



HUDUMA WIKI HII

Keeping You Informed

ISSUE **02**



Huduma Kenya



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1919



Huduma Centre Vihiga hosted staff from the Gender, Culture and Social Services, Vihiga County Government for a benchmarking exercise on Customer Service Excellence standards. They pledged to partner with the Centre on future outreach programmes.



Maara Huduma Centre staff visited Mr. Isaiah Kamwara from the Info Desk, who is admitted at PCEA Chogoria Hospital.



SERVICE EXCELLENCE CALENDAR

SOLUTIONS MADE SIMPLE

- **Innovating small changes with high impact.**
- **Strengthening Performance Improvement Teams.**
- **Good governance in customer service excellence.**

JANUARY - MARCH 2025



Huduma Centre Kajiado collaborated with the Kajiado Prisons Department for a compound-cleaning exercise at the centre.

JANUARY IS

CERVICAL

CANCER



AWARENESS MONTH

We Can Prevent Cervical Cancer



The Two-Minute Rule

Feeling overwhelmed with your to-do list? Try the Two-Minute Rule!

What is it?

If a task takes two minutes or less to complete, do it immediately. Whether it's replying to an email, tidying up your workspace, or jotting down notes, small tasks can pile up quickly and become daunting. By tackling them right away, you keep your to-do list manageable and your mind clear.

Benefits

Boosts Productivity: Quick wins add up and motivate you to tackle bigger tasks.

Reduces Stress: A clear mind helps you focus better on important tasks.

Promotes Efficiency: Maximizes your use of small pockets of time throughout the day.



Health Tips Corner

Health Tip of the Week - Stay Hydrated for Better Health

Did you know that staying hydrated is crucial for your overall well-being?

Why is it important?



Boosts Energy Levels: Proper hydration helps maintain energy and focus throughout the day.



Improves Mood: Drinking enough water can help stabilize your mood and reduce stress.



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Supports Physical Performance: Staying hydrated improves physical performance during exercise.

Quick Tips to Stay Hydrated



Carry a Water Bottle: Keep a reusable water bottle with you to encourage frequent sips throughout the day.



Set Reminders: Use your phone or an app to remind you to drink water at regular intervals.



Flavor Your Water: Add a slice of lemon, cucumber, or a few mint leaves to make your water more enjoyable.



Eat Hydrating Foods: Include water-rich foods in your diet, such as cucumbers, oranges, and watermelons.



Mashinani Corner



Huduma Centre Bomet



Huduma Centre Lamu



Huduma Centre Kamwangi



Huduma Centre Kisii

Reflections on 2024: The Journey Into 2025

By Anon

2025 is here with us and it's a good time to look back on the past year and think about what we've learned. 2024 was quite a ride for many of us in Kenya, filled with challenges and triumphs that taught us valuable lessons for the future. Resilience is a word that comes to mind when reflecting on 2024. Despite the better share of economic ups and downs, unpredictable weather including the Mai Mahiu floods, and various other hurdles, Kenyans showed incredible determination. We adapted, found creative solutions, and pushed through difficult times. This resilience is something we should carry forward into 2025. It's proof that no matter what comes our way, we have the strength to overcome it.

We saw the power of community and solidarity. We saw people coming together to support each other like never before. Neighbors helping

neighbors, local organizations stepping up to fill gaps, and a general sense of togetherness that made tough times a bit easier to bear. Moving forward, we need to keep this spirit alive. When we stand together, we can tackle any challenge.

Digital transformation also took a big leap last year. With many aspects of life shifting online—be it work, learning, or shopping—technology has become a lifeline. This shift highlighted the importance of staying connected and being open to new ways of doing things. AI took center stage in office operations, enhancing efficiency and productivity in unprecedented ways. From automating routine tasks to providing insightful data analysis, AI has become an invaluable tool. In 2025, embracing digital innovation, including AI, will be key. It's about staying adaptable and making the most of the technology available to us.



Health and wellness became a top priority in 2024. The events of the year reminded us that health is truly wealth. The increased focus on mental health awareness, driven by global discussions and the de-stigmatization of mental health issues, highlighted the importance of well-being. Additionally, the impact of climate-related health issues such as heatwaves and floods emphasized the need for preparedness and resilience. As we step into the new year, focusing on health and wellness initiatives—like improving access to healthcare, promoting healthy lifestyles, and supporting mental health—will help us build a stronger, happier community.

Environmental awareness also came into sharp focus. The need to address climate change and adopt sustainable practices became more urgent. Protecting our natural resources isn't

just a buzzword—it's a necessity. In 2025, committing to environmental stewardship will be vital for our future. The COP29 summit held in Baku last November brought this urgency to the forefront, with resolutions to triple climate finance for developing countries and finalize rules on carbon trading under the Paris Agreement. These resolutions underscore the global commitment to tackling climate change and highlight the importance of collective action in safeguarding our planet for future generations.

Looking ahead, let's build on these lessons. Strengthening our community ties, embracing technology, prioritizing health, and caring for our environment are the stepping stones to a brighter 2025. It's about making positive changes, one step at a time





Why did the scarecrow win an award?

Because he was outstanding in his field!



Quote of the week

Make everything as simple as possible, but not simpler.

Albert Einstein

Call us on:

1919

Monday - Friday

7:00am - 9:00pm


Weekends & Public Holidays

8:00am - 6:00pm





Rising Star: The Making of Barack Obama

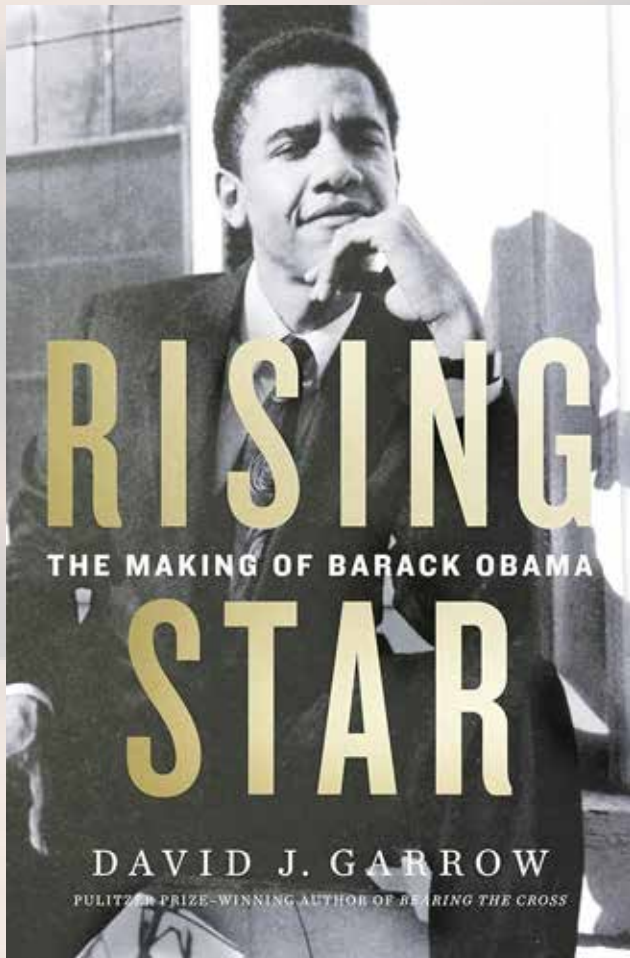
David J. Garrow 

New York Times Bestseller

Rising Star is the definitive account of Barack Obama's formative years that made him the man who became the forty-fourth president of the United States—from the Pulitzer Prize-winning author of Bearing the Cross

Barack Obama's speech at the 2004 Democratic National Convention instantly catapulted him into the national spotlight and led to his election four years later as America's first African-American president. In this penetrating biography, David J. Garrow delivers an epic work about the life of Barack Obama, creating a rich tapestry of a life little understood, until now.

Rising The Making of Barack Obama



captivatingly describes Barack Obama's tumultuous upbringing as a young black man attending an almost-all-white, elite private school in Honolulu while being raised almost exclusively by his white grandparents. After recounting Obama's college years in California and New York, Garrow charts Obama's time as a Chicago community organizer, working in some of the city's roughest neighborhoods; his years at the top of his Harvard Law School class; and his return to Chicago, where Obama honed his skills as a hard-knuckled politician, first in the state legislature and then as a candidate for the United States Senate.

Detailing a scintillating, behind-the-scenes account of Obama's 2004 speech, a moment that labeled him the Democratic Party's "rising star," Garrow also chronicles Obama's four years in the Senate, weighing his stands on various issues against positions he had taken years earlier, and recounts his thrilling run for the White House in 2008.

In Rising Star, David J. Garrow has created a vivid portrait that reveals not only the people and forces that shaped the future president but also the ways in which he used those influences to serve his larger aspirations. This is a gripping read about a young man born into uncommon family circumstances, whose faith in his own talents came face-to-face with fantastic ambitions and a desire to do good in the world. Most important, Rising Star is an extraordinary work of biography—tremendous in its research and storytelling, and brilliant in its analysis of the all-too-human struggles of one of the most fascinating politicians of our time.



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