



Our Mission:
Alleviate Suffering
Promote Self-reliance
Instill Hope

Our Guiding Philosophy: “Go to the people, live with them, learn from them, love them, start with what they know, build with what they have. But with the best leaders, when the work is done, the task accomplished, the people will say, ‘We have done this ourselves!’” Lao Tzu

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www.careforlife.org

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Alleviate suffering
Promote self-reliance
Instill hope



Our Proven Process is Recognized

2018 Annual Report

“A man’s true wealth is the good
he does in this world.”

— Muhammad



Administration

Care For Life Officers

Linda Harper, President

Curtis Christensen, Secretary/Treasurer

Management Team and Directors

Glen Galatan - Marketing & Funding Manager

Julie Peterson - Volunteer Manager

Gaylee Coverston—ETapestry Manager

Cindy Packard—Donor Relations

US Advisory Board

Curtis Keller

Mozambique Senior Management Team

Solamao Malidadi, National Director

Jorge Maunga— Field Manager

Carlos Chivale—Education Coordinator

Ana Micas - Health Coordinator

Administration

Board of Directors

Blair J. Packard—*Chairman of Board*—Blair is the founder of Care for Life along with his wife Cindy.

Linda Harper, *President* - Linda began volunteering with Care for Life shortly after it was organized. She has been the president of Care for Life for 9 years and is passionate about helping the people of Africa.

Steve Samuelian, *Business*- 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.

Curtis Christensen, *Financial Advisor*- Curtis graduated from Arizona State University with his degree in accounting.

Cindy Packard—*Founder* - Cindy is the co-founder of Care for Life along with her husband Blair.

Samo Goncalves— *Mozambique*— Samo joined Care for Life in 2010.

Patrick Tedjamulia —*Marketing*— Patrick is passionate about helping others discover what's possible.

Paul English— *Medical Advisor*- Paul followed his wife to Mozambique in 2003 and has been involved with Care for Life as a medical advisor and currently a Board Member..

Paulo Kretly— *Leadership*—Paulo Kretly holds an MBA from Hawthorne University and has served as General Manager and Marketing Director in several multinational companies such as Novell Inc./WordPerfect Corp. and IBM.

Charles Martins, *Brazil* - Charles Martins is a business executive specializing in Mergers and Acquisitions.

Ann Hobson- *Is a mother, a grandmother, an avid reader and has spent many years in Africa.*

Daryl Hobson- *has spent the majority of his business life in healthcare administration and has been to Mozambique a few times.*

Our Proven Process is Recognized

Letter from the President

Dear Friends,

What an exciting year for Care for Life. In July 2018 a 5-year independent study was presented at the Social Work, Education and Social Development (SWSD) conference in Dublin by Dr. Patrick Panos and Dr. Anglea Panos. This study will be published in the scientific journal, SAGE. An independent study supports what we have always known, that the Family Preservation Program saves lives.

This 5-year outcome evaluation determined the effectiveness of our program. Maternal deaths have been cut by 78% and infant deaths have been cut by 57% where Care for Life program has been implemented. Some other conclusions of this independent study include:

- The Care for Life approach is holistic and sustainable, develops community leadership and independence, and has a dramatic impact on health outcomes.
- The villages of Macharote 1, Macharote 2, Mataduro and Mafarinha have made giant leaps in their success. Families are growing gardens, starting small businesses, attend school and community classes.
- The future is looking so much brighter for these families.

Throughout our many years of operation we have proven our innovative new program by serving over 5,200 families (26,000 lives) including more than 6,000 children. Yet this is only a drop in the bucket compared to an ocean of need. There are millions of families in the world who need help to rise from the depth of despair to the peak of hope and confidence.

Thank you is just not a big enough word to express our gratitude for all of our wonderful donors that make the Family Preservation Program possible.

Thank you for your support.

Linda Harper

Linda Harper
President
Care for Life



Family Preservation Program

The Family Preservation Program is an integrated approach to community development that focuses on families. Its main objective is to overcome poverty by preserving and empowering families through education, instruction, and behavioral change. Sickness, hunger, ignorance, and dependency are both the cause and consequence of family disintegration, creating a continuous downward cycle. The Family Preservation Program breaks this cycle by creating a sustainable community environment where individuals and families learn basic steps to improve their lives and are encouraged and helped to achieve a progressive series of goals that foster sustainable behavior change. The Family Preservation Program is how we accomplish our goal of alleviating suffering, promoting self-reliance, and instilling hope.....one family at a time.



The Family Preservation Program is a holistic approach to building up self-reliant families through education, instruction, and behavioral change. This approach is rooted in 8 areas of emphasis.



Villages Continue to Thrive After Care for Life Exits

Twenty-three villages have completed the Family Preservation Program since 2005. We continue to work with four villages in 2018. Care for Life continues to assess graduated villages for up to 5 years.

Indicators	Initial Assessment	Exit Assessment	Recent Assessment
Family latrine	27%	90%	91%
Garbage burned or buried	50%	98%	90%
Small Business	24%	53%	53%
Family drinking treated water	12%	98%	87%
Family sleeping under mosquito net	41%	97%	98%
Tarimba (table for food & dishes)	27%	89%	72%
Children 6-17 yrs attending school	58%	77%	82%
Adults over 15 literate	57%	75%	80%



Neves and Marta Antonia Aminde

Neves and Marta Antonia Aminde live in the village of Nazare in Mozambique. We had a chance to sit and talk with them about their family, their goals, and the things they've been learning through Care for Life. They have two young daughters, ages 6 and 3, and Marta Antonia serves as the Children's Club Promoter in her zone while her husband works with a fishing enterprise. Right now they are working towards building a block home-- something they tell us they never could have dreamed of or hoped for before Care for Life showed them how to accomplish it. They also tell us how beneficial the financial training they've received from Care for Life has been. In the past they never had savings and if there was a family emergency they would go to their neighbors for help and go into debt. Learning the principle of saving has been revolutionary for their well-being, their peace of mind, and the state of their small family business (a stand selling simple groceries in front of their home). In their life before, they say, they didn't have hope, but now thanks to Care for Life, they have hope.

STATEMENT OF FINANCIAL POSITION

December 31, 2018

CURRENT ASSETS

Cash and cash equivalents \$ 85,813

PROPERTY AND EQUIPMENT

Computers, equipment & furniture 333
 Building and Land 131,567
 Vehicles 108,951

240,851

Less accumulated depreciation (157,403)

Total property and equipment 83,448

OTHER ASSETS

Investment in land —

169,261

CURRENT LIABILITIES

Accrued expenses (credit cards, payroll taxes) 0

NET ASSETS

Unrestricted 169,261

\$ 169,261

STATEMENT OF ACTIVITIES

December 31, 2018

Unrestricted

NET ASSETS:

SUPPORT

Contributions \$ 287,758

Grants 28,140

Total support 315,898

EXPENSES

Program services 241,457

Management and general 94,505

Fundraising 31,468

Total expense 367,430

DECREASE IN NET ASSETS

(51,532)

Net assets, beginning of year 220,793

NET ASSETS, END OF YEAR \$ 169,261

Family Preservation Program

Care for Life's Impact

Over 26,312 *people* have been lifted by the Family Preservation Program since it started in 2005. This includes 5,200 *families* that are *happier and healthier*.



Family Preservation Program

Education

77% of children ages 6-17 yrs old are attending school in Care for Life villages (compared to 50.2% in Mozambique)

In 2018 400 Adults participated in village literacy classes

75% of family members over 15 yrs old are literate in Care for Life villages due to literacy classes taught (compared to 56.11% in Mozambique)

Community Classes teach health & hygiene, nutrition, sanitation, family gardening, income generation, women and children's rights, home improvement, disease prevention, and many more self-reliant skills.



Food Security & Nutrition

Planting a family garden for better nutrition went from **7% to 42%**. Most were able to sell excess produce for an income generation activity

90% of families have a vegetable and/or protein daily

45 Agricultural Kits (rake, hoe, watering can) were earned by families completing goals

13,720 grams of seeds distributed



Specialists & Staff



Specialists with skills in health, journalism, leadership, and business spent time in Mozambique. They accomplished 3,820 hours of volunteer service.



Family Preservation Program

Health, Hygiene & Sanitation

In 2018 in 4 communities we report the following success:

466 people tested for HIV/AIDS

1,044 people were immunized

655 children vaccinated

299 eye exams

185 glasses given

2,936 bottles of water treatment distributed

THESE COMMUNITIES STARTED IN 2017 HENCE THE NUMBERS ARE STILL LOW. IT WILL BE EXCITING TO WATCH THEIR GROWTH.

64% families drink treated water

94% of yards have no standing water

33% of families have a brick lined latrine

59% have a tarimba (table for holding dishes)

69% burn or bury garbage

67% of families have a bathhouse



Income Generation

These communities started in 2017 hence the numbers are still low. It will be exciting to watch their growth.

75% of families have an income generating activity
28% people participate in a Business Association

40% families own a small business



Home Improvement

These communities started in 2017 hence the numbers are still low. It will be exciting to watch their growth.

3,076 bags of cement earned by families completing goals. Cement is used to make bricks that build latrine, repair and improve homes, and build water wells.

69% of homes have adequate roofs
65% have adequate walls



Psycho-social Well-being

913 8-14 yr olds were taught HIV/IDS prevention

95% of families do not drink alcohol excessively



Community Participation

100% of families were assessed to track progress in the 8 areas of emphasis

