



Restoring Dignity to Our Seniors

Monthly Activity Report

FEBRUARY | 2025



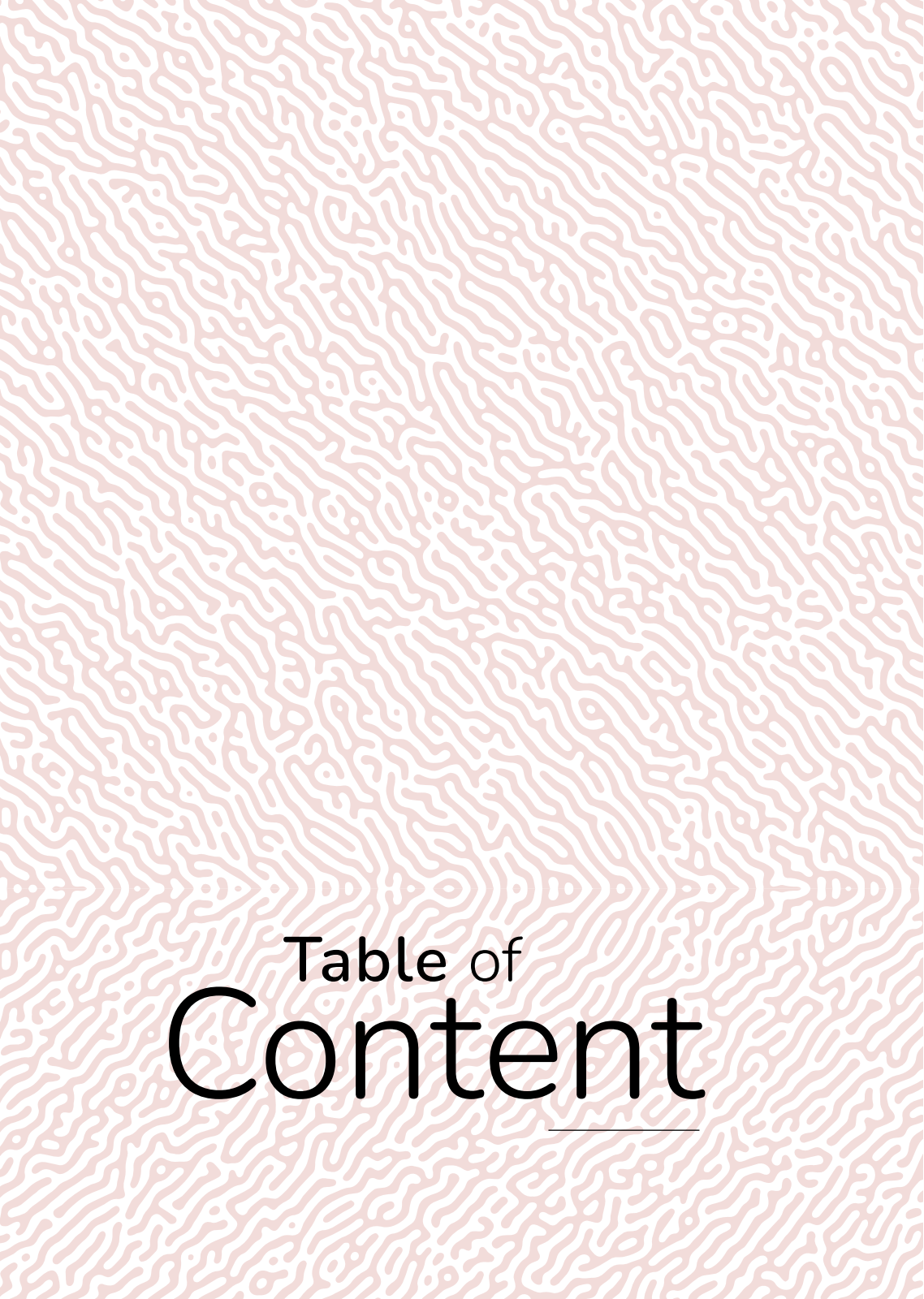


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01

Seniors Feeding Program





Halima was born in 1955 in the humble village of Bula Pesa, nestled in Isiolo County. Growing up as the second-born among three siblings, her childhood was marked by the daily rigors of small-scale farming and household chores. However, at the tender age of 10, Halima's life took a dramatic turn when she was forced by her parents to marry an older man.

In her new role as a wife, Halima embraced the responsibilities of motherhood. Blessed with four children—two girls and two boys—she devoted herself to being a stay-at-home mother while her husband worked tirelessly as a driver to provide for the family. But tragedy struck when her husband passed away after a short illness, leaving Halima to shoulder the burden of supporting the family alone.

Determined to give her children a better future, Halima took up work as a maid to meet their needs. She later found employment at an agricultural farm where her husband had once worked. Despite being paid only 300 shillings per month, Halima meticulously managed her finances to ensure that her children received an education up to form four. Unfortunately, despite her best efforts, none of them were able to secure employment.

Years later, Halima faced another setback when she lost her job at the farm. As she struggled to make ends meet, her situation worsened with the passing of her married daughter, leaving Halima to care for her grandchildren. With no means to support herself and the young orphaned children under her care, life became exceedingly difficult. Halima bore the heavy responsibility of providing for the grandchildren while navigating the challenges of daily survival.

Desperate for help, Halima resorted to begging from one office to another and seeking assistance at the local Islamic center. However, her efforts often yielded little support, barely enough to cater to her family's needs. Amidst the hardships, a ray of hope emerged when Halima learned about the Mama Ibado Charity. Desperate for relief, she visited their office and was recruited into the program due to her dire circumstances. For the past seven years, the charity has been a lifeline for Halima, providing her with food rations and bringing much-needed relief and hope into her life.



Clement Mukoto was born 77 years ago in Kakamega, Shitaho location. His early years were marked by tragedy and hardship. His father passed away while his mother was still pregnant with him, leaving her to raise Clement alone. Sadly, his mother passed away when he was still young, leaving him orphaned and disabled. He struggles on his own to put food on the table. At the age of seventeen, Clement decided to take control of his life. After some time, he married and had two daughters none received formal education, they are living in extreme poverty.

Being the man of the house and despite his disability, Clement had to step up and provide for his extended family. He was forced to plough his neighbors farm in order to put food on the table. This took a huge toll on his health and well-being as he was diagnosed with hypertension, the doctors advised him to stop any form of manual labor and was put on bed rest.

His elderly wife has now taken the burden of providing for the family by taking her husband's responsibility of ploughing their neighbor's farm. The money she earns from this job not only buys food for the family but medicine for her husband's condition.

Through the local administration, Clement was enrolled in the seniors feeding program in August 2019. Since then, has been receiving a monthly ratio that caters for 75 percent of his family food needs, this has improved his health due to increased adherence as a result of better nutrition. Clement also visits Mamaibado healthcare clinic for treatment and medication and it has improved his health.

He also visits MIC weekly clinics that has incredibly improved his health. This assistance has brought a glimmer of hope to their challenging lives.

Clement is among many of our beneficiaries from Kakamega who live with extended families. As a result, he has requested that the Organization increase quantities of the food rations especially Maize flour.

We are saddened to announce, the program lost 2 beneficiaries from Isiolo:



Hussein Abdi Maalim K/213
Passed away on 19/02/2025
due Hypertension and old age
complications



Lolpanga Lemule K/202
Passed away on 28/02/2025 due to
old age complications.

A life lived with dignity



This month the number of beneficiaries impacted were:

294

Seniors from Kakamega county

694

Seniors from Isiolo county

Total Impacted Seniors

986

Mama Ibado Charity distributed

5,512.50^{Kgs} 13,627.50^{Kgs}

food items in Kakamega county

food items in Isiolo county

Total food distribution was at

19,140.00^{Kgs}

A total of 39 beneficiary life stories were documented for the website, with 24 from Isiolo and 15 from Kakamega.

On Valentine's Day, love was shared with seniors, including Sophia Wesonga in Shikambi, through a meal as a gesture of appreciation.

Among the 51 beneficiaries, maize meal and sugar were identified as the most quickly consumed food rations.

When asked about food preferences, 40% requested an increase in maize flour and sugar, another 40% preferred maize flour and cooking oil, while 20% suggested milk and maize flour.

Beneficiaries also recommended adding protein-rich foods like beans and green grams to their diet.

SENIORS FEEDING PROGRAM

02

Seniors Healthcare Program





Health Care Program

This month the number of beneficiaries impacted was:

- During the month of February, a total of 91 beneficiaries attended the weekly
- In a bid to reduce the suffering of bedridden beneficiaries, 9 seniors were provided home based care by our clinical officers and their conditioned managed
- Two beneficiaries who were hospitalized at Isiolo County Nursing Home were visited to assess their progress and recovery.
- One of our SHIF beneficiaries passed away due to old age and hypertension. The deceased beneficiary was replaced by Deka Mohamed, who requires constant medical attention. Deka is suffering from hypertension and gastritis.
- To prevent wastage due to expiration, S-Dol Extra medicine was donated to Al Falah and Iqra Nursing Home.
- Facilitated the February SHIF medical cover payments for 200 beneficiaries. And the program staff continue to seek broad support from stakeholder in order to ensure they are able to get treatment and referral from level 2 and 3 facilities.
- We conduct monthly weekly clinics to our beneficiaries especially to those who are ill with the aim of monitoring their wellbeing. There wasn't much change in the dominant diseases and it was evident that High blood pressure, diabetes and arthritis are the common illness that are affecting our elderly, as four of them are diabetic and hypertensive, two are diabetic and four have arthritis.

Category	No.	Remarks
Number of beneficiaries who utilized SHIF cover.	200	• Payment for all the beneficiaries monthly cover was made and total of 24 beneficiaries used inpatient services
Number of clinics conducted	8	8 Clinics were conducted during the month and 2 home visits done for bedridden beneficiaries.
Number of beneficiaries who received treatment during weekly clinic	91	91 Beneficiaries received treatment during the weekly clinics 52 in Isiolo and 39 in Kakamega.
Number of bedridden beneficiaries visited for medical checkups	9	6 in Isiolo and 3 in Kakamega
The number of SHA beneficiaries who lost their lives	1	
Number of bedridden Beneficiaries	50	42 in Isiolo and 8 in Kakamega, most of the cases are due to stroke, severe wounds, fractures and other degenerative conditions



03

School
Education
Program



Kakamega Township Primary School

- 20 ICT Lessons were done during the Month
- MIC participated in 1 School management committee meeting





04

Sustainability
Program



Sustainability Program

Crop Production

- Isiolo nurseries have been established for onions, capsicum, carrots, cucumber, kale, and spinach on both farms, including a new onion and tomato nursery at Esimit. Transplanted kale and spinach at Matabithi and prepared drip beds at Esimit for seedlings. Esimit farm received 50 flowers, 1650 tree seedlings, Matabithi farm received 50 flowers and 1312 trees for growth. In total 100 flowers and 2962 trees were received preparations are underway for planting.





Sustainability Program

Bee Keeping

- Managed the apiary by clearing bushes, watering trees and flowers and adding sunflowers around the apiary in both farms. Daily farm operations included watering, weeding, spraying, bush clearing, and general crop maintenance to ensure steady production and sustainability.





Sustainability Program

Sustainability data

Category	No.	Remarks
Total number of Acreage under production	10	<u>Matabithi</u> – 5 acres, <u>Esimit</u> 5 acres
Total number of harvests in kgs		
The total value of sales in Ksh.	4,810	
The total no. of Kgs donated	0	
Total number of beehives occupancy	33	Number has reduced due to honey bagger attack the bee hives at night; 17 in <u>Matabithi</u> and 19 in <u>Esimit</u>



05 | Highlights



Partnerships & Stakeholders' engagement

- This month marked a significant step in our mission to promote HealthCare to our seniors as MIC partnered with, SHE Matters Alliance students from Masinde Muliro University of Technology for our first event a breast cancer screening for the elderly. Conducted a breast cancer screening for the seniors. Breast cancer remains a major health concern and early detection is crucial especially for elderly women.
- Mamaibado Charity Staff participated in Microsoft Share point system data entry training with developers to improve operational efficiency.



#WazeeWaKenya

Thank you for your support!

Feel free to approach us on our various platforms

www.mamaibado.org

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    @mamaibado