




Alleviate suffering, promote  
self-reliance and instill hope

## Change Is Possible



## And It Is Happening Now

2010 Annual Report



"I am only one, but I am one. I  
cannot do everything, but I can do  
something."

Edward Everett Hale



Dear Friends,

### Change IS Possible

Change can have a significant impact on the human mind. To the fearful it is worrisome because it means that things may get worse. To the hopeful it is encouraging because things may get better. To the confident it is inspiring because the potential exists to make things better. The year 2010 was a year of great positive change in the villages that Care for Life serves. Our data from the villages we work in, and have exited, continue to show the changes that the Family Preservation Program can make in the lives of those in need.

We all experience constant change in our lives every day, every week, every year. Some changes have little effect on us while other changes affect our entire lives. I lost my 24 years old son two years ago - a parent never expects to attend their child's funeral, yet life is full of unexpected changes. In Africa, 1 out of 5 children do not live to see their 2nd birthday. I think of all the mothers in Africa who have to bear the terrible pain of losing a child - a pain that is heart breaking and something you never recover from.

But change is possible and it is happening now.

Did you know that Africa is the only place in the world, where living standards are getting worse? There are images of Africa in my mind: a women

with a baby living in a tiny hut, dirty children with distended bellies, babies with flies all over them, the awful smells for lack of latrines and clean water, orphanages filled to overflowing. I have seen husbands beat their wives and spend their last cent on alcohol while the children starve and can't go to school. I have seen women, young and old, who cannot read or write their name. I have seen sick fathers and mothers too weak to work because of diarrhea, cholera, typhoid and other preventable diseases.

But change is possible and it is happening now.

The Care for Life Family Preservation Program is changing the lives of thousands of people in Africa. Care for Life's methodology brings about lasting change - change that comes from teaching families the principles and practice of self-reliance.

Thanks to our many friends, volunteers and donors who are helping us change the world. We are doing it and change is happening now.

Linda Harper  
President  
Care for Life



# Program Accomplishments

## Family Preservation Program

The Family Preservation Program (FPP) is a family-based development program implemented at the community level. It is a holistic approach to creating self-reliant families through educational instruction and behavioral change. Its main objective is to overcome poverty by preserving and empowering families, in whatever structure a family may be. Sickness, hunger, ignorance, and dependency are both cause and consequence of family disintegration, creating a continuous downward cycle. FPP stops this cycle by creating a sustainable community environment that fosters behavioral change, instills hope, brings ownership and promotes self-reliance. Families are grouped together in “action support groups” with an elected leader to begin initiating ideas and ways to improve on 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, and community participation.* Classes are taught in all eight areas of emphasis on a regular basis in the communities.

A complete cycle for a community is 2.5 years. Each family goes through a complete assessment every 6 months. Families in the program learn how to plant a family garden, treat their drinking water, take care of their health and hygiene, and the importance of attending school. Families earn rewards for goals completed, such as home improvement materials, English and computer classes, education and family garden supplies.



Care for Life’s first two communities: Mbatwe and Mungassa have graduated from the Family Preservation Program. Below are some of the life changing results.

Indicators	Initial assessment	Recent assessment
Family latrine	31%	82%
Garbage burned or buried	76%	95%
Family drinking treated water	19%	88%
Family sleeping under mosquito net	27%	96%
Tarimba (table for food & dishes)	40%	79%
Children 6-18 attending school	32%	76%
Adults over 15 literate	42%	77%



Tarimba

### Community Health Testing

HIV/AIDS testing occurs in the community once a year during a six-day period (Monday through Saturday). In conjunction with the HIV/AIDS testing, children are vaccinated and registered with the government. Polio, measles, typhoid, and tuberculosis vaccines are given, along with vision acuity testing, and vitamin A shots. Awareness Week, the week before testing, involves theater and dance productions, classes, and lectures to promote awareness and understanding of the importance of HIV testing, vaccination, and registration. The testing week is done in partnership with the Province/District Health Departments that provide the technicians and the equipment (vaccines and tests).

Care for Life assisted in 1,117 children receiving vaccinations and 672 registered with the government. Over 1,370 village members had their eyes tested for visual acuity and glaucoma..



### Orphans and Vulnerable Children

A child, under the age of 18, who has restricted access to basic needs, is chronically ill, is abused physically or emotionally or has no parent is considered to be an orphan or vulnerable child. Care for Life serviced 3,558 of these children in our eight communities over the past year.

### Community Children's Club

In our Family Preservation Program, classes are taught in each community that we work in to both adults and children. Children who attend the Children's Club in each FPP community learn simple vocational skills. The skills they learned in 2010 were: hand sewing, gardening, weaving, and wood working skills. There were over 800 children who participated in our eight communities in this past year.



### Stay Alive



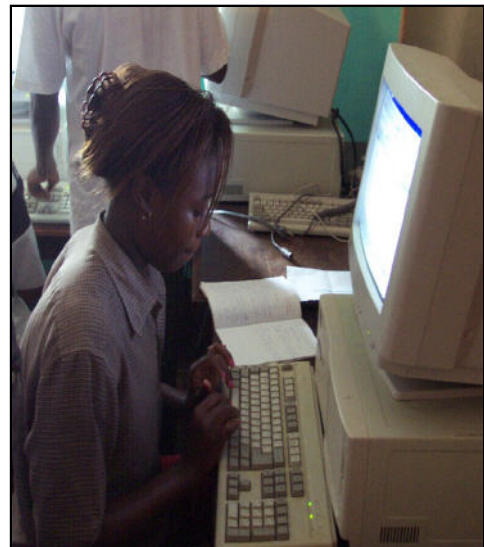
Stay Alive's program objectives are to help children and teenagers (ages nine to fourteen) stay free of HIV/AIDS. The program teaches that our choices today bring positive or negative consequences in the future, and that the most effective way to remain free of HIV/AIDS is through abstinence before marriage and fidelity within marriage. Children also learn that happiness can also come from a united and healthy family. The program's forty lessons help the youth to develop the desire to seek stable family relationships and live long and healthy lives. Stay Alive empowers youth with the knowledge which literally, can save their lives.

In seven FPP communities, 540 children were taught Stay Alive through the Children's Club.

### Education

Classes at the Care for Life Learning Center in Manga teach men and women in Portuguese (literacy), English and computers. In Marrocanhe, a school in a rural village, teaches 46 adults and children reading and math skills. These classes are open enrollment; participants do not need to be in a FPP village. At the end of the course they are given a competency exam to test their knowledge of what they have learned. If they pass they receive a certificate of completion from the government. All participants who complete these classes have acquired skills to change their lives. Classes are free to those who register except for English and computer. In 2010 the class attendance was as follows:

	<u>Enrolled</u>	<u>Completed Course</u>
• Literacy	290	245
• Computers	122	111
• English	304	279



## Program Accomplishments

### Care for Life's Impact

- ◆ Over 12,500 people have been lifted by the Family Preservation Program
- ◆ 3,604 bags of cement were earned by families completing goals. The cement is used to make bricks that repair and build better homes and provide improved latrines.
- ◆ 800 adults (15 yrs and older) learned how to write their name, read simple sentences, and do simple math through the literacy program taught in each Family Preservation Program village.
- ◆ 304 people learned how to speak and write English, 122 were taught computer skills, and 290 young adults learned how to read and write in their native language at the Care for Life Learning Center available to anyone who enrolled.
- ◆ In Care for Life villages, 1,778 people were tested for HIV/AIDS
- ◆ 93% of families in our Family Preservation Program villages are assessed every 6 months
- ◆ 86% of families that set goals received rewards for completing 80% of their goals



### Public Health

Care for Life's Public Health program reaches chronically ill patients in their homes. Families are taught how to care for those who have HIV/AIDS and chronic illnesses through visits by the Health Promoters in each village. Families take classes on malaria prevention and the importance of drinking treated water. CFL distributes treated mosquito nets and chorine for water treatment as a reward for attending corresponding training. After a village achieves a number of goals, it receives a bicycle ambulance to transport patients who are critically ill and have no other way of getting medical help.

In 2010 Care for Life visited 190 chronically ill persons each week, distributed 1,200 bottles of water treatment and 2,262 bars of soap, taught 458 health classes, and referred 3,299 people to the health clinic. Care for Life also aided 174 additional families in villages outside of our program areas.



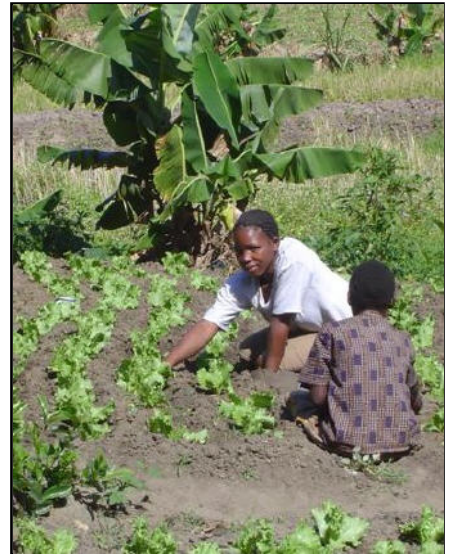
### Orphanage Support



Care for Life provides financial assistance for the Collegio Infantil Orphanage. This support includes the salary for 16 workers who care for over 78 children from birth to 5 years. Additional support is given through the volunteer HELP teams, made up of mostly college students, that travel in the summer. They provide donations to this orphanage as well as to four other orphanages. In 2010, the following items were donated: 140 school kits, 120 hygiene kits, 150 cloth diapers, 100 plastic pants, 56 baby blankets, 107 toys, 470 articles of clothing, 720 toothbrushes and toothpaste, bags of beans and rice, and labor and paint for the outside of a building. A total of 375 hours of work was provided to 250 kids at five orphanages.

### Family Gardening

Care for Life had 574 families from eight communities participate in the family garden program in 2010. The families who completed training on how to grow a garden were given seeds, needed tools, and a garden manual. Training was provided by 6 Garden Promoters, 1 Garden Supervisor, and 1 Garden Coordinator employed by CFL. Ninety-two pounds of seeds for lettuce, onion, tomato, garlic, pepper, carrot, cabbage, cucumber, gumbo, pumpkin, and other native vegetables were distributed. There are three growing seasons in Mozambique. Many of the families are able to grow produce to increase their food intake and nutrition. Some families are able to sell their excess for an income generation activity. This depends on the size of the garden and the needs of the family. In 2010, 411 families were able to sell their excess produce for family support.



## Program Accomplishments

### Partners

Care for Life has partners with the Mozambique government through the Ministry of Health and Education, Social Action, Health Alliance International, the LDS Church, Perfect Moment Foundation and Esperança.



Care for Life works together with the community as partners, understanding that Care for Life is not the provider nor is the community the receivers. Care for Life will not do what people can do for themselves.

### Interns and Volunteers

The main focus of the HELP teams this year was to teach vocational training skills to the kids in the villages where Care for Life is established. In 2010, eleven volunteers:

- Taught 739 kids to hand sew, weave, and make wooden benches.
- Donated 629 sewing kits, 175 weaving kits, and made 44 benches in the FPP villages.
- Taught 125 students English - 68 hours
- Painted the outside of an orphanage and inside the CFL office.
- Spent 389 hours teaching kids ages 11-14 vocational training skills.

The following hours reflect the time the team as well as other CFL volunteers have donated over the past year.

Volunteer summer team hours (HELP)	682
Volunteer staff hours	9,500
Board member hours	2,955

Total Hours Donated: 13,137



### Board of Directors

*Steve Samuelian , Chairman* – Steve is the founding partner of Life Generations Healthcare as well as one of four founding partners of Covenant Care Inc. And has served as President and CEO of three companies in the business of Real Estate Development and Construction. Steve currently serves on several Boards-as the Chairman of the The Perfect Moment Foundation, the Chairman of Care for Life, and on the Board of Directors for Rising Star Outreach. Married to Susan D. Samuelain for 30 years, Steve is the father of four children and resides in Laugna Beach, California.

*Linda Harper, President* - Linda began volunteering with Care for Life shortly after it was organized. During her time with CFL, she has held a number of responsibilities including Board Member, Advisory Board Member, Volunteer Coordinator, and US Operations Director. Over the past 10 years Linda has spent considerable time in Mozambique working in both the villages and with the CFL staff. Linda is a successful businesswoman; she and her husband Todd own a remodeling company in Gilbert, Arizona. They are the parents of five sons.

*Curtis Christensen, Secretary/Treasurer* - Curtis graduated from Arizona State University with his degree in accounting. He is currently a CPA and CFO of an agriculture and real estate development Company. Curtis and his wife are the parents of four children.

*Bradley McBride* – Brad has been involved with CFL since 2003. He has served as a member of the operating committee, Board of Directors, and was President form 2006-2009. He received a degree in Political Science from Brigham Young University. Since 1990 he has owned and operated an advertising agency in Mesa, Arizona. Brad and his wife Chrissie have five children and live in Gilbert, Arizona.

*Daryl Hobson* – Daryl has spent the majority of his business life in health care administration. He helped install the first electronic provider payment system in Utah; served as privacy officer; was liaison on government affairs both state and federal; represented Deseret Mutual at the Utah Health Insurance Association and was secretary and president-elect. He has served for six years on the board of Community Nursing Services including 2 years as chairman. He is married to Ann Hobson.

*Blair J. Packard* - Blair is the co-founder of Care for Life along with his wife Cindy. He received his education at Brigham Young University with a Masters Degree at Duke University. He is a licensed physical therapist and co-owner of East Valley Physical Therapy in Mesa, Arizona. His volunteer professional service has included President of the Arizona Physical Therapy Association, Board of Directors of the American Physical Therapy Association, and President of the U.S. Federation of State Boards of Physical Therapy. He also served a humanitarian mission in Mozambique in 2005 and served as the Mission President for the Church of Jesus Christ of Latter-day Saints in Mozambique and Angola from 2006-2009.

*Dave LeSueur* – After Dave obtained his MBA degree, he went to work in the healthcare industry for a staff model Health Maintenance Organization, FHP. He served as Corporate Regional Vice President, Executive President and member of the Board of Directors. In 1987 he left the healthcare industry to pursue his own entrepreneurial interests. He formed his own agriculture and real estate investment company. The firm continues to actively farm, invest in, entitle and develop residential and commercial real estate. Dave and Nancy LeSueur are the parents of seven children.

*Cindy Packard* - is the co-founder of Care for Life along with her husband Blair. She is a licensed midwife with a private practice in Gilbert, Arizona. Cindy and Blair have seven children and 24 grandchildren. She has spent an extensive amount of time working in Mozambique, including a humanitarian mission in 2005 and a three year mission in Mozambique and Angola for the Church of Jesus Christ of Latter-day Saints with her husband from 2006-2009.

## Administration

*Samo Goncalves* - Samo joined Care for Life in 2010. He is the National Director of Security in the Criminal Control and Security Measures in Mozambique and has been instrumental in supporting Care for Life with the Mozambican government. During his spare time Samo consults on legal issues. He and his wife Carolina Azarias live in Maputo with their seven children.

*Anita Joos Eyre* - Anita was born and raised in Switzerland and is currently residing in New York City with her husband Talmadge. Anita obtained her undergraduate degree in Ancient Studies from Brigham Young University. After graduation she moved to New York City where she entered the fashion/advertising industry, working for Prada, Burberry and most recently for Donna Karan as the Global Media Director. In 2009, she and her husband, Talmadge, embarked on a nine month travel and humanitarian expedition to Africa and India, spending extensive time at Care for Life in Mozambique.

*Talmadge Eyre* - Talmadge grew up in Salt Lake City, Utah, and obtained his undergraduate degree in Communications from Weber State University. Following his graduation, he worked for Black and Decker in Southern California, followed by Maxis in New York City. In 2009, he and his wife Ania embarked on a nine month travel and humanitarian expedition to Africa and India, spending extensive time at Care for Life in Mozambique. Talmadge is currently working for Imagine Learning, a software company teaching children English as a Second Language in New York City.

### Care For Life Officers

*Linda Harper, President; Randall Voss, Vice President; Curtis Christensen, Secretary/Treasurer*

### Management Team

*Randall Voss, Mozambique Operations Director* - Randall graduated from Brigham Young University with a degree in Sociology and a Masters in the EMPA program. He has been working with several non-profits humanitarian organizations since the 1970's. He has worked with CFL almost since it's beginning. He is married to Ivy Randall and they live in Mesa, Arizona. They have 8 children.

*Ruthanne Van Wagoner - US Operations Director* - Graduated from Utah State University in 1982. Has been working with Care for Life since 2003 with varied responsibilities. Ruthanne lives in Gilbert, Arizona with her husband and three sons.

### US Advisory Board

*Dr. Paul English - Board Chairman, Curtis Keller, Ruthanne Van Wagoner, Julie Peterson, Todd Harper, Jason Covertson*

### Mozambique Senior Management Team

*João Bueno, Program Development Director* - João has been with Care for Life since 2005 and has been instrumental in the design, development, and implementation of the Family Preservation Program from inception to its current state. He has a Masters in Public Administration from BYU Marriott School of Management with a minor in International Development and Non-profit Management. João is originally from Belo Horizonte, Brazil and spends his time between the US and Mozambique.

*Soloman Malidadi, National Director* - Soloman is a native Mozambican. He has a Bachelor's degree in Business Administration and is currently working on his masters in the same field. He has been in business management for over 12 years. He is married and has two daughters.

*Tobias Luis Antonio Jone* - Agriculture Coordinator

*Marta Mondlane* - Orphan & Vulnerable Children Coordinator

*Celestino Benjamim Fombe* - Education Coordinator

*Ana Micas* - Health Coordinator

*Rachid Abasse Adenane* - Housing and Community Participation Coordinator

## Financial

### STATEMENT OF FINANCIAL POSITION

December 31, 2010

#### CURRENT ASSETS

Cash and cash equivalents  
Investments

\$ 116,413  
\$ 0

#### NET ASSETS

Unrestricted \$ 200,399  
Restricted \$ 78,928

**Total** \$ 116,413

#### PROPERTY AND EQUIPMENT

Computers, equipment and furniture  
Building and Land  
Vehicles  
Less accumulated depreciation

\$ 44,373  
\$ 131,567  
\$ 157,181  
\$ (169,486)

**Total** \$ 163,636

### STATEMENT OF ACTIVITIES

December 31, 2010

#### NET ASSETS

##### SUPPORT

Contributions  
Grant  
Special events, net program income  
Interest income and other income  
Net assets released from restrictions

#### Unrestricted

\$ 500,068  
\$ 1,040  
\$ 4,812  
\$ 796  
\$ 48,043

#### Temporarily Restricted

\$26,042  
\$(48,043)

Total support

\$554,759

\$(22,000)

#### TOTAL EXPENSES

\$ 586,615

\$586,615

#### DECREASE IN NET ASSETS

Net assets, beginning of year

\$(31,856)  
\$ 232,255

\$(22,000)  
\$ 100,928

#### NET ASSETS, END OF YEAR

\$200,399

\$ 78,928

Care for Life receives donations from individuals, corporate and organizational donors, as well as through government and organizational grants. The greatest extent of these funds are used directly for projects and program activities in Mozambique, Africa. Funding primarily supports Care For Life's Mozambique administration and our major programs which consist of the Family Preservation Program and Learning Center. Volunteer donations of time continue to keep US administrative costs at a minimum.





Mozambique Staff

"I don't give because I have....  
I have because I give"

Steve Samuelain



3850 E. Baseline Rd., Suite 114  
MESA, AZ 85206

1-888-JOIN CFL  
[www.careforlife.org](http://www.careforlife.org)

© 2010 Care for Life, Inc.