



# FAMILY CARE ASSOCIATION

Making a Difference

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Family Care held a "Health Awareness Campaign" at the Nigerian Immigration Service in Ikoyi. The program was presented by the Family



Care Ikota Medical Center medical officer. The hour long lecture covered common yet serious ailments such as hypertension, STIs, cancer, etc. The lecture was followed with a question and answer period in which the doctor gave in depth consultation to the various participants. Three nurses then gave blood pressure screening and consultation to over one hundred of the participants. This program helped to spread health awareness, increasing the chances of early detection of health problems.



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Family Care Ikota Clinic sponsored another surgery which helped to change the life of Mrs. Zainab Mohammed Yusuf who travelled all the way from Maiduguri, Borno

State to seek assistance. She is 30 years old and is presently in her final year of studying Biology Education in the University of Maiduguri.



In between studies she spends her time selling water and small items from her house to help bring in income to help her family.

Let me leave it to her husband to tell you about it in his own words: "I am Mr. Mohammed Isah, husband to Zainab Mohammed Ysuf whom I have been married to for over a year. We were both hoping to have many children who could bring a smile to our faces and be a joy to my wife, but our smiles were

lost as my wife lost three of her pregnancies, which made us very sad. My wife's medical history as we can remember is that for the past twenty nine years of her life she has hardly fallen sick. We just can't remember when she last visited the hospital, but after having three miscarriages we went to see the Doctors in the Maiduguri hospital to seek advice. That was when they told us she had many large fibroids in her stomach and told us we needed to collect N130,000 (one hundred and thirty thousand naira) for surgery as well as money for medicine. We were shocked by the amount needed as I am only a security guard and my wife still studying. I had lost my job at that time as I was very stressed with my wife having three miscarriages and it was hard for me to concentrate due to the restless-

ness I felt and the worry of trying to raise funds for this operation. We decided to see friends and relatives in Lagos, so that we could raise the amount for my wife's operation. After coming to Lagos we tried any little way to get money, but so much was spent on transport and food that we finally decided to see her cousin so that we could put our heads together to come up with a solution. Her cousin told us about Family Care and we right away wrote a letter pleading for help. It is with a grateful heart that I tell you that they approved to pay for my wife's surgery. I and my entire household are sincerely grateful as this will change our family for generations to come. We are both so grateful to Family Care and we hope we and our offspring can follow Family Care's foot steps to help the less privileged in the northern part of Nigeria as we were helped."



**Food For Thought** Everyday we make so many choices, one after the other after the other. All those choices put together equal our lives. The quality of our lives doesn't just appear like magic (abracadabra ... quality of life ... voila!). The magic is in making good choices. But not only that, it's in realizing that we have the power to shape what our lives become. Will they be full of passion, enthusiasm and joy, in spite of the bad stuff that comes our way? Will we take advantage of opportunities and progress, even if our means and finances are limited? Contrary to popular opinion, God does not usually choose for us!—We have to choose for ourselves, find His will for ourselves, seek Him diligently to know His will, and to know what is best for us and others through our knowledge of His Word and personal

experience. This is why He put us here; this is what we're here to learn, and the major part of our training: how to make the right decisions through our personal contact with Him, our knowledge of His Word and His will, and our love for Him and others. We must do what we know is right, and be willing to live and to die for what we know is the truth! If we accept that our own choices have brought us to the point we're at today, then we won't blame others or our circumstances for difficulties or hardships. We'll take responsibility for our lives, and quit excusing ourselves. Look at your life. Your choices make it what it is. That's a pretty amazing concept, but it's true. Go ahead, admit it. You have chosen to be who you are and live as you live; you determine how circumstances affect you.