



International Medical Health Organization (IMHO)

Issue: #21

January 2011

In This Issue

[Eastern Sri Lanka
Recovers from Flood
Emergency](#)

[Ongoing Support for
Diabetes Care](#)

[Other Recent Sri
Lanka Efforts](#)

[Past IMHO Events](#)

[Upcoming IMHO
Events](#)

Quick Links: Recent Reports

[UN OCHA Sri Lanka
Flood Report:
January 12, 2011](#)

[UN OCHA Sri Lanka
Flood Report:
December 2010](#)

[IMHO Ethiopia
Volunteer Medical
Trip 2010 Report](#)

[Ethiopia Hospitals
Equipment &
Medicines Requests](#)

[Presentation: Sexual
Abuse of Children &
Adolescents](#)

[Presentation:
Symptom Relief at
End of Life](#)

[Presentation: 2010
Medical Needs in Sri
Lanka](#)

[Presentation: Intro
& Efforts of HGD
Foundation in Haiti](#)



Eastern Sri Lanka Recovers from Severe Flooding

With Eastern Sri Lanka being hit hard by the most severe monsoon rains in over 50 years, many already struggling communities found themselves faced again with yet another disaster. While most have now returned home from the temporary shelters from where they were taking refuge, the damage has been immense and families will struggle to recover for many months to come. Almost a million people were affected, an estimated 400,000+ persons were displaced, and great damage was done to homes, buildings, roads, hospitals, and so much more.

IMHO (USA) responded quickly to the urgent pleas for help, giving \$4,000 to the Kalmunai Mental Health Society (KAMHA) and \$6,000 to the Church of the American Ceylon Mission (CACM) to support their emergency relief efforts. With many people left stranded without food, clean water, or basic supplies, this relief helped to assure families in need that they would not be forgotten. Based off past flood experiences, local doctors and health officials in Batticaloa and Ampara raised concerns about the potential for diarrhea and other infections to cause widespread problems, although such ailments seemed to be well

[Presentation: IMHO
2010 Current &
Future Efforts](#)

[Presentation: SJC87
Initiative](#)

[Presentation: 2010
IMHO Update on
Completed Projects](#)

[NEW Introduction to
IMHO](#)

[2010 Annual
Souvenir Program](#)

[IMHO Sri Lanka
Health Projects &
Needs Report 2010](#)

[All Previous IMHO e-
Newsletters](#)

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in Batticaloa and Ampara raised concerns about the potential for diarrhea and other infections to cause widespread problems, although such ailments seemed to be well contained.

Despite major challenges in transporting goods, CACM and KAMHA staff were able to provided nutritional relief to flood victims in Oomadiyamadu, Onthachchimadam, Mankaddu, Kalmunai, and more--all in Sri Lanka's Eastern Province. Additionally, medical mobile clinics were organized, providing direct care to thousands across many temporary camps. Common ailments that team members took note of during these mobile clinics included respiratory tract infections (especially in children) and severe "foot immersion syndrome" from having to wade through flood waters for so many days. They also noted the severe damage that was done to people's livelihoods and homes. The floods claimed the livestock of many people. Many homes were destroyed and farmlands were ruined. All of this will put a further burden on those affected. And of course, food insecurity remains a top concern. For **photo galleries** of the floods and the relief efforts, please click on the "Sri Lanka (2011 Floods)" on our website [HERE](#).

Although the rains may have eased and the flood waters have begun to recede, the devastation inflicted by this deadly natural disaster will have far-reaching consequences on the lives of thousands, so many of whom have been impacted by war, tsunami, and other hardship in the years prior. As always, IMHO needs your support in helping these people during their time of need. [Please consider making a donation today](#). Thank you!



KAMHA staff hand over nutritional packs to flood victims

IMHO Continues Commitment to Diabetes Care

Since 2009, IMHO has played an instrumental in supporting diabetes screenings and diabetes awareness-raising efforts in Jaffna District. Working with extremely dedicated and creative health officials at the Jaffna Teaching Hospital, over 14,500 people visited the new Diabetic Centre in 2010 alone. This year staff at the center are planning to continue to build on their efforts and maximize their impact in the community. IMHO gave \$4,000 in January to help meet the ongoing maintenance costs for running the center for a period of 6 months. Additionally, \$3,000 was given to support the ongoing diabetes awareness program. The Diabetic Centre hosted a "Diabetes Awareness & Food

Quick Links:
IMHO Website
Popular Pages

[Homepage](#)

[History, Mission & Vision](#)

[Picture Galleries](#)

[IMHO in the News](#)

[Blog](#)

[Donate](#)

[Recent Events](#)

awareness program. The Diabetic Centre hosted a "Diabetes Awareness & Food Competition" event this past month, which was a big success. Creative recipes for diabetic-friendly people were shared, along with general information about the disease and how to live a healthy and productive life with it. Students, adults, health care professionals, and members from the community participated in this most worthwhile event. You can view a photo gallery of the event on our website by clicking [HERE](#).



Displays and food presentations at the Diabetes Awareness and Food Competition event at the Jaffna Teaching Hospital, Diabetic Centre funded by IMHO.

Other Recent Efforts

In addition to the above-mentioned projects, MHO (USA) has supported the following projects in Sri Lanka since the beginning of this year:

1. \$8,500 was given to **repair 2 ambulances** for the Kilinochchi General Hospital. This will help to transport patients to/from the hospital and provided life-saving transportation during emergency situations.
- 2) \$5,000 was spent on the purchase of **5 labor room beds and 2 gyno beds** for the Kalmunai Base Hospital obstetrics ward.
- 3) \$2,108 was given to support ongoing **children's nutrition efforts and to help provide shelter and education for orphans** at the Sivan Arul Illam Children's Home in Mannar. These funds were provided by two individual donors specifically for this purpose.

Past IMHO Events

80th Birthday Celebration in Texas

On January 8, 2011, Mrs. Selvapackiam Sivagnanam celebrated her 80th birthday with family and friends in Texas, helping to raise over \$10,000 for microcredit projects in Sri

family and friends in Texas, helping to raise over \$10,000 for microcredit projects in Sri Lanka in the process. Originally from Chulipuram, Jaffna, she has been living in Houston, Texas for the past 20 years. Demonstrating great creativity and thoughtfulness, this birthday celebration was turned into an event to help the poor and disabled people back at home in Sri Lanka. Her wish was to use the money collected from such generous guests for micro credit efforts and micro grants to support the livelihood activities of people affected by the recent war. Happy 80th Birthday, and thank you for your generosity!



Upcoming IMHO Events

IMHO Canada Greeting Card Sales

IMHO Canada is pleased to offer [greeting cards designed by Sri Lankan youth](#) whereby all profits will benefit youth in Sri Lanka. Each pack of colorfully designed cards comes with 10 cards and envelopes for just \$5! Or you can order 5 packs for just \$20. To order, simply email Lokini, IMHO Canada Programs Coordinator at lokini@imhocanada.org and give the details of your order.

The cards can either be picked up at the IMHO Canada office or can be mailed to you. If you are picking the cards up at the IMHO Canada office, simply bring a cheque or cash as payment. If you prefer to have the cards mailed to you, please make a donation online [HERE](#) and make sure include \$5 extra for shipping. In either case, please coordinate in advance with the IMHO Canada Programs Coordinator by email or phone.

IMHO Canada: University of Ottawa Annual TSU Sportsmeet

WHEN: Saturday, March 5, 2011 from 9:00am-9:00pm

WHERE: University of Ottawa, 200 Lees Avenue, Ottawa, ON K1S 5L5, Canada **WHY:** The people of NE Sri Lanka need our help! The most pressing needs are for mental health care, ongoing primary care and nutrition services, and helping to rebuild livelihoods through micro credit and micro grants.

CONTACT: tsu.uottawa@hotmail.com

*****"Light Musical Night & Fashion Show" in New Jersey*****

WHEN: March 26, 2011 from 6:00-10:00pm

WHERE: West Windsor-Plainsboro High School (North Campus), 90 Grovers Mill Road, Plainsboro, NJ 08536

WHAT: A benefit concert featuring renowned musical artists C.S. Ainkaran and Anitha Krishna joined by a live band. A fashion show and dinner will follow.

COST: \$25/general; \$20/students; kids under 10 are free

Please save the date and support us with your presence and participation. You can view the event flyer and event posting on our website [HERE](#).

*****Online Shopping Campaign*****

WHEN: Now! This is an ongoing campaign taking place online.

WHERE: Go to <http://cafegive.com/?cause=IMHO>

WHAT: Now you can make purchases from your favorite online stores and earn money for IMHO! Simply login to cafegive.com and shop your favorite stores...Target, Barnes & Noble, Expedia, Macy's, Home Depot, iTunes, and hundreds more. A percentage of all your purchases will go back to IMHO. Just use the following link and start shopping today!:

<http://www.cafegive.com/?cause=IMHO>

*****SAVE THE DATE: April 30, 2011**

8th Annual IMHO Convention in Houston, Texas***

WHEN: Saturday, April 30th, 2011; Registration opens at 8:00am; Program starts at 8:30am

WHERE: Sheraton North Houston (at George Bush Intercontinental Airport), 15700 John F. Kennedy Blvd., Houston, TX 77032

WHY: Come hear first-hand about the humanitarian needs in Sri Lanka and globally from visiting experts, doctors, and humanitarian workers. Learn about the important work of IMHO, participate in panel discussions on various topics, and get involved with our organization. More details to come! You can also view the event listing on our website [HERE](#).

Please mark your calendars now and plan to join us for our 8th Annual IMHO Convention, taking place this year in Houston, Texas. Rooms will be available for booking by phone at 281.442.5100. For reservations by phone, group nightly rates are \$79/night +tax, which does not include breakfast. The nightly group rate with breakfast for 2 included is \$89/night +tax. Please ask for the group rate for the International Medical Health Organization (IMHO). We look forward to seeing you there!

**Be the
Difference.
Save a Life
with just
\$1/day!
[DONATE
TODAY!](#)**

During this crucial time in Sri Lanka and around the world, as we face monumental challenges in providing better access to quality medical and health care for those most at-risk populations, we need YOUR HELP now more than ever. With **just \$1/day** (or \$30/month) you can help save and improve lives in Sri Lanka and elsewhere. Please consider making a donation to IMHO today. You can **donate online via PayPal as a one-time or recurring donation** (the amount & frequency of which are up to you).

You can also **donate via mail** by sending a check made out to "IMHO" to the following address:

**IMHO Treasurer
PO Box 61265
Staten Island, New York 10306
U.S.A.**

All donations are tax-deductible (tax ID code #59-3779465)