

Improved Quality of Life

Ezes Hamdi, a 28-year-old widow is the mother of three children, Krollos, Mariam and Marina, ranging in age from 4 to 11 years old. Ashraf was a simple peasant working at odd jobs. The family lived in extreme poverty in a tiny area measuring 12 square meters (130 square feet) under a defective roof at the home of Ashraf's parents. Their only assets were two beds. Ezes had to borrow appliances to prepare meals for the family.

Ezes's husband died in a car accident in 2016 and she became the property of her in-laws, living with the daily threat of losing her room. She began to work in the in-laws's small agriculture land. She could not afford to send her children to school. Ezes felt enslaved, helpless, and powerless. Life held no hope. The entire family suffered mentally and physically.

Quality of life can be defined as the overall ability to pursue daily activities without fear or exposure (to crime or illness) while exhibiting emotional well-being and good physical health. In rural areas of developing countries, many families do not even have the basic household furnishings for everyday needs, comfort and convenience. A rural woman's daily routine is often spent in pursuit of food, fuel and cooking a meal. Exhaustion and lack of food result in malnutrition, poor health, depression and early deaths. Eze's quality of life could be defined as pitiful.

Ezes had the beginnings of a new house built by a different nonprofit organization. Unfortunately, the money was insufficient and the house remained unfinished without a roof or electrical connection. Nor did the house have windowpanes, furniture or appliances. Furthermore, there was no plans on how Ezes could become self-sufficient.

When Finding Freedom through Friendship (FFF) and the Council of Services and Development (CSD) met Eze arriving from her in-law's land. She shared her aspirations of raising chickens to break the yoke of poverty. The first priority was to finish the house and install appliances. A 17,000 EGP (\$1000) provided a roof, electricity, a washing machine, an oven, and a refrigerator. 30 vaccinated chickens and enriched feed were also delivered. Finally, FFF and CSD secured private tutoring for the children.

Today, Ezes is successful by selling eggs and chickens within her community. She has already diversifying by raising ducks. Ezes proudly stands in front of a HER house knowing the deed is in her name. Her self-esteem and respect have returned and she is a positive exemplary in the community.

Economically empowered women exert an inspiring positive influence over their lives, their families and their communities for now and future generations. For transformation to become a reality, we must dare to care



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