

AN EXPLANATION OF 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 55 (2014 - 86) Ugandan and 40 (2014 - 32) International students in the amount of \$232,378 (2014 - \$71,833) 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.

Uganda Christian University also received funds on behalf of Save the Mothers from Grand Challenges Canada in the Rising Star Category for the work of Dr. Eve Nakabembe on the Mother Baby Friendly Hospital Initiative in the amount of \$4,377 (2014 - \$100,000) and in the prior year \$9,500 from FIRE Grantees paid by AFRINIC Inc.

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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.

SAVE the
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SAVE THE MOTHERS • 2015 • A YEAR IN REVIEW



FROM THE EXECUTIVE DIRECTOR, Dr. Jean Chamberlain Froese

Looking back on the past year, I am filled with gratitude and confidence as I reflect on the work of Save the Mothers (STM) and its vision that “No Mother or Her Child Should Die.” Our daily news reminds us of the senseless loss of lives around the world. Sometimes as individuals, we wonder what we can do to have any kind of meaningful impact on the carnage and chaos. Save the Mothers proves that individuals can accomplish a great deal.

Having spent over 16 years helping to save the lives of mothers and their babies, I have seen many well-intended groups simply throw money or “band aids” at the tragedy of maternal deaths around the world.

But Save the Mothers continues to focus on what we do best: training indigenous, multidisciplinary leaders who bring about the kinds of sustainable changes necessary to save the lives of mothers and babies in East Africa. They do so by transforming systems and attitudes—including in the realms of education, the media, faith communities and health facilities. These leaders become “game changers”—changing the very culture that prevents mothers and babies from receiving safe and dignified care.

In addition to the East African leaders who are being trained, I have the pleasure of meeting so many individuals who help to support the STM program—they include donors who give financial resources, items for our annual auction, medical and IT equipment as well as those who donate their TIME to help raise much needed funds (through the annual Mother’s Day Walks, for example). Others visit our program in East Africa and teach, or encourage the team and students here. The majority of these donors will never see the impact of their generosity. But I have the privilege of seeing it and of transmitting a message of thanks. In my mind’s eye I also see the host of East African faces (now over 400) who have enrolled in and/or graduated from the Master of Public Health Leadership program. They are implementing the knowledge and leadership skills they garnered during their time at Uganda Christian University with Save the Mothers.

We have also been working hard to foster partnership with other like-minded organizations—groups that share our goal of reducing the number of mothers and babies who die from preventable pregnancy complications. We have had discussions and grant applications with the University of Calgary (for work in Tanzania), Crossroads Relief and Development, McMaster University, United Nations University Institute for Water, Environment and Health, and other non-governmental organizations such as World Vision, Christian Children’s Fund and others.

These grant applications are not always successful, and we sometimes experience disappointment. But I am reminded of the comment of Dr. Eve Nakabembe (Director of STM’s Mother Baby Friendly Hospital Initiative) that “We have NOTHING, but we have EVERYTHING with Save the Mothers.” Dr. Eve was expressing the truth that Save the Mothers has an army of dedicated individuals who are doing the work, regardless of the success of a grant application. It is a refreshing reminder. Too many organizations fall into the trap of focusing on only doing the work that is easily funded, and not the work that really needs to be done.

Not only is Save the Mothers raising up leaders to promote maternal health, but we are also raising standards of care within hospitals through our Mother Baby Friendly Hospital Initiative. This program puts our Master of Public Health Leadership graduates to work as mentors within nine Ugandan hospitals—some of these hospitals don’t even have running water or the most basic necessities such as surgical gloves or sutures. These advocates help the hospitals find critical resources and improve the quality of care for mothers and babies. Telecommunication systems (such as toll free lines so that mothers can call hospitals for free advice) are also making a big difference for community women.

My special thanks to all of you, for being a part of the Save the Mothers team! Wherever you are (on whichever side of the ocean) and no matter how large or small your contribution, you are helping to save the lives of mothers and their children around the world.

They are people whom you may never meet, but whose paths you have positively altered forever.

TEOPISTA AGUTU

Teopista Agutu, or “Topi” as she is known to her colleagues, works in the Save the Mothers’ office where she serves as networking coordinator. In this role she facilitates connections between students in the Master of Public Health Leadership program, alumni, faculty and other staff, with a goal of sharing best practices.

She is an East African bridge builder, forging strong communication bonds and relationships among hundreds of Save the Mothers’ stakeholders—across disciplines and vast geographic distances—through a regular e-newsletter, social media and an annual alumni reunion. She also lectures on communication and networking strategies.

A journalist by profession, Topi’s passion is maternal health. But it wasn’t always so. “I was raised in a rural community in Eastern Uganda, where I saw many mothers die due to delivery complications,” she says. “These deaths were blamed on witchcraft. I never heard anyone say that these deaths could have been prevented had certain things been done differently by the mother or family in relation to health care during pregnancy and delivery.”

Soon after completing an undergraduate degree in mass communications, Topi went to work for the non-governmental organization Straight Talk Foundation, a media company that focuses on adolescent reproductive health. It was there that her interest in maternal health was conceived such that when she learned about the Save the Mothers program, she jumped at the opportunity, graduating with her MPHL in 2008.

“Pursuing the MPHL enabled me to make maternal and child health issues my business,” she says. “I realized that I did not have to be a doctor to contribute towards having maternal health literate communities.”



IMAGE CAPTIONS

- 1. Tonny Kapsandui (right) speaks with Uganda’s Minister of State in charge of primary care about local and global efforts to address maternal health
- 2. Graduates promote the Mother Baby Friendly Hospital Initiative
- 3. Doreen Kabasindi Wandera is working on the issue of maternal health through sanitation.
- 4. Teopista Agutu works with Save the Mothers in East Africa as Networking Coordinator.

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 (SEPT. 2014 – MAY 2015)

(Served in Uganda)

Katherine Brown
Victoria Shaw

SUMMER STUDENTS (MAY – AUGUST 2015)

Sara Charters (Wilfred Laurier University)
Habiba Cooper Diallo (University of London)
Meagan Doll (University of Wisconsin-Madison)
(Served in Uganda)

Matthew Eeuwes (University of Rochester)
Taylor Gamble (Humber College)
Victoria Gamble (Brock University)
Carita Marsilli (Ryerson University)
Jenna Paddey (University of Guelph)
Rebekah Reimer (McMaster University)
Danielle Scott (CCNM)
Victoria Sprenger (Queens University)



FROM THE BOARD OF DIRECTORS, Highlights of 2014-2015

JULY/AUGUST 2014

- Annual Board retreat – members of the Canadian Board of Directors gather with staff in Muskoka, Ontario to consider strategic opportunities and challenges for the coming year
- Tax exempt status for Save the Mothers USA is received, positioning our work in the U.S. to grow
- Non-profit H2O 4 All partners with Save the Mothers and visits Kawolo Hospital (one of STM's Mother Baby Friendly Hospitals) to install a deep bore well and solar pump.

SEPTEMBER 2014

- Dr. Jean Chamberlain Froese is honoured with the Order of Canada, the nation's highest civilian honor, for her work in the field of international maternal health.
- Program interns Katherine Brown and Victoria Shaw travel to Uganda to begin their duties.

OCTOBER 2014

- The eleventh class of STM students begins work and studies, with 35 students enrolled in first-year, and 30 in second year.
- Save the Mothers receives notable mention in news release from The Canadian Network for Maternal, Newborn and Child Health highlighting the work of Canadians in saving lives around the world.

NOVEMBER 2014

- Dr. Jean Chamberlain Froese addresses (through video) a lunchtime gathering at the United Nations in New York City, about maternal health and sanitation for World Toilet Day.

DECEMBER 2014

- Save the Mother's Annual Fundraising Dinner and Auction raises more than \$130,000. Television host Steve Paikin is the engaging emcee. Canadian nutrition specialist and television personality Joey Shulman is special guest.
- Save the Mothers representatives attend the Ontario Public Health Association Fall Forum, under the theme "Taking the Lead: Advancing Public Health Leadership."
- Crossroads Relief and Development features Save the Mothers' work on 100 Huntley Street.

JANUARY 2015

- Toll free telephones installed as a part of the Mother Baby Friendly Hospital Initiative make a difference in patient care and outcomes.
- Nambi Zaituni, 13, becomes the youngest mother cared for in Save the Mother's Mother Baby Friendly Hospital Program. Nambi safely delivers a baby girl she names, "Gift."
- Public awareness drives coordinated in several Ugandan communities by Save the Mothers' staff and volunteers.

FEBRUARY 2015

- Save the Mothers passes the "400-mark" – that is, 400 East African working professionals have now come through the Master of Public Health Leadership program at Uganda Christian University.
- The international class of the Master of Public Health Leadership program returns to the classroom, marking the first module for first years, and the third module for second year students.
- Dr. Susan Elliott, professor at the University of Waterloo, leads a workshop at Uganda Christian University on academic writing for Save the Mother's students.
- Dr. Corinne Schuster-Wallace (program director for United Nations University's Water Without Borders) takes a group of graduate students from Canada to visit the Save the Mothers program in East Africa.



MARCH 2015

- The 2015 Save the Mothers' MPH Student Alumni Dinner is held in Uganda. Ugandan national jazz artist Isaiah Katumwa performs for STM graduates and faculty, pledging his support for the work of the program.
- Managing Director Dr. Daniel Scott represents Save the Mothers in a meeting of the minds, on the issue of Canadian leadership for maternal, newborn and child health attended by the Canadian Prime Minister and billionaire philanthropist Bill Gates.

APRIL 2015

- Catherine Mwesigwa Kizza, a graduate of the Save the Mothers program, is honored by the maternal health organization Women Deliver for "consistent and game-changing coverage of maternal, sexual and reproductive health and rights issues."
- Dr. Daniel Scott leads the second STM Chaplaincy Workshop with Dr. Eve Nakabembe at Uganda Christian University for 39 multi-faith leaders, many of whom will be working in the Mother Baby Friendly Hospitals. The workshop—made possible by several grants—also features Jared Erhardt (The People's Church Toronto), and STM students. The focus is on mothers in need or experiencing complications.
- McMaster vice-president Dr. Peter Mascher visits the STM program and participates in the launch of the telecommunications program at Mother Baby Friendly Hospital Nakaseke.
- STM student Gloria Mwebaza helps organize a large fundraising Walk for Safe Motherhood in the area of Busoga Uganda. Thousands gather including Olympic gold medal marathon runner Stephen Kiprotich and Uganda's speaker of Parliament.

MAY 2015

- Save the Mothers collaborates with FOTOREFLECTION: Photography Beyond the Frame, to exhibit "La Madre" (Spanish for "Mother") at the Canadian Broadcasting Centre in Toronto as part of the Scotiabank CONTACT Photography Festival of 2015.
- 18 communities across Canada and the U.S. participate in this year's Mother's Day Weekend fundraising Walks, raising almost \$70,000.
- For the first time, Save the Mothers registers as a charity partner for the Hamilton, Marathon Road 2 Hope, the #1 qualifying event for the Boston Marathon in Canada.
- Ronald Asiimwe Chester receives the Leonard A. Kelton Scholarship for STM's MPH program.

JUNE 2015

- Save the Mothers receives funding from Summer Jobs Canada to hire 11 postsecondary students. They work on several important projects to extend the influence of Save the Mothers year round.
- Dr. Jean Chamberlain Froese and family attend the Order of Canada investiture ceremony in Ottawa, Canada.
- Canadian media organization Crossroads Christian Communications features the work of Save the Mothers daily for a weeklong telethon June 1 – 5.
- STM USA board meets in Pittsburgh and continues their strategy to support the fundraising campaign to help STM in East Africa.
- Save the Mothers becomes an independent department at the Uganda Christian University—now with a seat on the Senate of the University.
- Save the Mothers' volunteers host first ever fundraising event in Calgary, Alberta, Canada. "Cocktails and Canapes" raises more than \$5,000.
- Yoweri Museveni, President of Uganda, presents Dr. Eve Nakabembe, director of the STM Mother Baby Friendly Hospital Initiative, with Uganda's Golden Jubilee medal, for her role in training and in the provision of quality health services.





STUDENT STORIES

DOREEN KABASINDI WANDERA

After losing her sister to preventable maternal death, crop pathologist Doreen Kabasindi Wandera is attacking the issue of maternal health at a very basic, yet critically important level: sanitation.

Doreen enrolled in the MPH program in September 2013 hoping to address maternal and newborn health within her field. Today, as the executive director of Uganda Water and Sanitation NGO Network, she is doing just that.

“I was touched by the deaths of so many women In Uganda [who died] while giving life to others,” she says. “Now that I have the capacity to contribute to stopping these occurrences, I decided to join the wider team of professionals working together for the same cause.”

Under her leadership, Uganda Water and Sanitation NGO Network works with the mission of ensuring that access to water and a good standard of sanitation and hygiene is attained for all. Doreen advocates for these standards through talks with communities and policy makers.

“As a country, we are losing women and newborns in health facilities and in homes,” she says. “My research work will contribute to improving health facilities’ hygiene through improved hand hygiene, and eventually, improved infection control in health facilities.”

An April 2015 graduate of the program, Doreen’s passion for sanitation and clean water as a way to improve maternal health speaks of the multidisciplinary approach of Save the Mothers.

“Water and sanitation is a key ingredient in ensuring good health for mothers and newborns,” she says. “Saving mothers is a collective responsibility, not for doctors or healthcare workers alone.”



TONNY KAPSANDUI

Tonny Kapsandui, a medical doctor, is only half way through the Save the Mothers program, but he says he is already seeing the value of an MPH education.

“I supervise many people. The leadership course has helped me to motivate my staff to love their work, and to understand their contribution to saving mothers and their babies in Uganda,” he says. “The program has greatly improved my management skills.”

Tonny enrolled in October 2014, frustrated by the preventable maternal deaths he was encountering.

“Being a medical doctor who had worked in a hospital in rural Uganda, I noticed that there was a lot that could be prevented, including maternal and newborn deaths,” he says. “I made up my mind to help mothers through preventive approaches. That is where my joy came up; I served many mothers, helping them prevent unwanted pregnancies and also managed maternity services.”

Today, as the director of programs with Jhpiego (an international, non-profit health organization affiliated with The Johns Hopkins University, which is dedicated to improving the health of women and families) Tonny says he strives for the “application of all the course units” in his daily work as he prepares to complete the STM program in April 2016.

“I have noticed a passion among my staff to work more and talk more for the mothers,” he says.

“We are trying to promote Jhpiego’s ideas to save mothers. We do this by writing abstracts to present at meetings, conferences and at any forum that makes a decision or two to address maternal health in Uganda.”

MOTHER BABY FRIENDLY HOSPITAL INITIATIVE

Over the past decade, Save the Mothers has been working hard to communicate the truth that the best option for pregnant women is to deliver their babies with skilled help.

People are hearing that message and taking it to heart. While almost half of all East African women still deliver without a skilled birth attendant, increasing numbers of mothers are coming to health facilities.

Unfortunately, when they do come, they often find hospital staff over-burdened and stressed, and facilities that are under-resourced and ill equipped to care for them.

So a few years ago, Save the Mothers broadened our focus to begin the process of helping hospitals improve their standards of maternal and newborn care.

We call it our Mother Baby Friendly Hospital Initiative. Through this initiative, graduates of our Master of Public Health Leadership program work in volunteer teams at their local health facilities to advise staff and administrators and to seek out needed resources.

“One of the things we’ve learned is the importance of creating an equilibrium between demand and supply,” reflects Dr. Eve Nakabembe, director of the Mother Baby Friendly Hospital Initiative. “If you talk about the issues of maternal health, and women get to know those issues, then they’ll realize that they should go to health facilities to deliver their babies. But if you don’t have a great supply side—where the hospitals have been improved and equipped and made friendlier—then like they say, ‘People will vote with their feet.’ There will still be a lot of talk, but there will actually be no difference [in terms of the number of lives saved].”

“So it’s important to not only talk about the situation and to empower different multi-sectoral leaders, but to also create health facilities that become shining examples and points of reference for the broader culture.”

Under the Rising Stars Category of Grand Challenges Canada, Dr. Eve received \$100,000 for the Mother Baby Friendly Hospital Initiative that was spent during this fiscal year to equip a number of hospitals with mobile phones and toll free lines, thus permitting greater communication between health facilities and community members.

This year, Save the Mothers also received definitive proof that the Initiative is making a positive difference. Several of our Mother Baby Friendly Hospital sites ranked very highly on the Government of Uganda Performance Review (an annual health sector performance report generated for 2014/15). Mukono Health Centre, for example, scored 1st out of 197 health centres and Kawolo Hospital ranked 8th out of 132 hospitals!

Compassion is not just feeling with someone, but seeking to change the situation. Frequently people think compassion and love are merely sentimental. No! They are very demanding. If you are going to be compassionate, be prepared for action!

- Archbishop Desmond Tutu

Save the Mothers knows intimately the truth of the words above, spoken by Nobel Peace Prize winner, Archbishop Desmond Tutu. We see them played out every day.

Whether it’s the graduates of our Master of Public Health Leadership program (at Uganda Christian University) who become passionate advocates for maternal health in their respective countries and spheres of influence, the working professionals who study there because they believe that by equipping themselves they can become agents of change, the professors who teach in our program inspired by the conviction that education is the path to sustainable societal transformation, or the men, women and children who give financially to our work and so make it possible—Save the Mothers puts compassion into action.

Over the past 25 years, maternal mortality—the deaths of women due to causes related to pregnancy and childbirth—has fallen by 44 percent (from 532,000 in 1990 to 303,000 in 2015).^{*} That’s good, but it’s not good enough; these are preventable deaths and 99 percent of them continue to occur in the developing world.

Each mother who dies leaves behind an average of four children. Little ones who grow up motherless face an increased risk of disease, malnutrition, abuse, lack of education, and lives of poverty and despair.

With your help, Save the Mothers has been working to change the dire situation facing the mothers of sub-Saharan Africa since 2005. You turn your compassion into action. We multiply it by a creating agents of change.



^{*} Report from WHO, UNICEF, UNFPA, World Bank Group and the United Nations Population Division, November 2015.