

## May 2020 Update

### A Focus on Health

April was World Health Month, and truly could not have come at a more appropriate time. At the Arlington Academy of Hope we remain focused on our mission to improve the quality of life for communities in rural Uganda.

Our two clinics serve nearly 25,000 people annually, and last month we focused on building resources necessary so our doctors and nurses in Uganda could continue to provide quality, compassionate, and immediate health care access.

**Together, we raised over \$5,000** that will help provide immunizations, a second incubator in our Bupoto clinic, "mama" kits for expectant mothers, and expand our clinic in Bumwalukani.

We cannot thank you enough for helping us provide the best care possible to every man, woman and child who walks through our doors.

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### An Update on Uganda



AAH Board President, Dick Burk, has provided an update on the current state of Uganda and our AAH community. [You can read it here.](#) We will continue to provide

updates as they become available.

## Resources for Families

During this time, AAH would like to provide information on how our community can help one another. We hope these resources help make this journey through the pandemic a little easier.

### Self-Care During a Pandemic

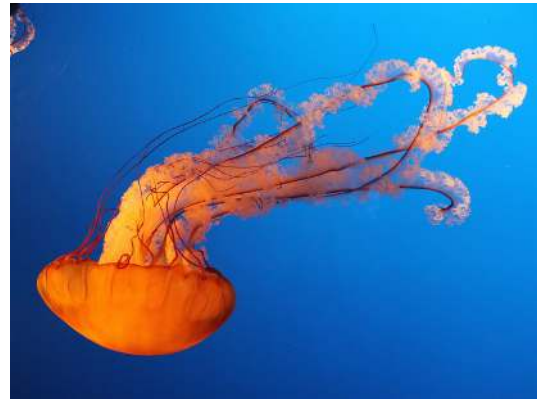
We have compiled recommendations from doctors and wellness practitioners in hopes that this provides solutions to help you get through this difficult time.



[Read the Blog](#)

### At Home Activities for the Family

We have compiled a list of FREE activities so you can dance, sing, draw, and color all in the comfort of your own home.



[Read the Blog](#)

### Supporting Children During a Pandemic

We have compiled information from the CDC to provide talking points and ways to support children.



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