



International Medical Health Organization (IMHO)

Issue: #40

July 2013

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Celebrating a Decade of IMHO: A Summary of the 10th Annual Convention

On May 4th, 2013 the 10th Annual IMHO Convention was held in New Jersey, the very place where our organization was born, marking a decade of serving communities globally. Driven by the belief that all people deserve to lead healthy, productive lives, the purpose behind IMHO remains firm. Now with a decade's worth of experience and more than \$3.3 million worth of relief & development efforts in Sri Lanka and 14 other countries behind us, we enjoyed taking a moment to reflect on how far we have come as a community of concerned and engaged individuals. We welcomed a whole host of speakers from across the U.S., Canada, and Sri Lanka, as well as guests from all over the world. It was, as usual, a fantastic opportunity to share ideas and enthusiasm, discuss important issues, collect much needed contributions, and continue to chart the way forward.

Around 500 guests joined us for this momentous occasion across both our morning and evening sessions. The day prior, on Friday, May 3rd, the Ideas to Impact (i2i) group of young professionals and youth met for the 4th such i2i event, sharing ideas and projects for how the next generation is supporting development initiatives in Sri Lanka. You can learn more about i2i at <http://www.ideas2impact.org>

Joining us from Sri Lanka were two medical experts and local leaders. As always, it is so important to hear directly from those on the ground doing the work day in and day out what the exact needs are and how we as a concerned community can support them in their valuable efforts. We were also very honored to have as our Chief Guest Congressman Dr. Rush Holt of New Jersey. The Saturday evening program also featured many dance and song performances (including a rendition of the IMHO Theme Song), a saree auction that raised over \$35,000, and a concert by Vijay TV Super Singer Fame Pragathi Guruprasad with Singers Suresh and Harini.

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For those of you who missed the event, you can find our annual [2013 IMHO Souvenir Program](#) now available on our website, and can access all the event presentations using the links below. Finally, make sure to check out our event photo gallery as well: [2013 IMHO Annual Convention Photo Gallery](#).

1. ["IMHO 2013 Projects Update"](#) by the IMHO Team
2. ["Cardiology Mobile Phone Application"](#) by the Ideas to Impact (izi)
3. ["Introduction to 'Inaiyam' Web Portal"](#) by the Ideas to Impact (izi)
4. ["Ideas to Impact & Ideas for Sri Lanka"](#) by Ahilan Sivaganesan and Yalnee Shantharam
5. ["CME: Advances in Interventional Cardiology"](#) by Dr. Ganesh Raveendran
6. ["IMHO Canada 2013 Update"](#) by Meera Candlepin
7. ["A Decade of Service: Quick History of IMHO"](#) by Dr. Sujanthi Rajaram
8. ["The Future of Kilinochchi Hospital"](#) by Dr. Sandy Waran
9. ["Partnership Update: MIOT UK"](#) by Dr. S. Poologanathan
10. ["Mano-a-Mano Relief Organization"](#) by Dr. Pedro Cordero
11. ["Tech Solutions for Multi-Discipline Healthcare Practice"](#) by Mr. Chari Krishna Kumar
12. ["Global Health: The 10-Year Ghana Experience"](#) by Dr. James Aikins
13. ["Deaf Education & Empowerment in Ethiopia"](#) by Gregory Buie & Dr. Elizabeth Finigan
14. ["CME: Cardiac Arrest & Chain of Survival"](#) by Dr. Sujanthi Rajaram

You can view a list of all presentations and past presentations on our website as well at: <http://theimho.org/publications/presentations>. Thank you to everyone who attended, served as an event sponsor, volunteered your time or services, planned/organized this event, or made a donation. We are deeply indebted to you and your generosity!!



Support Paraplegics and their Families in Sri Lanka

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In partnership with a local provider of prosthetics, mobility devices, and medical & rehabilitative services, a special auto rickshaw (or "3-wheeler") has been developed specifically for disabled persons and amputees in Sri Lanka. Not only do these rickshaws serve to improve the mobility of these individuals, they also serve to provide a much-needed livelihood and source of income for the project beneficiaries and their families. Each rickshaw costs approximately \$3,700, and IMHO supported the making of 6 three-wheelers so far, all of which were handed over in early May. Since then, IMHO has been collecting funds to provide more 3-wheelers and is seeking to provide support for as many as possible out of the 42 total requested. Please help us meet our goal and donate today:

<http://imhocanada.org/donate/donate-online>



IMHO Canada Expands Pregnant Mothers Nutrition Program to Eastern Sri Lanka

Building off the success of the Pregnant Mothers Nutrition Program in Jaffna that IMHO USA has been supporting for the past several years, IMHO Canada has been enabling the provision of nutritional support to dozens of expectant mothers now in the Eastern Province. Poor income-generating opportunities and high food prices have resulted in significant malnutrition among both children and adults throughout Sri Lanka. One of the greatest tragedies of malnutrition is that it prevents children from reaching their full potential for growth and development. Malnutrition significantly impacts a child's learning ability, and those who survive a malnourished childhood are less physically and intellectually productive and suffer from more chronic illness and disability. Child malnutrition has remained considerably high in the Northern and Eastern Provinces in recent decades, reaching its peak of 46% in 2010 compared to a national average of 29%, according to a Demographic and Health Survey (DHS) survey. The child malnutrition rate in Batticaloa District was the worst in the country at a staggering 53%.



To assist pregnant women and help combat this unfortunate reality, IMHO Canada has been supporting the supply of milk powder for underweight, pregnant women. Specifically, women with BMI (body mass index) below 18.5 and living below the poverty line are targeted. This supplementary nutritional program was recently launched in May 2013 in the Vakarai division. The 75 identified mothers who will benefit from this program will receive 2 tins of Mama plus milk powder for 10 months. The first batch of 30 pregnant mothers received the supplementary food items in May, and the rest received theirs during the first week of June. Hereafter they will all receive their nutritional support during the first week of every month. These efforts have helped contribute to the reduction of the rate of underweight and undernourished children, as well as the decreased maternal & child mortality rates. The cost to support one mother for one month is just Rs. 1,600 (or roughly CAD \$14).

IMHO Texas Supporters Rally behind Paraplegics & Children in Vanni, Sri Lanka

Our IMHO Texas Chapter has really stepped up their support this year by holding a couple of events to support the three-wheeler program for paraplegics and their families highlighted in the article above. In true Texas style, a BBQ fundraising event was held for IMHO supporters and friends in the Dallas/ Fort Worth area on Monday, May 27th, raising about \$5,000 to help support these disabled persons in the Vanni and to reignite their livelihoods and sense of independence. The IMHO Texas Chapter had already raised about \$18,000 for this project. Coupled with these new funds, this outstanding group of volunteers and supporters have now successfully raised all funds for the initial commitment IMHO made to provide 6 of these three-wheelers to these very needy families.

Another recent event was held by the North Dallas Sai Balvikas School. In their final year, students from the Class of 2013 organized a 5K walk-a-thon in which parents, teachers, and other adults and children participated and raised \$6,001 to support orphans at the Mahadeva Achchiramam Children's Home in Kilinochchi. The IMHO and IMHO Texas Chapter wish to thank the North Dallas Balvikas School teachers, administrators, final year and other students, volunteers, supporters, and friends for their compassion and thoughtful contributions.

**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
955 Proprietors Road, Suite B
Worthington, Ohio 43085
U.S.A.**

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

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