



International Medical Health Organization—IMHO Canada



E-Newsletter Issue #8

August 2010

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Lives Take Shape again with Microcredit Support



As we highlighted in our last e-newsletter, microcredit projects and other livelihoods support are crucial to rebuilding lives and communities in the war-affected areas of Sri Lanka. In addition to the several microcredit projects the IMHO family is supporting that we wrote about in our last e-newsletter, a further \$5,000 was sent to support several families in Kilinochchi under the leadership and project implementation of the Kalmunai Mental Health Society (KAMHA). We would like to share the stories of just a few of those who are benefiting from these efforts:

1. Mr. Mannivannan is the head of household for 4 families now taking shelter in his home. In addition to their losses, his aunt was also burned following a bomb blast, and his brother has been unable to work--both of which add extra burdens to his ability to care for all under his roof. He received Rs. 50,000 to start a cattle farm. His sister-in-law, who still does not know what happened to her husband after the chaos at the end of the war, also received Rs. 50,000 to start a poultry farm.

2. Mrs. Nagamma, who lost her husband and her two brothers, received a sewing machine at a cost of Rs. 20,000.

3. Mrs. Maniyam lost her grandson and her daughter in a shell blast. She received Rs.

3. Mrs. Maniyam lost her grandson and her daughter in a shell blast. She received Rs. 50,000 for poultry farming, so that she could construct shelters for the chickens.
4. Ms. Venitha is coping with a spinal cord injury, including a severely weakened left leg and loss of control of her foot. Her family received Rs. 30,000 to purchase a water pump for agriculture.
5. Mr. Rangan lost his 2 sons in a shell blast. He received a grant to purchase a sewing machine and start a small shop.
6. A bomb blast took the lives of the father and brother of Mr. Jeyakumar, and left his son deeply injured. As a mechanic, he will use the Rs. 30,000 he received to purchase new tools to continue his work.
7. Mr. Babu received Rs. 50,000 to settle the leasing of his three-wheeler, enabling him to return to work and a feeling of self-worth again.



We are extremely grateful to all those who have supported IMHO in these important microcredit initiatives across the Northeast. You are surely helping to reshape the lives of those who have been so deeply affected by personal tragedy and hardship. IMHO is committed to supporting such efforts that transform lives and improve the overall well-being of the beneficiaries and their families.

Continued Focus on Mental Health Measures

In a continued effort to promote good mental health across Sri Lanka, IMHO Canada has recently provided support to two local partner organizations that are at forefront of mental health service delivery in the North and East. These two partner organizations are the Kalmunai Mental Health Society (KAMHA) in the Eastern Province and the Tellipalai Mental Health Society in the Northern Province.

IMHO Canada gave \$3,300 for the purchase of a 3-wheeler vehicle, which will be used to transport patients and to conduct community mental health activities throughout the Kalmunai region. Another \$3,400 was given to KAMHA to cover the ongoing travel expenses of 5 volunteers attached to the acute mental rehab unit at the Kalmunai Base Hospital who are responsible for carrying out mental health activities in the community. Each of these 5 Community Support Officers (CSOs) will now have their travel expenses covered for the next 1 year.



To help promote good mental health in the North, IMHO Canada formed a partnership with the Tellipalai Mental Health Society and sent the first installment of \$5,500 towards a total commitment of \$24,000. These funds will be used to support an ongoing multi-disciplinary intervention team in Jaffna that works closely with patients and promotes overall mental well-being in communities throughout the area.

Ongoing Support for Malnourished Pregnant Mothers in Jaffna

As one of IMHO Canada's chief concerns, promoting maternal & child health, especially in the areas so heavily affected by war, remains a top priority. Thanks to the dedicated work of partner organizations and health officials on the ground, rates of child malnutrition have gone down in recent years. In order to ensure that this pattern continues, IMHO Canada has allocated \$11,000 for the provision of nutritional supplements to 250 malnourished pregnant mothers in Jaffna over the next one year. The first installment of \$3,500 has been transferred. This project is being implemented by the Tellipalai Mental Health Society and the office of the Regional Director of Health Services (RDHS), Jaffna.

IMHO Donates Equipment to Batticaloa & Kilinochchi



Continuing to help fill the void of medical equipments in high demand, IMHO has recently facilitated the donation of a portable ECHO machine and a renal dialysis machine to Batticaloa and computer equipment to Kilinochchi. The ECHO machine was hand-delivered by Mr. Jegan Thambaiyah, Board member of IMHO (USA), to Dr. Arulnithy (Consultant Cardiologist) and Dr. M. Murukanathan (Hospital Director) at the Batticaloa Teaching Hospital. Several other staff and doctors were present for the small ceremony. The portable ECHO machine is valued at 1.6 million SLR (approx. \$14,000) and is only the third of its kind now in operation in Sri Lanka. A single anonymous donor made this all possible.

IMHO (USA) Extends Relief Support to Flood Victims in Pakistan



Photo via Reuters/Adrees Latif (courtesy www.alertnet.org)

In July & August, Pakistan was hit by devastating monsoon-related floods that affected over 1.5 million people living in the North West Frontier Province (now called Khyber-Pakhtunkhwa). There have been over 1,500 confirmed fatalities. Even while the flood waters

Pakhtunkhwa). There have been over 1,500 confirmed fatalities. Even while the flood waters are receding, the rains continue and waterborne diseases are now the greatest threat to those who have been displaced.

IMHO (USA) responded by giving \$3,000 to BRAC USA, an organization which IMHO has supported in the past. BRAC has had operations in Pakistan since 2007, with a significant presence in the Khyber-Pakhtunkhwa province. Their team has started distributing food packets to about 5,000 families in the affected areas, each valued at roughly \$3/each. These packets include basic food items, including rice, lentils, flour, & salt, as well as a small amount of cash (25 rupees), 2 ORS sachets, and water purification tablets. The health volunteers are also distributing oral rehydration salts (ORS) and water purification tablets, as well as generating awareness around the dangers of water-borne diseases that are emerging as a threat to survivors. BRAC plans to expand its efforts and begin rehabilitation by repairing houses and installing latrines, tube wells, and hand pumps to provide a source of safe drinking water to the community.

Past IMHO Events

Canadian Youth Celebrates Coming of Age by Helping Others

"Coming of age" ceremonies for girls are a common way for families to celebrate their daughters and honor womanhood. The events, celebrated with great traditions, pomp, and feast are usually whole-day events, either hosted at the girl's home or in a banquet facility. During these ceremonies the 'little princess' will be showered with gifts of cash and jewels by her extended family and friends. But Vishali Ratnam, a 6th grade student of Thomas Wells Public School in Scarborough, ON, Canada decided to make a change in the trend. Instead of receiving gifts for herself she decided to donate all collections from her day-of-celebrations to a good cause.



IMHO stood out to the family from other mainstream NGOs due to the fact that it is almost entirely a volunteer organization and therefore it became an easy "selling point" for Vishali to broadcast her initiative. The objective of the novel idea, enabled by her parents and supported by extended family and friends, is to encourage other community members to do the same during traditional events. Vishali's day was hugely successful in collecting CDN\$9,000 towards IMHO's initiatives. The funds were handed over on August 29th to IMHO Canada representatives by Vishali and her family (*please see photo below*). According to Vishali, "I've got everything: peace, love and plenty to eat--so now it's time to assist the less fortunate".



Community Presentations: August 2010

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IMHO Canada wishes to thank the following Village Associations for providing the opportunity to present on the work of our organization to better the lives of those in great need in Sri Lanka:

- Paranthan Chemicals
- Valvetty People Gettogether
- Vattukottain YMCA
- Kupplan Vigneswara Makkal Mantra Gettogether
- Velanai Central College Old Students' Association – Canada
- Arali Kalachara Ontriam
- Nayinaatheevu Association

We are so pleased to be able to share our mission and work with you, and hope that all will consider supporting IMHO Canada in the long-term.

Upcoming IMHO Events

*****Ethiopia Medical Volunteer Trip*****

WHEN: October 17-30, 2010

WHERE: Addis Ababa & Bahir Dar, Ethiopia

WHY: To serve those in need by providing quality health & medical care

WHO: Medical doctors & health professionals (especially those with a background in diabetes care, cardiology, eye care, primary care, & telemedicine)

HOW MUCH: \$995 all-inclusive, excluding airfare

For more information or to express interest, please email the IMHO Programs Coordinator at coordinator@theimho.org. You can also view the event listing on the website www.theimho.org

*****SAVE THE DATE: IMHO Semi-Annual Meeting*****

WHEN: Saturday, October 16, 2010; registration opens at 8:00am & program commences sharply at 8:30am

WHERE: Baltimore Marriott Waterfront, 700 Aliceanna Street, Baltimore, MD, 21202

*Free breakfast and lunch will be provided

*Rooms can be booked under a special group rate of \$179/night for standard single or double (group code: IMHO) for Friday, October 15th

*We will be joined by visiting physicians from Sri Lanka who will share their first-hand insights, experiences, and projects

*Presentations will cover the current situation in Sri Lanka today, IMHO's recent and planned efforts, and other special guest presentations

*Please RSVP to IMHOconvention@gmail.com This e-mail address is being protected from spambots. You need JavaScript enabled to view it or 714.315.0518 so that we may get an accurate headcount!!

*****SAVE THE DATE: April 30, 2011**

8th Annual IMHO Convention in Houston, Texas***

WHEN: Saturday, April 30th, 2011; Registration opens at 8:00am; Program starts at 8:30am

WHERE: Sheraton North Houston (at George Bush Intercontinental Airport), 15700 John F. Kennedy Blvd., Houston, TX 77032

WHY: Come hear first-hand about the humanitarian needs in Sri Lanka and globally from visiting experts, doctors, and humanitarian workers. Learn about the important work of IMHO, participate in panel discussions on various topics, and get involved with our organization. More details to come! You can also view the event listing on the website www.theimho.org

Please mark your calendars now and plan to join us for our 8th Annual IMHO Convention, taking place this year in Houston, Texas. Rooms will be available for booking by phone at 281.442.5100. For reservations by phone, group nightly rates are \$79/night +tax, which does not include breakfast. The nightly group rate with breakfast for 2 included is \$89/night +tax. Please ask for the group rate for the International Medical Health Organization (IMHO). We look forward to seeing you there!

**Be the
Difference.
Save a Life
with just
\$10/month.
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 \$10/month** you can make a huge difference in the quality of life for those in need. Please consider making a donation to IMHO Canada 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 Canada" to the following address:

**IMHO Canada Treasurer
Unit #7-5637 Finch Ave. East
Toronto, ON M1B 2T9
Canada**

IMHO Canada is a registered not-for-profit organization in Canada.