIOTHERAPY

The Miracle touch!

Grey hair is a crown of glory, so the bible says in Proverbs 16:31. Unfortunately, growing older can confront people with many challenges. Along with the sweet grandchildren and silvery hair of wisdom comes the aching back, the stiff joints and some unexplainable pains that just won't go away. Many of our seniors complained of the same aches and pains year in year out till we got physiotherapists. Twice a week Benjamin arrives at the ROTOM health centre to attend all those aches and pains. As his motorcycle screeches to a stop at the health centre, you can see the seniors' faces crease into smiles in anticipation of the relief this young man brings to their aching bones. In Kabale Jovia Twinamatsiko provides this same relief to the seniors every Tuesday and Saturday.

The change is incredible; bent backs are a little straighter and stiff joints are moving a little more freely now. In Mukono every Tuesday and Wednesday seniors arrive as early as 8 am in the morning to wait for the physiotherapist who comes in the afternoon. Jaja Margaret Kibirige says she does not mind the waiting as long as she will get the magical touch of the physiotherapist. Margaret has been coming very faithfully every week for a while now and says she can walk with far more ease now and is even able to go about her normal routine without a terrible ache in her back.

Like Margaret, over two hundred seniors have received physiotherapy and all of them feel that their health has improved.

Together these two physiotherapist are using their skilled hands and are making growing old easier for the seniors they touch.



Benjamin doing physiotherapy with a senior in Mukono

MEDICAL OUTREACHES

Bringing health care closer to seniors!

To increase access to medical care for the seniors, the ROTOM medical team conducts medical outreaches designed to decrease the burden of seniors with simple illnesses having to travel all the way to the health centres. These outreaches also reduce the cost of transporting seniors to the centre. Through these outreaches, which are normally done at the seniors' fellowships, the medical team is also able to do rapid medical screenings giving them an opportunity to catch some ailments before they become serious. In addition they are able to provide and providing quick and simple treatment on the spot. For cases that require further examination and treatment, seniors are referred to ROTOM health centres in Muhanga and Mukono.



Rebecca dispensing medicine during the medical outreach

Through 2014, the medical team in Mukono has carried out 15 medical outreaches in 9 villages supported by ROTOM, reaching 275 older persons.

Senior Miriyeri Namulindwa is one very happy senior today. She was almost deaf as a result of wax in both ears, but thanks to the ear syringing procedure, she says she now has had a remarkable improvement in her hearing. Over 50 seniors in Mukono benefited from this procedure and their hearing has greatly improved.

STRIVING FOR EXCELLENCE!

The ROTOM Medical centres' vision is to become a geriatric centre of excellence in Africa. Inpursuitofthisvision,themedical team undergoes Continuous Medical Education (CME) regularly to help them achieve this goal. Dr. Conrad Ntaate, a Board member and chairman of the Medical Committee in Uganda has faithfully and diligently ensures that the medical team is well trained with training topics that range from Geriatric pharmacology to the physiology of aging.

MILESTONE

From February 2014 to February 2015 the ROTOM medical centres have treated more than 4244 patients; they have carried out 218 medical outreaches; conducted medical screening for 140 grandchildren and 275 seniors have received physiotherapy!

SUPPORT A SENIOR!

For only UGX 60,000, US \$30, Euro 25 or CDN \$30 a month, you can sponsor a senior in Uganda. Your friendship allows seniors to:

- Hear a clear presentation of the gospel of Jesus Christ
- Participate in regular Christian support fellowship
- Receive bi-weekly home visits from volunteer counselors
- Receive free regular medical screening and treatment
- Receive support to enable improvement in income and food security
- Access safe and healthy water and housing

Friends receive a photo, update report and two letters every year from the senior they sponsor.

ROTOMCONTACTS

UGANDA

Kenneth E. Mugayehwenkyi
 Founder and Executive Director
 PO Box 205, Mukono, Uganda
 Phone: 256 0393 299 588
 Email: rotomuganda@reachone-touchone.org

USA

Andrea Riedner
 CEO, ROTOM USA
 P.O Box 64186
 Colorado Springs, CO 80962
 Tel: +719 265 5211
 Email: ariedner@reachone-touchone.org

CANADA

Bill and Marlene Wyatt
 CEOs, ROTOM Canada
 49 King St.
 Chipman NB E4A 2H4
 Tel: (506) 339-5888
 Email: rotom-canada@reachone-touchone.org

GERMANY

Sylke Goebel
 Missionswerk Frohe Botschaft e V,
 Nordstr. 15, 37247, Grossalmerode,
 Tel: 05604/5066 Fax 05604/7397
 Email: goebel@mfb-info.de

ETHIOPIA

Hawi Belete
 Kale Hiwot Church
 P.O. Box 239, Debre Zeit
 Tel: 251114339596
 hawbelt@gmail.com

ROTOM UK

Andrienne Shaw
 18 Fairlynch Close.
 Braunton Devon. EX33 1JB
 Tel: 02171593081
 Email: adrienneshaw@hotmail.com