



Monthly Activity Report

FEBRUARY | 2024



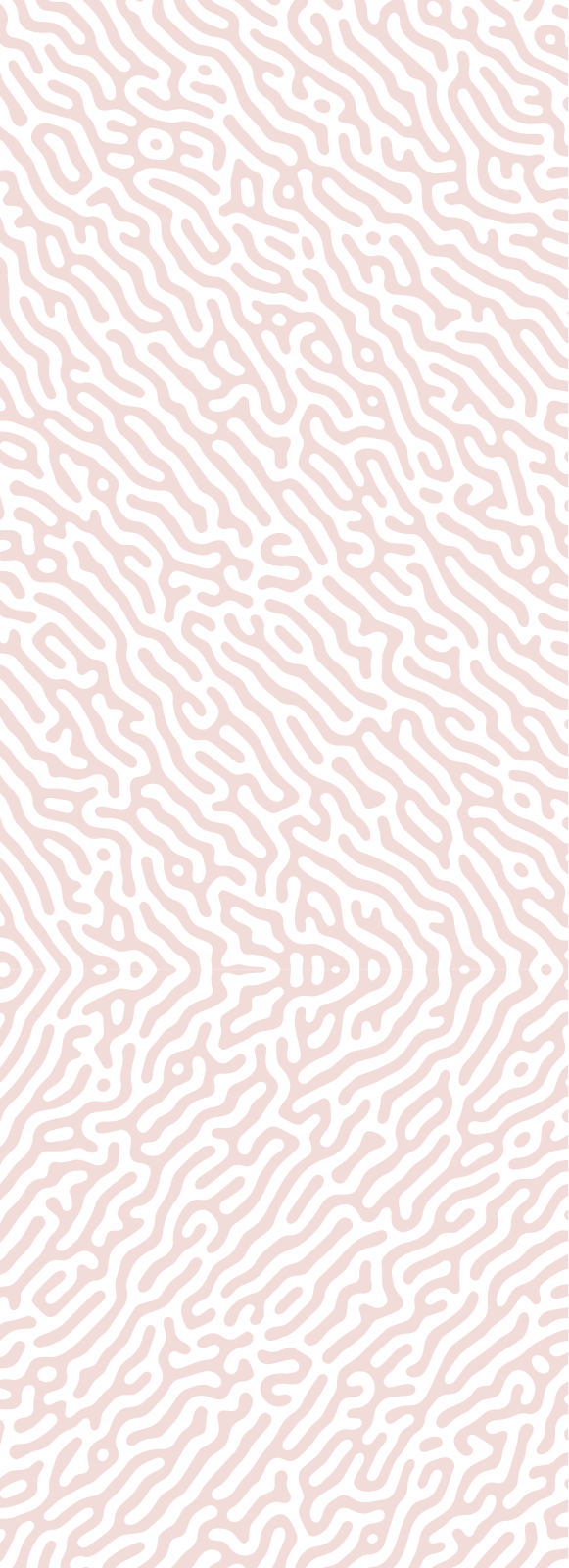


Table of Content

01

Seniors Feeding Program

Beneficiary Profile
Beneficiary Mortality
Food distribution

02

Seniors Healthcare Program

03

Education Initiative

School Feeding Program
Madrassa Feeding Program
Food distribution

04

Sustainability Program

01 | Seniors Feeding Program





Home is where your heart finds' peace, Nyakundi Foster

80 years ago, Nyakundi was Born in the hilly District of Kisii, He fondly remembers his childhood with mixed reactions, first, that is when he lost both his parents and went into foster care at the age of 5, despite living with step-parents, they too lost their lives and He had to quickly assume the role of a household head, taking care of his younger sister. This exposed him to a very traumatizing childhood where he went for days without food and had to work for long hours to earn a few coins for himself and his sister, that notwithstanding, He was a brave young man determined to defy all odds and achieve a dignified life, to realize this He worked for his education spending many hours in tea plantations and providing casual labor and the money gained was split between family use and education. despite best efforts, he could balance the two and let go of education to focus on his survival raising enough for food and shelter within Kisii Town.

Luckily, when he turned 20 years old, He impressed one community leader with his hard work and dedication to completing tasks and this gave his life a new direction, The leader who worked with the Ministry of works, recruited him as a casual laborer and traveled with him to Busia District where he served for 20 years, unfortunately, as the country developed, the government required all their employees to have basic education and training, which he did not have, consequently he was terminated and his life had to take a different direction. From the severance pay he received, He bought land in Shivakala within Kakamega where he lived for a year before the locals rejected and expelled him due to negative stereotyping of his tribe, He did not give up, instead, he relocated to Migori where he settled and experienced significant stability and growth, He fondly remembers how took care of his cattle and farm.

In 2007, His life was seriously devastated during the Post Election Violence, which rendered him homeless, poor, and destitute, Due to the hostilities He yet again returned to Kakamega to try and find peace and continue his life, Sadly His wife died in 2010 from depression caused by the trauma and loss she experienced during the Post Election Violence, from then till today, Nyakundi never regained his balance and lost a significant will to fight

Amid the calamities, Nyakundi's body was experiencing changes in his private, witnessing unexplained swellings that would come and go, due to the stigma associated with such conditions He shied away from seeking any medical care from any health facility, instead, he relied on pieces of information he got from his peers. Fortunately, He was enrolled in the Mama Ibado Charity Seniors feeding program in 2019 after his case was identified and needy, vulnerable, and bleak, and indeed this was a turning point in his life

His 5 years in the program not only provided him with food that improved his health significantly, from having 3 meals a weak, He now enjoys almost 9 meals a week, He also introduced a small community of seniors who gave him very strong social support, that encouraged him to open up on his personal pain tribulation and most importantly his health challenges, Through the monthly interactions during the food distribution days Nyakundi was linked to existing health care and He was finally diagnosed to be suffering from prostrate cancer and his case has been referred to the local authorities to be considered for the families supported under the health insurance program. Despite his declining health Nyakundi is happy that the intervention of Mama Ibado, Gives him a daily meal and most recently has been enrolled as one of the beneficiaries who receive home care from the volunteer clinician and nurse.



Natari Natoi, 64 years old.

Natari was born in 1958 in Isiolo County, Ngarmara area. Going to school was never Natori's choice since she had to look after her parents' cattle. Girls in the Turkana community experience various challenges such as early child marriage. Natoi was married off at the age of fourteen in a traditional wedding. The couple was blessed with six children that she comfortably took care of, also playing guardian to her brother's two children who are orphans.

Natoi used to stay at home while the husband worked as a casual laborer to provide for the large family. Natoi and her family lived happily until her husband began ailing from hypertension and the life they enjoyed drastically changed for the worse. Her husband's health deteriorated, and they relocated to the Isiolo Maisha Bora area with the hope she would find some help. As fate will have it, the husband died in 2001. Without the reliable bread winner, she was thrust into the new status of being desperately in need as she had to provide for their children. She struggles to provide for her family as she does casual work, which does not have enough remuneration to pay school fees and other expenses.

Life was very challenging for Natoi thus making her venture into a small-scale farming business where she sold vegetables within the area. She lived with her mother who was blind and begged around the town to also contribute to the needs of the family. Natoi was able to raise her children through hardship. Due to the stress she endured Natoi was diagnosed with hypertension and joint pain.

One day as Natoi's mother begs in the town, she was directed to the MIC office and was later assessed and admitted into the feeding program. Her mother also benefited from the housing program before her demise in 2022. Natoi was replaced as her mother's next of kin and has been receiving a monthly ration for 2 years now.

For the month of February, we recorded 7 mortality cases; 5 in Isiolo and 2 in Kakamega.

Beneficiary Mortality



Mzee **Simon Ofunywa** passed on on the 7th of February 2024



Ahmed died on 01/02/24 at the age of 77. He leaves behind 8 dependents



Rebecca Munyata passed on the 4th of Feb 2024 at the age of 94



Echwa Nakolon passed away on 24/02/24



Enock Bosire passed away on 13/02/24 at his home in Kakamega



Miguamba Mikiungu 93 years old died on 05/02/24



Adija Ndilamu died on 21/02/24 at the age of 80

A life lived with dignity



This month the number of beneficiaries impacted were:

293

Seniors from Kakamega county

690

Seniors from Isiolo county

Total Impacted Seniors

983

Mama Ibado Charity distributed

4,981.00^{Kgs}

food items in Kakamega county

11,746.00^{Kgs}

food items in Isiolo county

Total food distribution was at

16,727.00^{Kgs}



02

Seniors
Healthcare
Program



Health Care Program

This month the number of beneficiaries impacted was:

- 6 NHIF beneficiaries utilized their insurance cover in Isiolo.
- 95 beneficiaries; 65 and 30 in Isiolo and Kakamega respectively, received medical check-ups and treatment at each office
- 33 bedridden beneficiaries; 11 in Isiolo and 22 in Kakamega were visited by clinical officers to assess their medical conditions





03

Education
Initiative



Kakamega Township Primary School

Students were in school for 20 days before the school took the half term break, The student population increased from 820 to 859 and the teacher population increased from 25 to 30, this meant that daily food rations for the month was 94 Kgs per day to cater for the student and teaching population.

SCHOOL FEEDING PROGRAM





Madrassa Feeding Program

Students attended the Madrassa for 8 days with the students averaging 220 students per day while the Madrassa registered an average of 12 children who walked into the institution to have lunch and play with Madrassa students





School and Madrassa
Food Distribution Statistics

This month the number of beneficiaries impacted were:

859

Students from Kakamega
Township Primary school

220

Students from Madrassa

Collectively the students impacted were

1,458

Mama Ibado Charity distributed approximately

17,180

Meals to students in Kakamega
Township Primary School

1,458

Meals to the students in the Madrassa
Program.

The two programs collectively accounted the below
number of meals to beneficiaries in Kakamega county

18,638



04

Sustainability
Program



Sustainability Program



Matabithi Farm –

- Land preparation such as bush clearing and ploughing was carried out on 10 acres of land designated for the planting of castor plants. The planting period is set for early March as the rains begin.
- Other farm activities like weeding, staking of tomatoes, and pest control continued for the crops under production including Tomatoes, Capsicum, Onions, Kales, and Spinach
- Harvesting and selling of spinach and kales continued in Matabithi farm; with 108kgs of spinach and kales being harvested and off taken as well as 42kgs of sweet potatoes that were harvested and off taken in the local markets
- The sustainability program donated 20kgs of spinach to 5 beneficiaries who will be receiving the greens twice per week as part of our effort to improve the nutrition of seniors through the recommendation of our healthcare program.



Esimit Farm

5 acres were ploughed in preparation for the installation of sprinkler irrigation systems in Esimit



Bee Keeping

- Installation of 2 super boxes on colonized hives in Ibado farm- Esimit this brought the hives with supers to 7.
- We had an inspection visit that revealed an infestation in some of our hives and also conducted a cleaning exercise for unoccupied hives.
- Challenges- 3 colonies migrated due to a bug infestation reducing our hive occupancy by 3 hives, however, we are mitigating the issue and hope to increase the colonization rate in the coming months.

#WazeeWaKenya

Thank you for your support!

Feel free to approach us on our various platforms

www.mamaibado.org

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