

The Mission of Rural Health Care Initiative is to partner with rural communities in Sierra Leone to redevelop health care systems and to overcome one of the highest maternal and child mortality rates in the world.



Grateful new mothers and former beneficiaries of the Birth Waiting Home now receive health care with their newborns at our mobile outreach clinics. Photographed during a home visit in the village of Julian, 2020.



Rural Health Care Initiative Impact Report

July 1, 2020 – June 30, 2021

Dear Friends,

As we go through this pandemic, we are grateful that we can continue to count on donors like you to keep our mission going, giving us an opportunity to serve more women and children in Tikonko. As COVID-19 ravages our world, the needs of marginal communities continue to rise with non-profit organizations reaching out to their donor base for sustenance.

Your contributions have made a tremendous impact in reducing maternal and infant mortality, increasing vaccination rates in children, and growing our nutrition and outreach programs in Tikonko. You answer our calls, respond to our emails and engage in our virtual fundraising programs. For that, we appreciate you.

I pray that you and your families are staying safe and that we can continue to count on your support to keep RHCI alive. As we often say, "It takes a village to raise a child." Thank you for being part of the village and the global tribe that would see RHCI flourish to higher heights! Please remember that you are making an indelible impact on the lives of women and children across the globe.

"Bika," "Tenke," Thank you!

Sarah Cassell, Board Chair of RHCI
Alice Karpeh, RHCI Founder

"I enjoy doing all of the RHCI activities because these are our people and they are vulnerable. So, to make them happy has been a joy to me and so is teaching them to know what they do not yet know."

Juliana Sagba, RHCI's Head Nurse



Juliana and her son

New Executive Director, Lisa Peterson



With gratitude and excitement we welcome Lisa Peterson as RHCI's Executive Director. Lisa first fell in love with Sierra Leone during her two-year service in the Peace Corps. Since that time, Lisa has worked in international development in Africa for eight years as the Finance & HR Director of Partners in Food Solutions. Lisa then went on to become the Executive Director of a nonprofit in Minneapolis working to raise up the under-served.

She has six children and in her free time she loves family time, running races to raise money for great causes, and sailing on big water.

"This incredible opportunity to not only work again in Africa – but in Sierra Leone a place forever a part of me – makes me burst out smiling every time I reflect on this incredible gift. I am so grateful to be on this team and working in Sierra Leone again."

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Medical Program Director, Dr. Carol Nelson

After serving as RHCI's volunteer Executive Director for five years, Carol has transitioned into her role as RHCI's Medical Program Director, using her medical background and training in global and public health.



Carol with little girl from Julian

Carol has traveled to Tikonko, Sierra Leone six times with plans of returning in January 2022. Her goal is to strengthen and improve the quality of health care that RHCI provides in partnership with the local community health centers. Carol and Board Member Julie Hoffer are working with a team from the University of North Carolina Gillings School of Public Health on a major program evaluation with results to be shared in several months.

"I am humbled and gratified to participate in fulfilling RHCI founder Alice Karpeh's dream of preventing maternal and child deaths in the rural Tikonko Chiefdom."

Thank you to our wonderful supporters!
It is because of YOU that mothers and children thrive in rural Sierra Leone. Bika

The Dedicated RHCI Staff in the Tikonko Chiefdom



Isata Bah, Nurse, not pictured.



Umu Shour, Nutritionist



Shaka Steven, Farmer

In addition to the 14 full-time staff, RHCI employs and pays stipend to over 60 part-time staff.



Rural Health Redevelopment

In rural villages, health care is often inaccessible due to lack of resources, medication, skilled health care workers, and transportation. Mothers and children receive health care each month from RHCI's mobile clinics, which travel to eight remote villages. This past year we have provided:

5,117 total patient visits at mobile outreach clinics including:

4,352 child medical visits
765 prenatal visits

Other services provided this past year include:

3,356 family planning consultations and care

374 transports of women or child patients by 4-wheel drive truck to hospital or home village



26 Community Health Workers trained in Gondama

\$16,522 supplies donated for medical, hygiene and baby

102,060 doses of prenatal vitamins to pregnant women (donation from Vitamin Angels)

Birth Waiting Homes

In rural Sierra Leone, it's common for a laboring mother to walk many miles to reach the nearest health center for birth. One in 31 women in Sierra Leone in their lifetime will die related to pregnancy or childbirth* (from hemorrhaging, eclampsia, infection or obstructed labor), compared to approximately 1 in 3,000 in the U.S. RHCI ensures access to skilled care before, during and after delivery.

In the past year:

193 pregnant and postpartum women that have stayed at the Birth Waiting Homes have received **medical monitoring, health education, nutritious food, and transportation to hospital or home village**



683 women total since the opening in 2018

0 maternal deaths

2 Birth Waiting Homes in service; 9 bed Gondama Home opened in January 2021 and 24 bed Mbao-mi Home opened in January 2018



94 pregnant women stayed at two other more remote health units we support

*Demographic and Health Survey Sierra Leone 2020



Children's Health Program

One in eight children do not live to age 5 in Sierra Leone, 17 times higher than in the US. Limited access to healthcare and nutritious foods prevents children from thriving and 30% of children are stunted in growth. RHCI provides caregiver education, and food demonstrations.

In the past year:



200 malnourished children received services

1,264 malnutrition program visits for children under age 5

12 children with critical illness transported by RHCI to local hospitals with RHCI covering expenses

Ready to Use Therapeutic Food (RUTF), such as Plumpy'nut and Pikinmix, is given to moderately to severely acute malnourished children during visits, often eliminating the need for hospitalization



Food Security and Agriculture

Mbao-mi Birth Waiting Home has a large on-site garden and a 3-acre farm that helps to supply nutritious foods for patients and staff while providing a platform for demonstrations, training and expansion of improved agricultural practices.

In the past year:

14,769 meals were served to patients and staff;



3 meals daily for women and staff at the Birth Waiting Homes including food from our garden

45

rural farmers, mostly community women, received hands-on training for improved farming techniques from Njala Agriculture University staff and RHCI, a benefit to the Tikonko Chiefdom. Many women from Mbao-mi Mothers' Home received gardening education.

Volunteer Calvin Dauner teaching local farmers



COVID-19 Pandemic Response



In-country Director Manley Jongopie July, 2021

In-country director Manley Jongopie set an example in July 2021 by getting his first dose of the COVID vaccine through the COVAX program. Nearly all the RHCI staff and some community members have received both doses of the vaccine.

The extent of COVID in Sierra Leone is difficult to know. With little access to oxygen and ventilators an increase in COVID would be a huge threat. RHCI staff continue to lead the way and adhere to COVID precautions, including requiring staff vaccinations, masks, distancing and increased handwashing.

As we continue to monitor the COVID situation in country closely, we are hopeful that a volunteer team from Minnesota can return to Sierra Leone in January 2022.

Support us on **amazon smile**

A percentage of your proceeds go right back to RHCI when using Amazon Smile.

Type "Amazon Smile" in the search bar, search for Rural Health Care Initiative.

From then on – when shopping at Amazon don't go to "Amazon.com" go to "Smile.Amazon.com" and there you are! It looks and works exactly the same but you'll see this logo in the top left corner.



RHCI Board of Directors

Ajayi Nicol*, Alice Karpeh*, Beth Detlie, David Parker, Hassan Kamara*, Julie Hoffer, Komba Fayia*, Maggie Pilacinski, Marie Stodolka, Neil Craigan, Peter Gogra*, Sarah Cassell*

*Sierra Leonean

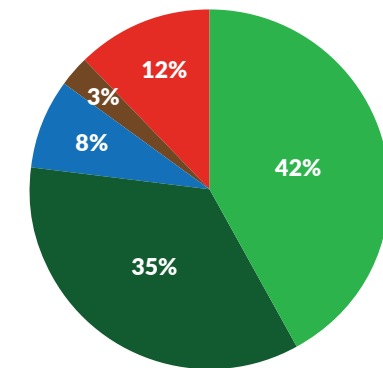
Summary of Financial Report for the financial Year End June 20th, 2021

Support

Individual Donations	\$86,386	42%
Grants and Foundations	\$71,031	35%
Corporate	\$16,869	8%
Organizations and churches	\$6,300	3%
In Kind Donations	\$23,577	12%
Total Support	\$204,162	

Expenses

Program Services	\$159,107	88%
Management and General	\$18,100	10%
Fundraising	\$3,260	2%
Total Expenses	\$180,467	
Change in Net Assets	\$23,695	11% increase
Net Assets, Beginning of Year	\$227,452	
Net Assets, End of Year	\$251,147	



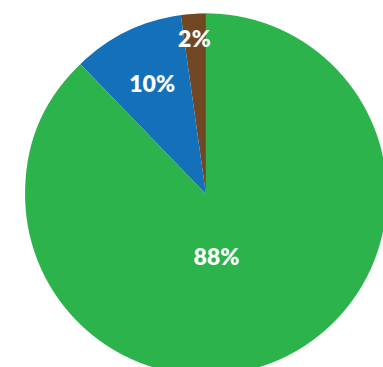
Support For RHCI

- Individual Donations
- Grants and Foundations
- Corporate
- Organizations and Churches
- In Kind Donations

Where your giving goes

RHCI's 4 major program expenses in the Tikonko Chiefdom

- Medical supplies and medications
- Food for the Birth Waiting Home and ready to use therapeutic food for malnourished children
- Salaries and Stipends for Sierra Leone staff
- Vehicle and transportation



Expenses

- Program Services
- Management and General
- Fundraising