



Since “**Adopt a Grandma**” family started in 2006, ARK working with sponsors who provide a \$25 monthly allowance, the program has had a positive effect by prolonging the lives of our grandmas, providing education for their grandchildren and most importantly, lifting families out of generational poverty.

Trained community volunteers assist the families, helping with physical needs such as home repairs, medical issues, legal advice, nutritional and health concerns and emotional support, counseling and mentors. Free basic cell phones are provided based on need. Once sponsored, the children’s school fees are paid from separate sources.



September 13<sup>th</sup>, grandma Rozamarie celebrated her 104th birthday, which also coincided with this year’s Grandparents Day. To inspire our grandmas, ARK commemorated Grandparents Day by providing at home health screenings and delivering care-packages to senior households.

While Rozamarie graduated from ARK “adopt a grandma” program when her grandchildren took over the financial responsibility, ARK volunteers still check in to make sure she keeps up with her medical appointments.

Covid-19 has made the elderly invisible and voiceless victims. Elderly families in East Africa are starving, dying, and it has become difficult for them to get the healthcare they need. Due to the virus, those who operated small income generating activities had to stop. With many local organizations struggling to raise the necessary funds to keep up with Covid-19 related demands, young women are turning to older men for survival, endangering their lives.

Rozamarie, helped to raise 17 grandchildren some of whom were children abandoned by other poor families. As she told our volunteers, “I needed the grandchildren as much as they needed me, I was happy to find help in 2006 from a group of volunteers from ARK when I was 90 years old. While I am getting weaker, I am still strong. I can talk, and although it takes me time to walk to my church on Sundays, I still make the trip”.



Her oldest granddaughter, Kotina, earned her Master’s in education, is now a secondary school teacher posted in Dodoma where she lives with her husband and two children, far from Arusha village where her grandma lives. She describes the important role ARK financial support has had in enabling many poor girls like herself to get an education that has opened opportunities to become independent. “To this day, I remember every end of the month we were happy that volunteers would bring us money to buy what we needed, how grandma dedication and acts of resilience and hope helped me feel a tiny sense of normalcy during that turbulent time in my life when my parents died”.

Kotina was a youth member of Tanzania Teens Against AIDS (TTAA) during her secondary school days. Today, she is the group’s Board Chair. As TTAA Board Chair, the group collaborated with ARK in developing stay at home self-instructional educational tools to motivate students whose schools are closed due to Covid-19 not to fall back on their studies. The tool kits are provided free to all ARK sponsored students in East Africa. These activities are funded through ARK’s Covid-19 campaign funds.

ARK appreciates every donation, no matter how small, our programs change lives, and as a financial partner, we want you to know that your donation is a life line to 100s of vulnerable families in East Africa. **ARK is a 501(c)(3) nonprofit and donations are tax deductible.**

Please consider sponsoring one of these struggling families, with a recurring donation or a one-time donation of any size.

**DONATE NOW**  
SECURE DONATIONS  
by Network for Good

On behalf of all of **ARK's** sponsored grandma families, we say, thank you for your continued support.

**The ARK Family wishes all our supporters a healthy 2021!**

Please send your input to Evelyn Coleman: [adoptagrandma@arkafrica.org](mailto:adoptagrandma@arkafrica.org)

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