



Annual Report



2022

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Message From Our Leader

Care for Life's vision to **instill hope, promote self-reliance, & alleviate suffering** takes shape in our mission to **empower families across the globe to achieve self-reliance, one community at a time.**

After undergoing an organizational restructuring in 2021, Care for Life experienced remarkable growth in 2022. This year marked my first as the president of the organization, and it has been both thrilling and busy. The board and operating committee collaborated tirelessly to set new, ambitious objectives and goals for Care for Life and establish a strong foundation for future expansion. Our commitment to our mission to promote self-reliance and bring hope to those living in extreme poverty through the Family Preservation Program (FPP) remains strong.

Thanks to generous donations from our committed donors, we are pleased to announce that efforts to expand the Family Preservation Program into the Democratic Republic of Congo (DRC) are in initial stages. As one of Africa's poorest nations, we are excited to partner with other organizations in the DRC to help impoverished communities. The success of this program in Mozambique has inspired us to continue empowering families towards self-sufficiency and independence.

The Family Preservation Program is highly effective in helping to end the cycle of poverty. What sets this program apart is its comprehensive nature, which includes four intensive programs that cover eight areas of poverty development. These areas include food security, education, income generation, psycho-social, sanitation & home improvement, health & hygiene, children & elderly, and community development. The program encourages both family and community accountability without relying on hand-outs. It is community-led, and has an exit strategy to prevent dependence. Our future goals include expanding the program to reach even more families and villages. We express our sincere appreciation to our founders, donors, volunteers, and all those who contributed to Care for Life and the development of the Family Preservation Program. Your support has made all the difference.

Becky Shiew
Care for Life president

With your support,
we can build family
resilience and a
sustainable future.

2022 Impact

Lives are being **changed**. Hope is being **inspired**. People are being **empowered**.



5,741

Individuals Impacted



1,153

Families Served



6

Villages Developed

Individuals, families, and communities are being moved **from poverty to opportunities**.

Care for Life Highlights

Family Preservation Program in Sudan: First Village Community Meeting Held



Our team is proud to announce that after all the preparation work done in 2021, the Family Preservation Program has officially launched in the first Sudanese village, with over 500 participants attending the initial meeting. This milestone is a testament to the hard work and dedication of our US team and in-country partner, Elevate, who worked tirelessly to develop the curriculum, gain necessary government approvals, and prepare the village. Although challenges were faced, we remained resilient and committed to the cause.

University Professors Complete Study Proving Benefits of the Family Preservation Program



At Care for Life, we take pride in our ability to demonstrate progress through the use of data. In 2022, we received the findings of an independent study conducted by Patrick Panos, a professor from the University of Utah, and Professor Angelea Panos, a professor from Utah Valley University. The results were remarkable, proving that our Care for Life interventions are effective in empowering community leaders and members, while also building resilience in the face of disasters. For more information, please refer to page seven.

Data Collection Systems Digitized to Ensure Effectiveness and Efficiency



Care for Life is committed to ensuring that our program is effective. To evaluate the progress of our program, we conduct monthly and annual assessments. This information is crucial in understanding each family's unique circumstances, enabling us to provide the necessary support to promote self-reliance. In 2022, we digitized our data collection systems resulting in faster and more efficient reporting, as well as enhancing our program's effectiveness. Our staff in Mozambique received training in the new system, which contributed to a seamless transition.

Long-Term Growth Objectives and Unique Program Elements Defined

Care for Life Program Uniques

- | | |
|--|--|
|  Comprehensive |  Community-Led |
|  Exit Strategy |  Skills-Based Education |
|  No handouts/
Accountability-Based |  Data Driven |

Throughout this year, Care for Life has made significant progress towards defining our long-term goals – particularly, reaching a greater number of individuals through the Family Preservation Program. Our organization is dedicated to implementing a sustainable approach to our work, with each program tailored to include unique elements. As we expand our reach to new areas, we are proud to define and continue implementing the elements that make Care for Life unique.

2022 Program Outcomes

"We have a better vision of the future... Care for Life has brought us hope and helped us see that we can improve our situation." ~ FPP Participant

Care for Life carefully measures the impact and outcomes of the Family Preservation Program. We recognize the value and importance of each dollar donated. Annual assessment and regular monthly reporting ensures efficiency, accountability, and sustainable results. We happily share a few of the successes of the program. Our heartfelt gratitude is extended to our donors and volunteers for their continued support in helping us change lives for the better.



10,336 GOALS ACHIEVED BY OUR FAMILIES.



83 SMALL BUSINESSES OWNED BY FAMILIES IN THE PROGRAM



96% OF THE CHILDREN PASSED THE CHILDREN'S CLUB PROFICIENCY TEST.



680 PRODUCTIVE GARDENS



582 ADULTS ENROLLED IN LITERACY CLASSES WITH 91.4% PASS RATE



177 FAMILIES SAVED MONEY

Financial Summary



CARE FOR LIFE, INC.
STATEMENT OF ACTIVITIES – MODIFIED CASH BASIS
FOR THE YEAR ENDED DECEMBER 31, 2022

	Without Donor Restrictions	With Donor Restrictions	Total
REVENUES, GAINS, AND OTHER SUPPORT			
Contributions	\$ 722,530	\$ 240,901	\$ 963,431
Grant Income	-	19,639	19,639
Interest income and other income	7,748	-	7,748
Net assets released from restrictions			
Purpose restrictions met	278,140	(278,140)	-
Restrictions satisfied by charitable trust lead receipts			
Restrictions satisfied by debt payments			
Total revenues, gains, and other support	1,008,418	(17,600)	990,818
EXPENSES			
Family preservation program	591,649	-	591,649
Management and general	85,457	-	85,457
Fundraising	16,701	-	16,701
Total expense	693,807	-	693,807
CHANGE IN NET ASSETS	314,611	(17,600)	297,011
Net assets, beginning of year	185,210	98,042	283,252
NET ASSETS, END OF YEAR	\$ 499,821	\$ 80,442	\$ 580,263

Third-Party Study

2022 third-party study proves FPP builds resilience in the face of natural and economic disasters.

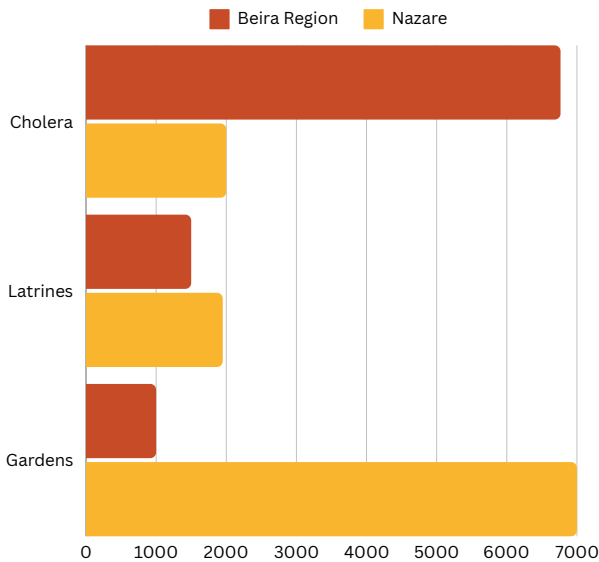



[View Study](#)




“During the cyclone we suffered very much. Afterwards, many people said, ‘We need someone to come take care of us, to help us.’ The Care for Life [volunteer community] leaders said, ‘No, no one is coming. But we have the knowledge of what we need to do to take care of ourselves.’” ~ FPP Participant

“We weren’t a community before Care for Life came. We know we need to support each other. That very night after the cyclone, we went around from house to house, checking on each other, looking into each house to see if they were ok. And if they weren’t we’d bring them to a house where they’d be ok.” ~ FPP Participant



2x

 Nazare FPP graduates were two times less likely to contract cholera

7x

 Nazare FPP graduates were seven times more likely to plant a garden

2022 Success Stories



Victor and Domingos Miliasse Learn the Skills to Become Self-Reliant

Victor and Domingos Miliasse lived in Matope, Mozambique, until a cyclone destroyed their home. In search of a better life, the couple relocated to the village of Samora Machel with the dream of owning a secure home. Upon arriving in Samora Machel, they learned about Care for Life's Family Preservation Program which promotes self-reliance through skills-based education, family mentoring, goal-setting, and community development.

Victor and Domingos joined the Family Preservation Program with excitement. After attending the program's skills-based community classes, learning about setting goals, and receiving one-on-one mentoring, they gained hope to accomplish their dream of owning a secure home. With the support of Care for Life staff, Victor and Domingos set multiple goals, including building a new concrete house. As they worked towards their goals, they received regular bags of cement as a reward incentive for what they had accomplished. As they began the process of building their home, they combined their own resources with the cement incentives. Over the course of 24 months, Victor and Domingos successfully built a house, painted it and improved their latrine. The couple attributes their newfound happiness to the Family Preservation Program.

One of the key benefits of the program is its emphasis on self-reliance and continued learning. It also encourages participants to pay the things they've learned forward and teach others the skills they've learned. Since building their home, Domingos has been named a zone leader in her community as part of the Family Preservation Program and is responsible for looking after and teaching others in her zone. Additionally, she has continued taking classes and recently completed a business course and is exploring opportunities to start her own business.

The success of families like the Miliasse's are made possible by the generosity of our donors. With your support, Care for Life can continue to empower families across the globe and help them achieve self-reliance.

2022 Success Stories

“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.” ~ FPP Participant



As a widow with 2 children, Micaela said, "I am so grateful for the visits and friendship of Mariamo and all the Care for Life staff. The monthly visits and support I have received from them have helped me accomplish my goals and make changes in my life".



Angelina Musa says, "What I learned in the business class helped me start my own business and then build my new home. I am grateful that the Care for Life field officers convinced my husband that participating in the classes is a good idea."



Ana Rosa is raising two orphaned grandchildren. Care for Life is helping her achieve goals she thought impossible.



Bingala says "his [garden project] success is because of what he learned from Care for Life."



Community volunteer Laura Manuel Magule mentors others in sanitation and latrine building.

Care for Life Objectives

The Family Preservation Program (FPP) has a multifaceted approach to help alleviate poverty and build community and family capacity. The program achieves poverty alleviation through skills-based education and family goal-setting. Additionally, the program offers one-on-one family coaching and mentoring, community classes, and community leadership development to help strengthen community capacity. According to the United Nations, capacity building refers to the process of developing and improving the skills, instincts, abilities, processes, and resources that organizations and communities require to thrive in an ever-changing world. CFL measures success in poverty alleviation and capacity building through these six objectives:



1 Build Family Capital

FPP strengthens family units by encouraging unity, accountability, skill development, creative problem-solving, and collaboration toward common goals.

2

Build Community Capacity

FPP expand the skills and resources of communities by engaging them in a variety of ways, including community meetings, local leadership development, skills-based community classes, and mentorship programs led by local leaders.



3

Community Leadership

local leadership is organized and trained to take ownership of the program. This creates accountability, engagement, and collective action, strengthening relationships and networks within the community.

4

Improve Health

Poverty and ill health are mutually reinforcing. CFL is dedicated to breaking this cycle by teaching essential life skills. From sanitation and mosquito mitigation to gardening, we empower communities with the knowledge they need.



5

Improve Education

FPP provides a comprehensive skills-based education that fills knowledge gaps, increases confidence, and simultaneously addresses overlapping poverty-related issues.

6

Improve Living Standards

Latrine and home construction, small businesses, micro-credit and savings groups provide FPP's participants opportunities to improve their living conditions.



Key Development Areas

From the initial meetings to community celebrations, the enthusiasm for Care for Life's Family Preservation Program is palpable. Thanks to the generosity of donors and volunteers, the program has been able to create a sustainable and long-lasting way for families and communities to learn how to become self-sufficient.

"[When] I hear the testimonies from the people and of the changes that happen in the communities, it makes me love my work more and more."

- Carlos Vincente
Community Participation Supervisor



Key Development Areas



EDUCATION



FOOD SECURITY



INCOME GENERATION



PSYCHO-SOCIAL



SANITATION & HOME IMPROVEMENT



HEALTH & HYGIENE



CHILDREN & ELDERLY



COMMUNITY DEVELOPMENT

Comprehensive poverty programs that address overlapping poverty deprivations are more likely to break poverty cycles (IACD, 2016). The Family Preservation Program simultaneously focus on eight key development areas to address the complexities of poverty.

Governance & Leadership

Our dedicated board and staff are committed to **fighting extreme poverty** by building **family** and **village self-reliance**.

Board of Directors



Curtis Christensen | Chair

Carrie Thompson | Vice Chair

Becky Shiew | Vice Chair/President

Brian Hill | Social Business

Ryan Nelson | Governance

Annie Lewis | Legacy

Sylvia McMillan | Program Dev

Cindy Packard | FPP

Mark Matheson | Funding

Susan Walton | Marketing

Solomon Malidadi

Celestino Fombe

Jorge Chene Mounga

Ana Micas

Augusto Pombo das Dividas

Carlos Jose Vicente

Joao Fortuna Jorge

Regina Pinto Cuaja

Telma Beatriz Tomo

Samuel Muandionalero

Mariamo Zuer Gundana

Fernando Sabado Tomo

Graca Macumbe

Telma Namuja

Domingos Antonio Domingos

Angista Melo

Joaquim Francisco Manuel

Jose Cherequejanhe Joao

Joao Chico Raposo

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Mozambique Staff



Sudan Staff

Waeil Mohamed

Mujab Hassan

Asjad Mohamed

Hanafi Ibrahim

Nayla Mahmoud

Alfayad Almubarak

Becky Shiew | President

Richard Andrews | VP of Messaging

Mary Ann Curtis | VP of Operations

Linda Harper | Director of Operations

Ben Brimhall | Director of Marketing

Blair Packard | Director of Finance

Kelli Houghton | Director of Expansion

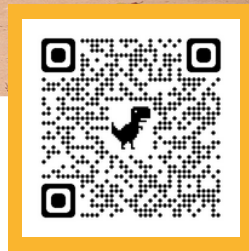
United States Staff



Get Involved



Like us on
Facebook or Instagram



1

Donate on our website

2

Host an informational meeting

3

Share our website & socials

4

Volunteer
your time

5

Sign-up to
receive our
monthly
newsletter

6

Join us on an
expedition

Acknowledgements

Care for Life's mission to build family and village self-reliance would not be possible without the tireless efforts of our volunteers. Thank you!

200 Mozambican community volunteer leaders

40 Sudanese community volunteer leaders

25 American volunteers

We thank our donors for your continued support in our vision to instill hope, promote self-reliance, and alleviate suffering.

Care for Life

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