

# CARE FOR LIFE

YOU MAKE A  
DIFFERENCE!



3850 E. Baseline Rd.  
Suite #114  
Mesa, AZ 85206-4403

## CARE FOR LIFE

STAY CONNECTED



2019-2020



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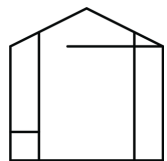


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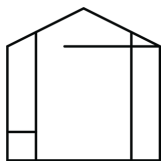
# OUR YEAR IN REVIEW

## 2019

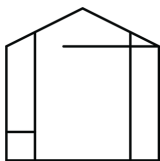
### VILLAGES IN JANUARY



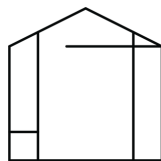
Marcharote 1



Marcharote 2



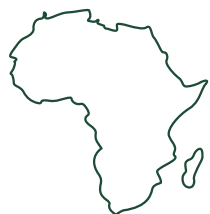
Matadouro



Mafarinha

### MARCH CYCLONE IDAI

obliterates CFL villages;  
emergency relief efforts  
begin immediately



### NEW TEAM MEMBER



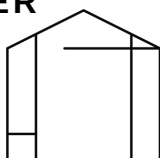
*Allison Ralphs*

US Operations Director

### SEPTEMBER

+1 NEW  
VILLAGE

Marcharote 3



### MAY PANOS STUDY IS PUBLISHED

78%



Maternal Death Rate

57%



Infant Mortality Rate  
Proves efficacy in  
Care for Life Program

### June RESUMED FAMILY PRESERVATION PROGRAM

OCTOBER  
CINDY PACKARD  
VISITS MOZAMBIQUE

## LETTER FROM OUR FOUNDER



The Care for Life mission statement, "**Alleviate suffering, promote self-reliance, instill hope**," was inspired and has withstood the test of time. Over the twenty years we have worked in Africa, the statement has taken on an even broader meaning.

For decades, well-meaning aid organizations have been working in poverty and giving handouts to address immediate needs, but nothing seems to change. The basic needs of water, food, and shelter are constant and unending. We realized that to truly **alleviate suffering**, there had to be a sustainable way to address the needs.

Care for Life teaches families how to meet these needs themselves. This approach takes longer since people need skills, knowledge, and mentoring through the learning process. But this approach to **promote self-reliance** that we call the Family Preservation Program has proven to be the answer. We address the root of the problems at a village level and, as our data shows, we have been able to affect life-saving, lasting change that continues on without us and is passed on to future generations.

My recent trip to Mozambique brought renewed meaning to the last part of our mission statement: **instill hope**. After visiting many families in Nazare, a community that we exited two years ago, we realized the source of that hope comes from the fact that, despite losing their homes, their crops, and their businesses in the cyclone, they have the knowledge and skills to rebuild their lives again. They don't have to wait for someone else to come along and rescue them (the fact is no one is coming, and they know that). They now have what they need to save themselves. They know what they need to do and they are doing it.

Please join us in sharing this mission with the world. We thank you, and God bless you for your help.

*Cindy Packard*





## RESILIENCE IN THE FACE OF DISASTER

We were so grateful to be able to provide relief for victims of the storm, and quickly resumed the Family Preservation Program in our villages. The knowledge and skills we share become a permanent part of the communities Care for Life works with--and those cannot be destroyed in a storm. These internal resources create a well of resilience to draw from in times of growth or in times of need.

# CYCLONE IDAI

Tropical Storm Idai first unleashed its destruction in Beira, Mozambique, where it destroyed **90% of the buildings** in the city of 500,000 and created an "inland sea," flooding 200 square miles. More than 1,300 individuals died, and an estimated **2.2 million** were affected.

The UN described this storm as the **worst recorded natural disaster** in the southern hemisphere. Beyond the initial chaos, the destruction of crops, hospitals, roadways, and other infrastructure ensured that the suffering will not be short-lived.

One CFL community member described the night of the storm: "Even up on the high ground, the water came up to our legs. **I have never known, nor my grandfather has never known a storm like this.** Everyone was screaming. Everyone was crying."



After Idai, Care for Life workers returned to Nazara, a community that completed the Family Preservation Program in 2017. In interviews with community members there, we learned how the confidence, skills, community and leadership they built through our Family Preservation Program provided resilience and protection for their families during this disaster.



## OUR RESPONSE TO CYCLONE IDAI

With 90% of our villages' homes destroyed, our donors made it possible to quickly and efficiently begin to address the needs of our community members, with the help of our Mozambican staff and their incredible determination and selfless work.

### MOSQUITO NETS

2000

### FAMILIES THAT RECEIVED HYGIENE KITS

1000

### FAMILIES THAT RECEIVED ROOFING MATERIAL

1310

### SOLAR LIGHTS DELIVERED

105

### REBUILT HOMES

59 / 300

### FOOD + WATER PURIFICATION

1200

### FAMILIES THAT RECEIVED SEEDS

500

## IMPACT ON CARE FOR LIFE

Beira is the primary area where we work.  
The damage to Care for Life was extensive.

Both CFL buildings severely  
damaged. All office furniture, files  
and computers destroyed.

All 30 staff members' homes  
damaged.

Our 4 current villages decimated.





*we build*  
COMMUNITIES

WHAT CARE FOR LIFE BUILDS  
CAN'T BE DESTROYED



Luisa Joao Sirica

Luisa Joao Sirica is an impressive, confident woman who tended to her small store as we spoke with her. "We weren't a community before Care for Life came," she told us. "Things were very different. People would just walk around and go to the bathroom everywhere. They didn't care. We learned to build latrines...and keep things clean. Before, we had a church where some people came together, but we never walked to each other's houses and talked. Now we meet to talk about our zone and how we can keep improving [and] support each other. That very night after the cyclone, we went around from house to house...to see if they were okay. And if they weren't, we'd bring them to a house where they'd be okay."



Gift a village  
bicycle  
ambulance  
for \$350

Our program promotes community cohesion on a level most community members have never experienced before. Villagers work together to earn group rewards, and in doing so they build a lasting network that provides protection for families.

# *we build* LEADERSHIP



Train a village  
leader for  
only \$10

Rosa Vicente Sande greeted us with a cheerful smile and big hugs, wearing her white Care for Life shirt and a bright traditional wrap as a skirt. She had served as a CFL Health Educator and people still call her "*Senora de Saude*," Mrs. Health. She told us, "Care for Life taught us how to love, to take care of each other, and to respect each other." After the cyclone, CFL leaders in the village started visiting people again, telling them, "Pay attention to the things you learned. You can't stop doing these things just because of the storm." She told us, "When new people come to our village we teach them these things—it has to stay clean, you must make a latrine, and a *tarimba* [small table to keep dishes clean]." Three years after Care for Life's exit, Rosa is still recognized as a leader in the community and people still come to her house to ask her questions .

Read more stories of how Care for Life changes lives at [careforlife.org](http://careforlife.org).



Rosa (in the middle)

In the Family Preservation Program, village leaders are trained to guide their neighbors to success both during the program and after Care for Life's exit. To quote the Panos study, "The development of leadership in the villages...is key to long-term success."



*we build*

# SKILLS

From reading to water purification, the skills CFL teaches drastically improve community members' lives. This change is so stark that neighboring villages have sought this knowledge to achieve the same results. As internal resources, these skills remain intact even in disaster.



Fernando and his family

Fernando Luis Mamboriso is an older, graying gentleman who moves slowly. He was a zone leader in Nazare. He supports his wife and six children by selling fish he buys from the seashore. "We were really bad after the cyclone," he told us. "But we knew how to rebuild the kitchens, the latrines and our houses. And not only that, but we knew how to work as a community, to help each other. That's what we learned from Care For Life. We learned to work together. We didn't need anyone to come help us because we knew. We were taught and then we taught others.... We learned the importance of learning, and we still want to continue to learn...Somebody learns something and then they can teach someone else... *pouco a pouco* [little by little]."

# *we build* CONFIDENCE



Eusesio Salimu and family


Eusesio Salimu ZamZam shared with us his experience after the cyclone, when the government was overwhelmed and unable to help them in their need. He expounded, "During the cyclone we suffered very much. Afterwards, many people said, 'We need someone to come take care of us, to help us.' The village leaders said, 'No, no one is coming. But we have the knowledge of what we need to do to take care of ourselves.'" Before we left Nazare, we were able to take a picture with Eusesio and his beautiful children and grandchildren.



Everything Care for Life does revolves around empowering individuals. This is done through education, skill-building, leadership opportunities, and practice setting and achieving goals. Through this process of empowerment, community members gain confidence that nurtures resilience in the face of challenges.



# THE BIG PICTURE

  
individual

  
family

  
village  
(250 families)

A year of support in the Family Preservation Program	\$64	\$320	\$77,000
Water purification drops for 6 mo.	\$2	\$5	\$1250
Education booklets for health and gardening	\$5	\$10	\$2500
Mosquito net	\$5	\$15	\$3750
Community leader training for one year	\$10	—	\$520
Cement	\$10/ bag	\$110/ latrine	\$140/ home improvement
Seeds	\$10	\$20	\$4000
Gardening tools	—	\$25	\$6250
Community Reward: Bicycle ambulance	—	—	\$350
New Community Center for meetings and classes	—	—	\$2500

100% OF YOUR MONEY  
GOES TO OUR PROGRAMS.

OUR BOARD GENEROUSLY  
COVERS ALL OVERHEAD!

# HOW CAN I HELP?

or

Make a one-time donation!

Join the monthly donor family!

\$100

Builder



\$50

Grower



\$20

Planter



\$10

Friend



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