

# OUTREACH

A PUBLICATION OF REACH ONE TOUCH  
ONE MINISTRIES (ROTOM)

News**letter**

## The Journey of **Hope** and **Celebration.**



70 years old Lydia shows off her service award for her devoted participation in the ROTOM 400KM Walk from Muhanga, Kabale (now Rukiga district)

In 2013, at the age of 70 years, Lydia participated in the ROTOM 400KM Walk from Muhanga, Kabale (now Rukiga district) south western Uganda to Mukono, central Uganda.

**“I took it upon myself to join this walk and speak out; say as much as I could, be as loud as I could, speak and touch as many people as I could, about the needs of older persons”, Lydia Nzarusuba.**

Together, with other grandmothers, ROTOM staff and friends, we needed to share the situation of older persons in Uganda. We needed to share the untold stories of loneliness, poverty, disease,

the burden of raising grandchildren, property dispute pressures and so many other issues experienced by older persons in Uganda.

Nothing was going to stop us from this movement; not even the scorching sun during the day or the cold of rainy days and nights, or the discomfort of sleeping in school dormitories, classrooms and churches. And indeed, nothing stopped us for the 19 days we walked.

“This walk was truly one of the best experiences of my lifetime”, Lydia recalls. “It was a journey of Hope and shining a light on the plight of

vulnerable older persons. We were also celebrating the 10 years of ROTOM and its impact on the lives of many older persons in Uganda. I have a beautiful certificate which I received at the end of this journey. It hangs in my house and it’s a reminder that I too, added a voice to old people’s issues. Every time I look at this certificate, I smile and feel proud of my part in this fight for older persons’ rights.” adds Lydia. This year marks 20 years of existence. An additional 10 years of transformation of older persons’ lives since the 2013 ROTOM Walk, and I am extremely thankful. I’m thankful for all the ways ROTOM has never stopped highlighting the issues of older persons. More so,

I’m really thankful for how ROTOM has impacted my life.

In 2007 when I joined ROTOM, I was a hopeless widow. Today, I’m a healthy, well cared for older woman because of ROTOM. Some of my grandchildren have been educated through ROTOM. I am hopeful. I am loved. And I feel fulfilled. All because of ROTOM.”

This year we continue to be hopeful; Hopeful that ROTOM will continue to make this world a better place to grow old in. We’re all super excited to witness 20 years of ROTOM, and YOU too should be. We couldn’t have done it without support from friends like YOU! Let’s Celebrate...



**SUPPORT A SENIOR!**

For only UGX 100,000, you can become a friend to a senior in Uganda. With 20 new friends to mark our 20 years of service, 20 Jajjas' lives will be transformed.

# The Walking Man:

## A Reflection by ROTOM's Executive Director.



Edmund Kenneth Mugayehwenkyi Founder & Executive Director, ROTOM (second from the right) taking part in the ROTOM 400KM Walk from Muhanga, Kabale (now Rukiga district)

Ten years ago, ROTOM was celebrating her 10th anniversary, and something incredible happened that would leave a lasting impression on me. I decided to take on a challenge that would bring attention to the struggles faced by older persons and highlight the work ROTOM was doing to support them.

So, on 28th September 2013, I laced up my shoes and set off from our ROTOM office in Muhanga, Kabale (now Rukiga district). "This is it! I don't know what lies ahead, but I know by God's grace, we shall make it," I whispered to a journalist friend who had joined me and hundreds of other wonderful friends on this pilgrimage from South Western to Central Uganda. For 400 kilometers, we walked; step by step, sharing stories and being blessed at churches and mosques along the way. I wanted us to shine a light on the strength and resilience of older persons and remind everyone of their incredible spirit. But also, it was important to me that this walk would inspire many others to do something for the ageing members of our nation. For where they were was

where we too were headed. As we walked, I deeply reflected on the hardships they often endure, yet their determination never wavered. It was both humbling and inspiring to see everyone that came out to support us and when we finally reached our destination, the ROTOM head office in Namubiru-Mukono, we celebrated our 10th anniversary in jubilation.

But it wasn't just a celebration of our achievements. It was also a time of new beginnings. We officially opened the ROTOM Health Center in Namubiru; a place where older persons could receive the essential care they needed, in an environment thoughtfully designed for their needs. It was a symbol of our unwavering commitment to the care and dignified living of older persons.

Now, as we approach our 20th anniversary this October, we are readying ourselves for another pivotal moment in our organization's history. The ROTOM@20 CEO Walk will be a chance for us to come together

again; united in our mission to build a more dignified and fulfilling future for seniors.

We have invited 20 CEOs to join us on this symbolic journey; Walking 20 Kilometres to Celebrate 20 years of ROTOM but also raise awareness about the plight and needs of older persons. It's an opportunity to inspire others and show them the difference we can make when we stand together to support our aging population.

Alongside the CEO Walk, we've launched the 20k Campaign. We are asking people from all walks of life to contribute whatever they can. Every little bit counts! Each donation represents a commitment to the well-being of our beloved seniors.

As I reflect on the "Walking Man" journey I made a decade ago and look forward to the ROTOM@20 CEO Walk, I can't help but feel grateful for the incredible support we've received. It's because of individuals like YOU that we've been able to make a real

difference in the lives of older persons.

So, let's continue this journey together, guided by compassion and a shared vision. With your support, we can create a future where older persons thrive, age with grace, and receive the care and dignity they deserve. Thank you for being part of this extraordinary story so far....

**With Gratitude,**  
**Edmund Kenneth Mugayehwenkyi**  
**Founder & Executive Director, ROTOM**

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**ROTOM FELLOWSHIP CONTACTS**

**UGANDA**  
Kenneth E. Mugayehwenkyi  
Founder and Executive Director  
PO Box 205, Mukono, Uganda  
Phone: +256 392 299 588, +256 788 832 418  
Email: edrotom@reachone-touchone.org

**USA**  
**ROTOM USA**  
PO Box 327  
Monument, CO 80132  
Tel: +1 888 540 3439  
Email: rotomusa@reachone-touchone.org

**CANADA**  
ROTOM CANADA  
2205 Grenville Drive  
Oakville, Ontario, Canada  
L6H4X1  
Email: aburgoyne@reachone-touchone.org

**GERMANY**  
Sylke Goebel  
Missionswerk Frohe Botschaft e V  
Nordstr. 15, 37247, Grossalmerode,  
P.O. Box 239, Debre Zeit  
Tel: 05604/5066 | Fax 05604/7397  
Email: goebel@mfb-info.de

**ETHIOPIA**  
Hawi Belete  
Country Director  
P.O. BOX 1478, Bishoftu, Ethiopia.  
Tel: +251 118 489 059  
Email: hbelete@reachone-touchone.org

**UK**  
Adrienne Shaw  
149 Cheltenham Road  
Evesham-Worcestershire  
WR112LF  
Email: ashaw@reachone-touchone.org