



We resource and partner with local Sierra Leone communities, as they rebuild and advance their rural community health systems

Rural Health Care Initiative Annual Report

July 1, 2018 – June 30, 2019



Alice Karoma and Carol Nelson in Tikonko, Sierra Leone

Dear Friends,

You have touched the lives of many families in rural Sierra Leone. **Rural Health Care Initiative has brought hope to the Tikonko Community.** No longer are women dying in childbirth. Children are being treated for malnutrition and transportation is being provided by RHCI for the critically ill to reach hospital services.

When I visited Tikonko in January 2019, I witnessed first-hand the joy of the pregnant women receiving care and

education at the Mbaomi Mothers' Home. The words of gratitude from these women, the community leaders, health care workers and families reaffirmed that RHCI's work is making a positive impact on their lives, by preventing maternal and child deaths.

After a church service that Alice and I attended on January 13, we were approached by a mother with two very ill young children who both had sickle cell anemia. Our staff transported them to the Bo Children's Hospital where they were hospitalized and received life-saving care. A week later, they returned home to Tikonko in much better health. RHCI paid for their hospitalization which averaged \$10 per day for each of them. Over and over again, you are providing the resources to make this possible.

Our dreams are even bigger than what we have accomplished and include expanding our reach to more villages in the Tikonko Chiefdom. I know this is possible because you have already helped us make great progress. Together we will accomplish this dream.

Thank you for your generosity. You are making the world a better place.

Carol Nelson

Carol Nelson MD MPH, Volunteer Executive Director



Board of Directors

Sarah Cassell, *Board Chair*
Hassan Kamara, *Vice Chair*
Jonathan Rose, *Treasurer*
Alice Karpeh, *Founder*

Neil Craigan
Gary Johnson
Rebecca Johnson
Carol Nelson

Ajayi Ajayi-Nicol
Sheku Sheriff
Marie Stodolka
Ibrahim Seisay

New Members
Julie Hoffer
David Parker

Staff
Maggie Pilacinski

Save the date!



Expanding Our Roots Dinner

Sunday, October 27, 2019
5 PM to 8 PM

Brooklyn Park Community Activity Center Ballroom
5600 85th Ave. N, Brooklyn Park, MN 55443

Come to enjoy our African themed night and learn how RHCI plans to expand programs to save more lives!

Global Health



Interested in Global Health? Join our Global Health Roundtable on

Sunday
September 29, 2019
2-4 pm

Edina Hennepin
County Library

Please email Maggiepilac@gmail.com for more information

Thank you for helping us ensure healthy pregnancies and children in Sierra Leone!

www.rhcimnsl.org 651.808.3807
EIN: 45-0766007



Rural Health Care Initiative
Pursuing healthy pregnancies & children in Sierra Leone

Rural Health Redevelopment

RHCI has successfully trained 59 Community Health Workers since 2015. The infant mortality rate in Sierra Leone is 8.5 times greater than the U.S. Helping Babies Breathe course, neonatal resuscitation program, aims to reduce newborn mortality. Accomplishments in 2018:

 **50** Community Health Workers completed annual Helping Babies Breathe course.

Weekly motorbike clinic provides diagnosis, treatment and medication to rural villages that do not have access to health care.

 **2,400** Patient visits

Only 54% of priority drugs are available in rural Sierra Leonean facilities.



3 Health centers receive monthly donations of medical supplies and medications.



Mbao-mi Mothers' Home



Before the home, laboring mothers from over 50 surrounding villages would walk up to 6 hours to the nearest health center for access to skilled care during labor and delivery. During their lifetime, 1/17 women die from complicated births in Sierra Leone. Since the opening of the home in January 2018,

320 Admitted Pregnant Women Received:

 **Daily medical monitoring** of pregnancy followed by postpartum and newborn care

Education classes on newborn care, breastfeeding, family planning and sanitation/hygiene

 Access to learning activities such as tailoring and tie-dyeing

Transportation to return home to their rural villages with their newborn 

 **0 maternal deaths** of women that have stayed at the Mbao-mi Mothers' Home.

Children's Health Program


1 in 3 children in Sierra Leone are malnourished. In March, 2019, 2 villages participated in the piloted community-based malnutrition program, Positive Deviance Hearth. From the program 29 of 69 children screened were identified as moderate to severely malnourished:


 **100%** of these children had significant weight gain after 4 weeks of the program, and continue to be monitored.

Measles is one of the leading causes of preventable death to children under the age of 5. In June, 2019, RHCI partnered with the Tikonko Health Center in a nationwide vaccination campaign. In 35 villages:

6,223 children vaccinated 

1 in 9 children in Sierra Leone do not live to age 5. In the last year, RHCI has provided the following care for critically ill children:

 **17** children transported from rural villages to hospitals in Bo for emergency care.

14 Hospitalizations at Bo Children's Hospital were funded by RHCI. 

Sustainable Food and Agriculture

Lack of basic nutrients promotes poor health, especially for pregnant women and children. The Mbao-mi Mothers' Waiting home has a garden that provides produce toward:

 **3 meals a day** for admitted women and staff

RHCI promotes sustainable agriculture by supporting 3 Farmer-Based Organizations with seeds, membership fees to Agriculture Business Center, and PICS food storage bags.

10% of crops are given to the Mbao-mi Mothers' Waiting Home for meals. 



"RHCI helped us in our work and now pregnant women are not giving birth in villages. When we did deliveries in villages, many moms and babies died"

— Community Health Worker from Mbao-mi Mothers' Home

Thank you to our Top Donors

Julie Hoffer, Berglund Family Foundation, First Presbyterian Church of White Bear Lake, Carol Nelson and Keith Henry, Milton and Barb Sunde, Chris Janty, Sheila and James Leatherman, Robert Wacker, Richard and Joyce McFarland, John Neisen and Feeding Kidz, Gary and Sandra Johnson



Summary of Financial Report

for the financial Year Ended June 30th, 2019

RECEIPTS

Cash at beginning of fiscal year	26,315
Total donations for the year	166,067
Total funds available in the year.....	192,382

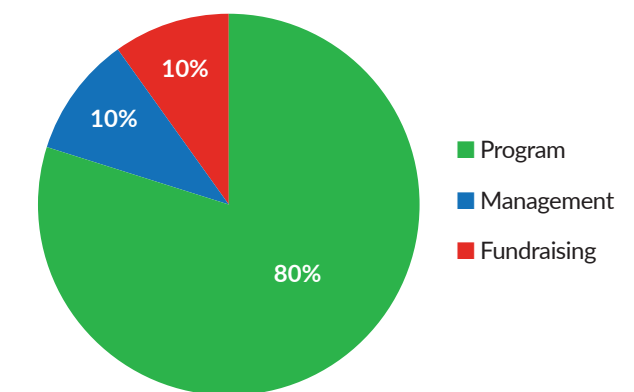
PAYMENTS

Expenses	
Program.....	115,482
Fundraising	14,602
Administration	14,545
Total operating expenses	144,629

Non Cash Adjustments

Depreciation	(14,806)
Total payments for expenses	129,823
Purchase of Fixed Assets.....	13,753
Total Expenditure	143,576
Cash at the end of fiscal year.....	48,806

FUNCTIONAL EXPENSES



Would you like to get involved?

Make **baby-kits**, join a **committee**, even come to **Sierra Leone!**

For more information contact
Maggiepilac@gmail.com 651.808.3807