



A New Way of Life

As we present our latest Care for Life Update, we are proud and excited to report on some of the changes that are occurring in the lives of Mozambican families through their participation in our Family Preservation Program. The following testimonials are from individuals in Mbatwe, the first FPP community (now in its third year):



“Nowadays people have changed. The way that we used to live was very bad. Now when you go into someone’s house, you see they have a garbage pit, they have a bath house, they have a latrine, and many other things that they are doing that they didn’t do before. Everybody is using chlorine to clean the water and sickness is disappearing. People also have changed; when we visit our neighbors and we talk with them, they respond differently than before. Everything is

becoming clean and beautiful. I never imagined that things could be how they are now.”
- Domingos, Mbatwe community member

“I would like to thank CFL for everything that we have now. As a leader, I visit the families in my zone every week to see if the houses are clean and if the hygiene is good. Children are going to school and adults are also learning how to read and write. I would also like to thank CFL for the HIV testing. Many people were tested. Many old people, that could not see well, were examined and received glasses. Children were vaccinated and registered. .”
- Gustavo, Mbatwe community zone leader



“Many people are planting their own gardens. The gardens help the families to produce at home things that they used to buy in the market. Now we eat the food from our own gardens so that we can spend our money with other things like salt. Many are also selling vegetables and making money.”
- Souza Chatima, Mbatwe zone leader



With your help, we are truly seeing the fulfillment of the Care for Life mission: To alleviate suffering, promote self-reliance and instill hope. Thank you for helping to improve lives and bring hope to the people in one of the world’s poorest nations.

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Care For Life is a 501 (c)(3) charitable organization and has NGO status in Mozambique.

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A Message From Care For Life

Brad McBride, President, Care For Life

Dear Friends:

Over the past several years, the great people who make up Care for Life have been busily working to develop a way to help people who are suffering, while at the same time adhering to the principles that would help them succeed long-term. This is a challenge that good-hearted people have been trying to tackle for as long as humanitarian efforts have existed.

Through years of learning and serving, Care for Life has quietly developed a program that can help those who lack hope, health, education, and opportunity without causing them to become part of a never-ending cycle of dependence

The program is the Family Preservation Program, or “FPP.” Some of the top experts in humanitarian work are now recognizing FPP as the best thing going in humanitarian work—*anywhere*. Over the past three years almost 10,000 individuals have begun participating in the Family Preservation Program in Sofala, Mozambique—one of the toughest places in the world to live. The successes we are seeing are remarkable: Anyone who walks through these African villages is brought to a realization (and sometimes to tears) that this program is saving lives, and empowering people to emerge from the conditions that have plagued them for generations.

- Malaria rates: Down
- Cholera rates: Down
- Death rates: Down
- Children enrolled in schools: Up
- Adult literacy: Up
- Employment: Up
- Hope: Up and *Tangible*

Our goal is to be the last NGO these families ever need.

With the program in place, garnering respect and success, we move our focus to spreading the news, and

expanding our reach. To accomplish this, we need your help. We need people who are willing to share of their time and talents to help Care For Life grow. We need people who have the financial means, and a big enough heart to contribute to this wonderful work.

We need people to help us get the word out that African charity does not mean pouring money into a bottomless pit—despite the pleas of all those organizations who keep on pouring.

If you are looking for an effort that believes that the family is the place to learn and grow, and that teaches families to be self-reliant, and to take care of one another ... we welcome you to Care For Life.

Obrigado! (Thank you)




Brad with community leader from Mbatwe and Mozambique National Director, Solomon Malidadi

How Can You Help and Receive a Tax Donation

Care for Life is a 501 (c)(3) non-profit organization. Donations are fully deductible. Care for Life will send you documentation for your taxes. The most effective way to help is with a cash donation. This will allow us to purchase needed supplies in Mozambique, which helps the local economy and circumvents lengthy red tape and shipping expense.

To make a one time or monthly donation, visit www.careforlife.org, call 1-888-JOIN-CFL, or email info@careforlife.org,

A Day in the Life Of A Field Officer

By Chelsea Wheeler

Trekking throughout the African FPP communities brimming with fresh family gardens, mud and concrete homes and hard-working women in the rice fields, Care for Life field officers are often greeted by the songs of excited children. Indeed, everyone in the community knows who they are.

Field officers are an essential component of Care for Life's Family Preservation Program. They are the ones whom the community members come to know, love and trust as they work one on one with the vulnerable families and orphans. To the African people in our FPP communities, the field officers symbolize Care for Life's mission of self-empowerment.

On a typical day a field officer will spend at least three hours in one of the poorest of the communities, speaking with 25-30 of the most vulnerable families and orphans. In one week he or she may contact up to 100 orphans. They ask a series of questions to the head of each family regarding their current economic status, health, well-being, educational level and more. They help establish and follow

up on set goals as well as referring the family to literacy classes, the children's club/Stay Alive, home-based care and family garden programs. The families relate their individual trials to the officers—health issues, abandoned children, overworked parents, poor shelter or whatever troubles them. The officers listen patiently, take notes and offer support. Besides acting as record keepers, they are the motivators who make sure that families are attaining their set goals of a clean home, dishes, health practices, etc. Thus, the officers stand as both friends and role models to the community. Field officers routinely visit their selected families and orphans every two weeks to check up on their status and goals. Later, they'll bring this information back to Care for Life for careful assessment of the needs of the community. This is all just another day in the life of a field officer.



Once every six months there is a Celebration Day in the community where Care for Life distributes prizes such as concrete, wooden doors, chairs, etc. to those families who have accomplished their set goals. This is a favorite part of the field officer's job as they observe the sheer joy on the peoples' faces after the success of their hard work has paid off. Women dance joyously, children play and men join in happily. On this day they really feel that they are part of the community as they interact, perform moral skits, distribute prizes and dance past dark with the people. "There's a great enthusiasm," says one of them, "and the communities have learned a lot and are making great progress." It is Care for Life's hope that after being taught essential health, cleanliness and other living skills that the people will eventually continue these vital habits without the supervision of field officers.

At the end of the working day, the field officers are usually exhausted from their efforts of traveling throughout the villages. Often they skip lunch in order to visit with all of their families. One field officer comments that the most challenging part of her work is "when people don't want to listen to what Care for Life can do to help them." Yet, she is continually motivated by knowing that the next day will bring more internal rewards of helping African families. She avows, "I have learned more concerning patience and humility from my work than from anything else. Also, that I can trust that the people will do their best to improve their lives." For a field officer, it's just another marvelous day making a real difference in the lives of the Mozambican people.

Field Officer's Daily Schedule

- 8:00 am** -Meet at CFL office and leave for community
- 8:30-9:30 am** - Leadership meeting with zone and group leaders in community
- 9:30-12:30 am** - Family visits
- 12:30-1:00 pm** - Lunch
- 1-1:50 pm** - First class taught in the communities
- 2-2:50 pm** - Second class taught in the communities

Family Preservation Program A Measurable Success

By Elizabeth Haws

Thanks to the Family Preservation Program (FPP), individuals, families, and entire communities in Mozambique are experiencing greater health and well-being. FPP is an integrated approach to development that focuses on families, whatever structure a family may have. FPP creates a sustainable community environment that fosters behavior change, instills hope, and promotes self-reliance. Care For Life representatives, working with government and village leaders, assess family needs and identify families consisting of orphans and vulnerable children.

Families are grouped together in “action support groups” with an elected leader to begin initiating ideas and ways to improve what they already have. Families set goals and are monitored using eight areas of emphasis:

- Education
- Health & Hygiene
- Income Generation
- Food Security & Nutrition
- Psycho-social & Spiritual
- Sanitation
- Home Improvement
- Community Participation

Classes are taught in all eight areas of emphasis on a regular basis in the communities.

In 2007, FPP was implemented in four additional communities, making a total of eight, with the eighth one beginning in December 2007. The communities are Mbatwe, Mungassa, Inhamizua, Casa Banana, Ndunda, Chiverano, Nhamainga, and Mafarinha. Together these eight communities represent over 1,850 families and 8,400 individuals.

A complete cycle for a community is just over three years. Each community goes through a complete assess-

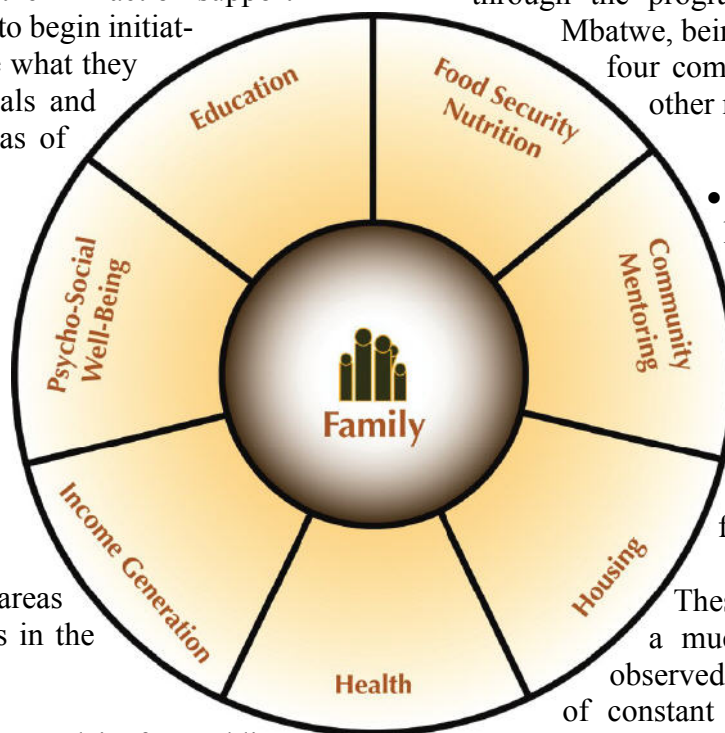
ment every six months, with frequent checkpoints of goals they are currently working on. Families in the first year of the program are taught how to plant a family garden, treat their drinking water, take care of their health and hygiene, and the importance of attending school. Families sign contracts and work together to be successful in the family gardening program. Families can earn add-on incentives, such as cement for their homes or chairs and pans, as they accomplish their goals.

Four of our eight communities are more than halfway through the program with our first community, Mbatwe, being in its final year. Among these four communities we have seen, among other measurable improvements:

- an additional 85% of the families are now drinking treated water
- an additional 33% of the families now have a family garden where they can produce additional food for their family
- an additional 46% of the families now have latrines

These few factors alone have led to a much healthier people. We have observed significant reductions in cases of constant coughing, diarrhea and headaches.

Care for Life is very excited about the progress that is being made with our FPP program. We hope with continual support by our many volunteers and supporters that the program will continue to prove a help and a success to the people of Mozambique.



The Mission of Care for Life

To alleviate suffering, promote self-reliance, and instill hope

Two Year Program Results for the Community of Mbatwe



Participants having latrines increased from 46% to 86%.



Participants having safe drinking water increased from 15% to 99%.



Participants having safe strong walls for their home increased from 46% to 95%.



Participants having home gardens increased from 9% to 28%.



Participants having a place to keep their dishes off the floor increased from 48% to 95%.



Participants sleeping under treated mosquito nets increased from 47% to 70%.



Mozambique's Future FPP Children's Club

By Linda Harper

There was electricity in the air as the HELP team (a group of 10 volunteers from the US) walked the narrow path through the village of Mungassa. Children were running past us as fast as they could; in the near distance you could hear the vibrant singing in preparation for the Children's Club Meeting.

As we approached we could see the 50 or so children dancing and singing one of the theme songs for the "Stay Alive" program. They were very enthusiastic and excited. The facilitators (community volunteers) settled the children



down and began to teach the lesson for the day, "What Causes Diarrhea?" a lethal problem in African communities. The lessons the children learn in their weekly children's club meeting can save their lives. The children were attentive and the teachers did a good job explaining how important is to wash hands, drink clean water, not play in dirty water and use the latrine, not the bushes.

The facilitators teach a series of AIDS prevention and health lessons each week. The HELP teams were there to enhance the lessons for a few weeks by also teaching vocational training classes. After the lesson and an activity the children eagerly prepared for the vocational training time.

Thanks to much help from youth groups and women's groups in the U.S., the HELP team gave out over 450 sewing kits to the children in the Children's Clubs. Over 200 children were taught bead-making skills and another 150 were taught wood crafting skills. It was so fun to see their excitement. Most of the children had never used scissors or had the experience of tracing, cutting, sewing, hammering, sawing, measuring, and making something for themselves.

A team member was assigned to give instructions to a group of 8 to 10 children. It was sometimes difficult to communicate since the children speak Portuguese and their native language, but not English. But the team members were patient and the kids were determined and everyone had a wonderful experience.

The purpose of the vocational training is to give the children an opportunity to experience skills that they may not have an opportunity to experience, and to inspire them with ideas that they may be able to use as vocations in the future. They learn to follow instructions, they develop hand-eye coordination, they have the opportunity to use tools they have never used and they gain confidence in themselves.



What a privilege it was to see the delighted faces of the children as they worked, learned, and perfected their skills. They all had great feelings of accomplishment as they showed off their completed projects.

Care for Life knows that these children are the future of Africa. Care for Life plans to make sure the future has a future. The Children's Clubs are accomplishing that goal.



Despite Trials, Mozambican Families Work Together

By Chelsea Wheeler

In the Mozambican culture created in the wake of years of war, deprivation and AIDS, the traditional family consisting of two parents raising and supporting children has become the exception rather than the rule. Single parents, grandparents or orphaned older siblings are often left to care for young children. Many families in the FPP program reflect this reality. Here are two examples of vulnerable families who have been helped by the Family Preservation Program.

Celina Comprido -

Many single mothers in the U.S. can attest that the loss of a husband often brings great financial burdens along with many other trials. In Mozambique, those troubles are multiplied many times over, yet Celina Comprido is one widow beating the odds while striving to improve her family's quality of life. Celina lost her husband to an illness two years ago, leaving her to care alone for their three children: Antonia (10 yrs.), Lucia (2 yrs.) and Comprido (1 yr.). Despite their great loss, Celina works hard to keep her children active, healthy and happy. In addition,



she is aided by the support of Care for Life through family goals, children's clubs and classes. Care for Life Field Officers often motivate vulnerable families

to take classes and improve their sanitation levels. The children participate in Stay Alive, Care for Life's pro-abstinence program for children ages 9 and above.

Celina keeps her family goals by attending community classes, keeping a clean home, preventing malaria through mosquito nets, and purifying the family's water supply. These concepts of cleanliness and hygiene are relatively new for Mozambican families, thus Celina is modeling a new pattern and method of thinking for her community, aided by the instructions of Care for Life Field Officers.

Celina works tremendously hard all day and night to provide the basics of food and shelter for her three chil-

dren. Despite her hardships, she allows her eldest daughter, Antonia, to attend public school. This is a significant factor since many poor families prefer that their daughters stay home and work to help the family, especially when the father has passed away. However, Celina knows that education is the key to overcoming poverty and understands the important long-term benefits of Antonia's education. These are all significant lessons that Care for Life has established and taught throughout the FPP communities, emphasizing the importance of literacy classes. Consequently, Celina works hard for her family, hoping to bring her children a brighter future through the rewards of education.

Orlando Onze Horas & Marianna-

Tragically, Marianna's mother abandoned her family shortly after her birth seven years ago and hasn't been heard from since. No one knows the exact reasoning behind her mother's disappearance. Another massive blow was dealt to this little girl when her father passed away in a work related injury, leaving Marianna an orphan at the tender age of 7. Fortunately, her uncle Orlando Onze Horas was kind enough to take the small girl in and provide her with the basic necessities of life. Now Orlando receives the literacy training and support of Care for Life as he undertakes the difficult task of raising his young niece.

Orlando supports his niece's education while continuing his own by accomplishing his Care for Life goals of adult literacy and community classes. It is rare for an adult male to enroll in Portuguese literacy classes, due to a cultural bias against displaying his lack of knowledge in front of others. Some males are ashamed by their illiteracy, but not Orlando. He is a remarkable example in that he is not only unafraid of showing his lack of knowledge, but is even more



dedicated to the process of education. Thus, Orlando has proven to be an incredible role model to his orphan niece as they both strive to improve their lives through education.

Gift For Giving

Dear Care for Life supporters:

We would like to thank our wonderful donors for your continued support. We have 50 lovely African dolls, hand-crafted in the Care for Life Learning Center by Mozambican women, and would like to offer them to the first 50 donors who donate \$200 or more between October 1st and December 1st. If you would like one, please note "African Doll" on your donation slip and we will mail it to you. If you make a donation by credit card or Paypal we will notify you by email if you will receive a doll. Remember—we only have 50 so the first 50 donors will receive the dolls. We appreciate all donations no matter the size.

Thank you again for your support.

Your Care for Life Friends



Come Run with Us

The fourth annual Care for Life 5K fun run/walk will be held on Saturday, February 28th, 9 A.M., at Kiwanis Park in Tempe. Proceeds from the race will benefit the poorest of the poor. Visit arizonarunningevents.com for more information or to register online.

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