

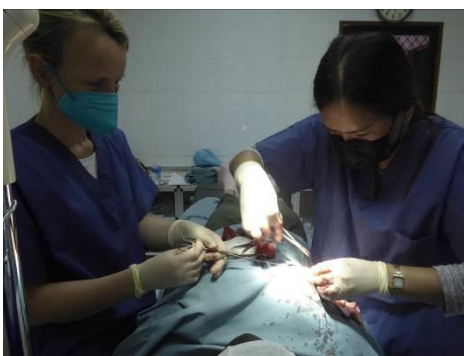


Registered association for the promotion
of medical care and social support in
Northern Samar, Philippines

Bugko, August 2022

Dear members, friends, and supporters of Mabuhay!

April started well. On April 8th, Dr. Annika R. from Solingen came to us. She was the first doctor to make the long journey to help patients in Northern Samar since the pandemic. In Germany, she works with other doctors in a group practice in Bad Honnef; here, she was on her own. She was directly confronted with many very sick patients and was particularly shocked by the number of tuberculosis patients with advanced stages of disease. In addition, there were many patients with high blood pressure, diabetes, pain, etc., and of course, children too. As a general practitioner, she was in the right place. The patients were happy that their ECGs were read directly, and a few patients were also helped with acupuncture.



In addition to her work in the clinic, Dr. R. also assisted the Filipino doctor in the operating room, and one of the highlights of her stay was our relief mission in Baybay, Leyte. On April 10, Typhoon Agaton (international name Megi) caused landslides and persistent, heavy rains, and several villages were buried there. The survivors were housed in emergency shelters and schools. In addition to the dead, there were also many injured and missing people. We spontaneously decided to bring aid. We packed food, medicine, clothing, and hygiene items and set off in two cars. The journey took almost 10 hours, as we had to take many detours because some of the roads in Leyte were still impassable. When we arrived in the late afternoon, we could already see the extent of this new disaster. We were told that an entire village had been wiped out in one of the landslides, as the residents had sought refuge in the evacuation center, which was buried in the mud. A major problem was the water supply in the city of Baybay. Therefore, the hotels were closed, but the Franciscan sisters in Baybay, whose motherhouse is in Olpe, took us and our volunteers in.

We had two busy days and saw a lot of need. Luckily, we had Dr. R. with us, so we were able to see a lot of patients. Our volunteers also applied bandages and distributed relief supplies. In addition to our help, there was also a lot of local assistance, and the police and military organized it so that everything went smoothly. When we left, there were still many missing people because it was difficult to rescue the victims in the affected areas. Drinking water was delivered in large trucks, and people filled it into containers. The sisters had their own spring, so they were not affected by the water problem. Water from their spring was also filled into trucks, and some of the sisters brought soup to the evacuees in the nearby shelter every morning.





On April 19, Andreas S., Dr. R.'s friend, came to help us as well. Since he's a professional firefighter, he couldn't do much in the direct clinical operations, but he did help with the office under construction for the senior citizens' center. He also gave our volunteers and the senior citizens' center staff a first aid course and explained the AED, a resuscitation device, that he had brought with him. A seminar like this has been in the planning stages for a long time, and we are very grateful to Mr. Scholz for conducting the training, which included many practical exercises. Our volunteers were all present and actively involved.



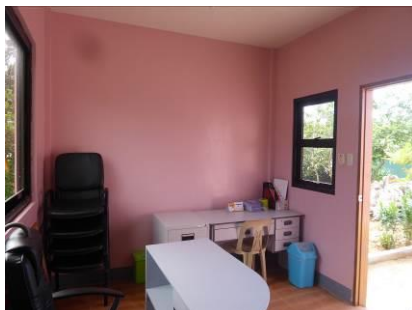
Dr. R. and Mr. S. left us on May 7th.

May 9th was election day again in the Philippines. Elections were held for the president, vice president, senators, governor, and mayor. From 6:00 a.m. to 7:00 p.m., over 37,000 voting centers were open for voting from 46,193 of the 18,100 available candidates. 65.7 million Filipinos were eligible to vote. I'm only listing these numbers to give you a vague idea of what it's like here. In the end, Ferdinand Marcos Jr., the son of the former dictator, won. The daughter of the current president became vice president. It remains to be seen what the political and economic future holds.



On June 4th, we completed our extension to the senior center. This was necessary because we have been running a large senior program since January in cooperation with Caritas Germany, the German Federal Ministry for Economic Cooperation and Development (BMZ), and COSE (Coalition of Services for the Elderly, Inc.) based in Manila. It is the first project of its kind in the Philippines. It is funded by the BMZ and Caritas in Germany until the end of 2023. It aims to help seniors (in the Philippines, seniors are considered seniors from the age of 60) maintain their mental and physical health for as long as possible. I already mentioned this in my last newsletter. To this end, the senior center offers daily activities such as Zumba, cooking, gardening, film afternoons, lectures, singing and dancing, and games. The seniors themselves choose what they want to participate in. There is now also a counseling center for seniors where they can learn about their pensions and their rights.

We added an office, a kitchenette, and a storage room. To our great joy, we received a large "furnishing donation" because Malteser International closed its office in Catarman and named us as the beneficiary.





On June 7, our pilot program was visited by representatives from Caritas Germany, Caritas Germany (Cebu), COSE (Manila), a senior citizen worker from Korea, and a Caritas employee from Nepal. An international group who wanted to see how the first few months of the new project were going and also gave us some good new ideas.



In addition, the clinic is running at full speed. Patients are coming from all over again now that all travel restrictions have been lifted. Northern Samar is still classified as Level 2, but this is due to the vaccination rate among the population. Unfortunately, there are still many unvaccinated people, and convincing them to get vaccinated is very difficult, especially since the province hasn't recorded any COVID cases for weeks.

We now work with several doctors, which is a great help, especially since we see many very sick patients every day. Dr. T. is a general practitioner and comes three days a week, Dr. M. is a pediatrician and comes once, and Dr. B. is our surgeon but also performs examinations when none of the other doctors are available. In addition, we have our long-time doctor, Dr. Q.



The full waiting area speaks for itself and once a week we have 5-6 outpatient operations



On June 25th, we set off for Germany for our annual general meeting. We were happy to see many of you again. A new treasurer was elected, and the board was also confirmed for the time being. Due to the coronavirus pandemic, contact was severely limited, and not as many guests and supporters could attend as in pre-COVID years. Everyone's safety always comes first, and so, for the first time, my parents were unable to attend the meeting.



And finally, the good news: Starting August 15, the dental clinic will be staffed again. Four young dentists will be joining us, and we're very pleased. Patients have been coming in daily, asking for dental treatment, so we can help them again. We already have confirmations by the end of November, so I think a large number of patients will be able to be treated. I'll report on this in the next newsletter.

Now, I wish you all a wonderful rest of the summer, stay healthy, and send my warmest greetings until we see each other again, hopefully in December at our annual general meeting.

Yours

Sabine Korth

Donation account:
Sparda Bank West eG
BLZ 370 60590
Konto-Nr.. 3651274
IBAN : DE 20 3706 0590 0003 6512 74
BIC : GENODED 1SPK

Mabuhay – Hilfe zum Leben e.V.
Office:
An den Eichen
53125 Bonn
www.mabuhay-ev.de

Bonn District court
VR 8364