

## *One Woman At A Time: How API Changes Lives*



*Meet Fatima Sy, a 55yr old member of API's micro-credit group called Ndiareme Limamoulaye of Guediawaye. The name is taken after the name of the community in which the members live.*

*Fatimata is married and has 11 children. Due to illness, her husband cannot work. Neither do her children have any meaningful job. Thus, she is solely responsible for taking care of the family.*

*Fatimata's principal income-generating activity is processing local food. She processes millet into couscous, a popular meal in Senegal and neighboring countries. Other local cereals she processes are 'fonde' and 'Thiagri' which are eaten with milk.*

*Fatimata has been in this business for the past 10 years.*

## THE BENEFITS OF JOINING API's PROGRAMS

*Before joining API's programs in January 2014, Fatimata bought her raw material (millet) on credit because she could not afford her own working capital. She paid very high price for millet which resulted in very small profit.*

*Now, as a member of one of API's groups, Fatimata has her own working capital with which she buys millet and other production items.*

*She makes much more profits. She divides her profits into 2 parts: one part is used to provide food for the family while the other part is saved in a Tontine (a local system of savings into which members pay into for future use). She uses her Tontine savings for her children's school expenses.*

*Fatimata says that although she still faces challenges, her life and those of her family have greatly improved since she joined API's programs. She cited the following as concrete examples:*

- 1. Her business is doing well as she makes more profits.*
- 2. She is now able to pay her children's school expenses.*
- 3. She is now able to save money which she couldn't do before joining API's programs.*

*She thanks API and sponsors for their support.*



## API'S PREVENTIVE HEALTH PROGRAM (PHP)



Astou Faye checking blood Sugar.

*API continues to develop its Preventive Health Program(PHP)*

*A few months ago, leaflets on breast self-examination developed by Emory Healthcare of Emory University, Atlanta, USA, were distributed to women enrolled in API's programs. Although imperfect, it could help to detect breast cancer early in the absence of mammogram and other medical preventive procedures which are prohibitively expensive here.*

*It should be noted that 6,776 new cancer cases are recorded every year in Senegal, according to experts in the field. The cases are highest among women.*

### KITS

*So far, 5 API's groups in Guediawaye, Dakar have received blood pressure kits. About 125 women get blood pressure screening while 50 women have had blood sugar screening. Those who had non-normal results were advised by our volunteer medical professionals on measures to take to return to normal numbers. They will be screened again.*

### FACILITATORS

*API is fortunate that 3 community health workers are members of various micro-credit groups enrolled in its programs. All 3 women are volunteers in API's program. They teach group members about Blood Pressure, Cholesterol, Blood Sugar, Stress and strategies to control them. They also do the Blood Sugar, Blood Pressure screening for the groups.*



API's volunteer health professionals: From right Soukeye Mbaye, Abibatou Sangare and Astou Fall.

### OTHER NEWS

*Senegal, this year, is recording an unusually low rainfall in relation to immediate past years.*

*This situation is already impacting on the economy, especially in the agricultural and fishery sectors. Crops are failing due to insufficient rain.*

*Local Fishermen are also unable to catch adequate volume of fish. Consequently, fish and other food prices are now higher.*

*Let's pray for quick relief.*

*"I wish that every Senegalese Woman is a member of the Anti-Poverty Initiative."  
--Mariama Thiam*



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