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HOPE for the FUTURE

AUGUST 2016 NEWS

Ask the Doc

What is HIV and how is it transmitted?

COHEN: HIV is the Human Immunodeficiency Virus, which suppresses an individual's immunity, pushing them eventually to AIDS (Acquired Immunodeficiency Syndrome). There is HIV type1 (common in Uganda) and type2 (common in West Africa). Type1 is the most common, and its mutation rate makes it challenging to manage, though various Anti-Retroviral (ART) regimens reduce its replication rate.

HIV is majorly transmitted through sexual intercourse with an infected person. It can also be acquired through breastfeeding, needle prick injuries, during delivery, etc.

Diana's Story



When Diana Nakiwate was born, her dad had left and her mom couldn't support her. Her aunt cared for her, until she fell ill with AIDS and could no longer pay for Diana's school.

That's when Reach Out Mbuya came in, paying Diana's school fees from \$4 until today, as she will graduate from university in social administration.

ROM "gave her the love for community work," Diana said, inspiring her to volunteer with ROM children and work at the Naguru Remand Home, where she "reforms" juveniles who have committed crimes. "I am what I am now because of Reach Out," Diana said, beaming.



#FashionFriday: Beads for Life



Support HIV-positive women in Acholi Quarters by buying their **handmade paper beads.**

With one of the highest HIV rates in the region, Acholi Quarters was settled by people escaping violence from the Lord's Resistance Army rebellion.

Prices from UGX 2k-10k Perfect as gifts or casual wear - contact reachout@reachoutmbuya.org to order yours today!

"We thought we were alone, but when we see you coming like this, we are strong!"

- Acholi Quarters women to University of Wisconsin visitors

Upcoming Event

SEPT. 17, 2016:

**9TH SPORTS GALA
Kyambogo University**

The Gala, organized by ROM with Naguru Teenage Information & Health Center, will involve about 1,000 youth in friendly sports competition and music, dance and drama about healthy behaviors and HIV prevention.

The Guest of Honour is the President of the Uganda Olympics Committee, William Frederick Blick.

News at ROM

1) ROM wins the **HIV/AIDS Leader-of-the-Year Award** for the Best Community-Based Organization! At the Aug. 31 ceremony, the Uganda AIDS Commission recognized ROM's 6 years of 0% mother-to-child HIV transmission.

2) Did you know that people living with HIV are at unique risk for alcoholism? Many drink to deal with emotional trauma and mental illness that come with testing positive. **The Alcoholics Support Club** Aug. 20 gave 112 members a safe space to share experiences through skits and interact with doctors from Butabiika National Mental Referral Hospital.

3) Love and friendship began brewing on Aug. 13 at the first **Singles Club** meeting, a group for the unmarried to interact openly with people of the same HIV status. The club also targets issues of discordant couples, where many fail to take their meds due to fear of telling their partner their HIV status.

4) **The Reach Out Talents Club** youth brass band and African dance troupe dazzled hundreds at the **Mbuya Parish Day** Aug. 14 at Our Lady of Africa Church Mbuya. Check out their new website: <http://www.reachoutmbuya.org/talents-club/> !

5) August Visitors: **University of Wisconsin** global health students, **Catholic Workers Movement** from Germany

Mother Theresa House
Mbuya guesthouse,
40K a night.
+256 774543291

The Talents Club: for hire
Youth brass band,
African dancers.
+256 414 222630

Roses of Mbuya
Handicrafts support
HIV+ women.
+256 414 222630