

## 2010— European Year for Social Inclusion

In EU, 78 million persons – representing 16% of the population – are presently threatened by misery. On the EU territory, the citizens think that in the area they live in, 1 person from 3 (29%) live in misery and that 1 person from 10 lives in extreme misery conditions. In all the member states, a part of the population is the victim of exclusion and deprivation, often being confronted with a limited access to basic services. 19% of the children are exposed to the risk of misery on the entire EU territory and 1 child from 10 lives in families with non-working members. **Therefore, 2010 was declared the European Year for Fight against Misery and Social Exclusion.**

„The fight against misery and social exclusion represents one of the central EU objectives, and our common approach constituted an important instrument for guidance and support of this action in the member states”, declared the European Inspector for social business, Vladimír Špidla. In the European Year there will be organized much more actions for contribution to the public awareness concerning the modalities in which the misery continues to affect us.

## Health Calendar 2010

The international health days represent a treasure of ideas for CLSes and ADAMS: they are like packets of projects – we only have to choose one, we will have enough inspiration sources for getting to action; these are established function of the health priorities of the people in the entire world and offers us a lot of visibility.

Down you can have some of the health International Days from The Mondial Health Calendar:

- February:** 4— Against Cancer Day; 19—Healthy Stiles Day, etc.
- March:** 8—Women Day; 21—Day of the Human Rights; 21—Down Sindrown Day etc.
- April:** 7—Mondial Health Day
- May** Antismoking Day; 10—Movement for Health Day; 12—Medical assistants ,ș.a.m.d.

## Who we are ?

FDAAM is a Romanian – Belgian foundation.

You can contact the FDAAM staff of qualified and motivated Romanian people that can bring our projects close to you. Join our international network and benefit from our learning experiences (trainings, forums, conferences). Visit our website [www.fdaam.ro](http://www.fdaam.ro) for further information.



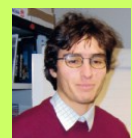
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# Health for all!



## The ending and beginning word



On the time of asking and answering questions, we gather around the family, we bake some **cozonaci**, cook a pot of **sarmale**, drink some **tuica**, joke and make the best of a bad joke. It was a difficult year and 2010 seems to be as difficult as 2009 for Romania. 2009 was a year of meeting people and knowing each other. The term of “mutuality” and “solidarity” became more or less clearly outlined in Romania. And this outline is first of all due to FDAAM volunteers. Dear colleagues, dear FDAAM volunteers, this newspaper number is for you, thank you for your endeavor in 2009 and we are waiting to initiate as much activities as possible in 2010. Without You, FDAAM wouldn't be what is today.

### A National Network.

The “mutuality” and “solidarity” SPIRIT is step by step rediscovered in Romania and us, FDAAM, are the authors of this change.

“Happy New Year,  
May all your wish come true!”...

## Message from FDAAM & to FDAAM partners

24th December 2009, Belgium

Dear colleagues,  
dear friends,

2009 is going to end. Christmas time and New Year happening are coming. Snow is falling as well in Belgium as in Romania. Probably we all go for a white Christmas. This is exceptional for Belgium, but sees it as a sign of solidarity. Maybe this is exactly what happens since 2009 will be remembered as the year we found each other to move forwards with FDAAM.

2009 was an important year for FDAAM. We started to introduce CLS'ses as a solution to work on health in all places that wanted to do so. Mostly as a result of a good mutual cooperation between Belgian and Romanian partners at local level. Thanks to extra financial support from Belgium (counties and projects), we could enlarge our FDAAM team and that was the start to do more in Romania and to be more present as FDAAM. Local initiatives have been set up and supported and guided by the FDAAM team. This resulted in contacts and start of 27 CLS'ses beside the existing ADAM'ses. Lot of things has been done to make it a uniform movement in Romania that can be recognized now and has a face. As there are the new logo's, health newspaper, website, trainings twice a year, national FDAAM action days, local support by the team, etc.

2009 really was a milestone for FDAAM. Our health projects where as well on Belgian radio as television the past weeks and lot of people contacted me to talk on that and to congratulate our actions and activities.

On the other hand, this is only a beginning. As you all know, health is and will stay a big issue in Romania. Health care is near to collapse in Romania. So you all have an important task to fulfill the coming year (s). I'm sure that we can do nice things and present alternatives for a qualitative, accessible, payable and democratic health care in Romania. Let's build it up from bottom up as you are doing in all your local entities. Already the way of working together and thinking about health and future is an important change. Bringing people together as volunteers and learn them to take their own future in hands. We are trying to give the health care back to the people, where the responsibility should be. We are at the side of the patients and population. It means of course that we strongly want to work together with providers, institutions, policy makers and NGO's if they are willing to chair our

goals.

After the training in Cluj October 2009, whole the team worked on a 'Vision' and 'Mission' and wrote strategic plans for the coming 5 years. They have been discussed and will be put together in order to have also a FDAAM strategic plan. Each local CLS will be asked also to write his own strategic plan, based on the general plan for the coming years. Of course, this will be guided and supported by our FDAAM team. These plans will help you and us to steer the working of your CLS beside the fact that it's important regularly to think about what you are doing and what message you want to bring.

Let me finish in congratulating you all for the work done in 2009. I'm myself 20 years active in Romania in setting up projects in order to change life expectations of Romanian people and give them more future. 2009 gave me also a boost to continue our voluntary work.

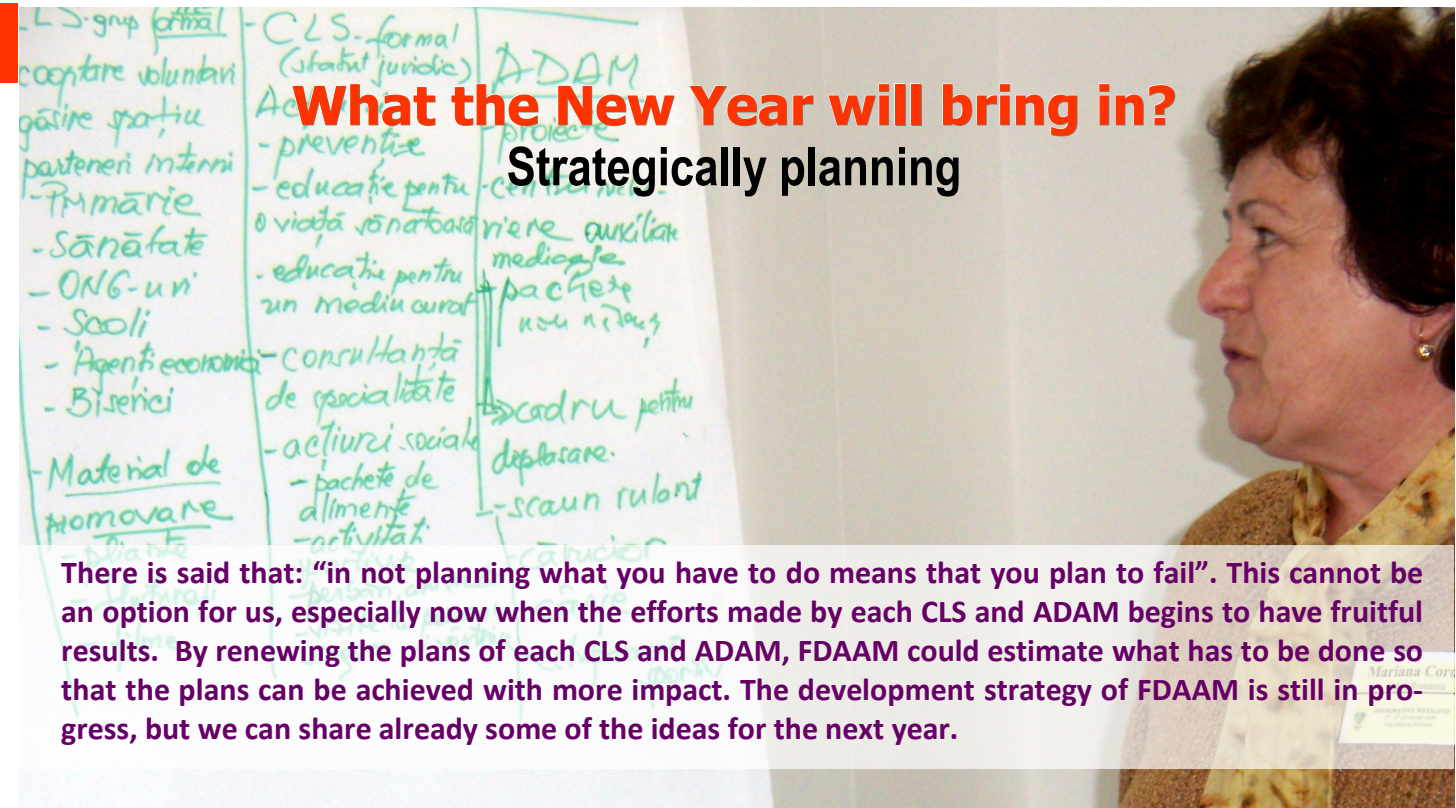
Thanks to the wonderful FDAAM-team, to the local coordinators and personnel and board members of ADAM'ses, to the stakeholders and volunteers of all CLS'ses, to the Belgian partners as well from FDAAM as from the local committees working together with you.

Let's make for 2010 a continuation and spread out of our activities and initiatives. Therefore we count on you all. You are all key people in this development. The way will not be easy, but we are a team sticking together and as you know, a chain is hard to break.

Congratulations and admiration for all of you. Wish you have a wonderful end of the year and an even better beginning of 2010. Enjoy this period with your family and everyone who is important in your life.

Crăciun fericit și la Mulți Ani!

**Jozef Goebels, FDAAM President**  
*In the name of me and my colleagues from Belgium  
from CM and Somepro*



## What the New Year will bring in? Strategically planning

There is said that: "in not planning what you have to do means that you plan to fail". This cannot be an option for us, especially now when the efforts made by each CLS and ADAM begins to have fruitful results. By renewing the plans of each CLS and ADAM, FDAAM could estimate what has to be done so that the plans can be achieved with more impact. The development strategy of FDAAM is still in progress, but we can share already some of the ideas for the next year.

### New concepts in FDAAM development

#### FDAAM Mini-grants— National Contest on Health Projects implemented at local level

In order to support the local initiatives and to encourage the innovation in improving health, FDAAM will launch a national project contest open for any community interested in winning one of the 10 grants of 300 Euro each offered as prize. The grant applicants will have to conceive a health project that must observe the principles of *solidarity, mutual help, accessibility, and medical assistance for everybody*. The deadline for sending and analysis of the applications is of 3 months, from moment of contest launching. The won grants must be invested in project implementation during 1 month. The contest schedule, and also the participating and grant winning conditions will be published in a **FDAAM Financial Guide** (Aprilie 2010).

#### « Open the box » - Regional Trainings made in ADAM-ses locations

In order to understand the health system, the rights we have as patients, the obligations that we undertake, the opportunities presenting to us, the changes that we can put into practice etc... we need exact information. FDAAM will research the information needs of CLSes and ADAM members, but also the interest themes for the wide public. Function of these, we will identify and organize regular informing sessions with themes that will respond to the information needs.

#### Strategically planification

- Consider the development that a group wants to achieve in a period of time .
- It is a set of analysis processes: of the current situation, of the target situation, of the stages that must be passed between these two and the necessary resources for this .
- In this analysis take part all the persons already included in the group or that can influence its development .
- The result of the analysis process is a STRATEGY (or PLAN) of ACTION by means of which is CLEARLY established what is the target, with what results, in how much time, by whom, with what costs
- All the members consent and undertake the put into practice the strategy

The trainings / information sessions will be organized in ADAM locations, once in three months. We hope to have the first training on 27th of March, on the occasion of the international day for human rights — one opportunity for all of us to discuss the patient rights. For more details, as soon as possible — we will keep you informed.

## Oostende, 17—18 September 2009

During 17-18 of September 2009, the FDAAM team had the opportunity to take part in Oostende, Belgium, to the International Seminar of Christian Mutuality from Belgium, titled "Integration of mutual systems in the national and international developing strategies and access to health services by means of a social change perspective". The seminar included two distinct parts: the African Session and the Session destined for Central Europe and South-East Asia. The speeches were various, and the representatives came from high level (Health Ministries), the questions were difficult, and the answers offered solutions that were important to find their own answers in their own country, the international exchange was intense. There were discussions concerning partnerships and importance of a quality partnership in developing mutuality systems. There were developed work groups on work areas and development areas. There were presented the results of the discussions as part of the work program. Important representatives that took part of the International Seminar are already known to the Romanian mutuality system: Jean-Pierre Descan, Ineza Sikorska, Valerie Van Belle, Jozef Goebels.



## Kempen, 11—26 september: training on the job

During 11-26<sup>th</sup> of September, our young colleagues, Mălin Sofrone and Ramona Sinca, followed 2 intensive weeks of training in Belgium to understand how the mutual associations work and what are the development possibilities of a health system based on solidarity principles. To these two was offered the possibility to promote this project to CLSes, reinforcing the understanding and appraisal of the Belgian partners for all the achievements of the Romanian volunteers. Before becoming a CLS trainer, Mălin is also the AGLT President (Association of the Local Youth Groups) – the umbrella organization supporting the development of the youth movement in Romania, with a sharper accent on the rural area. That is why, besides granting assistance to the CLSes from his region, Mălin will also take over the creation of a context for the collaboration between FDAAM and AGLT, at national level, and the collaboration among CLSes / ADAMs and GLTs, at a local level. We are proud to wish him: Welcome to our team!



## Iași, 18—19 Decembrie: Strategically Plan

In a difficult winter weather, with trains stopped in stations found nowhere and plains postponed on undetermined time, the professional workers of FDAAM met in Iași during 18-19<sup>th</sup> of December in order to analyze the strategic plan of FDAAM for year 2010. There were presented the strategic plans for every ADAM, the strategic development plan of CLSes based on the analysis performed in plenum at the national meeting from Cluj (October 2009) and the strategic partnership plan of the AGLT youth movement with FDAAM. There were discussed material actions for the FDAAM development at national level and there was proposed to the Belgian partners the action schedule for 2010.



Dear friend,  
Just as you I'm also a volunteer. We're colleagues.  
To be a volunteer is to be a member of the biggest club on earth : the club of people that,  
out of their free will, want to do something for another one without being paid for it.  
To go to the shop for an ill neighbour, to watch the child of a single mother  
to give her some time for her own, to play with the children of the village  
during school vacation, to organise meetings for women of the village to discuss  
various subjects, to do the administration of an organisation,...  
Nothing spectacular. Not in the spotlights.  
But it feels good. Together with other people doing things for a better society,  
for a better world, for a better future for our children.  
Thanks to be a member of the club.

**Piet Henckens, Glabbeek Committee ,Belgium**

Dear Friends,

2010 is finally showing... and with it, the promise of a wonderful year to come !

The advantage of an optimistic attitude is that we will be allowed to grieve over the sad things that will undoubtedly happen, but at least we will be able to have happy faces and sunny thoughts during the rest of the year. For it is common knowledge that happy people live longer and since we're all workers and volunteers in the field of health improvement, we should keep that in mind! As much as we need sunshine, we need to see happy, smiling faces around us to make us feel better. Starting a happy wave from showing a smile is like a good plan to me. And I honestly promise: I will send more smiles to the world. I just need a little help from my friends too .

Every New Year, people feel the need to look back at the past, before glancing at the future. Let's just focus on all the positive events and every single moment we've felt good and happy in 2009 and take those feelings with us at the start of 2010...

Since I remember the smiles and the blinks in the eyes of a lot of people I was honoured to meet in Romania, I want to conclude 2009 was a good year for most of us. It was also hectic for most, and unfortunately bringing sadness in the hearts of those who lost very special people in their lives. But we should make a choice: we should choose to carry on in the most positive way we can, knowing that our positive attitude will brighten not only our own days, but also those of the people around us. And don't forget... the more happiness you give, the more you will receive!

I want to thank each and every one of you, for the wonderful and great times we've shared last year, meeting you, laying the step stones of future collaboration, pulling those wagons that will bring us closer to the health improvement projects we are working on. Our work will never be finished, but having such great people to work with; makes the tasks easier to carry out and I want to express my gratitude for all the positive help every single one of you was able to bring!

New decennium and soon the start of a new era for Romania, for it have been kept in the European Union's refrigerator unfortunately and it will come to its full and unlimited membership in just two years! Alive and kicking!! For sure, Europe is not the land of milk and honey – I can tell - but let's just look at the good things it will bring and the improvements it will allow. 2012 coming closer by every second, we need to realise that the coming 24 months will be needed to strengthen our organisations and structures, for us to be ready to take the next step. We should focus on the improvement and growth of the new health support system we are promoting: the bigger it gets, the better our negotiation position will be, when we have to defend our views to the political decision makers in government, local, regional, national and even on European levels.

Bottom line: I just want to wish you a wonderful 2010, with lots of joy and happiness in your hearts!

Be well dear friends and take good care!  
Kindest and friendliest greetings and best wishes to you all,  
From myself and on behalf of all members of **Opjono**,  
**PeterVanderhaeghen**

**Willy Cools, Tessenderlo, Belgium**

During the last 20 years a lot of Belgians helped the Romanian people to have a more worthy life. In a lot of villages with great success. The first needs are fulfilled now and we have to look to the future. We know that the Romanian people are willing to help us because this help is really needed to succeed. The Belgians have made the foundations, now it's up to the Romanian people to develop those projects. This cohabitation can only lead to success. One of the most important projects for the future is realizing a health project for the people of Romania. The knowledge of the western countries has to be translated into the practice of every day. We are sure that, with the help of the doctors, the mayor, the priest and other important citizens we can realize it! "Yes we can" is not only for the American people. If we work together we can do so too.



2nd –4th October 2009

## Informative Week-end Cluj-Napoca



How we may improve the health of our community? How do we work in a CLS? But in a ADAM? How far can we get? If these questions didn't exist we wouldn't find the answers. The best is when we have people who may start doing actions. When we met in Cluj, for each question we found a solution and for each solution we had a plan. Now we are at work on a long term – we know that. But we will work together – we count on that.

The (in) formation weekend from Cluj-Napoca (October 2<sup>nd</sup> – 5<sup>th</sup>) was the second national meeting organized by FDAAM in 2009. As usual, the ADAM / CLS local volunteers and coordinators, Belgian partners and FDAAM trainers discussed about the possibilities to improve the health condition of Romanian communities. This time, the information and formation were at an advanced level because for the majority of the present people was the second participation and had a lot of experience to share.

Since we last met, the CLSs organized various activities of health promotion and ADAMs continued to develop their health services. We were all curious to find out more, so, in the evening of October 3<sup>rd</sup> each participating group presented its activities (but also the community which it belonged to) organizing offices within the *FDAAM Open Coffee room*.

That is how we find out about the project "Healthy and Beautiful Teeth" from Bordești, about the good collaboration with the physician of Stremț and the health promotion campaigns from Cerchejeni, we tasted the created pies of Maramureș and the wonderful cookies of Misses Maria from Cehu Silvaniei, we saw how many activities may have a women organization like ladies from ADAM Moldovița, and....

October 4<sup>th</sup> was also a full day. More than 72 participants worked in workshops: *European Financing Programmes for Health Projects, Strategic Communication (CLS) and Development, vision and mission (ADAM)*. Both ADAMs and CLSs looked ahead, assessed the development possibilities and established the long and short term objectives. At the end of the day we met to celebrate the 10 years of activity of FDAAM. The meeting from Cluj gave us the opportunity to think on the horizon, be ready for action and strengthen the links which turn FDAAM into a national team, with a local soul.

CLS volunteers presenting their plans of development



## Active at local level News from CLS-ses



There have passed 1 year and 9 months from starting the project of the Local Health Councils. There was enough when somebody took the initiative locally, and researched the health needs and now, there are already plenty to do. Some of the CLS-ses are preparing to become ADAMs, others will continue to work informally for health, more and more communities are opened to this project and want to join the network. So: from CLS-ses we have good news. Lets look at some of them...

### Borșa: "Call us ADAM..."

2010 is not only a new year for the team in Borșa, but also they enjoy a success began from a CLS that will beautifully develop into an ADAM.

We wish them good luck in everything they want to achieve! They will take care of our health!



### Stremț: The projects are coming true

One of the most ambitious projects of CLS Stremț (built of a socio-medical center) its on the way of becoming reality, to the benefit of the entire community, and all this due to the Zaventem committee, that already offered support, even material support. Half of the way is already made, the building that will host the future socio-medical center is already built.

We congratulate the CLS team and the Belgian partner for this beautiful collaboration that will soon come into being and we cannot wait news concerning the progresses made for the center building!



### Viscri: One social fund, lots of possibilities

Some time ago, CLS Viscri received a little help from the Glabbeek committee in order to organize a social fund. Since then, they managed to organize many activities and they are only at the beginning. Here are some of their successes: emergency transportation, dentist collaboration (education for oral hygiene, examinations and treatments, children transportation to the dentist room) and gynecologist collaboration (information sessions for the village women).



## ADAM Moldovița is built with heart

**In ADAM-** In ADAM is invested much heart and the main creditors are the community people. The ADAM associations are built to resist, especially for the next generations. Mihaela and Nicu from Moldovița are two such people that are building things for a healthier future. We asked them to tell us what means to them their work for ADAM.

*“...Dear Mihaela, what is the story of ADAM in Moldovița?”*

Told from the beginning? From the very start we could count on the support of our partners from Kruikebe – they were the ones that put us in touch with FDAAM and that is how we were introduced to the project. The good communication among us made the difference, we could tell them at any moment: „this is what we need; we could do that” and together we found a way to achieve something. During the discussion period, we thought to make an association built on departments, and one of these was the public health department. It was proposed to me to coordinate the tourism and culture department, and I didn't imagine that I will take care of everything.

*I could say that ADAM chosen its chosen ones.*

Yes, there can be done (and Mihaela smiles). Unfortunately, people that you count on in the beginning ... not everybody stays until the end. You have a dream when coming from Slatina, after trainings, but you must keep your feet on the ground: ADAM asks dedication and a lot of work, it's not that easy.

*What are the difficulties?*

The ADAM authorization can lead to some problems, and all procedures cost time. The persons starting an ADAM should know from the beginning where they must go for authorizations, approvals, papers, etc. Then, until you succeed to reach the simple people, you must pass the authorities. You come across reticence, skepticism. If the mayor would have accepted, we should have gained a step forward. That is why, a sympathetic mayor is an ace up our sleeve that we didn't have from the beginning. We do not blame anyone; it's such a new idea. But, if you put your mind to do something, then you do it. You must be tenacious because nothing is done without you. That is how we convinced the future board members: „Come to ADAM, you are needed”. We searched for support people among friends, our families, and people we respect. Together, from one idea to another, we began to actually do something.

*We were speaking about people... how do you reach them?*

Working. „Advertising! Posters!”... - This is not gaining members. People must see something that was done in order to gain trust. We tried to tell people what we wanted to do, but they did not understand, or they did not want to listen. We began to build the center – now they stop, they are asking „... what is built here?” and we show them what we have done and what will be done. Therefore, what we are promising to them is built under their eyes. That attracts them. More than this, you have to feel the people, to show them understanding as concerns their needs. The yearly member fee is of 10 lei for adults, 6 lei for retired people. The more members you have, the greater is the possibility to develop services for all of them. Here we encounter two difficulties: first, people are not used to pay any kind of fee, on a regularly basis; second, they feel that they encounter financial difficulties.

*What service you can provide when you are only at the beginning?*

Depends on each town, but probably, the rental center is something easy to organize. It will take some time to find a physician you can work with. When I proposed to the local physician to work for us, his answer was: „I cannot be somebody's employee. If you came 2-3 years ago,



then maybe I should have said yes...” Certainly, a young physician will say yes to our proposal, and I'm sure we will find him. We already search the assignment lists of the Health Office.

*Mihaela, what motivates you to keep going?*

At the beginning I was also a little pessimistic, but I thought for myself, I must do this, not necessarily for me, but also our community deserves more. Healthcare offered with respect, treatment undergone in a civilized manner. Many times, the help that you need to keep on going comes unexpectedly: from Belgians, recently we also found some Dutch partners, but, especially, this support comes from ourselves, from our enthusiasm and desire to do more... For many it is hard to understand: we are really volunteers, we do not work for profit. There are many discussions and you feel hurt, you struggle, run, feel sometimes disappointed, but you get it together in the end. That is why you have to be a united team, two – three people that really believes in what are you doing, and it will be done. And there is also people appraisal, little but safe changes... Now, before Christmas, with the women from the Culture Commission we prepared a carol group. We sung in the church, and we probably sung so beautiful that in the end the people started to applaud one by one, until the whole church was clapping. And, in our region, people do not clap in the church. Or... how many times the women that come to ADAM have said: “Mihaela, if you would know how many times we wished to do something else to help, something for the people, together with others... and we did not have the means, or the place... and we did not know how could we do this. It feels good that now we have this opportunity. And... you will not cast us away, don't you?” How can you leave? Maybe if I will leave, the project will not die, but will slow down. We don't have time to lose, at this moment we do not have all the resources to make all that is needed, but we cannot stop.

*In what stage do you wish to be?*

I want to see the socio-medical center in a functional state, with doctors, equipment and appropriate endowments, civilized conditions, correctly offered care, a lot of kindness, as we say here, lots of social activities ... I think that people must be all in one place, we are too parted, we forgot how to take care of each other. It would be good to remember, at least once a day, to do something for someone else, not only for us. There will be an hour for everybody else except us.

*What message do you have for the other volunteers or coordinators of ADAM / CLS?*

Doesn't matter if you are ADAM or CLS, find the right people to tear from their time in order to do something for the others. Find a family and grow with it, and may you have the will to do good things, you will also find the modality to achieve these things.

**Mihaela Hiche, A.D.A.M. Moldovita**



## “Bow over time “

“...First of all I want to thank Mrs. Cristina Chert for her confidence by giving me the opportunity to found a C.L.S. at Sănduleni and after that for having chosen me to represent the C.L.S. of Sănduleni in Belgium, although the time was very short. The meeting from Cluj was a special moment for me, a bow over time, giving me the opportunity to meet people who 10 years ago were pioneers or founded the C.L.Ss, A.D.A.Ms and F.D.A.Ms which exist today, but also people who are now contributing to the development and improvement of the activity started in 1999. The moment from Cluj is for me the fragrance which is invading the chamber of my soul in the most pleasant manner, arising in my being a world of impressions, feelings and aspirations for the future. The first positive impression appeared exactly from the beginning, through the manner the meeting was conceived – a strong psychic and visual impact – through the exposure to workshops, to what was representative for each guest. The second positive impact was to find out that all the presentations about the activities organized at our last meeting were at a technical superior level, increased and varied the type of the activities performed. I felt very good because at each level of organization, C.L.S., A.D.A.M or F.D.A.M. the effective implication of the Belgian partner was observed through his direct participation in the workshops organization by asking questions and giving answers which sustain the direct interest of both partners, Belgian and Romanian, in the development of European projects. The evolution of the mentality change, the way in which the continuation of the partnership projects should be approached came through the final impression of the Belgian partner. He said that things changed a lot, that we could not speak about an approach of the Romanian – Belgian relationship as in 1999 and that, through two sided effort, it's high time to change the legal organization form and the responsibilities of C.L.Ss in order to progress effectively + EUROPEAN PROJECTS. The final moment, when the effort for the 10 years of continuous and sustained activity of all the C.L.Ss, A.D.A.Ms and F.D.A.M was acknowledged, was like a formal corollary. Diplomas were handed in a festive atmosphere and the moment ended with an exceptional artistic moment performed by those who were “the fire and soul” of the beginning...



Dr. Beatrice Botezatu, CLS Sănduleni

# International Day Against Diabet Common Action Day

All over the world, at each 10 seconds a person is affected by one of the two types of diabetes. However, 60% of the diabetes cases may be prevented. On the occasion of the World Diabetes Day (November 14<sup>th</sup>), the Local Health Councils and the Associations for Mutual Help from the country joined the diabetes prevention and combating efforts by organizing their own control and information activities against diabetes and its complications.

## Full of life not suffering from diabetes

Diabetes is a chronic disease in which the blood glucose ("sugar") level (glycemia) is increasing over the normal value. Diabetes appears either due to the insufficient production of insulin by the pancreas (Type 1 diabetes) or especially due to the cellular insensibility to insulin (Type 2 diabetes). In both situations the level of the blood glucose overcomes the normal values.

The precise cause of diabetes is not known yet but certain factors may increase the risk:

- **Heredity.** If one of the parents is suffering from diabetes, the risk of the child to suffer from this disease rises with 40%.
- **Age.** The risk of diabetes rises according to the age. People over 45 or even over 35 who have relatives suffering from diabetes are more at risk.
- **Obesity.** The overweight is an important risk factor for the type 2 diabetes regardless of age. So, even the young obese people are more at risk. An obese woman is more at risk than an obese man.
- **Fat Accumulation of fat** on the abdomen.
- **Lack of physical activity**, especially combined with overweight.
- **Gestational diabetes.** Women who suffered from gestational diabetes are more at risk to suffer type 2 diabetes later.

Some of the most frequent problems which appear combined with diabetes: cardiovascular diseases / high blood pressure / neuropathy or nerve disorder, bad functioning of nervous endings / eye problems due to retina damage / feet problems / weak functioning of kidneys.

Almost half of the people suffering from diabetes don't know that they suffer from this disease (yet), because they cannot see the first signs. So, they loose precious. The vessels, eyes and kidneys are often or sometimes seriously damaged when diabetes is discovered. That is why it is essential to keep diabetes under control. This implies: the control of blood glycemia and fats, the weight control, decrease of complication risk.

About 9% of the mature population of Romania (2008, IDO data) is suffering from diabetes.

By nationally researching the Romanian population between July 2007 and July 2008 results that of the 11 million of examined people, 3 million is suffering from diabetes or is prone to diabetes. This means 27% of the population.

The specialists anticipate in the next years an increase in the number of the persons with diabetes.

## ADAM in Romania



ADAM Cluj-Napoca

A.D.A.M. Cluj came into existence in year 2001 as a result of the initiative of a Romanian and Belgian founding group. The main partner and mentor of the Association is the Christian Mutuality in Bruges.

For its members, ADAM Cluj offers the following services:

**Rental** of several recovering equipments: walkers, crutches, hospital type bed, wheel chairs, therapeutic bicycles etc. In order to benefit of these equipments, the person must become a member of the Association. The member quality is achieved by paying a yearly fee (at this moment: 15 RON / year for adults, 10 RON / year for retired people and people with disabilities). The person that uses the rented equipment pays a monthly fee.

**Health product store:** sale of products for bed patients (materials for incontinence, waterproof under sheets, girdles, sterile bandages, creams for urinary incontinence, creams for bed sores, talc powder, sticking plasters, sterile plasters, various natural tea, etc). The potential customers of the store are not necessary to become members in the Association in order to purchase various items. However, to the members are offered significant price discounts. Anyway, the products have a social price, close to the price established by the supplier.



The first ADAM was founded in Slatina-Timiș in partnership with "Geels Roemeniëkomitee vzw". Since then, ADAM Slatina-Timiș continues to be an inspiration source for ADAM development throughout the entire country.

### ADAM—What can offer ?

- Doctors & medical staff; dentist, pharmacist, ophthalmologic doctor etc;
- Quality on medical services;
- Decent medical cabinets, modern equipment;
- Permanent medical experts;
- Experts collaboration, laboratory and hospital help (professional network);
- Renting services for revalidation materials;
- Social Fond;
- Medical exams and specialized consultancy, pre- and post-birth;
- Free Truss for new baby born ;
- Health Education
- Health options fro spending your free time: Club P.C., Revalidation place, Cosmetics services, Informational center, Xerox; center
- Information on patients rights;

More services depending in the local development.



Iași Health Social Shop



Cluj-Napoca Health Social Shop



Johnny and Mr. Mayor from Slatina-Timiș, ADAM colleagues



## Health Structure (II)\* A.D.A.M.

The present healthcare system is obviously outmoded by the health needs. A system that will help people to organize their health needs at a local level will significantly reduce national level problems. That is why ADAM (Association of Mutual Help) represents an alternative in the first line area of health services from a village, area of a village, community or town.

### What is an ADAM?

- One Association of Mutual Help (A.D.A.M.) represents a social movement directed towards citizens, with an increased interest for the un-favored groups (sick citizens, persons with disabilities, seniors etc.); the activity developed by ADAM is based on the solidarity among groups and individuals as part of a society and is defined by two characteristics: medical and social.
- Before anything else, ADAM has as proposition the improvement of the access to quality health services for all persons from a community. This can be achieved by collaboration with private and public health organizations. ADAM va asigura mai întâi serviciile de bază , urmând să dezvolte, în etapele ulterioare, și servicii complementare.
- Pentru ADAM will first provide the basic services, following to also develop, in the subsequent stages, complementary services. For its members, ADAM can also offer social services, but there are 2 conditions for providing these:
  - a) They can be developed only after reaching the first objective = basic health services and access to these .
  - b) Performance of services that will bring the necessary income for sustaining the complementary services.
- ADAM is a democratic organization opened for all citizens. Therefore, the patients can take part to constitution of the service offer at any level of its development. All members are represented in the General Meeting of ADAM members. These members also choose the managing board.
- This is very significant for exclusion of a polarized social system with various types of health systems (one for the rich people, another for the rest of the population).
- Collaborations with other organizations and various partners.
- ADAM is based on voluntary contribution at several levels: health services, managing board, social and complementary actions (young people, persons with disabilities, seniors etc..)

- It is non profit, but at the same time actively searching income sources and survival modalities in order to achieve self-support in time. All profits are re-invested in. social activities for its members.

### Mutual Help / Mutuality

Mutual commitment modalities by means of which the members of a group are ensured, after paying a certain fee, against some risks (diseases, invalidity, unemployment) or undertake help granting in certain situations.

### ADAM—How does it work?

In order to be operational, an ADAM must fulfill **3 basic conditions**:

1. Existence of an ADAM association connected to FDAAM;
2. Available location;
3. Family Medicine Physician.

ADAM is an organization including members. The members pay a contribution that is used for the development of the service offer. Implicitly, the members are also part of the general meeting of ADAM and choose the Managing Board. One ADAM can close contracts with CJAS in order to improve the basic health care. The managing board of ADAM also establishes a social strategy concerning the un-insured services (services that are not covered by CNAS-CJAS), and also for the non-insured persons. ADAM works in a close collaboration with practitioners ex: officio or specially contracted medical personnel (family medicine physicians, medical assistants, dentists, pharmacists...). The tasks of various practitioners are mentioned in the contract for guaranteeing the medical service quality: curative and preventive medicine of good quality; increased accessibility (examination schedule, responsibilities, promoting health and prevention, low costs).

### 14th November— FDAAM National Action Day



world diabetes day

The Local Health Councils and the Associations for Mutual Help organized the Diabetes Day in their own manner by organizing activities sometimes during a whole week. We remember, as a good practice, the information of the public interested in helping the specialists and the conclusion of partnerships with the Public Health Departments.

**CLS Cerchejeni, Botosani** (Nov 14<sup>th</sup>) organized diabetes information and screening activities for old and diabetic people at the medical office of Cerchejeni and at the central hospital, using materials provided by the Public Health Department of Botoșani and SOMEPRO.

**CLS Bordești, Vrancea** organized an information activity in school (Nov 24<sup>th</sup>) involving both diabetic people but also people who are at risk. The representatives of the Public Health Department of Focșani and medical staff were invited .

**CLS Hurezani, Gorj** (Nov 14<sup>th</sup>) performed prevention activities in school, involving people from community and the parents of the children suffering from diabetes.

**CLS Stremț, Alba** (Nov. 14<sup>th</sup>) organized a campaign of information and control of diabetes supported by medical staff and the Town Hall of Stremț. The physicians answered to questions concerning diabetes, measured the glycemia and tested using the screening test the diabetes of about 50 people.

**CLS Sănduleni - Coman, Bacau** (Nov. 28th) carried out an information activity on the cervical cancer and diabetes supported by the Public Health Department of Bacau.

**CLS Borșa, Maramureș** (Nov. 16th) informally discussed on the reference subject both in school and in the PAPI center, having as guests the members of the humanitarian and retired people associations of Borșa.

**ADAM Slatina-Timiș** (Nov. 15th) ensured to its members both the glycemia control but also direct discussions with a specialist about the proper life-style and treatment for the diabetic people.

**ADAM Cluj-Napoca** (Nov. 14th) took part in a specialty conference at the Diabetes Center of Cluj, organizing its own office for the measurement of glycemia and distributing its own information materials. At the office of Iași, the local coordinators distributed diabetes brochures to the students of “Grigore T. Popa” University of Medicine and Pharmacy. Moreover, Daniela Stoica MD, has performed at the office of Focșani free checkups on patients-suffering from diabetes (be they members of the Association of Mutual Help – A.D.A.M., or not) for a week.



Ladies from Stremț, measuring glycemia

**ADAM Moldovița** / she provided information, counselling and control of the diabetes (measurement of glycemia) to the villagers (giving priority to the members), for a week (Nov. 16<sup>th</sup> – 20<sup>th</sup>).

**World Diabetes Day** is a global event, celebrated every year, on November, 14<sup>th</sup>. This date was chosen because it celebrates the birthday of Frederick Banting, who was the one to discover insulin in 1921. World Diabetes Day unites millions of people in over 160 countries in order to raise awareness for diabetes, involving young and adults suffering from diabetes, as well as professionals in Health, legislators in medical care and the media.

The National Days of Action (CA-DAYS) are joint actions (on a common topic) in the Local Health Councils (CLS) and Associations of Mutual Help (ADAM) included in the FDAAM network (Foundation for the Development of Associations of Mutual Help). The topic for the CA-DAYS is chosen in advance – usually it is an international day for health. The Councils and Associations organize actions adapted to the local communities, on the chosen topic.

**First National Action Day: May, 31<sup>st</sup>**



# 2009 in the FDAAM network

## FDAAM, in a year...

### January - March

- The Flemish Brabant Province (Belgium) becomes our partner in the CLS project
- Growing and the FDAAM team (training for Ramona Sinca in Romania and Belgium)
- Start of local visits and counselling

### April

- Training week in Tessenderlo (Belgium) for the FDAAM staff and CLS volunteers

### May

- 8-10 may: (In)Formative week-end in Slatina-Timis; 10 years celebration for ADAM Slatina-Timis
- 31 may: Anti-smoking day in CLSes and ADAMs

### July

- 9 July: Presenting FDAAM in front of their Majesties, King and Queen of Belgium (Cristian, Romania)
- Introducing FDAAM at the national meeting of OLF (women organizations)

### September

- 14-20 september, Oostende (Belgium): participation at the International Colloquium of the Christian Mutualities

### October

- 3-5 October, Cluj-Napoca (Romania): (In)Formative week-end for CLS & ADAM;
- 10 years FDAAM celebration

### November

- 14 November: Diabetes Day in CLSes and ADAMs
- Enlarging the FDAAM team
- 11-28 November: Job shadowing and training for Malin Sofrone and Ramona Sinca

### December

- 18-19 December, Iasi: FDAAM meeting for strategic planning

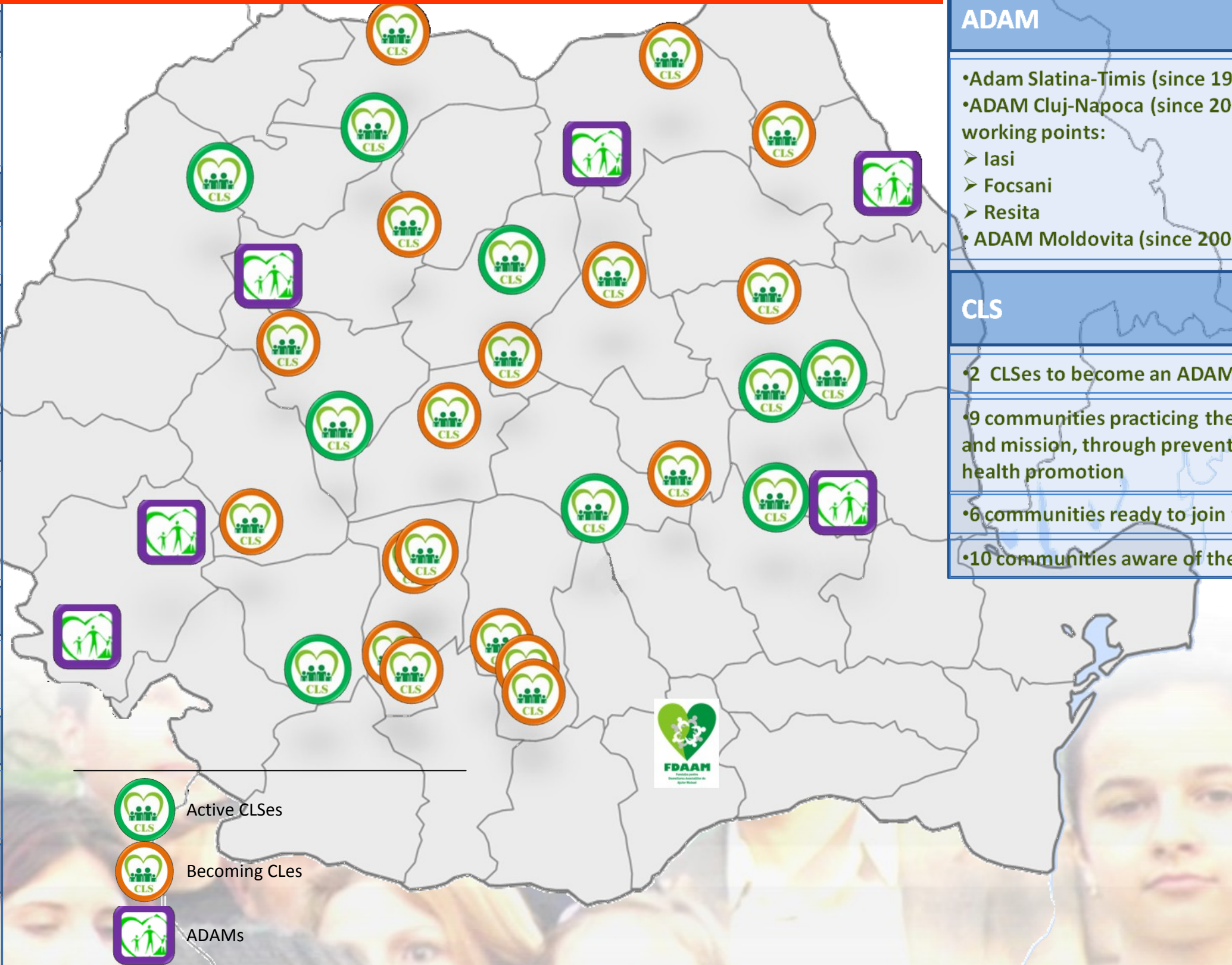
## Health structures development

### ADAM


- Adam Slatina-Timis (since 1999)
- ADAM Cluj-Napoca (since 2002), with its working points:
  - Iasi
  - Focsani
  - Resita
- ADAM Moldovita (since 2007)


### CLS

- 2 CLSes to become an ADAM in 2010
- 9 communities practicing the CLS vision and mission, through prevention and health promotion
- 6 communities ready to join the network
- 10 communities aware of the project



 Active CLSes

 Becoming CLSes

 ADAMs