



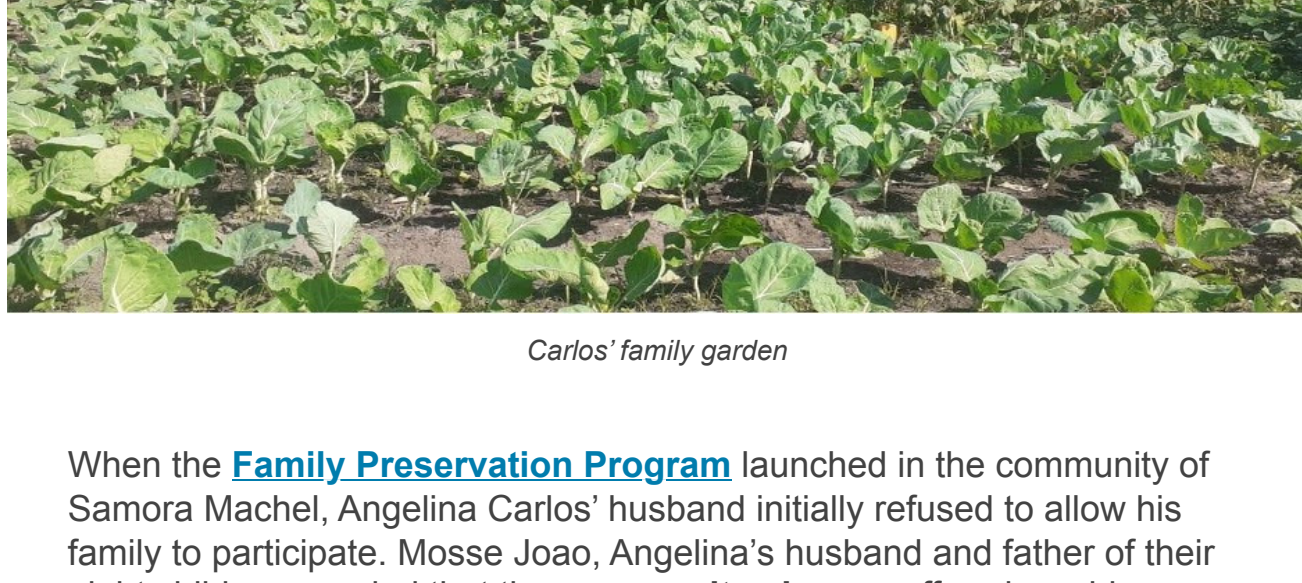
ALLEVIATE SUFFERING • PROMOTE SELF-RELIANCE • INSTILL HOPE

AUGUST 2023 • CAREFORLIFE.ORG

Our Mission

FAMILY & VILLAGE SELF-RELIANCE

Meet Angelina Lucas Carlos



Carlos' family garden

When the [Family Preservation Program](#) launched in the community of Samora Machel, Angelina Carlos' husband initially refused to allow his family to participate. Mosse Joao, Angelina's husband and father of their eight children, worried that the **community classes** offered would interfere with her responsibilities at home. Program leaders educated him about the benefits for his family and explained that these classes would teach them **critical skills** - farming and gardening techniques, ways to improve the family's diet, and methods to save money. Mosse soon agreed that his family should join in this **vitaly important and educational program**.

Angelina's family, along with friends and neighbors from her community, participated in the [Family Preservation Program's comprehensive classes](#), mastering necessary, **sustainable skills**. Angelina also learned to read and write, acquired business skills, and even started her own small business. She began participating in the credit-savings group, learning the power of earning interest on her savings. After each earned-interest-cycle, Angelina's family applied the newly earned money to **home improvements**. With the new funds and freshly learned skills, they recently plastered their house and added a new, sturdy roof. Not only does it look beautiful, it now provides a healthy and safe place to raise their family.

Because of the **mentoring** and **coaching** she received through Care for Life's programs, Angelina **empowers** others in her village as a community volunteer leader by educating them in the extensive skills she's learned. **Community Leadership Development** is a key component of the [Family Preservation Program's](#) success in leading families and communities from poverty to opportunities. Angelina's story exemplifies Care for Life's vision to alleviate suffering, promote self-reliance, and instill hope.



Angelina and her children

Meet Ana Micas



Ana holding our health booklet

Ana Micas just may be the longest serving volunteer and staff member at Care for Life - Mozambique. She has worked with us for over 20 years! Ana, a married mother of four children, joined Care for Life in its infancy, becoming the organization's very first volunteer in Mozambique. Motivated by compassion, Ana, a nurse, volunteered to run Care for Life's newly-formed, free **health clinic** every day from 2:00-6:00 pm, and this was after already working her full-time job.

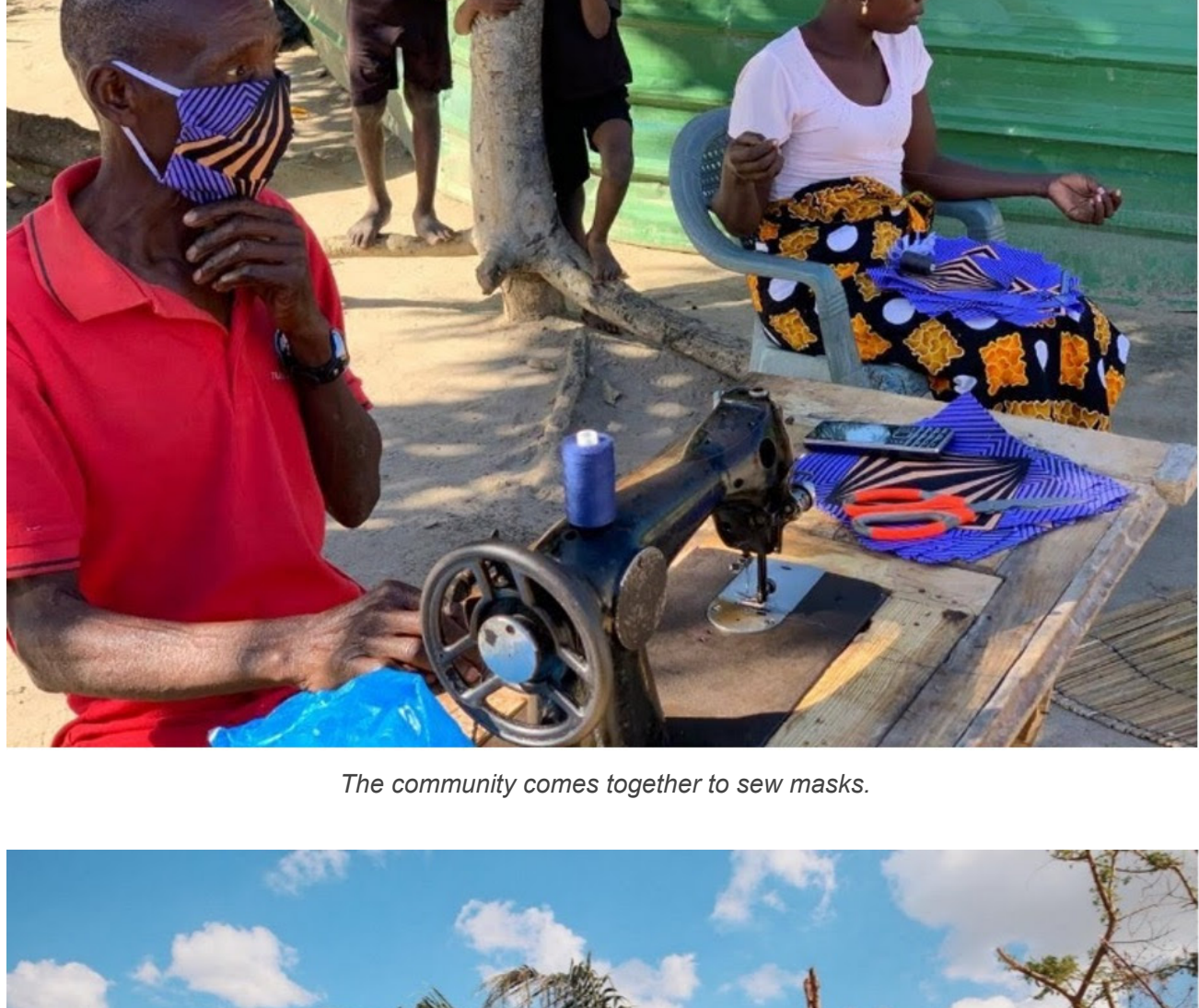
In 2004, Care for Life created its initial team of Mozambique specialists, and Ana became one of the very first people hired. As part of this original team, Ana and the other members contributed to the development of what would become the [Family Preservation Program](#) - the pillar of Care for Life's work. Today Ana serves as the Care for Life Mozambique **Health Supervisor**, overseeing **vital health education** for all of the village programs across the country. Ana diligently trains and supervises the health volunteers serving in each community. She visits the chronically ill; teaches classes on **nutrition, hygiene, and water purification**; and she organizes village health weeks. Ana even creatively utilizes song and dance with village members to explain, illustrate and reinforce preventative health messages. Ana's passion and dedication have impacted countless lives over the years, as she used her breadth of knowledge and countless abilities to empower others to become self-reliant and sustainable in health, hygiene and sanitation. Ana says that she "loves being able to work with the people in the villages and see the changes that happen with their health, especially the women and children."

Thank you, Ana, for over 20 years of service with Care for Life. Your **coaching** and **mentoring** others has provided families in villages across Mozambique the **knowledge, education and skills to become resilient and self-reliant**.



Ana visiting a chronically ill family

Mozambique Update: Village Celebration



The community comes together to sew masks.



Cyclone Idai devastated many homes but the families did not give up.



Ludres home was destroyed but now has a new home. She is a widow and has a small business selling cookies.

Some village graduations deserve an extra big celebration. Such is the case with the villages of Macharote 3 and Ilhia. Both villages recently completed the [Family Preservation Program](#) in four years, while typically there is an exit strategy of three years. Why does that call for an extra celebration?

The villages of Macharote 3 and Ilhia embody **resilience**, having weathered disasters and then learning to thrive. Shortly after the program launched in these villages in 2019, Cyclone Idai hurtled into Mozambique killing over 1,300 people across the area. Idai was the second-deadliest tropical cyclone on record in the Southern Hemisphere, causing immense flooding and a subsequent outbreak of cholera across the region. In the villages of Macharote 3 and Ilhia, the mud huts people lived in were obliterated by the torrential rains and 125 mph winds. The villagers had no homes or shelters; they lost everything. Care for Life joined the community to provide emergency recovery services to help the people **rebuild their lives**.

A year later in 2020 these same villages, along with the rest of the world, experienced a worldwide pandemic, which impacted not only their health but also their livelihoods. During this time, the **people united and worked together** sewing masks for their communities and striving to keep everyone healthy. Amelia (pictured holding her two-year-old daughter) says, "Thanks to God for our losses." Albertina agrees, "Care for Life gave us help to recover from our losses." Albertina agrees, "Care for Life gave us hope and the strength to continue. They didn't let us give up."

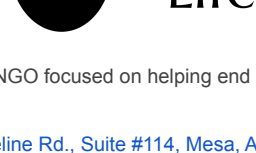
Today the villages flourish, filled with **hope** and **gratitude**. Gardens grow abundantly, homes are repaired with plaster and sturdy roofs, and businesses are succeeding. Over these past four years, the community has laughed together, danced together, and even cried together as they journeyed through the [Family Preservation Program](#) and implemented the skills learned. These two villages reflect Care for Life's mission - Family & Village Self Reliance. **Care for Life stays until the cycle of sustained self-reliance has begun**. For the villages of Macharote 3 and Ilhia, graduation is a time to celebrate that the cycle is well underway.

Your generous donations supporting Care for Life's work in Mozambique made this success possible!

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Care for Life is a 501(c)(3) NGO focused on helping end the cycle of extreme poverty.

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

