

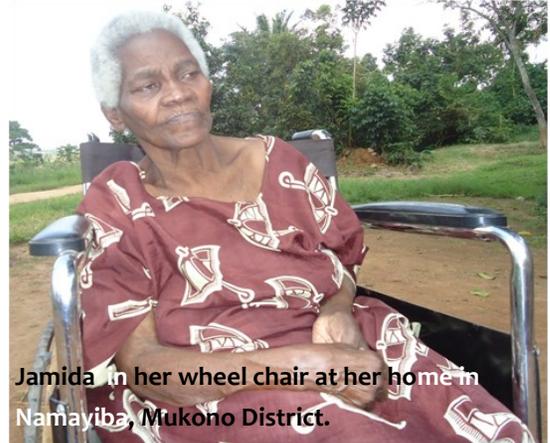


Older persons living dignified and fulfilled lives!

HEALTH: CERAGEM THERMAL THERAPY.



Jamida during her physiotherapy session
INSET: The Ceragem Thermal machine.



Jamida in her wheel chair at her home in
Namayiba, Mukono District.

Jamida Najuma, from Namayiba Village, Mukono District is 85 years old and had a stroke four years ago which paralyzed her left side. This stroke left her with no movement whatsoever in that side and she has therefore been bedridden since then. She cannot move, cannot sit without someone's support, she was not even able to lie flat on her back. Her stroke coupled with the loss of three of her six children to AIDS was a big blow. She has always been a very social woman, so her paralysis greatly affected her social life. To keep in touch with her neighbors, she had her bed moved to the window so that she could greet them as they pass by. The only way for her to get around is in a wheel chair.

However, ROTOM recently acquired a ceragem thermal massage machine and so far Jamida has had physiotherapy on the machine nine times. At the moment she has begun to slowly gain some movement and feeling in her left limbs. Before the massage she could only sleep in a seated position but now she is able to lie on her back on a flat surface. More seniors battling with old age aches especially back aches are benefiting from this machine as well.

"I am very grateful to ROTOM for the support and care they have given to me, I could not afford to pay for my hospital bills... I have never handled 1million Uganda shillings in my hands! But ROTOM paid that huge sum of money so that I can live." says Senior John

SENIORS' HEALTH SUPPORT: Senior John Kasamunyu, 78, is one of the seniors under ROTOM care in Kabale district. He is a diabetic and was in the hospital for over two months. During this extended hospitalization John had accumulated a medical bill of over one million Uganda shillings.

Through ROTOM, over 530 seniors like John Kasamunyu have the assurance of free medical care whenever they are sick.



John Kasamunyu's blood pressure being monitored by the ROTOM health specialist after he was discharged from the hospital.





Merry Christmas and a Happy New Year!

LESSENING THE BURDEN OF DEPENDANTS ON OLDER PERSONS:

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"... my grandmother is weak, and she struggles to get an income to support me. I often miss class and exams at school because I haven't completed the school fees. ... when I am in class sometimes my mind isn't with me. Am always thinking about home, my grandmother and how she will get money for my fees." Says Mary, 12years old, a complete orphan dependant on her grand mother.

Mary's story is the story of so many children under the care of seniors. ROTOM in partnership with Beautiful World Canada Foundation now supports 15 needy girls who are under the care of older persons in Mukono and Kabale districts through the ROTOM Champions project to attain secondary and university education.



Weather patterns have changed. Nights are much colder. Give a gift of a warm blanket to a senior this Christmas. For only \$20/CDN\$20/ Euro 15/UGX 50,000

FOOD AND INCOME SECURITY: Granny Crafts projects

ROTOM provided startup capital of 20,000 Uganda shillings which is about \$8.00 Us to some seniors to carry out mat weaving business. Senior **Mariam Nakiwala (below left)** says;



"...I have been able to sell four (4) mats each at 15000 UGX (\$6.00 US). In total from all four mats I have recieved 60,000UGX about (\$24.00 US) This together with what ROTOM provides has made my life better"

HOME VISITS; A joy to Seniors!

Mzee Athanasio says he used to feel forgotten and neglected by society and people around him. But he now testifies that he belongs to a group with other fellow seniors, gets daily visitors who read the bible with him and pray with him. **"My joy and hope has been restored, I am renewed"** he says with a radiant smile.

SPONSOR A SENIOR!

For only UGX 60,000, US\$30, Euro 25 or CDN\$ 30 a month, you can sponsor a senior in Uganda 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

Every year, as a sponsor you will receive a photo, update report and two letters from the senior you sponsor.

