



## USSSU MONTHLY REPORT AUGUST - 2024

### INTRODUCTION:

Throughout August, the USSSU team carried out various activities, including routine home visits, the initiation of household vegetable gardens, and awareness sessions. These activities aimed to provide ongoing support to our clients and enhance their well-being. Below are some highlights:

### Routine Home Visits:

During the home visits, we prayed together with the clients and shared small essentials such as sugar, maize flour, and soap. Here are updates on some of the clients:

- **Mzee Wandobere** developed a severe cough and flu, which weakened him considerably. Thankfully, he has been on treatment, and his son and daughter-in-law are taking great care of him.
- **Ms. Tolita Nandeke**, who is still recovering from a broken leg, is showing improvement. We thank God that she is getting better.
- **Ms. Margaret Namarome**, who has dementia, is doing well after receiving medication. She is now well settled at home and no longer wandering about. She has gained weight and seems more stable. However, her caregiver, Kezia, continues to struggle with accessing basic necessities, making it a challenging home to support.
- **Ms. Keziah Nekesa**, who has been suffering from general body pains, remains very frail and is difficult to move to the health facility. Her home is located in an area where a boda boda (motorcycle taxi) cannot reach, further complicating her situation.
- **Mzee John Wekwanya**, whom we resettled into a new home, is now well settled. Initially, he did not have proper bedding, but thanks to generous contributions, we were able to buy him a bed, mattress, and bed sheets. This is a significant improvement, and USSSU had also provided him with a blanket.

We are grateful for everyone who contributed to making these changes possible for our clients.

**Wandobere Edward**



**Keziah**



**Wekwanya now in new house and new beddings and before. Thanks to all for making this difference**



#### **Distribution of Seeds and Awareness Session:**

A special thank you to the **USSSU Board** for facilitating the distribution of vegetable seeds. I purchased **peas** and **sukuma wiki** (collard greens) seeds, which were then distributed to our clients. Many of the clients or their caregivers visited the office to pick up the seeds, while I personally delivered them to those who couldn't make it.

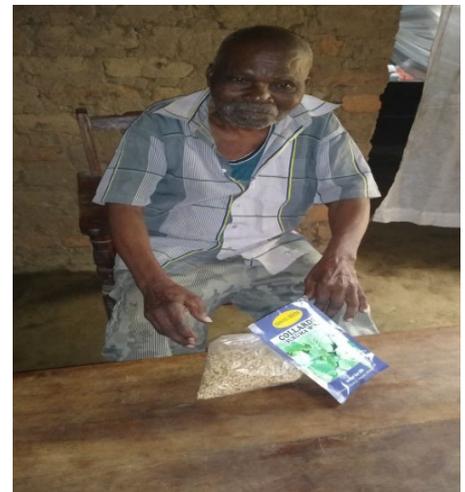
#### **102 yr old Erina very grateful.**



We also held an awareness session, where I spoke to the clients about the importance of incorporating vegetables into their diets. Some key benefits of vegetables include:

- Lowering blood pressure
- Reducing the risk of heart disease and stroke
- Preventing certain types of cancer
- Alleviating eye and digestive issues
- Helping manage blood sugar levels, which can assist with appetite control

#### **Mzee Wetoore**



It was wonderful to see how engaged the clients were during this discussion. Many of them were unaware of these benefits, but they expressed a new commitment to include more vegetables in their diets. I also encouraged them to sell some of their produce to meet other basic needs.

Due to the frailty of most of the elderly clients, many of the sessions were attended by their caregivers. It was a joyful experience to interact with them, share life stories, laugh, and learn together. I look forward to visiting their gardens in a few weeks to see how they're progressing.

#### **Challenges and Special Focus:**

Although all our seniors are in need, **Kezia**, **Wekwanya**, and **Paul Khiisa** in Buwasu are particularly challenging cases. They require additional support, both in terms of medical care and basic needs.

### Awareness session in progress



### Viewing pics on the office walls



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### Conclusion:

August has been a month of great progress, but also of continued challenges. The support of the community and our dedicated staff continues to make a difference in the lives of those we serve. We look forward to seeing the growth of the vegetable gardens and the impact it will have on their health and livelihoods.

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### Compiled by:

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