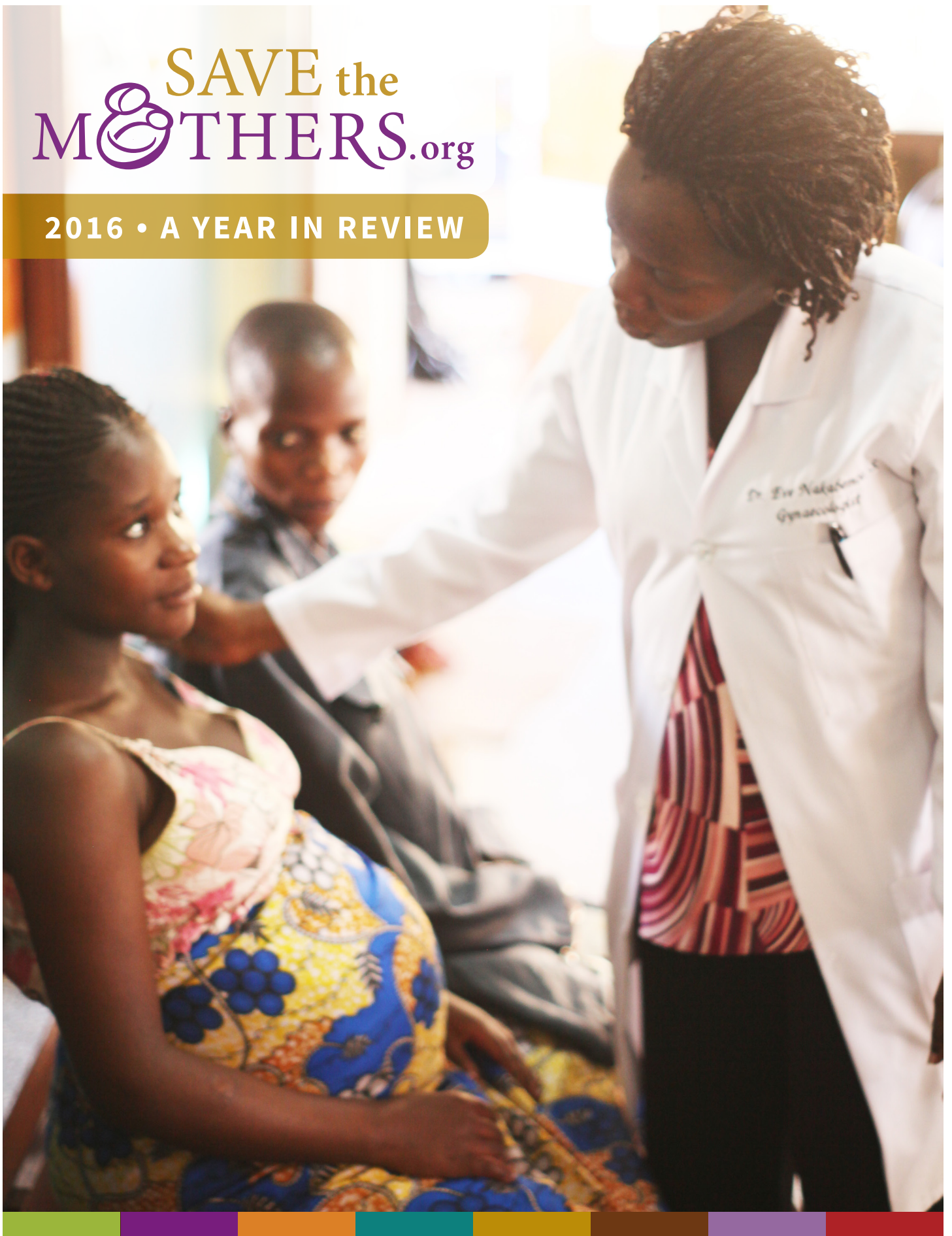


SAVE the M&OTHERS.org

2016 • A YEAR IN REVIEW





*It's been a fabulous year
at Save the Mothers.*

As I visit our Mother Baby Friendly Hospitals, and see increased numbers of mothers coming to deliver, I feel thankful that Save the Mothers can play a part in ensuring their safe and dignified delivery. We've still got a long way to go to get even close to the quality of health care mothers enjoy in most developed countries. But progress has been made.

For 20 years I've been engaged in development work centred around safe motherhood, and have observed many other well-intentioned projects aimed at helping mothers and babies. Unfortunately, all too often when I've returned a few years later to measure ongoing progress, the original organization is long gone.

The Save the Mothers difference is that we are building leadership both in and out of health facilities. Many years from now, our graduates—indigenous leaders—both multidisciplinary professionals and health workers, will still be on the ground, caring for mothers and ensuring local solutions are at the centre of their work and efforts.

During the 2015/16 fiscal year, Save the Mothers enrolled 24 new students into our Ugandan program and 23 into the International stream. Fifty-five new graduates received their diplomas!

Recently, I listened to Save the Mothers student Haruna, who shared about his STM training and how it changed the way he prioritizes spending at the hospital where he works as financial administrator. One of our Mother Baby Friendly Hospitals, it has become the best-performing medium-sized hospital ('Level IV health unit') in the country. But the impact of our students goes beyond the health centres, to improving the economic capacity of local women. Mothers who have access to finances also have access to health care in an environment where it costs money to go to the hospital. I think of STM graduate Marren, who is leading an organization that empowers women to make local crafts and food, then helps them market and sell their products for profit. These women's lives have been changed as a result of Marren's efforts. She says she realizes she needed to be leading this kind of initiative as a result of her training in the Save the Mothers program—helping women help themselves.

The work of Save the Mothers is being recognized by other partners and organizations. We've been invited by the University of Calgary to assist in their work in northwestern Tanzania (in an area called Mwanza) where we are helping incorporate the 10 steps of the Mother Baby Friendly Hospital Initiative.

One of the personal joys I have is hosting international visitors who come to see the STM program firsthand. Throughout the past fiscal year, we hosted at least 15. One recent visitor, after seeing the work of our students and graduates remarked, "I feel more alive than I have in a long time." I feel privileged to be part of a movement that is bigger than any of us alone, a movement that I believe is at the very centre of God's heart—caring and helping the most vulnerable people on the planet.

Thank you to each of you for your support and encouragement. Each one doing their part cultivates needed change. We simply cannot do this work without your generosity. Thank you for sharing the vision with others. Together, we really can help to make a brighter future for mothers and babies in the developing world.

Dr. Jean Chamberlain Froese
Executive Director

ABOUT SAVE THE MOTHERS

While the scourge of maternal mortality (i.e., a woman's death due to pregnancy or childbirth) has been all but eliminated in the developed world, unnecessary deaths of mothers and their newborns continue to happen every day in poorer nations.

Sustainable, life-saving, cultural change is possible. Thanks to your help and support, it's the target at which Save the Mothers takes aim every day.

Since its inception in 2005, Save the Mothers has been partnering with talented, motivated and dedicated working professionals in East Africa. To date we've equipped hundreds to bring about change in their own lives and families, and empowered them to spur their fellow citizens on to improve and save countless East African lives. But ours is not a quick-fix solution.

One of the keystones of Save the Mothers' work is the Master of Public Health Leadership degree, developed in partnership with Uganda Christian University. This graduate program enrolls teachers, journalists, politicians, lawyers, religious leaders, healthcare workers, members of the police and military, social service workers, business entrepreneurs,

employees of non-governmental organizations, community activists, and others who become impassioned about promoting safe motherhood within their own fields.

Our graduates form a network of advocates who leverage their relationships to fuel change, proving that it is possible to shift ways of thinking and to develop strategies that will radically transform outcomes.

In resource-strapped environments, where health workers are stressed by the amount of work and lack of equipment and medications, an integrated approach to foster a mother-and-baby-friendly environment is needed to generate changes in the system. To address this issue, Save the Mothers created the Mother Baby Friendly Hospital Initiative. This Initiative is a 10-step program, in which the hospital's health workers and administrators work together with graduates of the Save the Mothers program who function as advisors.

The Master of Public Health Leadership program and the Mother Baby Friendly Hospital Initiative: two strategic, life-saving tactics introduced into East Africa by Save the Mothers and you.





FROM THE BOARD OF DIRECTORS, Highlights of 2015-2016

JULY/AUGUST 2015

- Annual Board retreat – members of the Canadian Board of Directors gather with management in Muskoka, Ontario to map out strategic plans for the year ahead.
- Thanks to a grant from Canada Summer Jobs, Save the Mothers (STM) hires eleven summer students to work on everything from administrative tasks to fundraising, graphics and video production.

SEPTEMBER 2015

- Dr. Jean Chamberlain Froese (and her family) return to Uganda for the eleventh time to provide oversight for the STM program in East Africa.
- Jacqueline Kamel and Katelyn Coombs begin their work as 2015-16 Program Interns with STM in Uganda. Taylor Hendricks and Mary Ajwang start their year as Fellows through Global Health Corps.

OCTOBER 2015

- Twenty-four new Ugandan students enter the first year of the STM program at Uganda Christian University (UCU).
- Eighteen graduates from Save the Mothers walk down the red aisle at UCU to receive their Master of Public Health Leadership degree. Empowered with knowledge and leadership skills, these graduates are already impacting their communities.

NOVEMBER 2015

- Managing Director Dr. Daniel Scott represents Save the Mothers at the annual meeting and symposium of The Canadian Network for Maternal, Newborn and Child Health (Can-MNCH) in Montreal, Canada.
- STM team from Uganda travels to Tanzania to recruit international students. Numerous regional newspapers are used to advertise and recruit strategic students for the program (from Kenya, Rwanda, South Sudan, DR Congo and Tanzania)

- Two fundraising events in Ontario, Canada bring out volunteers, friends and supporters and raise \$150,000 for STM: the Annual Dinner and Auction in North Toronto, and the Hamilton Marathon Road2Hope.

DECEMBER 2015

- Security consultant James McGinnis of Global Impact Inc. visits STM at UCU to conduct a threat/risk analysis.

JANUARY 2016

- Save the Mothers produces four direct mail pieces per year (around Family Day, Mother's Day, Thanksgiving and Christmas). This month we experience a particularly strong response to December's mailing.

FEBRUARY 2016

- Staff and students of the STM program participate in a health awareness week promoting safe motherhood on the campus of UCU.
- As part of its Mother Baby Friendly Hospital (MBFH) program, STM continues its support of the local hospital's expansion (Mukono Health Centre) including a new ward for mothers.

MARCH 2016

- Uganda's Mubende Hospital joins STM's Mother Baby Friendly Hospital (MBFH) program—the entire STM team along with UCU students, faculty and Ministry of Health dignitaries make the long journey (3.5 hours) to celebrate this event. Over 400 people are in attendance from the community, hospital and Save the Mothers/UCU. STM is now working in 9 hospitals through the MBFH program.
- More than 100 graduates, staff and partners gather for the annual STM reunion and scientific dinner in Kampala. Several STM graduates are awarded special recognition for their outstanding efforts to help mothers and babies in need.

- Twenty-five graduates (STM's largest group to date) graduate at Uganda Christian University on March 4, 2016. The Dean of Health Sciences (UCU) gives a wonderful speech of congratulations and challenge to the graduates of this historic class.

APRIL 2016

- STM program staff interview potential candidates for the Master of Public Health Leadership program from such East African nations as Tanzania, South Sudan and Kenya.
- Fistula surgeon and women's health advocate Dr. Justus Barageine joins STM as Academic Director in Uganda.

MAY 2016

- Hundreds of people across Canada and the U.S. come together to raise money for STM by participating in five kilometer walks in their local communities.
- Managing Director Dr. Daniel Scott represents STM at the fourth Women Deliver conference, held in Copenhagen.
- Sarah MacLeod, a Registered Nurse from Newfoundland Canada with a background in Obstetrical nursing arrives in Uganda and works with STM for three months.
- STM publishes *The Game Changers: True Stories About Saving Mothers & Babies in East Africa*. The new book – by Dr. Jean Chamberlain Froese and STM Communications Director Patricia Paddey – profiles the lives and work of STM graduates and students.

JUNE 2016

- The board of Save the Mothers USA meets and elects Dr. Shaun Gillis as new Board Chair.
- STM Networking Director, Topi Agutu travels to Tanzania on behalf of STM to begin planning for the expansion of the Mother Baby Friendly Hospital outreach there with partners University of Calgary and Crossroads.

MOTHER BABY FRIENDLY HOSPITAL INITIATIVE - FIELD UPDATE

Have you ever wondered whether the work you do, or the service you perform for others even means anything to anyone anymore? Perhaps you work at your job, take care of your family, give to charitable organizations, and it's all become a bit routine.

Let me encourage you: your life IS making a difference. I have personally seen the difference your support to Save the Mothers is making through our Mother Baby Friendly Hospital Initiative, and I am certain it is beyond what you might imagine.

A few weeks ago, I was scheduled to cover the obstetric shift in one of Uganda's very busy hospitals. Waiting for me were several midlevel health workers, eager to advance their clinical skills so they can go to this country's hard-to-reach communities, and safely care for mothers and their babies.

Among the first group of intern doctors was a man named Charles. From the district that borders South Sudan, he told me he took the opportunity for mentorship very seriously. So, I told him, "I will do all the surgeries with you today."

I admit I was feeling weak and discouraged myself. Sometimes the enormity of the need in East African hospitals—compared to our lack of resources—can be overwhelming, and it was a day on which I was questioning whether my own contribution was enough.

But I breathed a prayer for strength, and as I got down to work it occurred to me that for every mother there, it was an important day, a day on which they desperately needed the right set of hands, with the skills and proficiency to keep them and their babies safe. They needed the right environment, equipment, and supplies. Such things may be standard in North American hospitals, but they cannot be taken for granted here.

We cared for countless moms and newborns on that shift, many with life-threatening complications, hypertension, obstructed labor, postpartum hemorrhage, infection, fetal distress, the list goes on. But not one of those mothers or babies was lost. We had the skills. And the environment—while basic—had the necessities to save each life. The relieved and joyous husbands, mothers-in-law, and other family members smiled with gratitude as we handed over their new little bundles of joy.

At the end of that day, as I drove out of the hospital into the dark night, I thanked God for the faithful prayers of so many of you, for your generous support that ensures not only that we have emergency medical equipment and supplies, but also that we, the senior health workers, are able to mentor others.

Throughout that long day, we'd had a clean environment, running water, and functioning equipment, like trolleys to transfer patients. We'd had most of the needed drugs and supplies to conduct emergency C-sections, newborn care, and other medical procedures to save each precious life! That is what the Mother Baby Friendly Hospital Initiative is all about and what it is able to achieve. The reward of a safe mother and healthy baby is priceless—to the world, and to the community to which they will return.

There are now nine hospitals in the Mother Baby Friendly Hospital Initiative, each managing an average of 4,000 deliveries annually (some more, some less, for a combined total of 25,000 to 36,000 deliveries per year). The nine hospitals serve a catchment population of about 2.5 million people in central and southwestern Uganda, with one hospital, Kagando, located on the ranges of Mt. Rwenzori, bordering the Democratic Republic of Congo.

Mubende Regional Referral Hospital is the most recent facility added to the program. (Before that, in the 2014/15 Uganda Ministry of Health Report, Mubende ranked last for maternal health indicators.) This hospital, located in southwestern Uganda, caters to mothers across seven rural districts. An alumnus of the Save the Mothers program now provides administrative oversight there.

We hope to soon cover eastern Uganda, plus have a few hospitals in the northern region and west of the Nile. Priority will be given to regions where Save the Mothers alumni are in places of leadership, thus ensuring sustainability.

With deepest gratitude,

Dr. Eve Nakabembe

Ugandan Obstetrician and Director, Mother Baby Friendly Hospital Initiative





ALLEN BAGUMA KOMUGISHA

Soft-spoken, pretty and slight of frame, 37-year-old Allen Baguma Komugisha portrays a certain delicacy that belies an iron resolve. It has been more than a decade since she enrolled in Save the Mothers Master of Public Health Leadership program. But it has been a decade of personal transformation, and of learning that transformation can be both taught and caught.

Allen was not expecting that her Save the Mothers education would be, in her words, “the turning point” of her life, setting her on a path to becoming a valuable contributor to the vast and undeveloped human resources of her nation.

“The thing that totally changed me was the leadership aspect of the Save the Mothers program,” she reflects. “Everybody was encouraged to become a leader in whatever they were doing; to make a difference in their community; to advocate for improved maternal health; to become an answer to the problems in our generation.”

After graduating with her Master of Public Health Leadership degree, Allen launched her own for-profit business, the Future Learning Centre. Under the Centre’s banner, she has been campaigning for improved maternal health, speaking, writing, and actively engaging with schools, governments and private institutions.



BEATRICE BARIKURUNGI RWAKIMARI

In her mid-fifties and with a winsome smile, it is hard to imagine Beatrice Barikurungi Rwakimari raising her voice in parliament, holding her government to account on behalf of her constituents. But that is precisely what she did from 2001 to 2011, as part of an alliance of women parliamentarians who fought hard for the sexual and reproductive health rights of Ugandan women.

In parliament, she gained a reputation for being passionate about women’s health and rights. ... And when a colleague told her about the Save the Mothers program, she determined to educate herself [about factors contributing to high maternal mortality rates in her country].

From the first lecture, she knew she was where she was meant to be. Not only did the Master of Public Health Leadership course teach her the facts about family planning, maternal mortality and such, it also gave her critical communication and management skills.

Those skills quickly bore fruit in parliament. “Our discussions, our debates were richer, more convincing,” she explains. “The men would listen and say, ‘These women have a point,’ and we were able to pass a lot of proposals.”

In one instance, Beatrice and her female colleagues refused to allow the government to borrow any more money unless it approved specific loans to equip and advance maternal health centres.

Our students and graduates become Game Changers

In May 2015, Save the Mothers published the follow-up book to *Where Have All The Mothers Gone?* by Dr. Jean Chamberlain Froese. Publication of *The Game Changers: True Stories About Saving Mothers & Babies In East Africa*, was made possible thanks to a generous donation from Reg and Carol Petersen and The Bridgeway Foundation. Proceeds from sales of the book go toward the work of Save the Mothers. Enjoy the excerpts from the book on this page.



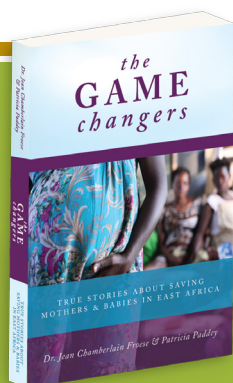
DANIEL KIGGUNDU

Parish priest the Reverend Daniel Kiggundu ... closes the [Sunday church] service, praying in the Luganda language for the 100-or-so members of his congregation. In a loud, clear voice, he asks the Almighty's protection for expectant mothers, and for a blessing for the mothers with babies.

It is an earnest and obviously heartfelt prayer. But then, Daniel has always had a special affection for mothers. ... When Daniel learned about the Save the Mothers Master of Public Health Leadership program, he sensed it was something he needed to be a part of, that it would enable him to help the women in his community. And while he has not yet graduated from the program, his early learning has already begun to transform the cleric's work.

"I've been encouraging the men to accompany their wives to the labour ward," he says. "Then they will realize it is not good for their wives to undergo that pain, and they will use family planning." They will also be more likely to space their children appropriately, Daniel believes. "They will say, 'My wife should recover first before we have another child.'"

He also understands the connection between adolescent pregnancy and the debilitating condition of obstetric fistula (a devastating childbirth injury caused by difficult labour, which damages a young mother's immature body) so he also counsels the youngest couples to wait for marriage and babies until they themselves are grown-up.



Purchase your copy of
The Game Changers at
savethemothers.org



Our thanks

Save the Mothers is thankful for the young people who bolster our work each year as interns and summer students

(Thanks to a grant from Canada Summer Jobs)

PROGRAM INTERNS AND FELLOWS

(Served in Uganda during the 2015-2016 Academic Year)

Mary Ajwang

Katelyn Coombs

Taylor Hendricks

Jacqueline Kamel

SUMMER STUDENTS

(May - August 2016)

Sara Charters (Wilfred Laurier University)

Rachel Chatterpaul (McMaster University)

Habiba Cooper Diallo (University of London)

Matthew Eeuwes (University of Rochester)

Rebecca John (Ryerson University)

Taylor Gamble (Humber College)

Carita Marsilli (Ryerson University)

Jenna Paddey (University of Guelph)

Rebekah Reimer (McMaster University)

Danielle Scott (Canadian College of Naturopathic Medicine)

Victoria Sprenger (Queen's University)

EXPLANATION OF THE SAVE THE MOTHERS' BALANCE SHEET

The Organization operates a Masters in Public Health Leadership program through a memorandum of understanding with the Uganda Christian University. Tuition for 60 (2015 - 55) Ugandan and 9 (2015 - 40) international students in the amount of \$120,107 (2015 - \$232,378) is retained by the University in partial payment for the costs associated with the program. These costs include faculty salaries, administrative support, library services, buildings, registration, marketing and recruitment. The University's net contribution to running the program cannot be quantified and is not recorded. The Organization augments faculty salaries and provides scholarships to students from funds collected in Canada.

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DEVELOPMENT ASSISTANT (USA)

Emily Roser

OUR MISSION

To train local leaders in the developing world to reduce maternal mortality within their own countries.

OUR VISION

That no mother or child should die from preventable causes related to pregnancy and childbirth.

OUR BELIEF

Access to quality maternal care in pregnancy and childbirth is a basic human right.

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