



# ubuntu

I AM BECAUSE YOU ARE • DISTRICT 9214 • UGANDA / TANZANIA

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## DISEASE PREVENTION & TREATMENT



**Rotary**  
District 9214



**Rotaract**  
District 9214



**SERVE TO  
CHANGE LIVES**



# 97<sup>TH</sup> DISTRICT CONFERENCE ARUSHA 12 - 14<sup>TH</sup> MAY 2022



ARUSHA INTERNATIONAL CONFERENCE CENTRE

This year's DCA will be held at one of the most prestigious conference venues in Tanzania.



## INSIDE UBUNTU



- 04 **Editors' Note**  
The Month of Rotary Foundation
- 05 **Rotary International President Message**  
Shekhar Mehta
- 06 **District Governor Message**  
DG Young Kimaro
- 07 **Building a Health Creating Society at Kabule**  
By Dr Catherine Sagala
- 10 **The Rotary Club of Zanzibar – Stone Town and HIPZ: A partnership for a strong healthcare system**  
By Rtn. Pamela Allard
- 11 **Health Quiz**  
By Rtn. Ciren Graci
- 12 **The Benefits of Exercise**  
By Rtn. Ciren Gracias
- 14 **Rotary Club Of Ggaba Gives Nansololo Health Center li A Face-Lift**  
Rotarian Koire Denis
- 16 **DG Visit**
- 18 **Why we need the Wellness Clinic**  
Rtn. Ruth Namutebi
- 19 **Detoxing: A Strong Foundation to a Healthy Lifestyle**  
By Purity Wako
- 20 **Mending Mindsets (Mental Health Project By Rotaract Bwebajja)**
- 21 **Answers to Health Quiz**



# EDITORS' NOTE



**Rotarian Diana Elinam**  
UBUNTU - Editor in Chief



**Rotarian Florence Malinga**  
UBUNTU - Co-Chair  
Uganda

## DISEASE PREVENTION & TREATMENT

Dear fellow Rotarians, Rotaracts, family and friends of Rotary. We are finally in December; the festive month and I hope we and our loved ones are all keeping well.

In this month of December our theme is *diseases prevention and treatment*; Rotarians in district 9214 have shared articles on different projects and activities done around this theme.

Rotary is known for intervening and being on the frontline to support health organizations and different stake holders to rid and prevent the world from diseases.

Rotarians are always standby and quick to jump into action to ensure that the communities are safe and healthy. Lately many clubs have been involved in educating and providing equipment that prevent the spreading of COVID-19 as well as allow people to cope in these uncertain times.

Rotarians have done not only help communities fight body sickness but also tackle mental and emotional health through by introducing different activities through their FAN initiative (Food and Nutrition) where people come together to hold activities such as Yoga, hiking and walking.

On top of these activities Rotarians also educate themselves and the community through webinars on different relevant subjects such as acupuncture and the advantages of consuming nutritious meals.

As the world is facing new several COVID virus variants. I on behalf of the UBUNTU team wishes every Rotarian, Rotaractors and family and friends of Rotary a healthy and a happy holiday.

Dear all Stay safe, stay active and stay informed with relevant information. Moreover educate, support, and continue to transform the society. A healthy community is a wealthy community.

Yours in service!

*Diana Elinam*

Editor in Chief

## ROTARY INTERNATIONAL PRESIDENT'S MESSAGE

# Shekhar Mehta President 2021-2022

Public health is on everyone's mind due to the global pandemic that still threatens the safety of ourselves and our loved ones. In a sense, COVID-19 has made all of us much more aware of the roles and responsibilities of medical professionals than we were before we had to wear masks and maintain social distance. In addition, while moving through this pandemic, we have also learned about the role we can play in keeping others safe.

December is Disease Prevention and Treatment Month in Rotary. The pandemic unfortunately has schooled most people on the toll that disease takes on our communities. But fighting disease is something that Rotarians around the world have been doing for decades. In fact, it is one of Rotary's seven areas of focus.

As Rotarians, we believe that good health and well-being is a human right — even though 400 million people across the globe do not have access to essential health services. The work we do in establishing clinics, eye hospitals, and blood banks, as well as in building infrastructure for medical facilities in underserved communities, all returns to a central belief that access, prevention, and education are the keys to stopping deadly outbreaks that harm the most vulnerable.

My exposure to health work began with my Rotary club, Calcutta-Mahanagar. There, among other things, I helped pioneer a program called Saving Little Hearts that over the years has provided



more than 2,500 free heart surgeries for children from India, Pakistan, Bangladesh, Nepal, and Africa. Before the program went international, it started locally with the goal of performing just six surgeries within our community. Today, our goal is to complete another 20,000 surgeries over the next five years.

The world relies on Rotary to tackle challenges like these and to set an example for others. Over the past decade, medical professionals and government workers have provided free health services to 2.5 million people in 10 countries during Family Health Days, which are organized by Rotarians around the world. Similar health camps in India also provide thousands of surgeries to those in need. Medical missions from India to Africa each year are an excellent example of hands-on service in disease prevention and treatment. Rotary members can also get involved at a local level; clubs in the United States and Mexico, for example, fund a free health clinic in Guerrero, a small town in Mexico.

And of course, our effort to eradicate polio is by far the best story in civil-society health care.

This month, think about how your club can focus on preventing and fighting disease. This is the time to take a bigger, better, bolder approach through both club and district projects that can impact more people. Re-evaluate where you are with your goals. Create strategies that can sustain change over years, not months.

*Everyone deserves a long, healthy life. When you serve to change lives, your actions today can help extend the lives of others.*

DG YOUNG KIMARO



DG's Note

# Mind-Set Change



## Small Steps That Push Our Project Impacts Further

One precious privilege of being a District Governor is the opportunity to visit all the Clubs in our District and discover gems of innovative ideas that are quietly played out in all corners. Here are a few. I hope you find them stimulating.

**Planting a tree is the easy part. The bigger challenge is how to care for them, thereafter.** One school named each tree after the student who planted it. Then, at the end of each school year, they recognized the students whose trees were exceptionally well cared for.

**Water will never be enough if it's wasted.** Dripping water taps, taps not fully shut off after use, a tap gushing water into a bucket left forgotten - these are all too common sights around us. One school appointed few senior students as school Water Prefects. Armed with a spanner, they were trained to change worn-out washers causing taps to drip. They take turns to stand by water taps at end of each break to make sure all taps were closed properly before returning to class themselves. With Water Prefects, the school no longer suffers "water-tank-but-no-water" syndrome.

**You can have children to perform 20-30% better without spending one shilling.** Rotarians eagerly engage in school projects to repair or build additional classrooms, provide desks and chairs, donate books, build toilets, provide water, all to make the environment conducive for learning. But there is one critical deficiency that goes unnoticed. Worldwide studies have shown that children who go to school without breakfast learn 30-40% less than they are capable of.

It's alarming that 80-90% of our children in public schools, whether urban or rural, don't eat before going to school. Not enough time in the morning to light fire and cook? Then cook it the night before while preparing family dinner. Boiled potato, yam, cassava, pumpkin, matoke, eggs etc., can be set aside with a fruit or two for children to eat in the morning before going to school. Take this

message to school and see our children's performance rise.

**Give youth access to loans and let them take charge of their future.** Vijana Poa initiative has brought about a surge in clubs' efforts to provide skills to youth to enable them to self-employ or be employable. For youth who successfully complete training, clubs often reward them with a start-up tool kit. Some, like sewing machine, cost a hefty sum requiring fundraising efforts. An uncomfortable truth is that some of these machines are sold off by trainees who were pushed into tailoring and have no interest in pursuing it.

Instead of handing out free goods, we could link the trainees to SACCOS for a loan at a favourable rate. If SACCOSs are hesitant to lend to untested youth, you can form them into mutually liable groups to assure repayment. That often reassuring enough to SACCOSs.

**Recognize communities' contributions to our projects.** In many Rotary projects involving construction, tree planting, or anything that requires labour and local materials, communities volunteer their support. But do we acknowledge them? It dawned on one club which built permanent footbridges over numerous streams on their mountain. Overtime, they added elements of recognition to the ceremonies commissioning footbridges. Now the commissioning of a footbridge consists of

- (1) An MOU is read out which declares that the Rotary is handing over the footbridge which was built by the village with Rotary's funding support; that the community pledges to "keep it in good shape for its children and children's children," then signed.
- (2) On the plaque, which stands at one end of the footbridge, villagers' labour and material contributions are mentioned, side by side with Rotary Clubs' funding of the project.
- (3) In commissioning, a community leader cuts the ribbon side by side with the Rotary Club President.

Aren't these how they should be, always?

*Each year, continue To give more, for the District  
to do more to grow more to Change Lives*



# Building a Health Creating Society at Kabule



By Dr Catherine Sagala  
(Rtn Catherine Kimbowa)  
POC Kabule HC111 upgrade project

“Creating health and wellbeing is not just about preventing disease, it’s about providing conditions in which people can be healthy and helping them to be so” (Lord Nisel Crisp, former chief executive of the English NHS and PS, Department of Health, UK)

Health is about life, freedom, relationships, how we live, what happens to us at school and work, achieving our fullest potential, confidence, control, and quality of life. Individual health is therefore intimately connected to our communities, our society, and ultimately our environment and planet. Effective health systems appreciate creating health from the bottom up, starting with the community where health is made, up to centers of excellence where health is repaired, alongside preventing disease, and delivering health services. Thus, allowing the individual to take control of his health. Whereas primary healthcare is the key to attaining health for all, a healthy society revolves around strengthening the effectiveness of community workers in their role of promotive and preventive health. These include parents, neighbors, teachers, mentors, employers, religious, local leaders, and healthcare professionals. Together they help develop a resilient, capable, confident, and healthy individual.

Local authorities, as guardians of the places where we live, have a crucial role to play in improving the lives of residents through leadership and participation in causes that create health alongside preventing disease and delivering health services. They work in partnership with good citizens who demand for political leadership at the very top for programs to succeed. Citizens advocate for the mitigation of the unfortunate traps of budget cuts, inefficient and fraudulent use of resources, transport challenges, lack of technology and communications support, uncoordinated supply chains and poor data

management that hinder smooth delivery of services.

The Rotary Club of Muyenga has been the silent partner in creating health in Kabule parish since 1988 when the club responded to the need for a maternity center for pregnant women who would otherwise walk to Mityana hospital, some twelve kilometers away. More interventions have since continued to evolve according to society’s need to provide comprehensive primary healthcare to a much wider geographical area, and a much bigger population, eventually necessitating partnering with Mityana municipality as the local authority to enable appropriate quality care. The value of this relationship has been ably demonstrated by the covid19 pandemic whose management harnessed all community players in the fight against poor health, starting at the household level, to public spaces, schools and workplaces, with responsibility at the very top of the district political chain, by deploying the Resident District Commissioner (RDC), a representative of the presidency in the district, to command the covid response teams within the communities.

Today the Rotary Club of Muyenga has embarked on the journey to transform this health seeking community into a health creating society that allows individuals to take control of their health. We started with revitalizing the Rotary Community Corps (RCC) of Kabule, a fifty members strong group of dedicated community workers, to apply the rotary values of fellowship, diversity, inclusion, leadership and service to transform their community. Through their already existing economic empowerment facility of a Savings and Credit Cooperative Organization (SACCO) that embraces all willing residents, they had already earned the trust of the community and together with well trained, well enumerated community health workers, the program hit the ground running. The youth group “Bavubuka Twezimbe Youth Development Group” also provided energetic fresh blood for propagating rotary values in all areas of society to not only implement health creating programs but to also empower the youth to own their health. With further strengthening of this bond through school

health and support to education programs in Kabule parish, the future of health in Kabule looks bright. In the same spirit, the Rotary Club of Muyenga has embarked on an ambitious journey to provide health infrastructure that enables all stakeholders to prioritize community involvement in creating individual and family health starting with an outpatient unit that prioritizes health and wellbeing above disease treatment. Together with well trained, well remunerated community workers, in partnership with the neighboring Rotary Club of Mityana, Kabule parish is set to create its own version of health.

In a function that was graced by the assistant RDC Mityana District, members of the two rotary clubs joined hands with all the community workers to celebrate World Polio Day on 24th October 2021 at Kabule Health Center 111. The gathering was reminded of the nature of the polio virus, how it is acquired, how we can avoid spreading it in the community and the value of immunization in breaking the chain of disease. Home hygiene was emphasized as

the pillar of family health. All in all, 137 children received initial or booster polio vaccine doses, 151 children received deworming agents, and 216 adults received treatment for a wide range of infectious and non-communicable diseases, provided by trained health personnel from Kabule HC111, the neighboring Mityana Hospital, and Rotarians in the medical profession. Other Rotarians participated in support duties including registration of attendees, distribution of protective wear and drinking water, and building relationships with the community. In total, 504 people received health services necessitating activities to continue the following day due to overwhelming community response and enthusiasm.

Mr. Sekitoleko, a founding member of the RCC, on behalf of the community, appreciated all services and health supplies donated by the Rotarians and Mr. Nyangale, the clinician in charge of the facility heralds the good working relations exhibited and the opportunity to serve.





## The Rotary Club of Zanzibar – Stone Town and HIPZ: A partnership for a strong healthcare system



By Rtn. Pamela Allard

Since 2012, the Rotary Club of Zanzibar – Stone Town has been supporting Health Improvement Project Zanzibar (HIPZ). HIPZ is a unique NGO; they work in partnership with the Ministry of Health in Zanzibar that works together to support two public district hospitals and a large community mental health programme and maternity project and collaboration with local community health workers.

The Rotary Club of Stone Town - Zanzibar has brought together Rotarians from three continents to support HIPZ and has led two Global Grants that have transformed the two hospitals that HIPZ supports.

The first of the Global Grants ran from 2012-2016 and was contributed to by the Rotary Club of Portishead, the Rotary Club of Stonehouse, Rotary Club of Nailsea and Backwell, District 1100, Rotary Club of Newton Abbot and TRF World Fund Match. Their support made it possible for HIPZ to completely transform Kivunge Hospital which serves 280,000 in the North of Unguja, Zanzibar's largest island. When HIPZ first took the hospital, it was dilapidated with no medical doctors.

The state of the hospital meant that only 40 women a month were choosing to deliver their babies there – the rest were being born away from skilled birth attendants which led to high rates of neonatal and maternal mortality. Last year there were more than 3,500 births in Kivunge Hospital. These babies were delivered in well managed wards that had been redeveloped with funding from Rotary; the hospital can now provide emergency obstetric services including caesarean sections and specialised care for premature babies. The hospital is now so well reputed locally that women travel from well beyond the catchment area to have their babies in Kivunge Hospital.

With Rotary's support HIPZ has been able to open a new outpatient department that provides safe, well managed health services, including a triage system, for thousands of people every month. The wards in the inpatient department now run efficiently and patients are treated in clean wards by staff who are empowered to improve the health system they work in.

The second Global Grant began in 2018 and was supported by the Rotary Club of Zanzibar - Stone Town, The Rotary Foundation, the Rotary Club of Vechta in Germany, The Rotary Club of Macon, The Rotary Club of Macon North and The Rotary Club of Downtown Macon. It enabled HIPZ to create huge changes in Makunduchi Hospital, in the South of Unguja. HIPZ has been working in this hospital since 2007, and the recent developments have been a huge step forward in improving this facility.

This Global Grant funded renovations that made Makunduchi Hospital a cleaner and better facility for patients and health workers. The grant included funding for better plumbing, electrics and new toilets enabling the hospital to operate more efficiently. The broken walkways that connected different departments were replaced with shining terrazzo walkways that enable smooth transition for patients from one department to another.

Funding from Rotary increased the capacity of our surgical team by providing training for two nurses to study a comprehensive course in anaesthetics. This single component will facilitate 24-hour emergency surgery, including labouring mothers that need an emergency caesarean section, avoiding a high-risk trip to the referral hospital over an hour away.

Overall, more than £250,000 has been raised by Rotarians across the world to support HIPZ. Until now, this combined fundraising effort makes Rotary the single biggest contributor to HIPZ's work and the impact this has had on the health system in Zanzibar is impossible to overstate.

## Health – Quiz



By Rotarian Ciren Gracias

**Partaking with the Rotary Theme of the month, Disease Prevention and Treatment, try this Health Quiz and see how many you get right.**

1. How many Vitamins are there and name them?
2. We are sick and tired of Covid. What is the full form of Covid-19 though?
3. Which organ of the body flushes out all waste products and excess fluids, which are expelled through urine?
4. What is blood pressure? What is the upper limit of blood pressure referred to? And the lower level? What is the ideal reading for both?
5. What is Cholesterol? What are the bad and good cholesterol called? What is the normal reading?
6. What are some of the things you can do to improve brain health?
7. What is Diabetes and what does it stem from? What is a normal reading?
8. What is pulse and what is a normal pulse rate?
9. Depression in older adults can be hard to detect. However, the earlier it is detected, the easier it can be to treat. What are the symptoms of depression?
10. I feel healthy so it isn't important to schedule a regular checkup with my doctor. True or False?

Normally there are just 10 questions in the Quiz, but for humour's sake, in this issue there is a bonus 11<sup>th</sup>....

11. Why do human beings have different Blood groups?



# The Benefits of Exercise



**By Rotarian Ciren Gracias  
(Rotary Club of Njiro Arusha)**

Exercise is just getting up and doing something involving movement. As ridiculous as that sounds, it is very much true. But to do even that it takes a huge amount of effort.

Rotarians after their usual one-hour weekly meetings, spend some time to chat on various topical issues. One topic that might arise is, "When did you last exercise?" In fact, as you read this piece, you can ask yourself that question. The answer is usually, "I would love to be exercising regularly but I just do not have the time".

Regarding time, you can always make the time if you place value into an activity or task.

Medical experts extol the virtues of exercise. It helps in both our physical and mental wellbeing. It also helps reduce effects of, or prevent heart disease, diabetes, and other illnesses. Our mood improves after exercise. As such, a lovely walk through the countryside, observing nature and passing through some beautiful scenery or

landscape have a very positive effect. Rather than making us feel tired, exercise gives us more energy. It revitalizes us.

There are four types of exercise. Endurance, which includes walking, jogging, running, biking, dancing, or physical sports. Strength, for toning your muscles, achieved by lifting weights, pushups, or sit-ups. Balance, try walking heel to toe or standing on one foot (I can hear a giggle!) and Flexibility, stretching or yoga. Try to include all four in your routine.

The recommended exercise duration is a minimum of 30 minutes each day. Always warm up by stretching and light exercise and then limber down, after.

Try the following as well. If you are going to an office on a certain floor, use the stairs instead of a lift. Try to park your car a distance from says, the supermarket or destination and walk to it. On Sundays, cycle to various places rather than using the car. Do a little household work such as sweeping or working in the garden rather than depending on the house help. Do not spend hours on

a couch glued to the TV, walk about, or do some stretching or light exercise even while watching (another giggle!).

Always consult a doctor prior to starting your exercise routine, especially if you have been inactive for a long period of time or if you have certain health conditions. At the Rotary Club of Njiro Arusha (RCNA), we have a doctor amongst our members, Rotarian Paul Kisanga. He says, the weight maintenance equation is simple, if your calories out (through regular exercise) equal the calories in, there is no

weight gain.

Finally, to motivate yourself, try and find a group to exercise with. The RCNA organizes a walk every Saturday at 7.45am. The walk is about an hour and approximately 5 kilometers through the scenic countryside of our Njiro suburb.

Make it a point to plan for and embark on a regular exercise routine. You will get fit and healthy and improve your quality of life!





# Rotary Club Of Ggaba Gives Nansololo Health Center II A Face-Lift



**Rotarian Koire Denis.**  
**CMP, Rotary Club of Ggaba.**  
**Uganda.**

About 2 years ago, as President Elect (PE) I returned from my Home Village in Kaliro where I had gone to supervise some works only to receive a distress call from one of my builders. The cause of the builder's distress was a medical bill of UGX 20,000/- (about 6 dollars) that he needed to take his wife to the nearby Nansololo Health Center II for delivery. I hurriedly sent UGX 50,000/= to help the couple. All went well and they were happy to welcome a new bundle of joy in their home. I was intrigued when my good friend insisted, I should go see their baby and that his wife wanted to thank me for the help I extended to them. To cut the long story short I visited my builder friend where I was treated to a delicious meal of course with a Cock laying its life for my kind gesture. This perturbed me and I kept asking myself, how can someone give birth at a cost of only UGX 20,000/= when in Kampala, it is in thousands if not millions of shillings.

I later discovered that Nansololo Sub County with a population of over 18,000 people had only one dilapidated Health Centre II and a few traditional birth attendants in the communities to support pregnant women. The health center has only 2 Nurses and had no single Laboratory equipment. No Refrigeration facility for Vaccines. The Sub County as well as Kaliro District, is surrounded

by Wetlands and has one of the highest prevalence rates of Malaria in Uganda. The Sub County is the worst in the whole District in Immunization rates of Children. Although my friend's wife was able to deliver successfully from the facility, not many women are lucky, when they must move to Health Centers outside the sub county, spend more money and are at risk of losing their lives or that of their babies. The nearest Health Centre III is at Nawaikoke County Headquarters, 7 kilometers away. On further inquiry and later visit to the Health Center, I discovered that there were no residential facilities, so the Health Workers have to travel long distances to come to work. The Head Nurse showed me around and I found a small room of about 8ft by 10ft which was acting as both the delivery room and maternity ward. However, there was an incomplete structure which could be completed as a Maternity Ward to help more mothers deliver safely from this facility. I was touched by what I saw and I later met with the chairperson, Health Centre Management Unit (HCMU) to organize a community needs assessment.

On 3/6/2021, a team from the Rotary Club of Ggaba went to Nansololo Health Center II for a needs assessment. Our findings noted that the facility had a small single room acting as both a delivery and maternity ward with one old delivery bed and a small bed with a mattress with a cover acting as the ward bed. There is no placenta pit, disposal of garbage is in an open pit where everything including used syringes were thrown, posing further danger to the community around. There is no water source or storage apart from a

few 20 litre Jerricans which are used to fetch water from a nearby water source. There is no power as the small solar system they had, had given way. The pit latrine was one shared by both men and women without locks on doors thereby compromising privacy and hygiene. There was no fence to protect the health center from outsiders. There was only one table for

the nurse and a bench for the patients. There was no Out Patient Department (OPD) shelter and chairs, patients had to hang around the compound as they wait for their turn to be served. There were limited drugs stored in an old wardrobe.



*Members of RC Gaba and the Community inspecting Construction at the Health Centre*

From our assessment, except the old, dilapidated building and the incomplete structure, the Health Center needed an overhaul. To manage the works and refurbishment, the renovation was divided into phases starting with the most critical ones identified by the visiting team as well as the Health Management Unit. The team agreed to refurbish the maternal unit that was urgently needed as plans for better and long-term improvement are made.

Since the campaign to restore the health center began in June 2021, friends of Nansololo and Member of the Rotary Club of Ggaba have generously contributed UGX 7,550,000/= (Seven million, five hundred and fifty thousand shillings only) out of the target of 10,800,000/= for phase one of the construction. The generous contribution has seen the maternity ward and delivery room to near completion. The works and handover are

expected to be done in March 2022.

Being a phased construction, after the Maternity Ward is completed, there will be need to work on the women's wash rooms, ward and delivery beds, placenta disposal pit, vaccines fridge, laboratory, a water tank, outpatient shade, restore power to the health center to ease the work of the health workers and patients during the night and fence off the facility from outsiders and intruders. Then there would be need to add more Equipment, train Health workers and VHTs. We appeal to friends of Nansololo health center, persons who care about the health of mothers, children and the public to give generously towards the completion of this noble project. For Denis, it was his contribution of UGX 20,000 that saved the life of a mother and baby. We can save more lives by making contributions towards a holistic renovation of the health center.



*Maternity ward & Delivery Room materials delivered at Nansololo Health Centre II*



→ DG Young's Visit

## DG's Visit



DG Young Kimaro at her official visit to RC Mikocheni. The highlight of the visit was the harvest induction of six new members into the club. Looking on was a prospective early actor, a daughter of one of the inductees. President Leina and her team also briefed the DG on the work the club has done and continues to do in impacting our communities.



DG's visit to the RC Dar es Salaam Peninsula. This is a small club led by our young leader IDRR President Edmund Issae with vibrant membership that works closely with the Rotaractor's.



DG Young, club members and guests at the official club visit at RC Dar es Salaam. RC Dar es Salaam celebrated their signature school project with DG Young Kimaro, Hon. Rotarian Richard Kabonero, AG Sophia Chamzingo and President Sati Gadhvi and Rotarian Hamza Kasongo.



DG's visit to RC ARUSHA WEST SIDE where she was met by CMP Jessica Peterson. The club is Vibrant, youthful and with the youngest member being its President. The Club is composed with predominantly expatriates, reflecting the neighbourhood it is located in. Their immediate goal is to attract more Tanzanian members.



The elderly Rotarian to my left is none other than Stella Longway, a High Court Judge who was the first female Club President (1993-94) in Africa.



RC Dar es Salaam Mbezi Beach members at DG's official visit to their club



DG's visit at the Rotary club of Dar es Salaam.



DG Young Kimaro on Mission green in Bushenyi District.



At RC Kabwohe, DG young continued collecting funds in her effort to grow the rotary foundation giving amongst members.



DG Young also visited the Rotary club of Kisoro and light moments with the club members.



The September babies of Rotary Club of Muyenga have a light photo moment with DG Young Kimaro at Hotel International, Muyenga.



DG Young Kimaro Launches the Rotary Family health day during her visit at Rotary club of Bushenyi.



At RC Kasese Snow peak, DG Young visited Kasese Muslim Nursery and Primary. She inspected the latrine constructed by RC Kasese snow peak.

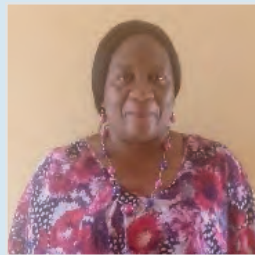


Governor Young being ushered into Muyenga club fellowship on her visit.





## Why we need the Wellness Clinic



**Rtn. Ruth Namutebi**  
**Director Public Image**  
**RC Kisugu-Victoria View**

Wellness is the act of practicing healthy habits on a daily basis to attain better physical and mental health outcomes, so that instead of just surviving, you're thriving so each one has an impact on their physical and mental health.

### **What is the importance of wellness?**

It helps to improve fitness and attain good health.

Regular visits to a wellness center give patients an opportunity to detect and rectify any developing issues before it becomes severe.

Wellness is especially important as we age because regular exercise and proper nutrition can help prevent a variety of ailments including cardiovascular disease, obesity, and fall risk behaviors. Additionally, the need for vitamins and minerals increases after age 50, so it's ever important to have a healthy diet.

### **Why is physical wellness important to us?**

Physical wellness is important because your body needs to be healthy so you can perform to the best of your ability in all areas of your life, including academically. It also includes managing your stress, getting enough sleep, and eating a healthy diet.

What are some of the benefits of Health and Wellness?

- Better Health
- Less Stress
- More Productivity
- Happier
- Improved relationships.

What do they do at a wellness clinic?

Wellness clinics offer a wide range of services. Physical and mental health issues are addressed through a comprehensive treatment plan.

### **What is a wellness exam for a woman?**

A woman's wellness exam includes a full physical exam, including a clinical breast and pelvic exam as well as health screenings, blood tests, vaccinations, and education or counseling so you can make informed health care decisions.

### **What happens at a wellness check for a man?**

It covers the essential blood tests to gauge overall well-being including a full blood count, cholesterol check, liver and kidney function analysis, vitamin D levels, and a diabetes screen. It also includes a comprehensive male hormone screen and prostate test.

The most commonly feared part of the men's wellness exam includes the testicular, penile, prostate, and hernia exams. The testicular exam is incredibly important and helps screen you for signs of testicular cancer. While check for a hernia the doctor will ask you to turn your head and cough.

Many hospitals now do have Wellness Clinic Packages depending on the age with varying charges which can be assessed by different categories of people. When these tests are carried out early you are able to detect any kind of sickness before it is too late.

It is important that we all check ourselves as we struggle to have a healthy life.

## Detoxing: A Strong Foundation to a Healthy Lifestyle



**Purity Wako**  
**Nutritionist, Life and Health**  
**Coach,**  
**CEO Kwera Bits LTD.**

Due to a busy life, we often find ourselves leading unhealthy life. We are now used to the comfort of our offices without and go long hours without stretching or walking also adopting not so good behaviours such as sleeping late, sleeping for long hours and eating a lot or very little.

Britannica defines disease, as any harmful deviation from the normal structural or functional state of an organism, generally associated with certain signs and symptoms and differing in nature from physical injury. A diseased organism commonly exhibits signs or symptoms indicative of its abnormal state. Thus, the normal condition of an organism must be understood to recognize the hallmarks of disease. Nevertheless, a sharp demarcation between disease and health is not always apparent. Pathologists always endeavour to know the aetiology (cause) of the disease, its pathogenesis, the morphological changes, and the functional consequences of those changes. The correct identification of the cause is necessary for identifying the proper course of treatment.

Whilst the above does well in laying a foundation of what disease is and why a lot of money is sunk into research finding causes, consequences, and treatment, the health coach and practicing nutritionist in me leans more to a simpler definition of the awfully dreaded word, Disease. I prefer separating it into two words, DISEASE, it makes it a more approachable foe, one that is easier dealt with by prevention rather than treatment.

Adopting a healthy lifestyle from day one shall always be an easier bargain than the steep heals of treatment especially because even the prescription drugs we take usually have some sort of side effects attached.

One of the great kick-starters to healthy living is detoxing. It's amazing how a simple detox can combat annoying irritations and "dis-ease" signs and symptoms such as painful joints, fatigue, migraines, irritable bowel, allergies, brain fog, reflux, etc. I am almost certain you mused at the mention of DETOX. But it isn't what you think.

Detoxing is fun and simple, and it is you aiding your body in expunging all the bad stuff and letting in all the good stuff (In fact it makes your body cells more receptive to other interventions). A good detox gives your body a chance to heal itself on almost every level.

90% of my clients that come in complaining of all kinds of irritabilities and discomforts, I recommend as the first line of intervention and as a kick-starter to healthy living, a safe detox using our juice and no, it doesn't result in running tummies - lol instead, usually within a week they experience; a great change in digestion, better sleep, more energy, clear skin, no bloating or stomach gas, reduced belly fat, etc.

Detoxing not only builds a strong foundation for a healthy lifestyle but also aids in disease prevention and treatment in some cases. It also "empowers" your white blood cells which are responsible for your immunity.

Delving deeper into detoxing we should keep in mind that the way we feel is often directly connected to the way we feed. When we detox, we are ideally taking out all the bad stuff e.g assuming you detox for a week, you put off, refined sugars, wheat, caffeine, non-prescriptive drugs, and alcohol and you only stick to a diet that is clean and dense with nutrients. I take it a step further with my clients by blending vegetables together with fruits but leaving in all the fibre to ease consumption, digestion, and absorption. These are high in iron, vitamin C essential minerals which the body needs to reboot & start its healing processes. This clean eating is accompanied by at least 7 to 8 hours of sleep, good hydration by taking water, preferably warm, a little exercise & more self-care. And that's why they are always mesmerized at how effective the detox is even just for a week!

There are so many amazing detox recipes, my favourite being the spinach, green apple, lemon, cucumber, parsley & ginger mix. However, because our bodies are different it is best that one seeks guidance from an experienced dietitian or nutritionist.

Detoxing will quickly help you feel better and show you how health, energy, weight management & happiness are all availed to you when you use your food as medicine and later make simple changes in your daily routine to make it a lifestyle, thereby saying bye-bye all the annoying diseases.



## Mending Mindsets (Mental Health Project By Rotaract Bwebajja)

DRRE Francis Matovu leading a discussion where the locals who participated in the project were involved in answering a survey about mental health and discussions to provide ways of how to help community members deal with mental health related stigma.

On the 21st of March 2020 Uganda declared its first case of the covid-19. The government came up with several measures to curtail the spread of the virus among which it instituted a national lockdown which disrupted the social-economic status quo.

This meant that working parents couldn't interact freely with their children with the fear of infecting them in case they had contracted covid-19. This caused in emotional strain, families could no longer visit and group celebrations e.g weddings were banned, burials had restricted numbers. People have had to pay exorbitant medical bills. The stress and pressure that came with selling properties and getting loans to be able to afford respiratory machines in ICUs and oxygen for COVID-19 patients. There's the stigma that came from the locals in areas where patients returned from hospital having made a full recovery from COVID-19 and to people who may have been rumored to be returning from recent travel and thus were suspected to be infected with covid-19.

The Rotaract club of Bwebajja set out to sensitize the communities of Kajjansi town council by holding a 5-day training from 11th to 17th September 2021 by qualified mental health professionals. We had discussions with the

community dwellers on how to cope with stress as a result of the covid-19 pandemic, how to deal with anxiety and depression, shared where to get help from in case of mental health issues and how to deal with members of the community who may fall victim to mental health. We also filmed a documentary as we realized there's needed to create an information bank about mental health and in this the community shared their life experiences with mental health. We also created anxiety and depression support groups where the community members were encouraged to share their life without fear of judgement.

At the end of the project stigma related with mental health was subdued, a vast awareness about mental health and how to deal with it was shared, mental health was no longer regarded as a minor health issue and support groups were formed to help the community with guidance from their leaders and professional health workers on how to further deal with mental health.

Mental health is serious looming crisis, and many people are still ignorant about it. Let's end stigma against people dealing with mental health and also get them the help they need.



CMP Joseph Ssengooba holding an interactive discussion with the locals of kajjansi mu line who attended the mending mindsets project.



A participant of the mending mindsets project shares her experience with fellow attendees about her experience with dealing with mental health.

## Answers to Health Quiz



1. There are 13 Vitamins. There are Vitamins A, C, D, E, and K, and also B vitamins: namely. thiamin (B1), riboflavin (B2), niacin (B3), pantothenic acid (B5), pyridoxal (B6), cobalamin (B12), biotin, and folate/folic acid.
2. Coronavirus Disease of 2019.
3. The Kidney
4. The pressure of the blood in the circulatory system. Systolic (measured when the heart beats, when blood pressure is at its highest) and Diastolic (measured between heart beats, when blood pressure is at its lowest). The Ideal reading is 120/80
5. Cholesterol is a waxy type of fat, or lipid, which moves throughout your body in your blood. The bad cholesterol is known as Low-density lipoprotein (LDL) and the good Cholesterol is known as High-density lipoprotein (HDL). A normal Cholesterol reading is total blood cholesterol less than 200 mg/dL.
6. Eating nutritious foods, regular physical activity and doing mental exercises like crosswords and other games.
7. Diabetes mellitus, commonly known as diabetes, is a metabolic disease that causes high blood sugar. The hormone insulin moves sugar from the blood into your cells to be stored or used for energy. With diabetes, your body either doesn't make enough insulin or can't effectively use the insulin it does. A blood sugar level less than 140 mg/dL (7.8 mmol/L) is normal. A reading of more than 200 mg/dL (11.1 mmol/L) after two hours indicates diabetes. A reading between 140 and 199 mg/dL (7.8 mmol/L and 11.0 mmol/L) indicates prediabetes
8. Your pulse is your heart rate, or the number of times your heart beats in one minute. The normal pulse for healthy adults ranges from 60 to 100 beats per minute. The pulse rate may fluctuate and increase with exercise, illness, injury, and emotions.
9. Symptoms of depression are loss of energy, decreased interest and pleasure in usual activities, reports of pain and complaints about memory problems.
10. False. Even if you feel healthy, it is important to visit your doctor to identify any potential health problems. Early detection of health issues greatly increases the chances for successful treatment. Do go for regular checkup at least once a year and try and live a healthy lifestyle

Here it is...

11. So that mosquitoes can get different flavours....!!!