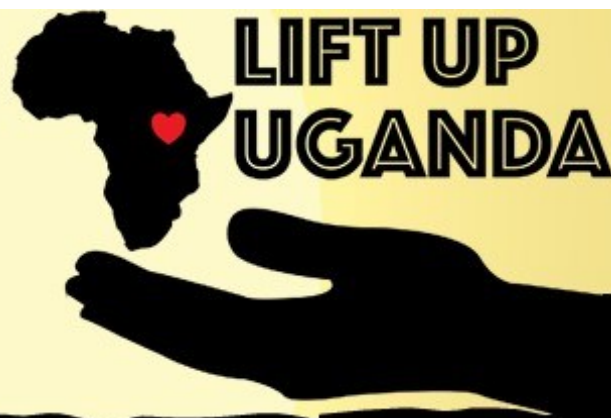


WINTER 2024



Maternity Care at the St. Nektarios Health Center

In 2008 when Fr. George of Akonyibedo Village was asked what was the most immediate, critical health need, he answered to have a clean and safe place for mothers to deliver their babies. As in all of Africa, Uganda's maternal and infant mortality rate was very high.

After opening the [St. Nektarios Health Center](#) in 2014 for primary and emergency care, Lift Up Uganda started planning our maternity program. Already certified as a Level III Health Center and classified as a Hospital with care available 24 hours a day, seven days a week, the maternity wing opened in 2016. Our two nurse midwives developed our maternity care program with prenatal and postnatal education, regular prenatal office visits, onsite deliveries, an immunization program, and well-baby office visits.



Currently, there are over 300 deliveries per year with rapidly growing numbers. Our busiest 24-hour day resulted in four mothers experiencing labor and delivery of four healthy newborns. Although most deliveries in Uganda are vaginal, occasionally a breech or twin delivery occurs. An OB ultrasound machine and baby warmer are onsite. OB medical supplies, specialized instruments, and medications are in place. The St. Nektarios ambulance is always on call if mothers or babies need advanced care at the hospital in Gulu. Our nurse midwives are prepared with life-saving, emergency skills. Both are Master Trainers to teach WHO classes on Helping Babies and Mothers Survive to other nurse midwives and doctors in northern Uganda.

As a parting gift, Lift Up Uganda provides baby hats and blankets, flip flops for mothers, and a mosquito net for both to prevent malaria. Every fall Lift Up Uganda has the "Fight the Bite" Christmas Wreath sale to purchase treated bed nets for all mothers who deliver their babies at the Health Center.

Future plans to enlarge the maternity wing are underway.



December Giving Days

The season of giving is upon us. On **December 3rd** and **December 10th**, Lift Up Uganda asks for your support to construct the Primary 7 Classroom over the Christmas holiday break. The addition of this classroom will be the last of the required classes for the Primary School.

With our growing student numbers to 390 of the goal of 400 students, there are too many Primary 4 students for their current classroom. Lift Up Uganda hopes to build a larger Primary 4 Classroom if our donations allow. The current Primary 4 Classroom would then become the Teachers Resource Room. Please help us raise \$10,000 for this needed classrooms.

December 3, 2024

**GIVING
TUESDAY**

[GivingTuesday.org](https://givingtuesday.org)

December 3, 2024, is the global generosity movement known as "Giving Tuesday." We hope you join millions of others throughout the globe for the world's biggest day of generosity and choose Lift Up Uganda.

Visit

LiftUpUganda.org or
scan the QR code for
ways to give.



December 10

**COLORADO
GIVESDAY**

[ColoradoGivesDay.org](https://coloradogivesday.org)

This year, [Lift Up Uganda has partnered with Colorado Gives Day](#) for another giving event on **December 10th**. Every donation through **Colorado Gives Day** increases our chance to earn extra funds from the Colorado Gives Day Incentive Fund, so your gift could go even further.

Visit

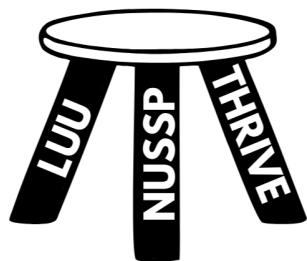
LiftUpUganda.org or
scan the QR code for
information on
Colorado Gives Day.



THANK YOU!



LIFT UP UGANDA NEWS



Working Together for Self-Sufficiency

Lift Up Uganda, [Thrive Life Skills](#), and the [Northern Uganda Self-Sufficiency Project \(NUSSP\)](#) partner together. Together we are stronger to help the people of northern Uganda.

Fr. Simon was a speaker at this year's Orthodox Christian Association of Medicine, Psychology and Religion (OCAMPR) Conference. Susan Habegger of Thrive Life Skills and Sue Nelson both had tables to showcase our organizations. In addition, Susan had copies of her new book "A New Song" and Sue sold the [Mothers Union](#) African crafts and products.



NUSSP

Fr. Simon Menyha

www.nussp.org



THRIVE LIFE SKILLS

Susan Habegger

<https://thrivelifeskills.com>



Lift Up Uganda Board Meeting

Our first in-person [Lift Up Uganda Board](#) Meeting was held in October at St. Vladimir's Orthodox Theological Seminary in New York. This allowed the board sufficient time to discuss future goals and needs. Self-sufficiency is our foremost goal for 2025. The best result of this meeting location was having Deacon Richard Okello with us in person. He is our Uganda Director and is a third-year seminarian. Secretary, Rachel, joined us remotely. A potential new board member, Jillian came as our guest.

In addition to self-sufficiency, the board identified some specific goals:

- Increase awareness and fundraising endeavors of Lift Up Uganda.
- Continuing partnership with Global Access to provide more families with clean drinking water.
- Expand the Maternity Center.
- Research the possible addition of an inpatient wing at the Health Center.
- Increase the book collection at the Children's Community Library.
- Explore converting the pit latrines to composting toilets at the Health Center and School.



Education Update



- **Richard Okello** started his third year at St. Vladimir's Orthodox Theological Seminary thanks to your support.



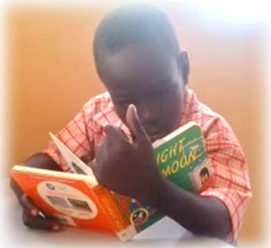
- **Eunice Ajok** started her second year at St. Francis School of Midwifery in Kampala, UG with your help.



St. Nektarios Children's Community Library

After opening in June 2023, the [Children's Community Library](#) is integrated for daily use by the St. Nektarios School students. Community children who do not attend the school are also coming to the library. One by one, our Librarian Daniel is working with parents and children to make reading a normal part of everyday life. Most parents cannot read, but they know how important reading books is to learning and to ensure a brighter future for their children. Older students can get their library card so they can check out books to take home.

Two computer stations are available for students and teachers to learn computer skills. Story hour, movie night, reading clubs, and activities abound in the library. Sporting events, games, and contests are organized by our Librarian. The first-ever Christmas and Easter parties were held. More activities in the Library continue to be planned and executed.



St. Nektarios Nursery and Primary School

In 2010 the [Nursery School](#) started with a few kindergarten students in a grass hut. Today, there are 390 kindergarten and primary students in brick classrooms with metal roofs. Now there are 17 teachers, plus one Head Teacher. With [Colorado Gives Day](#) and [Giving Tuesday in December](#), we are hopeful that we can build the final Primary 7 Classroom. If donations allow, a larger Primary 4 Classroom can also be constructed to accommodate the growing needs of the Primary 4 students. More land is needed to enlarge the playing field for soccer and other sports the students enjoy. This enlarged space is required by the Ministry of Education. Lift Up Uganda is exploring ways to secure more land.



Clean Water Project 2024



Lift Up Uganda continues its partnership with [Global Access](#) to develop clean drinking water in northern Uganda.

In June 2024, the team provided 665 water filter units in six different villages. Four local teachers shared important education on the proper use and care of the donated equipment.

Only [\\$20 provides a family](#) with the water filter, two buckets, and tubing to create the filtered system.

The life span of the water filter is three years and follow-up water testing is done every three months by our local team.

Our 2024 efforts, raised the total served to over 1,200 families with clean water.



How Can You Help?

Use any of the following resources to donate today.



Scan the QR code to learn more about Lift Up Uganda.



Make a donation via [PayPal](#).



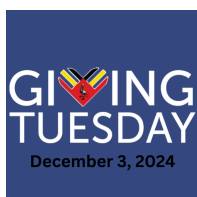
Sign up with your King Soopers or City Market Shopper's Card

This initiative raises money from simply [linking your card online to Lift Up Uganda](#) and using your loyalty card at the checkout.

Thrivent Choice®
Making generosity easy
thrivent



Donate Using [Thrivent](#)



Donate on the December Giving Days

Follow Us



Facebook: <https://www.facebook.com/liftupuganda>



Instagram: [@liftupuganda](#)

Lift Up Uganda, Inc. Board

President..... Sue Nelson
Vice President..... Stacy Loejos-Morrison
Secretary..... Rachel Cunningham
Treasurer..... Sascha Mules-O'Roak
Director..... Richard Okello



School Sponsorship Continues

In 2023, Lift Up Uganda had a trial of 40 families in the United States sponsoring needy students for \$150 each. The student was provided with tuition for all three school year teams, plus a school uniform. Letters and photos from students and sponsors were exchanged several times a year. These letters were the first ever written and received by the sponsored students. In 2024, 60 families sponsored students.



Sponsorship priority is given to orphans, single-parent homes, extreme poverty, and girls. Parents and guardians partner with Lift Up Uganda to provide other requirements like food, firewood, paper, cleaning supplies, etc.

Looking forward to 2025, we hope to add more sponsored students, especially for girls who get little chance to go to school. [Please consider sponsoring a needy student.](#)



A Word from Dr. Sue

Lift Up Uganda could not exist without you. Thank you for continuing to be a part of our goal to promote self-sufficiency in northern Uganda. Every donation, idea, and prayer are very much appreciated. Please visit our website and learn more about what your support has accomplished.

Sincerely,



Mission: To improve [health](#) and [education](#) while encouraging self-sufficiency for all Ugandans.

Faith: Lift Up Uganda, Inc. is a Christian, non-denominational nonprofit organization whose purpose is to assist Ugandans with educational and healthcare needs.

Help Lift Up Uganda Grow

To help support our efforts at Lift Up Uganda, please send your donations and ideas to:

Lift Up Uganda, Inc.

950 10th Street • Berthoud, CO USA 80513-1106

Phone: 970-391-2609 • Email: sue@liftupuganda.org

Lift Up Uganda, Inc. is a non-profit 501 (c)(3) organization eligible to receive tax deductible contributions. EIN: 81-0809638.

