

## **RSA PROGRAMS CONSOLIDATED REPORT**

**COMPILED BY: MONICA AMUNGA**

**MONTH: JANUARY 2021**

### **ADMINISTRATION**

Rejuvenated Seniors Alliance is a community Based Organization that has had its offices in the communities. The office location has been directly at the grass root level where most activities were being carried there. After sharing our work and objectives to Sheilla at the end of the year 2020, there was a recommendation that the organization gets an office near town setting to be able to be easily accessible and source for reliable network. The founder, (Monica Amunga), apart from having passion in community work, was a defaulted/deferred Masters student of Public Health who could not access education due to lack of reliable internet in the community. This made Sheila say that an office be near town to help the student continue with her studies. In the beginning of the year 2021, Sheilla shared RSA proposal with friends to support the project and this has borne some fruits which has made RSA get an office 1km from town which is much accessible to get internet at the same time make activities run.

The office acquired is much affordable and Sheila advised to lease it from the start of February and this has seen RSA set its foot in Kakamega town that will administer its programs across the County in respective sub-counties. The Founder is appreciative and ready to implement the activities. Pegged on implementation process, there are some volunteers that had interest to work closely with RSA in its programs and are currently attached to the organization. We have a Psychologist, who has much passion in her work and hopes to build a stable relationship with RSA and anticipates for a possible opportunity. We also have on board a Public Health Practitioner (Student from Masinde Muliro University) who is attached to exercise her professionalism in the organization and looks forward for a long-term service to RSA. We are also privileged to have a Librarian who is much handy to provide community activities with much passion. The volunteers are focused and we look forward to retaining their services for the expansion of the activities in the organization.

### **SENIORS PROGRAM**

#### **Executive summary**

The RSA seniors' program in the month of January involved community entry meetings and meeting of the community opinion leaders to sensitize the administration and local leaders to buy the idea of supporting the elderly and most vulnerable that have been abandoned in communities. Two communities were visited in Navakholo and were able to meet the Area Chief, and 2 Assistant chiefs. This enabled us to meet 30 village elders under the jurisdiction of chief. The program is planned to meet the vulnerable elderly persons in the communities and give food packs while addressing both their pain and psychological problems. Some of the activities that the program plans to carry from February in this program/pillar include:

### **ACTIVITIES**

- Recruitment of the vulnerable elderly members of the communities.
- Home based care to the elderly with diagnosed life-limiting health problems and relieve their pain.
- Selection of community Health Volunteers who will administer Home Based Care to the recruited seniors
- Recruitment of the seniors to benefit in the program
- Procurement of nutritive food items, pain killers and other assorted cheap clothes for distribution
- Orientation of Community Health Volunteers in the communities

### **COMMUNITY/PRIMARY HEALTH AND TRAININGS PROGRAMS**

#### **Executive summary**

Grass root women trainings were conducted in COVID19 response in one of the communities. One primary school was also involved in training where liquid soap was prepared after their training. The program is focused in empowering grass root women to come up with skills that can both reduce/prevent violence against women through surfacing innovative solutions that can generate income for women to be self-reliant. This program is as well focused to reduce challenges faced by



young girls that find themselves in family life. Activities that were done in January in this project were as outlined below:

#### **Activities:**

- Liquid soap made and distributed in 2 primary schools
- Procurement and distribution of 600 disposable face masks in schools and communities
- Training on COVID 19 preventive measures in communities and primary schools. A total of 1,200 pupils plus teachers were reached with this knowledge. A total of 50 grass root women were reached as well with the knowledge in the communities
- De-jiggering activities in one school that reached out to 200, pupils that were treated of jigger infestation
- Guiding and counseling sessions were held in the schools by a staff volunteer in the schools. A total of 200 girls were reached with this strategy in psychosocial development.

#### **IMPACT**

- The community members are talking loud of our approach being unique for no one in the county has ever had a similar approach in reducing challenges at the grass root level.

#### **UPCOMING EVENTS**

- Community Health education.
- De-jiggering
- Distribution of masks
- Psychological health development
- Issuing food packs to the elderly
- COVID 19 response trainings on preventive
- Pain management

#### **Gallery:**

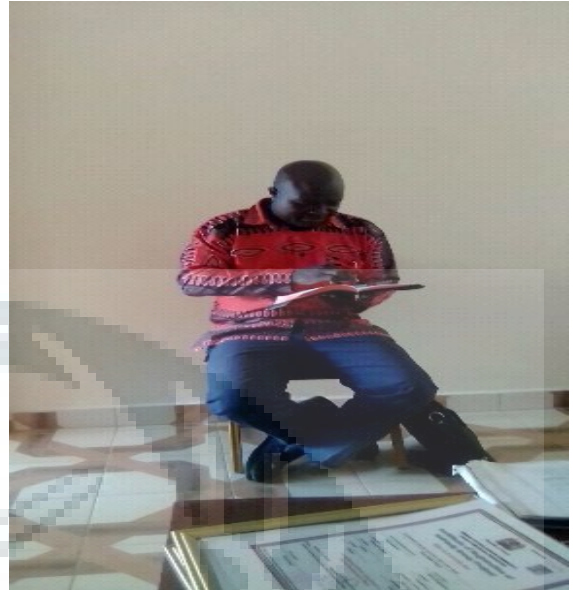


Meeting with Opinion Leaders and Administration in the communities

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RSA New Office next to Kakamega Town



Pastor Dedicating our office



Giving a talk at school



Distribution of face masks in school

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A new look of RSA office



Treating jiggers in school children



A meeting with local Administration

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Training grass root women and school girls in liquid soap making

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## **RSA PROGRAMS CONSOLIDATED REPORT**

**COMPILED BY: MONICA AMUNGA**

**MONTH: FEBRUARY 2021**

### **EXECUTIVE SUMMARY**

The activities of RSA picked up from the previous month so well. The recruitment process of the work groups was well done. Day care for the widowers and widows was well done and the sensitization of Community Health Volunteers to embrace Home Based Care services through care givers. The organization conducted its activities across the communities. For the administrative purposes, an asset was procured to facilitate the activities in the office. Some of the activities done were as follows:

### **SENIORS PROGRAM**

In the month of February, the Seniors program included day care, psychological counselling, training on COVID response, and distribution of nutritious food items to the vulnerable aged widows and widowers. A total number of 15 widowers and 20 widows were reached with the necessities outlined above. The widowers were selected from Kakamega Central Sub-County while widows are from Navakholo Sub-County. The work group for the Community Health Volunteers is under structure and soon will be established through pain management and home effective remedies inclusive of COVID 19 response. The activities carried in February include and not limited to:

### **ACTIVITIES**

- Recruitment of the vulnerable elderly members of the communities as work groups in the organization
- Sensitization of Community Health Volunteers to be trained on Home Based Care services and First Aid basics
- Psychological counselling to the widows and widowers
- Distribution of nutritious food packs to the widowers and widows
- Distribution of 50 disposable mouth masks in COVID 19 response
- Making and distributing liquid soap for hand washing amounting to 50 liters.
- Conducted day care with home-made nutritious meals to the widows and widowers in their respective organized meeting points.

## **COMMUNITY/PRIMARY HEALTH AND TRAININGS PROGRAMS**

Trainings on COVID 19 response was carried across the communities and organized groups were reached with the knowledge in COVID creating awareness and preparing them to prevent and close the possible gaps of infection. Grass root women were sensitized in keeping their families healthy by being responsible to ensure that their homesteads have wash points and soap for hand washing. Masks were distributed. Women groups were reached and encouraged to establish strong links with less privileged and reduce chances of suffering in poverty due to lack of knowledge. Activities that were done in February in this project were as outlined below:

### **Activities:**

- Trainings on preparation of liquid soap
- Psychosocial care and reconciliation sessions conducted in the communities amongst widows and widowers that had tasted bitter lives in elderly staged of life.
- Linking the community members with the nearest health facilities to be assisted health wise.
- Spiritual guidance to those who had lost hope and in the midst of aging challenges

### **IMPACT**

- The work from RSA is being perceived and many are embracing our approach with willingness to support our strategies in doing community work.

### **UPCOMING EVENTS**

- Pain management
- Day care for the elderly and widows/widowers
- Community Health education.
- De-jigerring
- Distribution of masks
- Psychological health development

- Issuing food packs to the elderly
- COVID 19 response trainings on preventive
- Pain management

**Gallery:**



Food pack distribution to the widows



A widow being served with a food pack

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Liquid soap issued to widows



Day care for widows



A meal shared amongst widows



Psychosocial counseling





Sensitizing the CHVs for Home Based Care services



CHV sensitization



Psychosocial care for the widowers



Day care to the widowers





Food packs to the widowers



Liquid soap to the widowers

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**RSA PROGRAMS**  
**CONSOLIDATED REPORT**  
**COMPILED BY: MONICA AMUNGA**  
**MONTH: MARCH 2021**

**EXECUTIVE SUMMARY**

The activities of RSA picked up from where we left in the month of February so well. The recruitment process of the work groups continued with enrollment of grassroot women living in poverty. Day care for the widowers and widows was well done and the sensitization of Community Health Volunteers to embrace Home Based Care services through care givers. Anti-jiggering was done. The organization conducted its activities across the communities. Some of the activities done were as follows:

**SENIORS PROGRAM**

In the month of March, the Seniors program included day care, Anti-jiggering, psychological counselling, training on COVID response, and distribution of healthy food items to the vulnerable aged widows and widowers. A total number of 15 widowers and 25 widows were reached with the necessities outlined above. The widowers were selected from Kakamega Central Sub-County while widows are from Navakholo Sub-County. The work group for the Community Health Volunteers is under structure and soon will be established through pain management and home effective remedies inclusive of COVID 19 response. The activities carried in March include and not limited to:

**ACTIVITIES**

- Anti-jiggering
- Recruitment of grassroot women living in poverty.
- Recruitment of the vulnerable elderly members of the communities as work groups in the organization
- Sensitization of Community Health Volunteers to be trained on Home Based Care services and First Aid basics
- Psychological counselling to the widows and widowers
- Distribution of healthy food packs to the widowers and widows
- Distribution of 50 disposable mouth masks in COVID 19 response
- Making and distributing liquid soap for hand washing amounting to 50 litres.
- Conducted day care with home-made nutritious meals to the widows and widowers in their respective organized meeting points.

**COMMUNITY/PRIMARY HEALTH AND TRAININGS PROGRAMS**

Trainings on COVID 19 response was done across the communities and organized groups were reached with the knowledge in COVID creating awareness and preparing them to prevent and close the possible gaps of infection. Grass root women were sensitized in

keeping their families healthy by being responsible to ensure that their homesteads have wash points and soap for hand washing. Masks were distributed. Women groups were reached and encouraged to establish strong links with less privileged and reduce chances of suffering in poverty due to lack of knowledge. Activities that were done in March in this project were as outlined below:

#### **Activities:**

- Anti-jiggering
- Trainings on preparation of liquid soap
- Psychosocial care and reconciliation sessions conducted in the communities amongst widows and widowers that had tasted bitter lives in elderly staged of life.
- Linking the community members with the nearest health facilities to be assisted health wise.
- Spiritual guidance to those who had lost hope and in the midst of aging challenges

#### **IMPACT**

- The work from RSA is being perceived and many are embracing our approach with willingness to support our strategies in doing community work.

#### **UPCOMING EVENTS**

- Grassroot women empowerment
- Day care for the elderly and widows/widowers
- Community Health education.
- De-jiggering
- Distribution of masks
- Psychological health development
- Issuing food packs to the elderly
- COVID 19 response trainings on preventive
- Pain management

#### **Gallery:**

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**RSA PROGRAMS**  
**CONSOLIDATED REPORT**  
**COMPILED BY: MONICA AMUNGA**  
**MONTH: APRIL 2021**

**EXECUTIVE SUMMARY**

The month of April has been a beehive of activities across the communities that RSA implement its activities. The activities ranged from disposable mask distribution, psychosocial counseling, nutritional therapy to the seniors, pain management, women empowerment, spiritual support, jigger eradication, COVID 19 response, day care and lunch programme to the elderly among others. Some of the highlighted activities across the month are as follows;

**Mask Distribution**

A total of **100** disposable masks were procured and distributed to 15 Widowers, 85 widows and grassroot women to help curb the possible spread of COVID 19 across the communities. The beneficiaries of the masks are among the less privileged members of the community that their income is below 1 USD. Getting food is more of a priority than the termed luxury of mask.

**Liquid Soap Making and Distribution**

The organization in response to COVID 19, has been able to make liquid soap and distribute to the beneficiaries within the communities. A total of 100 liters of soap was made and distributed to facilitate hand washing at the household level. Not many of our beneficiaries have been able to have liquid soaps in their homes and this RSA has made come true by even procuring chemicals and train the women beneficiaries to make and use in their households to improve hygiene and also eradicate the possible spread of the COVID 19.

**COVID 19 Response**

RSA has worked closely in the month of April with Community Health Volunteers (CHVs) to give health education on COVID 19 knowledge, spread and preventive measures. A total of 200 people were reached with the information across the communities. With the current weak health systems, most of the seniors do not go for medical checkups in fear of COVID 19 contraction in the health facilities. Community health education has seen good knowledge acquisition and information sharing in prevention of the spread of the disease.

## **Pain Management**

Due to adult related ailments and prognosis of life limiting illnesses, most of our beneficiaries presented with different body exhaustions, fatigue and insomnia that needed pain management strategies to calm down the anxieties and worries accompanied with seniority. We procured and distributed a total of 250 tablets of painkillers to relieve their pain and calm their distress. Some cases were referred for further health care management while tubes of gel (20) were distributed for massage therapies in the households.

## **Psychosocial/Psychological Counseling**

RSA has got streamlined structures of counseling sessions to work on distress and stresses of the seniors during our monthly meetings. 3 Counseling sessions have been conducted in the month of April together with experience sharing amongst the beneficiaries that has seen them gain some courage and acceptance to the efficacy of the services. Counseling sessions have both been in group and one on one. It befitted much the beneficiaries to the sustenance of their health and psychological understanding.

## **Women Empowerment**

Grass root women were introduced to economical empowerment to make them develop an aspect of self-reliance by training them to generate some income at a personal level. Women at the grass root level were trained to make liquid soap and the techniques introduced to equip them to rise up from their comfort zones and fend for their families.

## **Day Care to the Elderly and Lunch Programme to the Elderly**

Lunch programme and daycare activities were conducted for the three work groups of Widowers, Widows and Grassroot women. A meal was prepared in the three groups and the members shared a meal harmoniously in regards to the provision. After each meal, food packs were distributed to both the widows and the widowers (100 of them) to take home for continuity and care. The organization provides the staples to the beneficiaries (Rice and Beans) to take home and eat with their families.

## **Spiritual Support**

The holistic support accorded to the seniors is not limited to the previous but also inclusive of the spiritual nourishment to enhance their focus on their creator. RSA coopted this strategy to help the seniors understand the importance of transforming their lives by drawing close to their God. Sessions are conducted for Bible discussions and learning in different perspectives and contexts due to different faiths but same belief in God. This gives a platform to understand their worthiness and importance of stability with the uniqueness in creation and blessings.



## **Nutritional Therapy to the Seniors**

Nutritional therapies/diet therapies have been conducted in counseling sessions with identification of the available food groups in the communities and means of utilizing them to manage the life limiting illnesses diagnosed among our beneficiaries. Meal plans and menus are drawn for individuals to help in reducing the disease progression and improve their health in regards to the dietary intake as planned by the nutritionist.

## **Jigger Eradication**

Some identified cases of jiggers were attended to, in the month of April one widower presented with jiggers and was treated which left him comfortable and safe.

## **IMPACT**

Rejuvenated Seniors Alliance not only addresses people's problems but also empowers them to develop resilience and adaptability at the community level in effects of their lives. The impact is that the lives at the community level have started to transform.

## **UPCOMING EVENTS**

- Grassroot women empowerment
- Day care for the elderly and widows/widowers
- Community Health education.
- De-jiggering
- Distribution of masks
- Psychological health development
- Issuing food packs to the elderly
- COVID 19 response trainings on preventive
- Pain management

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**Gallery:**



Soap distribution to widows







Spiritual Nourishment

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Group Counseling







Group counseling







Women Empowerment







Therapy sessions/ Recreation





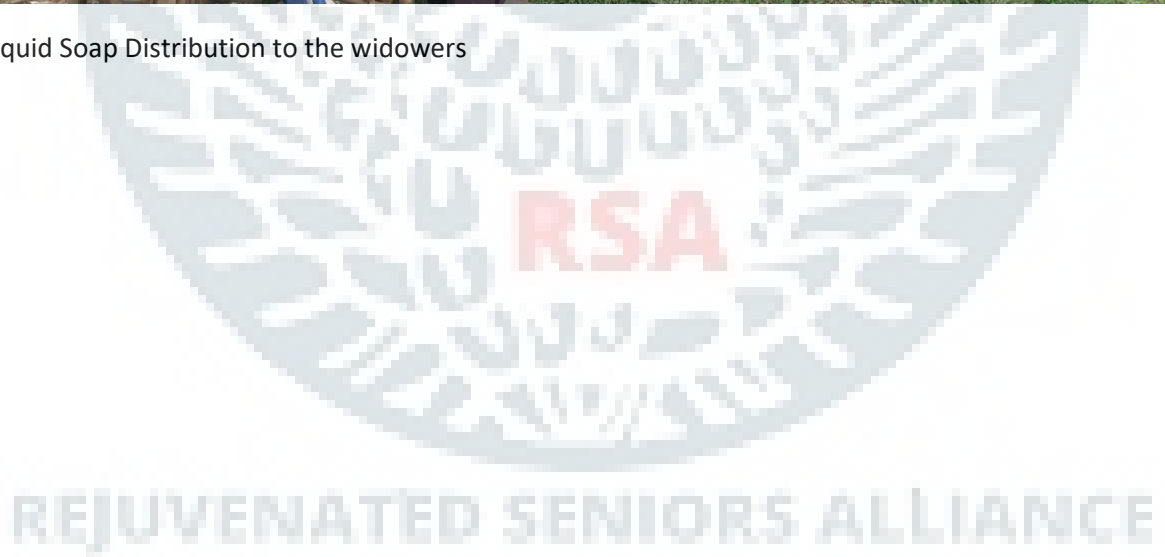
Food packs to the widowers







Liquid Soap Distribution to the widowers





Soap distribution





Widowers enjoying their lunch during daycare







Safe drinking water distributed during meals to the widowers





Lunch programme for the widows







Attendance list of widows being checked by RSA Staff





**RSA PROGRAMS**  
**CONSOLIDATED REPORT**  
**COMPILED BY: MONICA AMUNGA**  
**MONTH: MAY 2021**

**EXECUTIVE SUMMARY**

The activities of May report picked from and continued the April adjourned reports. The activities were not limited to Psychosocial counseling, nutritional therapy, pain management, COVID 19 response, women empowerment, spiritual nourishment, lunch program/day care and general hygiene upkeep amongst others. The activities handled during the month are as follows:

**COVID 19 Response**

Efforts to respond to COVID 19 towards mitigating the effects and possible preventive measures on the spread in the grass root communities that RSA work with involved; masks distribution, liquid soap making and distribution, community health training and hand washing demonstration techniques. We managed to distribute 100 disposable masks, 80 liters of liquid soap and 3 community trainings.

**Pain Management**

A number of the beneficiaries are adults and they present with different adult related discomforts that requires some pain relief through painkillers and physiotherapies. A few cases were handled in the month of May due to insufficient funds to procure drugs. Adult related discomforts have been experienced a lot and we plan to work on it in the month of June.

**Psychosocial/Psychological Counseling**

This happens to be the major role of RSA in the communities to help seniors and the distressed rejuvenate both their feelings and emotions. All the 3 work groups of widows and widowers summing up to 100 people were reached with these services both at an individual and group level. Counseling sessions were conducted to restore understandings between the seniors and their children while they are encouraged reconcile with the past and refresh their lives as they advance in age gracefully. The beneficiaries have shown great appreciation to RSA and most of them witness the efficiency of the program.

**Spiritual Nourishment:**

The care given spiritually by RSA to the beneficiaries is of much help for their spiritual life and development of positivity in life and understanding the great teachings that restores back their values with correct ethics. The organization uses a Biblical App (Discover Bible). The studies are moderated by the Director and lessons read loudly then discussions arise to improve their understanding while also giving platform for the seniors to ask questions and discover the hidden treasure in the Bible. It has been a very wonderful experience for them since most of them did not have correct understanding under genuine reasons. The App has

been of much help and this program is picking up so well since the Good News is preached and they have opportunity to learn through interactive sessions.

### **Women Empowerment**

RSA operating at a very low scale in the communities with great needs to empower grass root women; work closely with women to change their lifestyles by channeling them to embrace knowledge on self-reliance and establishing community adaptation and resilience. The women received training on liquid soap making and small income generating activities.

### **Day Care to the Elderly and Lunch Programme to the Elderly**

Lunch programme and daycare activities were conducted for the three work groups of Widowers, Widows and Grassroot women. A meal was prepared in the three groups and the members shared a meal harmoniously in regards to the provision. After each meal, food packs were distributed to both the widows and the widowers (100 of them) to take home for continuity of care. The organization provides the staples to the beneficiaries (Rice and Beans) to take home and eat with their families. This is continued and glad that the impact is seen in the improved nutritional status.

### **Nutritional Therapy to the Seniors**

Nutritional therapies/diet therapies have been conducted in counseling sessions with identification of the available food groups in the communities and means of utilizing them to manage the life limiting illnesses diagnosed among our beneficiaries. Meal plans and menus are drawn for individuals to help in reducing the disease progression and improve their health in regards to the dietary intake as planned by the nutritionist.

### **IMPACT**

RSA is an organization to grow for the community has embraced much it's programs and their prayer is that it should do the activities at a larger scale and improve lives while giving hope to the hopeless.

### **UPCOMING EVENTS**

- Grassroot women empowerment
- Day care for the elderly and widows/widowers
- Community Health education.
- De-jiggering
- Distribution of masks
- Psychological health development
- Issuing food packs to the elderly
- COVID 19 response trainings on preventive
- Pain management



## Gallery:



Lunch program for the widows, food being served



Psychosocial counseling by Psychologist to widows





Widowers under counseling session



Widowers carrying their food packs





Widowers enjoying their lunch under day care and in uniform of RSA



A nice shot of widowers eating





A widower very happy with our programs. The loneliness has vanished

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Widowers group photo



T-shirts for widowers





Founder and Psychologist pose for a photo with widowers. Happy faces





**RSA PROGRAMS**  
**CONSOLIDATED REPORT**  
**COMPILED BY: LYDIAH KWAMBOKA**  
**MONTH: JUNE 2021**

**EXECUTIVE SUMMARY**

The activities of June were done as planned. The activities included Psychosocial counseling, nutritional therapy, pain management, COVID 19 response, women empowerment, spiritual nourishment, lunch program/day care, jigger eradication and general hygiene upkeep amongst others. The activities handled during the month are as follows:

**COVID 19 Response**

Efforts to respond to COVID 19 towards mitigating the effects and possible preventive measures on the spread in the grass root communities that RSA work with involved; masks distribution, liquid soap making and distribution, community health training and hand washing demonstration techniques. We managed to distribute 100 disposable masks, 100 liters of liquid soap and 3 community trainings.

**Pain Management**

A number of the beneficiaries are adults and they present with different adult related discomforts that requires some pain relief through painkillers and physiotherapies. A few cases were handled in the month of June due to insufficient funds to procure drugs. Adult related discomforts have been experienced a lot and we plan to work on it in the following month of July.

**Psychosocial/Psychological Counseling**

This happens to be the major role of RSA in the communities to help seniors and the distressed rejuvenate both their feelings and emotions. All the 3 work groups of widows and widowers summing up to 100 people were reached with these services both at an individual and group level. Counseling sessions were conducted to restore understandings between the seniors and their children while they are encouraged to reconcile with the past and refresh their lives as they advance in age gracefully. The beneficiaries have shown great appreciation to RSA and most of them witness the efficiency of the program.

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The spiritual care given by RSA to the beneficiaries is of much help for their spiritual life and development of positivity in life and understanding the great teachings that restores back their values with correct ethics. The organization uses a Biblical App (Discover Bible). The studies are moderated by the Director and lessons read loudly then discussions arise to improve their understanding while also giving platform for the seniors to ask questions and discover the hidden treasure in the Bible. It has been a very wonderful experience for them since most of them did not have correct understanding under genuine reasons. The App has been of much

help and this program is picking up so well since the Good News is preached and they have opportunity to learn through interactive sessions.

### **Women Empowerment**

RSA operating at a very low scale in the communities with great needs to empower grass root women; work closely with women to change their lifestyles by channeling them to embrace knowledge on self-reliance and establishing community adaptation and resilience. The women received training on liquid soap making and small income generating activities.

### **Day Care to the Elderly and Lunch Program to the Elderly**

Lunch program and daycare activities were conducted for the three work groups of Widowers, Widows and Grassroot women. A meal was provided in the three groups whereby the members shared a meal harmoniously after the day's teachings. After the meal, food packs were distributed to both the widows and the widowers (100 of them) to take home for continuity of care. The organization provides the staples to the beneficiaries (Rice and Beans) to take home and eat with their families. This is continued and glad that the impact is seen in the improved nutritional status.

### **Nutritional Therapy to the Seniors**

Nutritional therapies/diet therapies have been conducted in counseling sessions with identification of the available food groups in the communities and means of utilizing them to manage the life limiting illnesses diagnosed among our beneficiaries. Meal plans and menus are drawn for individuals to help in reducing the disease progression and improve their health in regards to the dietary intake as planned by the nutritionist.

### **Jigger Eradication**

Few cases of jiggers were identified and attended to in the month of June. Two widowers were treated which left them comfortable and safe for the rest of the days. The victims were so grateful for the relieve they received and this makes RSA happy.

### **IMPACT**

RSA is an organization to grow for the community has embraced much it's programs and their prayer is that it should do the activities at a larger scale and improve lives while giving hope to the hopeless.

### **UPCOMING EVENTS**

- Grassroot women empowerment
- Day care for the elderly and widows/widowers
- Community Health education.
- De-jiggering
- Distribution of masks
- Psychological health development
- Issuing food packs to the elderly
- COVID 19 response trainings on preventive
- Pain management and physiotherapy



## Gallery:

### Liquid soap distribution for COVID response





Widows enjoy fruits before their meal for correct nutritional therapy





Lunch for the widows under day care



Widowers lunch programs







Psychosocial therapy session by Psychologist

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Grassroot women Empowerment







Foodpacks and soap distribution to widowers





## Jigger Treatment



**RSA PROGRAMS**  
**CONSOLIDATED REPORT**  
**COMPILED BY: MONICA AMUNGA**  
**MONTH: JULY 2021**

**EXECUTIVE SUMMARY**

The month of July has been a beehive of activities in RSA. The activities were boosted with monitoring as an evaluation process to enhance and establish the ongoing programs in RSA. Activities carried were under the four running programs which are: Spiritual Nourishment with guidance of DBS to help the beneficiaries discover the Bible and build both Hope and Faith of the beneficiaries, Psychosocial Care for counseling on their worries, anxiety and discomforts, Day Care for the improvement of Nutritional status of the beneficiaries, Primary Health Care which addresses their health discomforts encompassed with improvement of hygiene standards with management of households to eradicate parasites that give them a discomfort. And stipulated below are the activities:

**Spiritual Care/Nourishment (DBS):**

Throughout the month, the beneficiaries from the three work groups of RSA were visited and engaged in discovery Bible stories which was focused in teaching on the Love of God and His plan for salvation to humanity. Both the participants were engaged in the studies in different topics ranging from: Creation; God Creates the World, God creates humanity; The Fall: the first sin and its punishment, Noah's flood. After the study of the topics in different work groups, we again carried out another rotation on the groups reviewing our previous study and introducing new topics for the next month of August. The review was very important to establish and improve their understanding so that they don't forget since their age is prone to forgetting.

**Psychosocial Care/Counseling:**

Counseling sessions were conducted across the groups to ascertain their worries and challenges and address the modes of intervention. The heartbeat of RSA is counseling for it helps understand the worries, discomforts and anxieties across their lives to help address what is equivalent in regards to our prowess. Issues tackled included stress and misconceptions/myths attached with belief system of the communities. The psychologist handled both group and one on one counseling. Trainings were conducted and skills passed to help improve and socialize within the crisis.

**Day/Nutritional Care:**

Under this pillar, RSA beneficiaries were served with nutritious meals during the activity days as planned within our operational plan. Each of the groups at their meeting points enjoyed a well-balanced diet served to each one of them. During the monitoring sessions, they were as well served with nutritious snacks of different kinds of fruits. The day care sessions have helped the beneficiaries understand the importance of healthy meals and nutritional improvement. Food packs were also distributed of the staples to the beneficiaries



so that they can prepare and eat at their homes. Rice and beans were purchased and distributed.

### **Primary Health Care:**

Primary health care services were conducted to help reduce the pain and general preventable health problems at their disposal areas/homes. Cases of pain attached with adult related illnesses are rampant among the seniors. Being a community-based organization, RSA addresses issues at the grass root level which makes it possible to issue painkillers, massage therapies and counseling at a household level. Drugs were purchased and dispensed to each individual who presented with pain and massage gels issued to manage their pain and some were massaged at the meeting points. Households were fumigated with hard chemicals to eradicate parasites that give them discomforts like jiggers, bedbugs and fleas. A total of 13 houses were fumigated. Some of the infested foot soles were treated of jiggers of beneficiaries that stay in unkept homes. 2 serious cases were treated and a relief restored in their lives.

### **COVID 19 Response**

Response to COVID 19 has been our frontline approach in protecting our beneficiaries from a possible infection. We issued out a total of **480** mouth masks to the beneficiaries during our meetings. Distributed **100** liters of liquid soap for hand washing and hygiene maintenance at homes.

### **Women Empowerment:**

Grass root women empowerment is an activity valued in RSA since most of our beneficiaries are women. 3 community trainings were carried on stress management, food preparation, food handling and storage. A total of 60 women were reached with the trainings.

### **IMPACT**

RSA is transforming the lifestyles of the community members. The perception and understanding of the locals have changed and the community members are talking loud of RSA. Some community members just gate crush in our meetings and proudly say, 'I heard about this program and we have come also to learn'. We are humbled.

### **UPCOMING EVENTS**

- Discovery Bible
- Grassroot women empowerment
- Day/Nutritional Care
- Psychosocial Care.
- Health Care
- COVID 19 Response

**Gallery:**



**Bible discovery session going on (Widowers)**







**Discovery Bible Session (Widows)**







**Psychosocial care (widows)**





**Widowers under counseling session**

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Issuing of liquid soap





**COVID Response (taking temperature before onset of meeting)**





Food packs being distributed





Handwashing practiced





Lunch under day care program





Fumigation of households undergoing



**RSA PROGRAMS**  
**CONSOLIDATED REPORT**  
**COMPILED BY: LYDIAH KWAMBOKA**  
**MONTH: AUGUST 2021**

**EXECUTIVE SUMMARY**

In the month of August, RSA carried out a number of activities under its four thematic areas: Spiritual Nourishment with guidance of DBS to help the beneficiaries discover the Bible and to build both their Hope and Faith; Psychosocial Care for counseling on their worries, anxiety and discomforts; Day Care for the improvement of Nutritional status of the beneficiaries, and Primary Health Care which addresses their health discomforts encompassed with improvement of hygiene standards with management of households. Thereafter RSA management carried out monitoring sessions to assess progress. The following section presents the details of the activities carried out per thematic area:

**Spiritual Care/Nourishment (DBS):**

RSA carried out visits to the three groups of beneficiaries and engaged them in Discovery Bible Stories which focused on God's redemptive concern for mankind. The topics covered included God's promise to Abraham, The fall; Noah and the Flood, Hope for the rejected; a sinful woman forgiven and Hope changes things; Jesus and Zaccheus. After the study RSA carried out another rotation on the groups reviewing their previous studies and introducing new topics for the next month of September. The review was very important to keep the beneficiaries' memories refreshed on the issues already discussed.

**Psychosocial Care/Counseling:**

Counseling sessions were conducted across the groups to ascertain their worries and challenges and address the modes of intervention. The heartbeat of RSA is counseling as it helps understand the worries, discomforts and anxieties across their lives to help address what is equivalent in regards to our prowess. Issues tackled included stress and misconceptions/myths attached with belief system of the communities. The psychologist handled both group and one on one counseling. Trainings were conducted and skills passed to help improve and socialize within the crisis. RSA introduced physical activities to improve their physical health physique. In this regard, the beneficiaries were involved in simple exercises according to their age and level of physical strength and tolerance.

**Day/Nutritional Care:**

Under this pillar, RSA beneficiaries were served with nutritious meals during the activity days as planned within our operational plan. Each of the groups at their meeting points enjoyed a well-balanced diet served to each one of them. During the monitoring sessions, they were as well served with nutritious snacks of different kinds of fruits. The day care sessions have helped the beneficiaries understand the importance of healthy meals and nutritional improvement. Food packs were also distributed of the staples to the beneficiaries so that they can prepare and eat at their homes. Rice and beans were purchased and distributed.



## **Primary Health Care:**

Primary health care services were conducted to help reduce the pain and general preventable health problems at their disposal areas/homes. Cases of pain attached with adult related illnesses are rampant among the seniors. Being a community-based organization, RSA addresses issues at the grass root level which makes it possible to issue painkillers, massage therapies and counseling at a household level. Drugs were purchased and dispensed to each individual who reported to be in pain and massage gels issued to manage their pain and some were massaged at the meeting points.

## **COVID 19 Response**

Response to COVID 19 has been our frontline approach in protecting our beneficiaries from a possible infection. RSA issued out a total of **400** mouth masks to the beneficiaries during group meetings. In addition, distribution of **100** liters of liquid soap for hand washing and hygiene maintenance at homes was also done. Further, beneficiaries were sensitized on frequent hand washing in running water as well as keeping social distance during group activities. During group meetings, body temperatures of participants are taken and any salient symptoms for appropriate care and management. RSA is grateful that so far, none of its beneficiaries has been diagnosed with COVID 19.

## **Women Empowerment:**

Grass root women empowerment is an activity valued in RSA since most of our beneficiaries are women. 3 community trainings were carried on stress management where they are encouraged to relive their experience especially on loss, food preparation, food handling and storage. A total of 60 women were reached with the trainings. In addition, the beneficiaries, have donated a piece of land to undertake basic farm demonstrations to gain skills in the activity before practicing it at their homes. This will help in the diversion of energy to farming instead of engaging themselves in brewing alcohol.

## **IMPACT**

RSA is transforming the lifestyles of the community members. The perception and understanding of the locals have changed and the community members are talking loud of RSA. Some community members just continue gate crushing in group meetings even though they are not the targeted beneficiaries. This calls for more effort to enroll more members in an effort to transform the whole community.

## **UPCOMING EVENTS**

- Discovery Bible
- Grassroot women empowerment
- Day/Nutritional Care
- Psychosocial Care.
- Health Care
- COVID 19 Response
- Fumigation
- Dejigging

**Gallery:**



**Bible discovery session going on (Widowers)**

REJUVENATED SENIORS ALLIANCE





**Discovery Bible Session (Widows)**



**Psychosocial care (widowers)**









Issuing of liquid soap

REJUVENATED SENIORS ALLIANCE



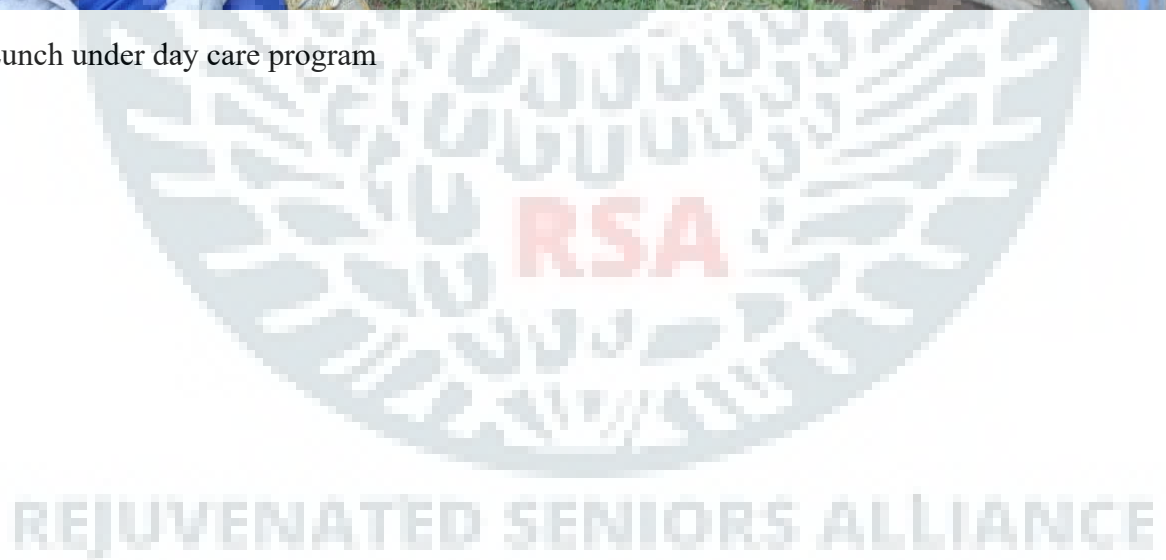
Distributed Food packs







Lunch under day care program







Widows doing Exercise



Exercise for Widowers





**COVID Response (taking temperature before onset of meeting)**

REJUVENATED SENIORS ALLIANCE

**RSA PROGRAMS**  
**CONSOLIDATED REPORT**  
**COMPILED BY: MONICA AMUNGA**  
**MONTH: SEPTEMBER 2021**

**EXECUTIVE SUMMARY**

Throughout the month of September, RSA planned activities were carried in accordance to the monthly plans. In the four pillars that are Spiritual Nourishment, Psychosocial Care, Day Care and Primary Health Care. The activities were done with much inclusiveness of the beneficiaries with consideration of their likes and rights. The discomforts and challenges in their lives were well addressed while the management carried monitoring sessions, the beneficiaries felt much valued and appreciated the efforts RSA has put in place to improve their lives. Here below are some of the activities carried during the month:

**Spiritual Care/Nourishment (DBS):**

The three work groups of RSA were visited within the month and engaged in Bible discovery lessons. Stories that were taught this month were: Abraham Sacrifices His Son, Hope for the Non-Religious, Hope changes Things, Hope Forgives, Hope for the Rejected and Hope Helps others. The Biblical concepts were shared amongst the groups and the beneficiaries' attitude in learning the Bible have been improved. They were more than willing to learn and their quest and thirst to learn was publicly seen. The rotational monitoring was much helpful for it assisted much in depth of reviewing the Bible and also answering most of their questions. Beneficiaries have developed positivity in learning and very active in Biblical sessions.

**Psychosocial Care/Counseling:**

Psychosocial sessions were carried across the work groups to ensure sustenance of the programs. Counseling sessions involved both group and one on one. The communities that the activities are carried are much interested in our activities for the change seen amongst our beneficiaries. The anxieties have reduced in their lifestyles while their distress are much handled in a more transformed ways. Some physical activities are running during these sessions that help them reduce their stresses were much improved and the beneficiaries testified that their health has much improved due to the healthy sessions of activities. RSA is doing great in the communities.

**Day/Nutritional Care:**

RSA distributed healthy and nutritious meals to the beneficiaries of the common staples. Each beneficiary was given food packs that help sustain their feeding. Healthy snacks were also provided during monitoring sessions and this has given out observable results of improved health. Lunch program during day care was well coordinated with healthy prepared meals that was shared amongst the beneficiaries. It has been much encouraging for RSA to see the seniors; widows and widowers share meals together and thank God for the provision. A culture is currently weeded of appreciation amongst them. Food provided to them in form of food packs,



have always been prepared and eaten in their homes so well. There is a great improvement in their health nutritionally. Rice and beans were purchased and distributed.

### **Primary Health Care:**

Community health education on hygiene and proper home management was done across the communities. Primary health care services were as well carried with managing pain by dispensing a few painkillers that RSA managed to purchase and give out in regards to the presentation. Grassroot level issues in regards to every individual was addressed while some cases were referred for advanced health care to the nearest health facilities. Follow up to referrals was done to ascertain if the instruction had been adhered to.

### **COVID 19 Response**

Under this pillar, RSA managed to issue out health education on importance of vaccination across the three work groups so that members can decide to take the jab for prevention. RSA issued out 500 disposable masks to the beneficiaries for protective purposes. During our meetings, RSA monitored the body temperatures of the beneficiaries as COVID response strategy to keep an update of their health. 100 liters of liquid soap was prepared and distributed to the beneficiaries to support frequent hand washing, hygiene and sanitation in their households. RSA has kept in pace with the requirements of the government in disseminating COVID information to the beneficiaries to help reduce any possible infection. We work to sensitize their uptake of the vaccination that is now being given freely in the government hospitals.

### **Women Empowerment:**

RSA worked closely with the women to improve their understanding in self sustenance with the available resources like land. These untapped resources lie fallow after the first season of harvesting and thus some of them have worked to plant short season seeds to help in securing food in the next season. Some have planted beans, sweet potatoes and vegetables. The program has reached out to 60 women directly while indirect beneficiaries are stipulated to be more since the knowledge acquired is shared amongst them at the grassroot level. The piece of land donated has also been prepared and planted with projection of being a demonstration for the beneficiaries to acquire knowledge.

### **CHALLENGES:**

It has not been all smooth in implementing the activities this month. A crisis hit the Country when fuel price got hiked. The economy and price fluctuation hit every aspect of purchase of food items, transport and communication. RSA tried to adjust the budget to ensure the progress of the activities. Climate change effects has also affected much with poor roads; however, every activity was implemented.

### **IMPACT**

RSA is transforming the lifestyles of the community members. The perception and understanding of the locals have changed and the community members are talking loud of RSA. Some community members just continue gate crushing in group meetings even though they are not the targeted beneficiaries. This calls for more effort to enroll more members in an effort to transform the whole community.

## UPCOMING EVENTS

- Discovery Bible
- Grassroot women empowerment
- Day/Nutritional Care
- Psychosocial Care.
- Health Care
- COVID 19 Response
- Fumigation
- Dejigging

### Gallery:

**Bible discovery session going on (Widowers)**





## Discovery Bible Session (Widows)



## Psychosocial care (widowers)





## Psychosocial care (widows)





**Issuing of liquid soap**



**Distribution of Food packs**





## Donation of assorted clothes



DRS ALLIANCE



### **Lunch under day care program**



### **Widows doing Exercise**





## **Rejuvenated Seniors Alliance**

*...fostering health through deep focus...*

### **RSA PROGRAMS**

### **CONSOLIDATED REPORT**

**COMPILED BY: MONICA AMUNGA**

**MONTH: OCTOBER 2021**

### **EXECUTIVE SUMMARY**

The month of October ran as planned within the RSA outlined workplan. The activities were carried out in the three located communities where our work groups are stationed. Attached with efficiency, monitoring was done alongside the activities to establish resilience and adaptability at the community level. Under the four pillars; Spiritual, Psychosocial, Day care and Primary health care, the activities carried were much inclusive of the beneficiaries' participation and involvement. This improved their dignity with value addition to help sustain their worthiness at the community level. Below are the activities carried in the month of October:

#### **Spiritual Care/Nourishment (DBS):**

RSA beneficiaries within their groups were visited and taught in regards to the policy and guidelines of the Discovery Bible lessons. Each group was included in the study lessons and some of the stories that were taught this month were not limited to: The Promise of Passover, Hope Changes Things, The Parable of the unforgiving Servant and Abraham Sacrifices His Son among others. This month, DBS concept had much impact in the lives of the beneficiaries and a lot has been realized. People do not just neglect the word but it is lack of exposure, approach and modes of teaching. The participants talk loud of the word and confesses much of the transformation. Monitoring was done across the groups with highlights and Biblical references to help them understand more of the teachings. The acceptance of the word of God is quite encouraging.

#### **Psychosocial Care/Counseling:**

Under this pillar, the Psychologist carried different sessions across the groups and administered several therapies in regards to the notified needs at both group and individual levels. Activities ranged from counseling, exercising, stress management and health talks. There is a great observation of improved lifestyles. Their understanding has improved and their view of worldview has changed thus encouraging. The communities around have developed much interest and feels to be involved in our running programs. It is quiet rejuvenating and much refreshing to mold a life of an elderly that had been forgotten by the community and families. The elderly has a right to good health and decision making. The work of RSA is gaining much momentum in the communities.





## **Rejuvenated Seniors Alliance**

*...fostering health through deep focus...*

### **Day/Nutritional Care:**

Day care and Nutritional programs ran successfully this month. As budgeted, all the beneficiaries were served with well-cooked nutritious meals during the meetings and monitoring sessions. Each beneficiary was given the common staples for food packs and healthy snacks during monitoring sessions. Lunch program during day care was well coordinated. Both men and women beneficiaries were much appreciative and from the look of their health, nutritionally they have improved so well. The sharing of the meals amongst themselves is quite encouraging as they share their experiences too. It is wonderful to share the Love of God with His provision to the needy and vulnerable members of the community. Rice, beans and cabbages were both bought and distributed to them.

### **Primary Health Care:**

Community health was conducted this month by visiting homes and checking on management in a few households. Pain management was done by dispensing a few painkillers. Preventive or primary healthcare tips were shared during health education sessions. Food handling and preparation knowledge was shared at the grassroots levels while health referrals were as well done for those who needed advanced health services.

### **COVID 19 Response**

Under this pillar, RSA managed to issue out health education on importance of vaccination across the three work groups so that members can decide to take the jab for prevention. RSA issued out 500 disposable masks to the beneficiaries for protective purposes. During our meetings, RSA monitored the body temperatures of the beneficiaries as COVID response strategy to keep an update of their health. 100 liters of liquid soap was prepared and distributed to the beneficiaries to support frequent hand washing, hygiene and sanitation in their households. RSA has kept in pace with the requirements of the government in disseminating COVID information to the beneficiaries to help reduce any possible infection. We work to sensitize their uptake of the vaccination that is now being given freely in the government hospitals and at the community levels.

### **Women Empowerment:**

Women in the work groups were both brought on board for training sessions to acquire different skills in public activities and self-presentation. Bible reading was given high priority for ownership and sustenance of the programs to give them power of growth and development. The planted farm with vegetables is under monitoring as the seeds germinate for demonstration as they also prepare their kitchen gardens for planting. Women are very happy at the procedural growth.

### **CHALLENGES:**

Challenges did not miss in the implementation process but we thank God we managed to achieve the objective of the month. Poor roads were a challenge but we managed.



## Rejuvenated Seniors Alliance

*...fostering health through deep focus...*

### IMPACT

RSA is transforming the lifestyles of the community members. The perception and understanding of the locals have changed and the community members are talking loud of RSA. Some community members just continue gate crushing in group meetings even though they are not the targeted beneficiaries. This calls for more effort to enroll more members in an effort to transform the whole community.

### UPCOMING EVENTS

- Discovery Bible
- Grassroot women empowerment
- Day/Nutritional Care
- Psychosocial Care.
- Health Care
- COVID 19 Response
- Fumigation
- Dejigging

### Gallery:

**Bible discovery session going on (Widows)**







## **Rejuvenated Seniors Alliance**

*...fostering health through deep focus...*

### **Discovery Bible Session (Widowers)**



REJUVENATED SENIORS ALLIANCE

**Psychosocial care (widowers)**



## Rejuvenated Seniors Alliance

*...fostering health through deep focus...*







## Rejuvenated Seniors Alliance

*...fostering health through deep focus...*

### Psychosocial care (widows)



REJUVENATED SENIORS ALLIANCE





## Rejuvenated Seniors Alliance

*...fostering health through deep focus...*

### Issuing of liquid soap



## REJUVENATED SENIORS ALLIANCE

### Distribution of Food packs







**Rejuvenated Seniors Alliance**  
*...fostering health through deep focus...*

**Donation of assorted clothes**



REJUVENATED SENIORS ALLIANCE

**Lunch under day care program**





## Rejuvenated Seniors Alliance

*...fostering health through deep focus...*



**Widows doing Exercise**





**Rejuvenated Seniors Alliance**  
*...fostering health through deep focus...*

**Women Empowerment**





## **Rejuvenated Seniors Alliance**

*...fostering health through deep focus...*

### **RSA PROGRAMS**

### **CONSOLIDATED REPORT**

**COMPILED BY: MONICA AMUNGA**

**MONTH: NOVEMBER, 2021**

### **EXECUTIVE SUMMARY**

Activities carried in the month of November in RSA ran as planned within the monthly workplan. Within the three located implementing sites and work groups, the stipulated programs were implemented as planned. Under the four pillars: Spiritual, Psychosocial, Day care and Primary health care; all ran smoothly to the accomplishment of the planned monthly stipulations. The beneficiaries were fully involved in their activities and within the month, they got much involved with more of transformational impacts and implications. This improved their value so much as the community and leaders talk loud of RSA transformational strategies. Below are the activities carried in the month of November:

#### **Spiritual Care/Nourishment (DBS):**

Discovery Bible Studies (DBS) sessions were conducted in all the three groups together with monitoring sessions to establish the sustenance of the program in the groups. In regards to the policy and guidelines of the Discovery, the groups undertook some of the following studies across the month: The Ten Commandments, Hope Helps Others, Hope Through Death, The Promise of Passover, Hope Changes Things among others. The DBS was well perceived by the group members and lessons well perceived with more testimonies. The reception of the word of God amongst the beneficiaries has been of much value and it is observed that there is much expected in the near future. Monitoring of the program was done and through this, much was accomplished through the groups. It is indicative that the beneficiaries have decided to accept God. It is quite encouraging to see the discipleship grow.

#### **Psychosocial Care/Counseling:**

With attached worries of widowhood, all the beneficiaries had their good time with RSA Psychologist to address their worries through counseling sessions. Therapies were carried plus physical exercises to make them strong and healthy. The lives of the beneficiaries have shown some improvement and positivity which projects acceptance and resilience/adaptability. Under this pillar, the Psychologist carried different sessions across the groups and administered several therapies in regards to the notified needs at both group and individual levels. Activities ranged from counseling, exercising, stress management and health talks. There is a great observation of improved lifestyles. Most of the beneficiaries are much receptive and have improved their lifestyles. RSA is working closely with both the community and the local leaders. It is rejuvenating to see them much adaptable and developing resilience in them is our





## **Rejuvenated Seniors Alliance**

*...fostering health through deep focus...*

major objective. Their understanding has improved and soon will realize our goal of human development.

### **Day/Nutritional Care:**

Day care to the elderly and nutrition was well handled throughout the month as planned in our workplan. and Nutritional programs ran successfully this month. As budgeted, all the beneficiaries were served with well-cooked nutritious meals during the meetings and monitoring sessions. Each beneficiary was given the common staples for food packs and healthy snacks during monitoring sessions. Lunch program during day care was well coordinated. Both men and women beneficiaries were much appreciative and from the look of their health, nutritionally they have improved so well. The sharing of the meals amongst themselves is quiet encouraging as they share their experiences too. It is wonderful to share the Love of God with His provision to the needy and vulnerable members of the community. Rice, beans and cabbages were both bought and distributed to them.

### **Primary Health Care:**

Community health was conducted this month by visiting homes and checking on management in a few households. Pain management was done by dispensing a few painkillers. Preventive or primary healthcare tips were shared during health education sessions. Food handling and preparation knowledge was shared at the grassroot levels while health referrals were as well done for those who needed advanced health services.

### **COVID 19 Response**

Under this pillar, RSA managed to issue out health education on importance of vaccination across the three work groups so that members can decide to take the jab for prevention. RSA issued out 500 disposable masks to the beneficiaries for protective purposes. During our meetings, RSA monitored the body temperatures of the beneficiaries as COVID response strategy to keep an update of their health. 100 liters of liquid soap was prepared and distributed to the beneficiaries to support frequent hand washing, hygiene and sanitation in their households. RSA has kept in pace with the requirements of the government in disseminating COVID information to the beneficiaries to help reduce any possible infection. We work to sensitize their uptake of the vaccination that is now being given freely in the government hospitals and at the community levels.

### **Women Empowerment:**

Women in the work groups were both brought on board for training sessions to acquire different skills in public activities and self-presentation. Bible reading was given high priority for ownership and sustenance of the programs to give them power of growth and development. The planted farm with vegetables is under monitoring as the seeds germinate for demonstration as they also prepare their kitchen gardens for planting. Women are very happy at the procedural growth.



## **Rejuvenated Seniors Alliance**

*...fostering health through deep focus...*

### **CHALLENGES:**

Challenges did not miss in the implementation process but we thank God we managed to achieve the objective of the month. Poor roads were a challenge but we managed.

### **IMPACT**

RSA is transforming the lifestyles of the community members. The perception and understanding of the locals have changed and the community members are talking loud of RSA. Some community members just continue gate crushing in group meetings even though they are not the targeted beneficiaries. This calls for more effort to enroll more members in an effort to transform the whole community.

### **UPCOMING EVENTS**

- Discovery Bible
- Grassroot women empowerment
- Day/Nutritional Care
- Psychosocial Care.
- Health Care
- COVID 19 Response
- Fumigation
- Dejigging

### **Gallery:**

**Bible discovery session going on (Widows)**

REJUVENATED SENIORS ALLIANCE





## Rejuvenated Seniors Alliance

*...fostering health through deep focus...*



### Discovery Bible Session (Widowers)







**Rejuvenated Seniors Alliance**  
*...fostering health through deep focus...*



**Psychosocial care (widowers)**

REJUVENATED SENIORS ALLIANCE





## Rejuvenated Seniors Alliance

*...fostering health through deep focus...*







## Rejuvenated Seniors Alliance

*...fostering health through deep focus...*

### Psychosocial care (widows)



REJUVENATED SENIORS ALLIANCE





## Rejuvenated Seniors Alliance

*...fostering health through deep focus...*

### Issuing of liquid soap







## Rejuvenated Seniors Alliance

*...fostering health through deep focus...*







## Rejuvenated Seniors Alliance

*...fostering health through deep focus...*

### Lunch under day care program







## Rejuvenated Seniors Alliance

*...fostering health through deep focus...*

### Women Empowerment







## **Rejuvenated Seniors Alliance**

*...fostering health through deep focus...*

### **RSA PROGRAMS**

### **CONSOLIDATED REPORT**

**COMPILED BY: MONICA AMUNGA**

**MONTH: DECEMBER, 2021**

#### **EXECUTIVE SUMMARY**

The month of December being the close of the year had a lot of activities and as planned was done in respect to the working plan of the year. The stipulated programs under the four pillars of RSA were carried well and accomplished in time. The RSA pillars range from Spiritual, Psychosocial, Day Care and Primary Health Care. With the transformational approach within the work groups, a lot was realized and changes observed with much appreciation by the beneficiaries in their full involvement and participation. RSA Organization is perceived well by the community members and local leaders within our operational locations. Some of the activities under each pillar done in the month are as below:

#### **Spiritual Care/Nourishment (DBS):**

RSA DBS program has picked up so well and has changed the beneficiaries' levels of knowing God and seeking His face. The beneficiaries throughout the month have shown some interest and improvement in the spiritual growth and development. Most of the selected Biblical topics for this month were well conducted in the groups and monitoring done. RSA team from America supported the program to purchase eight Copies of Bibles and reading glasses to aid/facilitate the reading and perception of the Bible and the Word of God. The topics studied through the month in the groups were not limited to: Ten Commandments, Hope Helps Others, Hope Rose from the Dead, Promise of Passover, Birth of Jesus and Prophecy on the Birth of Jesus. This is the program that is more transformative and has seen several souls change to Love God and identify Him as a Savior of their lives. Both group members have acknowledged the program and have agreed to read the Bible and change their thinking and irresponsible activities they have been doing like drinking local brews. It has been encouraging to see the progress of the program during monitoring sessions.

#### **Psychosocial Care/Counseling:**

Psychosocial program is one of the major pillars of RSA. All the beneficiaries had an ample time with the Psychologist who helped address their problems both at a personal and group level. To develop their resilience and adaptability, the Psychologist had a close contact with the beneficiary's giving guidance and counselling therapies to help them be stable. Group counseling plus one on one counseling sessions was conducted during group's meetings. There has been an observable positive progress as the partake of the changes are embraced. The objective of RSA is to develop resilience with rejuvenation to their lifestyles. The human development is quite impressive. The beneficiaries were issued with RSA labelled T-shirts for identity and uniformity. Each and every member from the three groups was given a T-shirt.



## **Rejuvenated Seniors Alliance**

*...fostering health through deep focus...*

### **Day/Nutritional Care:**

Day/Nutritional program is a major pillar to the elderly and was carried well. Healthy nutritional meals were prepared and the beneficiaries served plus a component of healthy fruits during the day of monitoring. During day care meetings, lunch provision was well managed and food packs were purchased and distributed among the members of the common staple food of rice and beans. The meals were shared amongst them to their satisfaction and the love among them is encouraging as they eat together. Each beneficiary was given the common staples for food packs and healthy snacks during monitoring sessions. Lunch program during day care was well coordinated. Both men and women beneficiaries were much appreciative and from the look of their health, nutritionally they have improved so well. It is wonderful to share the Love of God with His provision to the needy and vulnerable members of the community.

### **Primary Health Care:**

Primary healthcare program was conducted well. Painkillers were given to the beneficiaries and massage therapies done to presented cases of adult related health complains. Community health this month involved health talks and hygiene maintenance. Food handling and preparation knowledge was shared at the grassroot levels while health referrals were as well done for those who needed advanced health services.

### **COVID 19 Response**

With the Government regulations on COVID-19 response, RSA worked closely with the community members through mobilization and sensitization which helped them understand the importance of vaccination. A total number of 29 beneficiaries were vaccinated even though some are having phobia. More of health education is to be given to help them decide and reduce the rate of new infections at the grass root level. RSA issued 500 disposable masks to members for protective purposes. Body temperatures were recorded in every meeting of beneficiaries to help check the suggestive fevers in time. RSA gave out to 100 liters of liquid soap in the month to help in hand washing and improved hygiene standards in the households.

### **Women Empowerment:**

Women in the work groups were both brought on board for training sessions to acquire different skills in public activities and self-presentation. Bible reading was given high priority for ownership and sustenance of the programs to give them power of growth and development. The planted farm with vegetables is ready for consumption, members have kept an eye of security to reduce theft and help them get healthy vegetables to improve their nutritional health status.

### **CHALLENGES:**

Challenges are part of the implementation process. The elderly has been sick quiet a good number of them, roughly 10 were sick and admitted for medication. They responded positively.





## Rejuvenated Seniors Alliance

*...fostering health through deep focus...*

Fuel hiking affected the prices of goods and commodities that we use in the programs and transport to the field. Poor roads have also been a challenge. Irrespective of all these, we managed to achieve the stipulated work for the month.

### IMPACT

RSA is transforming the lifestyles of the community members. More people from the community want to join the groups to be part of the members. The perception and understanding of the locals have changed and the community members are talking loud of RSA. Transformation is real and can be observed from the impact of their lives.

### UPCOMING EVENTS

- Discovery Bible
- Grassroot women empowerment
- Day/Nutritional Care
- Psychosocial Care.
- Health Care
- COVID 19 Response
- Fumigation
- Dejigging

### Gallery:

#### Bible discovery (Widows)



Mwiyala widows receive reading glasses





**Rejuvenated Seniors Alliance**  
*...fostering health through deep focus...*



Matoi widows receiving Bibles



Mwiyala widows receive Bibles

REJUVENATED SENIORS ALLIANCE





## Rejuvenated Seniors Alliance

*...fostering health through deep focus...*



A widow reading the Bible

**Discovery Bible Session (Widowers)**

REJUVENATED SENIORS ALLIANCE



## Rejuvenated Seniors Alliance

*...fostering health through deep focus...*



Chairman receiving Bibles



A jovial chairman with Bibles

## Psychosocial care (widowers)



Men receiving their new T-shirts



Widowers in session





## Rejuvenated Seniors Alliance

*...fostering health through deep focus...*

### Psychosocial care (widows)



Mwiyala widows receive their T-shirts



Matoi widows receive T-shirts



One on One Counseling to a widow



## Rejuvenated Seniors Alliance

*...fostering health through deep focus...*

### Issuing of liquid soap



### Distribution of Food packs

REJUVENATED SENIORS ALLIANCE