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E-Plus Sponsors Gogo Boys Football Club with a Silver Sponsorship Package of KES 500,000

By Felix Musila (Communications and PR Officer)

E-Plus was privileged to be among major partners who sponsored Gogo Boys Football Club with a sponsorship package of KES 500,000. The sponsorship package was unveiled during the club's 2021 Annual Gala awards and fundraiser held on the 25th August, 2021 in Nairobi....[Continue on Pg 1](#)

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Our Mission

We work with our communities and partners to respond to medical and trauma emergencies through the provision of accessible, responsive and quality...pre-hospital care to save lives. Our patients will receive prompt and appropriate emergency medical pre-hospital care from properly trained and certified professionals.

Our Vision

A regionally recognised leader for responsive, superior-quality emergency medical and trauma response services.

Our Core Values (iSPIE)

Innovation: E-Plus continues to pursue new ways to improve its' service offering in a socially responsive manner in order to create transformative changes in patient experience.

Sustainability: E-Plus provides its services while ensuring long-term financial and social positive outcomes.

Professional Excellence: E-Plus provides the highest level of compassionate services at all times. It demonstrates quality and ethical behavior in its work and acts in the best interests of the people its serves. Treating people with dignity and consideration.

Integrity: E-Plus is honest and reliable. Its actions and decisions are guided by its professionalism, transparency and respect for others. E-Plus is accountable to the people it serves, the community and each other and to its authorities.

Empathy: E-Plus actively seeks to understand how patients, family members, caregivers and its own staff experience the emergencies they respond to, taking into account the emotions they go through and using this knowledge to improve their well being and its service delivery.

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Qitma Noor, Marketing Assistant (left), Zainab Athman, Customer Service Assistant (centre), E-Plus Board chairman, Dr. Abbas Gullet (in grey suit) present the sponsorship cheque to one of the club officials during the awards ceremony



Hon. Imran Okoth, Member of Parliament for Kibra Constituency speaks during the function

E-Plus was privileged to be among major partners who sponsored Gogo Boys Football Club with a sponsorship package of KES 500,000. The sponsorship package was unveiled during the club's 2021 Annual Gala awards and fundraiser held on the 25th August, 2021 in Nairobi.

E-Plus was represented by Qitma Noor, Communications and Marketing Assistant, Zainab Athman, Customer Service Assistant and the E-Plus Board Chairman, Dr. Abbas Gullet who presented the sponsorship cheque on behalf of E-Plus to the club patron, Dr. Ahmed Kalebi.

Gogo Boys FC, a young vibrant club based in Kibra constituency plays in the Football Kenya Federation (FKF) National Division 1 League and has had an impressive run in the league this season. The club just like the rest of the clubs in the league, has

been hit hard by the COVID-19 pandemic and was in dire need of resources to sustain its activities and operations.

Speaking during the function, E-Plus Board Chairman Dr. Abbas Gullet underscored the importance of commercializing sports as it is a multi-billion-shilling industry, mostly for our youth. He also reiterated the role that sports play in our society and implored on the youth to take up sports activities seriously as it engages them while "tying" their time by doing something

productive while also unifying them as one.

E-Plus will continue to be part of the Gogo Boys FC fraternity as they embark on their dream of playing in the top league.

The event was graced by Hon. Imran Okoth, Member of Parliament for Kibra Constituency; Senior leadership of the Kenya Red Cross Society and National Hospital Insurance Fund among other invited dignitaries and guests.



Dr. Ahmed Kalebi, Club Patron (left), Hon. Imran Okoth, Member of Parliament for Kibra Constituency (centre in black coat) and E-Plus Board chairman, Dr. Abbas Gullet (in grey suit) present an award to one of the players

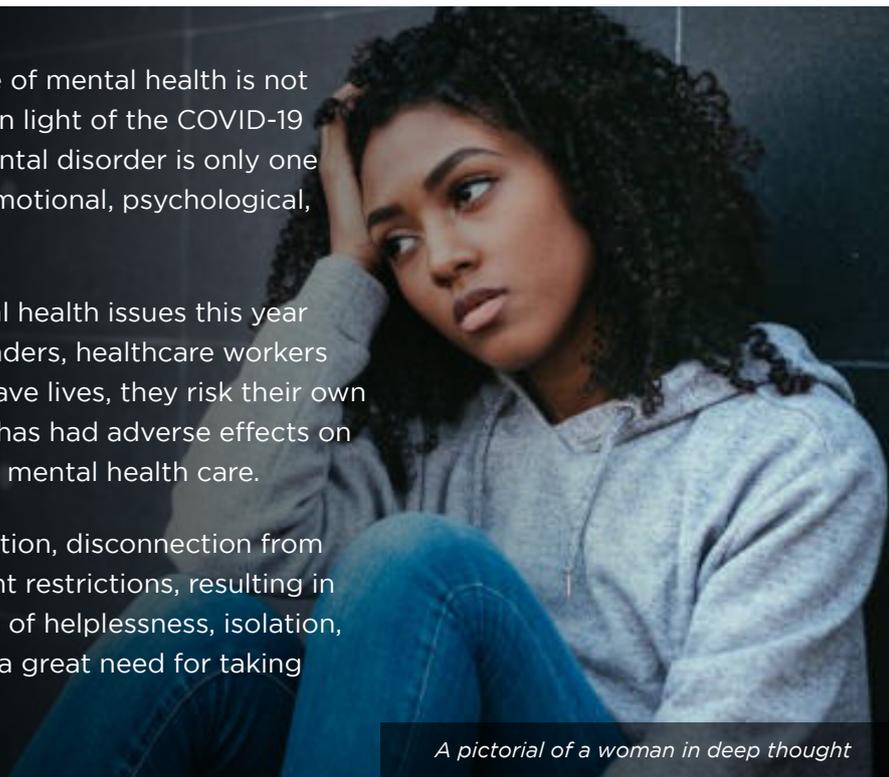
Everyday Tips to Stay Mentally Healthy

By *Qitma Noor (Communications and Marketing Assistant)*

We live in turbulent times, and the issue of mental health is not only pertinent but critical, especially in light of the COVID-19 pandemic. The existence or absence of a mental disorder is only one aspect of mental health. It's a point where emotional, psychological, and bodily well-being collide.

Many people have encountered major mental health issues this year especially those in the frontlines; first responders, healthcare workers etc. As they work to protect humanity and save lives, they risk their own health and their loved ones' health too. This has had adverse effects on their mental health posing a need for proper mental health care.

The pandemic has led to self and social isolation, disconnection from family and friends, quarantine, and movement restrictions, resulting in more people than ever experiencing feelings of helplessness, isolation, grief, anxiety, and depression hence there is a great need for taking care of our mental health.



A pictorial of a woman in deep thought

Here are a few tips to help you stay mentally healthy:

✓ Practice Self-care and Make Yourself a Priority

The first step in practicing self-care is to take care of your body. In order to do this, it is important to eat a healthy diet. Research has shown that what you eat and don't eat affects the way you think and feel. Exercise, which can help decrease depression and anxiety and improve moods. Lastly, make sure that you get enough sleep.

✓ Disconnect from Electronics and Social Media

Consider adding an electronics-free time period to your day. Taking time to unplug and disconnect from the constant stream of emails and alerts will allow you to interact with people face to face and will help reduce the many feelings of FOMO (Fear of Missing Out) that social media can often stir-up.

✓ Engage in Activities that Provide Meaning

Partake in activities that make you feel happy, productive, and challenge your creativity. Whether through drawing, taking an exercise

class, going out to dinner with friends or caring for a pet, spending quality time with those who matter to you can make you feel good.

✓ Engage in Meditation and/or Mindfulness

Relaxation exercises can improve your state of mind and outlook on life.

✓ Avoid Heavy Substance Use

It is important to keep alcohol use to a minimum and avoid other drugs. Many people use alcohol and other drugs to "self-medicate" but in reality, substance use may get in the way of your ability to function at work or school, maintain a stable home life, handle life's difficulties, and relate to others.

✓ Get Help from a Licensed Mental Health Professional when and if you Need it

Seeking help is a sign of strength not a weakness. Just as it requires effort to build and maintain physical health, so it is with mental health. Don't be afraid of seeking help whenever needed, it is always better to be safe than sorry.

Healthy Eating; Why You Should Eat Healthy Even When You Don't Want to

By *Zainab Athman (Customer Care Assistant)*

It's difficult to eat healthily all of the time. You always want to get your hands on the fries, doughnuts or the burgers or all of the above. However, a proper and well-balanced diet has incredible and numerous health benefits.

What constitutes "healthy eating" is generally a point of contention, but it's not that difficult to figure out: According to nutritionists, a diet rich in whole foods, such as fruits and vegetables, fish, whole grains, dairy, legumes, and nuts, is healthy, while processed foods and added sugar are both harmful to your health.

Here are some research-backed reasons to persuade you to put down the cupcakes and pick up the veggies for a healthier you:

- Eating well has the potential to extend your life. People who eat well live longer and have fewer health issues, allowing them a chance to make the most of their extra time
- A healthy diet could boost your immunity and help keep you from getting sick
- If you consume a healthy diet, your skin may glow. Studies have indicated that carbohydrate-rich diets with a high glycemic index (meaning they quickly elevate your blood sugar) may contribute to acne
- Eating healthily may reduce your risk for some cancers. Multiple studies have found out that a diet high in fruits and vegetables could help reduce the risk
- Men's fertility may be improved by eating well. Obese men tend to have fewer, and more aberrant sperm. A Mediterranean diet (**vegetables, fruits, legumes, nuts, beans, cereals, grains, fish, and unsaturated fats** such as olive oil and a low intake of meat and dairy foods) is linked to an enhanced sperm count.
- A balanced diet will help you avoid Type 2 Diabetes, which can be preventable or avoided by diet and exercise



A woman and her daughter preparing a bowl of vegetables

- Eating well can boost your energy and greatly enhance your athletic performance
- A well-balanced diet may help relieve stress and improve your moods. Several research studies have showed that, people who eat more fruits and vegetables report greater mental health and well being
- A nutritious diet lowers the risk of cardiovascular diseases, such as heart attacks and strokes
- Your risk of getting kidney stones could be greatly reduced by eating a healthy diet.
- Keeping harmful fats out of your diet largely trans fats but also some saturated fats may help you lower your cholesterol
- A balanced diet, particularly one rich in calcium and Vitamin D, may lower your risk of osteoporosis and bone loss
- Eating right could protect your memory. People who follow healthy diets are less likely to develop dementia and Alzheimer's
- A nutritious diet can help you sleep longer and better

Of all, eating correctly is one of the most efficient ways to maintain a healthy weight and lifestyle. Don't forget to exercise and to get enough sleep while at it!

E-Plus Participates in the 2021 World Athletics Under-20 Championships

By Felix Musila (Communications and PR Officer)



Fireworks display during the opening ceremony

E-Plus was contracted to offer **ground ambulance services/emergency medical services** in the just concluded 2021 World Athletics Under-20 Championships in Nairobi. The event, with a representation of athletes from more than 100 countries officially kicked off from the 18th August-22nd August 2021 at the Moi International Sports Centre, Kasarani in Nairobi, Kenya.

The Championships had been scheduled for 2020, but were delayed by a year because of the COVID-19 global pandemic.

E-Plus deployed a total of **12 ambulances** for the event with **24 crew members** of covering the whole event. Our team was also fully in charge of the **Clinic** at the event offering a wide array of services to all the participants. We covered the event for **10 days**.

Our crew members were on standby at the following stages:

Kasarani, Nyayo, Safari-Park, Ole Sereni, Boma Hotel and Jomo Kenyatta International Airport (JKIA).

Our participation in the high profile event once again demonstrated our capacity to provide emergency medical services coverage for high profile international events.

The championships were officially opened by First Lady Margaret Kenyatta who was the event patron in a colorful gala ceremony where she underscored the importance of strictly adhering to the laid out Covid-19 health protocols by all the participants.

E-Plus continues to soar higher when it comes to the provision of emergency medical services to high profile international events. With a fleet of 130 fully equipped ambulances, a crew of 302 paramedics and a 24 hour fully digitized Dispatch Centre, we can

confidently say that we continue to cement our position as the market leader in the provision of professional advanced prehospital medical care and ambulance services in Kenya and the region.



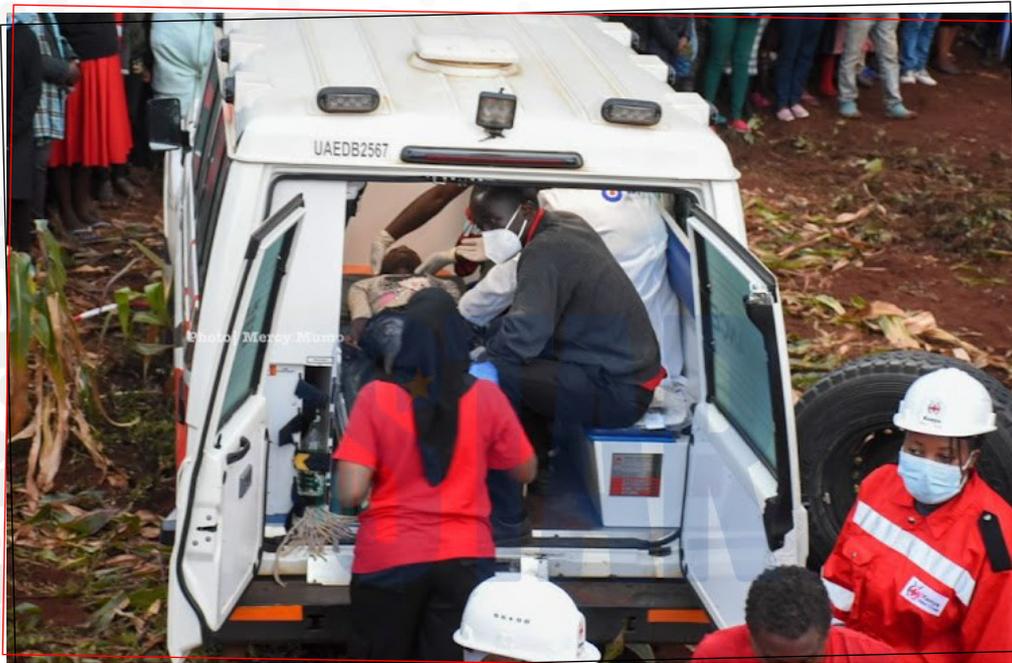
Our crew member posing with athletes after attending to them at the Clinic



A paramedic attends to an injured athlete during the championships

#AlwaysThereToHelp

Involved in the rescue efforts of construction workers who were trapped under a construction site in Gachie, Kiambu county.



Internal Capacity Building/Training Seminar (Coast Region)

By Sylvia Ambatsa (Quality Assurance Assistant)



A section of the participants during the training sessions



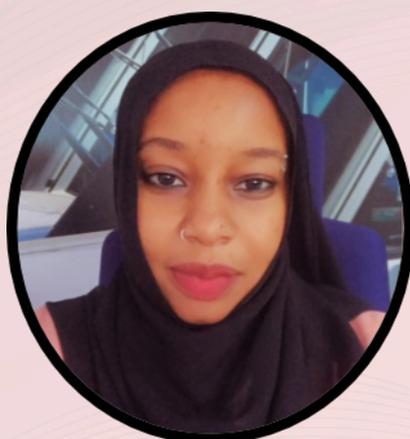
One of the facilitators making a presentation during the training

As part of our continuous efforts to bolster the internal capacity of our staff members, a team of facilitators conducted an intensive 5-day refresher training to a select team of paramedics/EMTs/Operators drawn from the coast region. The facilitators were drawn from various departments: Medical operations, Public Relations, Finance, Human Resource, Quality Management and Business development.

The training conducted at the Pride Inn Hotel, Nyali covered a wide array of topics:

- Introduction to Basic Life Support- Pediatric and adult
- Airway management
- Respiratory emergencies
- Assessment of the cardiac patient
- Cardiovascular emergencies
- Maternal emergencies
- Pediatric emergencies
- Central Nervous System emergencies
- Renal emergencies
- Musculoskeletal emergencies
- Spine and limb immobilization
- Triaging
- Ambulance positioning
- Ambulance check-listing
- Documentation
- Stress management
- Quality Management Systems
- Customer Care Training/ Branding and Communications
- Business development and product awareness
- Finance

The Quality Management Department in conjunction with other departments has lined up other regional capacity building sessions in the coming for our ambulance teams.



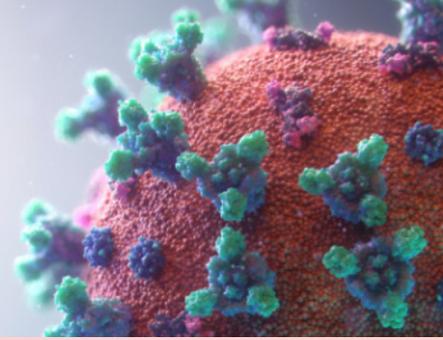
New Appointment in the PR & Communications Department

Zainab Athman joined Emergency Medical Services, (E-Plus) on 5th August 2021 as a Customer Care Assistant in the Public Relations/Communications department. She previously worked at Airtel Kenya as a Customer Care Assistant before joining Snowtech Electronics as a personal assistant to the Managing Director.

She holds a Diploma in Project Management and a Certificate in Monitoring and Evaluation from the Kenya Institute of Management (KIM).

We take this opportunity to welcome her to the E-Plus fraternity and wish her all the best in her new role.

COVID Pandemic Pages



Vaccination efforts Ramped up as 880,460 Doses of the Moderna COVID-19 Vaccine Arrive

By Felix Musila (Communications and PR Officer)

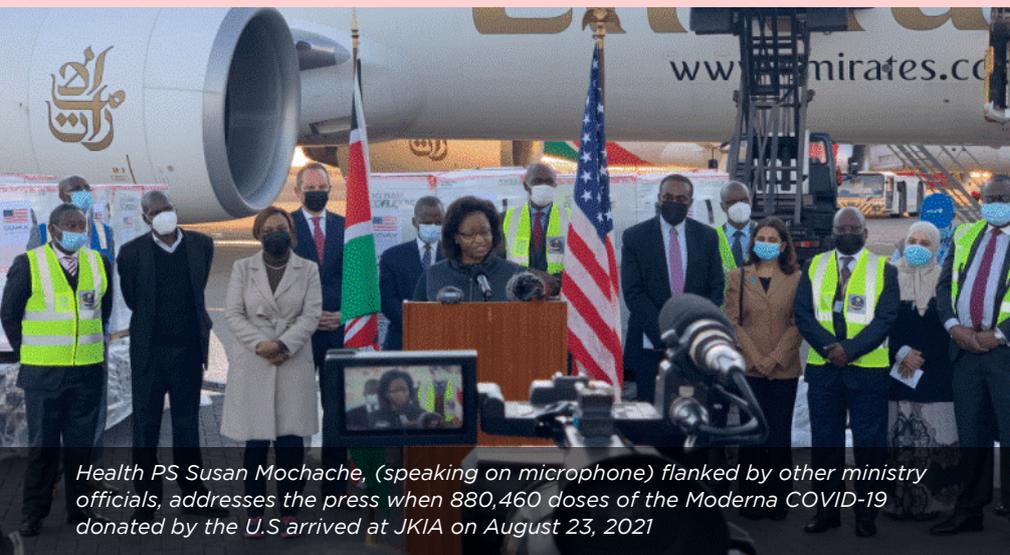
Kenya on Monday morning received 880,460 doses of the Moderna COVID-19 vaccine donated by the United States government through the COVAX facility and transported by UNICEF.

The consignment is the first of two totaling about 1.76 million doses donated by the U.S that are

expected to land in the country.

The shipment was received at the Jomo Kenyatta International Airport (JKIA) by Ministry of Health officials among them Chief Administrative Secretary Dr. Mercy Mwangangi, Principal Secretary Susan Mochache, acting Director General Dr. Patrick Amoth, as well as COVID-

19 vaccine taskforce Chairman Dr. Willis Akhwale. US Embassy Chargé d’Affaires ad interim, Eric Kneedler, UNICEF Representative to Kenya Maniza Zaman and World Health Organization (WHO) Officer in Charge, and Health System Cluster Lead Dr Mona Almudhwahi were also present.



Health PS Susan Mochache, (speaking on microphone) flanked by other ministry officials, addresses the press when 880,460 doses of the Moderna COVID-19 donated by the U.S arrived at JKIA on August 23, 2021



A pictorial of the batch of vaccines being offloaded at the Jomo Kenyatta International Airport (JKIA)

The British government also donated 817,000 doses of AstraZeneca vaccine to support the ongoing exercise, a donation which came after President Uhuru Kenyatta’s visit to the United Kingdom in July.

The government is availing the vaccines for free in various health facilities countrywide in the national vaccination campaign is

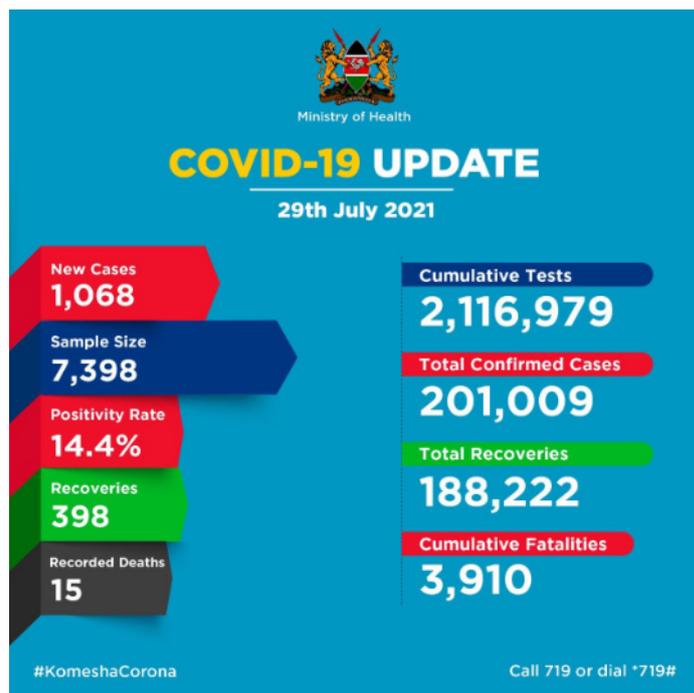
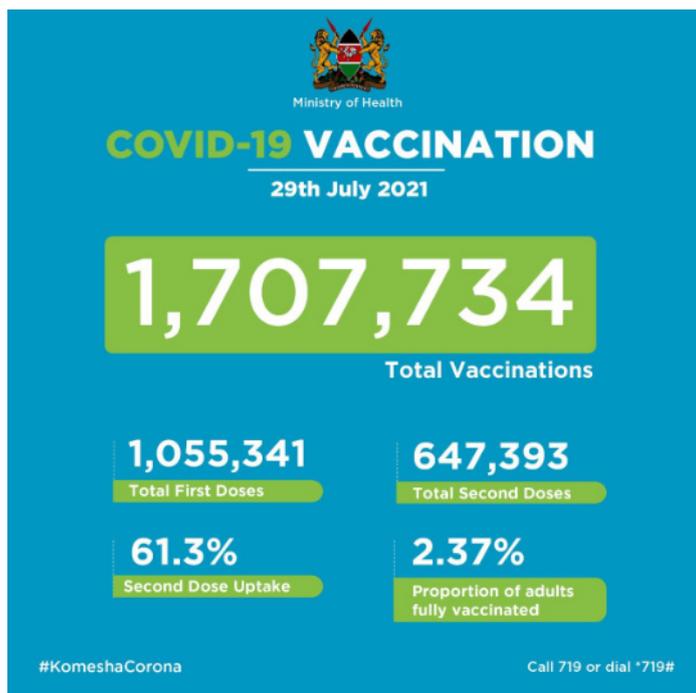
being led by the Ministry of Health, with support from WHO, UNICEF, Gavi and other partners.

To date a total of 2,374,197 doses of AstraZeneca vaccine have been administered across the country, including 1,595,335 first doses and 778,862 second doses.

The second dose vaccination began on May 28. Approximately

2.9 per cent of the adult population has since been fully vaccinated.

According to the Ministry of Health, another consignment of 393,000 doses of Johnson and Johnson vaccine is expected to arrive in the next few weeks and 1.8 million doses of Pfizer vaccine in September.



Source: Ministry of Health, Government of Kenya | Data as at Tuesday, 31st August 2021

*If you need to contribute articles/materials to the E-Plus NewsPod,
kindly get in touch through musila.felix@eplus.co.ke*