



# Learning to Live Again, *after sudden sight loss.*



Every year, we share so many seniors' stories about the impact of your generosity. This year, Senior Vereria's story is one of our favorites.

About 8 years ago, Vereria's vision started deteriorating. Her vision was very blurry, and worsening with every passing day. She struggled with the impact her sight loss was having on her everyday tasks, such as dressing up, going to the garden, cleaning, washing, cooking, visiting her friends and so on. Not being able to do any of these tasks made her very sad.

In 2018, Vereria joined the ROTOM Senior Friendship Program. At the time of her recruitment, Vereria had given up on life and the hope of ever seeing again. She was convinced that she would die a sightless old woman. Little did she know that God had a different plan for her.

In June 2022, Vereria and a group of other ROTOM seniors were scheduled for cataract surgery through a partnership with a health facility in her neighboring

district. Thankfully, these surgeries were successful and after a few days, Vereria regained her sight.

Vereria (70+ years), reflected on the process of getting her sight back:

"I was very hesitant to go for my eye surgery. I thought it could never work, and I did not want to have my hopes crushed. When the nurses took off the patches after my surgery, I opened my eyes... everything around me was bright as the sun. I could hardly believe I could see the light after years of darkness. When I returned home, my whole neighborhood rejoiced with me and welcomed me with cheers.

Finally, I could see my house, my belongings and the new developments in my village. Everything was new and beautiful. All those years, I couldn't even see my son and my daughter-in-law. I couldn't even see my fellow ROTOM Seniors or the amazing ROTOM staff who were selflessly taking good of me. I can

see them now. I can see. I have my world back and I'm learning to live again. All thanks to ROTOM."

Since her surgery, Vereria has had several follow ups from the ROTOM medical team and she is doing great. Recovering her eye sight has completely changed her family and we are overjoyed to see her living happily again.

A part of our health care program includes improving eye care and restoring sight to seniors living with preventable, treatable blindness. Even in remote areas like Vereria's village, our goal is to provide the highest quality service to people with little access to even basic eye care. Because of this, we have witnessed an immediate, life-changing impact on our seniors, their families and communities.

This is only accomplished thanks to your **kindness.**



# LIGHT UP

## A SENIOR'S HOME

# *this* Christmas

Lighting in seniors' home is a huge challenge that many of the ROTOM supported seniors face. Access to electricity among ROTOM supported seniors is still a major concern with over 95% still without electricity. Less than 1% live in areas that have electricity and even this percentage cannot afford the electricity bills.

For many seniors' households, living in total darkness is part of their daily lives. Unfortunately, this has contributed to many falls in seniors' homes. The commonest sources of light most seniors use are kerosene lamps or candles. Tiny torches (flashlights), traditional dried sticks and the moonlight are also used to provide lighting in the seniors' homes.

Kerosene is the main dominant form of fuel for lighting in the seniors' households. However, using this source of lighting is embedded with so many challenges and risks. To mention a few, these kerosene lamps give off fumes which are very dangerous to the seniors' lungs as they inhale the fumes. The fumes affect their eyes, and worse still, seniors can easily burn their houses and belongings in circumstances where they or their grandchildren doze off before blowing out the kerosene lamp or candle.

Without any assured income, most seniors cannot afford to buy either the kerosene for their lamps or the candles. The cost of kerosene has increased over the years due to the increased international market fuel price which has also increased the supply and distribution costs. In addition, access to kerosene is a tedious task as seniors or their grandchildren have to walk for 3 to 4 hours to buy kerosene as the gas stations are very far away.

Every day, as the blackness of the night overtakes the day, seniors and their grandchildren worry about how they will get on with their evening/night tasks such as cooking or school work for the children. For many, they are forced to complete all their tasks before 7pm when night falls.

ROTOM would like to gift a **Solar Lantern** to every supported senior this Christmas. This gift is perfect for the seniors as it will help improve their physical and emotional well-being.

Join us to light up a Senior's Home this Christmas!



To make a one-time donation of **UGX 50,000** towards "ROTOM Christmas Campaign", please use;

Airtel Money: **0752 881-107** | MTN: **0788 188-022**

To Send your donation through the bank, please use;

Account Name: **ROTOM Uganda** | Account Number: **95100200000206**

Bank: **Bank of Baroda** | Branch: **Mukono** | Swift Code: **BARBUGKA**

To connect with us or find out more about ROTOM, please contact;

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\*\*\*\*\* ROTOM envisions older persons living dignified and fulfilled lives! \*\*\*\*\*