



Quarterly Newsletter 4 - 2023

Welcome to Rieko and welcome to 2024!

As we said farewell to 2023, we are glad to share the remarkable strides we have made, together in uplifting lives and fostering connections within RIEKO community. Here is an insight of what defines our journey:

EMPOWERING EMPLOYMENT

Is there a standard age for working? Living a healthy life? Or even expressing once interest? We sincerely believe that no one should be discriminated against from work because of their age. The ongoing establishment of RIEKO Posho mill promises not just to grind grains and dried vegetables but also creates 25 job opportunities for elderly and young women, who will carry out sorting, packaging, marketing and even selling of the products. We are excited about the positive impact this will have on the lives of our community members.



Initial construction of posho mill hall



Final posho mill hall

EDUCATIONAL MILESTONE

Every child deserves the opportunity to get access to quality education. On 15th of December, we celebrated 18 of our children who graduated to next level(grade 1).We believe in the

transformative power of education through integration of the elderly in various activities including art and craft, environmental promotion among others. And through engagement of such kind we are not only fighting loneliness and isolation among 30 elderly persons but also contributing to SDG 3 on good health and wellbeing.



Graduating class 2023



Elderly and young women having a session

SEASONAL COMMUNITY CELEBRATION

Holidays are meant for celebrations and re union. While many people find joy and happiness to join together as families, many elderly people feel isolated and neglected. This contributes to 60% cases of depression and other mental illnesses among the elderly. We extended our care to over 25 elderly members doing house visits, putting up cone gardens and assisted with chores during the Christmas and new year celebrations .We equally joined hands with Ziba Pengo (Close the Gap) and Mukuru Angaza film academy to raise awareness on mental health, reaching out to over 500 individuals.



Christmas celebrations at RIEKO



Mental health activity at Mukuru Angaza

STORY OF HOPE



Nerea carrying basin and axe

“My life was beautiful, and I used to make mats and sell them in the market. But things changed 5 years ago when I turned 62 years. I got paralyzed on one side of my body and life completely changed. I lost hope and lived a lonely life. I am glad that RIEKO came my way. I have been doing simple activities like singing with the children, weeding corn garden and even training on mat making.

I have regained esteem and I feel life in me again. Rieko is a nice place to be.” These are Nerea’s words who is our beneficiary and trainer in arts and crafts.

LOOKING AHEAD

As part of our commitment to our elderly members and their grandchildren , we plan to install 30 water handy flow pots and 30 hanging shower jerrycans . To put up a gazebo training hall, 2 permanent classrooms for the children and install 40 corn gardens for the elderly to enhance food security.



A corn garden @ 47 USD



Handy flow pot @ 32 USD



Hanging shower jerrycan @ 50 USD

Dear Friends,

We are immensely grateful to all our supporters, volunteers, and partners who continue to stand by our side. And you can help by spreading the word by sharing the links below in your network: Your contribution transforms lives! You can make a donation into our organisation's account, for details see: <https://riekowise.org/donate/>

Wishing you ALL the very best for 2024!
with warmest regards from Kenya,

the entire Rieko team,
Eltrud

You can support Rieko [here](#) – THANK YOU!
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Thank you very
much for
your support!