



# Quarterly Newsletter 1 - 2024

## *AGING IS A NEW BEGINNING !*

In the midst of all adversity, we thrive to find a turning point. At RIEKO we do not only promote intergenerational learning but also foster societal bounce back. Have a look at how we have started our 2024!

### **DIGITAL LITRACY FOR THE ELDERLY**

The world is going digital and we all deserve to get the digital skill. We are happy to share that so far, we have reached over 400 elderly persons with essential digital literacy skills, equipping them with the knowledge to navigate today's digital landscape confidently.



Training on digital literacy during Mitja Rietbrock's visit

Session on use of phone at the farm by Kelly

## MENTAL WELLNESS AWARENESS

Mental illness is contributing to over 60% deaths globally and recognizing the importance of mental health, we conducted mental wellness training sessions for over 250 elderly individuals, fostering resilience and well-being within our community.



Mental game session led by Nyaduse



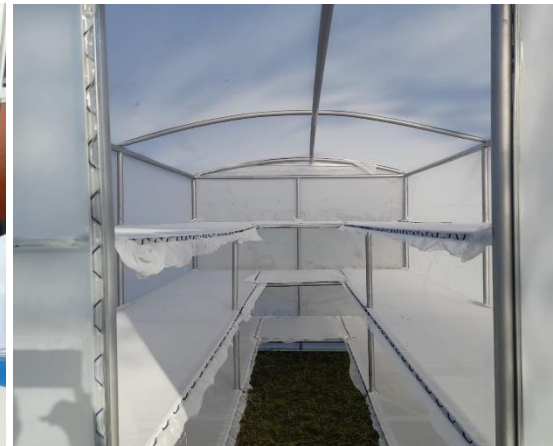
Posho mill for rice and vegetables

## MEDICAL OUTREACH ON CHRONIC ILLNESSES

Are you aware that 10 elderly persons die every second due to chronic illness? We conducted a medical outreach program targeting chronic illnesses, providing vital tests and health screenings to 80 elderly individuals, ensuring proactive healthcare management and support.



Eltrud taking vitals during chronic illness awareness session



Inner part of the solar drier courtesy of kanthari

## SUSTAINABLE AGRICULTURE

One person dies every second as a result of hunger. Post-harvest vegetable loss is major contributing factor to food shortage. In our ongoing efforts to promote sustainability, we constructed a solar dryer and posho mill for vegetable drying, combating post-harvest losses and bolstering food security with the support of kanthari.

## RIEKO SCHOOL ENHASMENT



We are proud to announce the completion of the fencing project around our school premises, accompanied by vibrant artwork, creating a safe and inspiring environment for learning and growth.

RIEKO Intergenerational learning school gate

## 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 organization'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

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