

MOTHER & CHILD CENTER

Comprehensive services tailored to unique Needs of Mothers and their Children



**“Advancing Healthcare
Through Research: From
Discovery to Delivery”**

**2025 RESEARCH
SYMPOSIUM**

Read Story on Page.....32

6TH EDITION



Table of Contents

33 rd World Day of the Sick Celebration	-----	3
Inauguration of Mother & Child Center	-----	5
Launch of Five-Year Strategic Plan	-----	7
2025 Stakeholders Meeting	-----	8
3 rd Edition of Child Fair	-----	11
Donation by Muslim Community	-----	13
World Oral Health Celebration	-----	18
Ghana Medical Relief Outreach	-----	20
Fire Drill Training Exercise	-----	22
Advancing Healthcare Through Research	-----	30
Dr. Charles Mock's Homecoming	-----	33

This edition of our magazine reflects a defining season at Holy Family Catholic Hospital, Berekum, one marked by growth, innovation, and renewed commitment to compassionate, patient-centred care. The stories shared here are testimonies of a living mission in action.

Central to this edition is the inauguration of the Mother and Child Centre and the rollout of the 2025–2029 Strategic Plan, signalling our vision to strengthen maternal and child health, expand specialised services, and position the hospital as a centre of excellence in the Bono Region and beyond.

We also highlight our advancing culture of quality and accountability. Quality Improvement Meetings, SafeCare assessments, fire safety drills, and performance reviews demonstrate our commitment to patient safety, evidence-based practice, and continuous improvement.

Community outreach remains a strong pillar of our mission. From the Child Fair and free cataract surgeries to medical outreaches serving over 10,000 people,

EDITORIAL

we continue to extend care beyond our walls. Support from faith-based groups, schools, and partners affirms the power of shared responsibility in healthcare delivery.

Our Catholic identity continues to guide our work. Celebrations such as the World Day of the Sick, retirees' Mass, mental health outreach, and pastoral activities reaffirm that healing addresses the body, mind, and spirit.

This edition also celebrates research and learning. The 2025 Research Symposium and the homecoming of Prof. Dr. Charles Mock highlight our growing commitment to research, mentorship, and innovation in clinical practice.

As you read, we invite you to see a mission alive; dedicated staff, servant leadership, and a united community committed to the Healing Ministry of Christ.

JOHN ASABI – Editor

MESSAGE FROM HOSPITAL ADMINISTRATOR



Rev. Sr. Reena V. John

As we celebrate Christmas and look ahead to the New Year 2026, I extend my sincere appreciation to all staff of Holy Family Hospital for your dedication, sacrifice, and commitment throughout 2025.

Christmas reminds us of love, compassion, humility, and respect for human life—values that lie at the heart of our mission as healthcare professionals. I commend you for the compassionate, patient-centred care you continue to provide, affirming the dignity and sanctity of every life.

As we move into the New Year, I encourage all staff to remain ethical, responsible, and professional in the

discharge of your duties, while upholding the values, reputation, and spirit of teamwork that define our hospital. Through personal excellence and integrity, we also contribute to building a healthier and stronger Ghana.

May the New Year bring renewed hope, peace, and success. May God bless you and your families abundantly as we continue our noble calling of service.

Happy Prosperous New Year.



REFLECTING ON THE 2024 WORLD DAY OF THE SICK CELEBRATION

Holy Family Catholic Hospital, Berekum, in collaboration with the Sunyani Diocese, successfully hosted the 2024 Diocesan World Day of the Sick (WDS) celebration — a sacred occasion that emphasized compassion, healing, and service to the sick.

The event was marked by deep spiritual enrichment, strong community participation, and the solemn celebration of the Holy Mass led by Most Rev. Mathew Kwasi Gyamfi, Bishop of Sunyani Diocese.

The WDS Planning Committee expressed heartfelt thanks to all who contributed to the success of the event.

Special recognition was extended to:

- **Divine Providence** — for God’s grace that guided every stage of preparation.
- **Hospital Management** — for providing institutional support and leadership.

- **Honourable Guests** — including the Member of Parliament for Berekum East, the Municipal Chief Executive, and Diocesan Health Services officials.
- **Mr. Augustine Amponsah-Gyeabour**, who served as Chairperson, for his exceptional dedication.
- **Staff and Volunteers** — whose teamwork and commitment reflected the hospital’s core mission of compassionate care.

A CELEBRATION OF FAITH AND SERVICE

The 2024 WDS celebration, though not without challenges, was deeply successful in its mission — reaffirming the hospital’s Catholic identity and commitment to holistic healing. The event brought together clergy, staff, and the community in prayer and solidarity with the sick, reflecting the hospital’s enduring motto: *“Healing in the Spirit of Christ.”*

As the Committee noted in its final words: “Ebenezer—thus far the Lord has brought us. May God continue to bless all who serve in this sacred ministry of healing.”

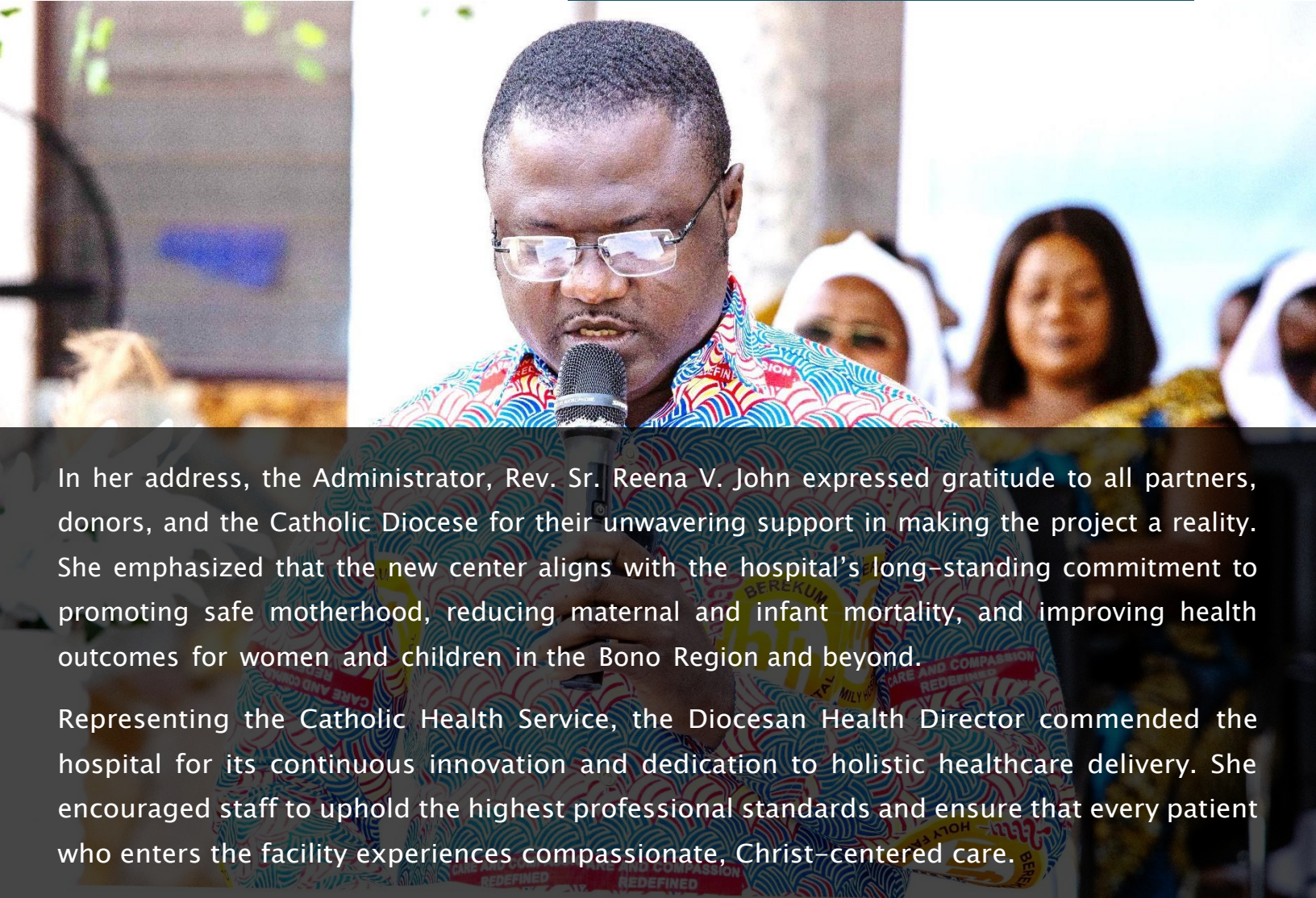


INAUGURATION OF STATE-OF-THE-ART MOTHER AND CHILD CENTRE

Holy Family Catholic Hospital, Berekum has officially inaugurated its newly constructed Mother and Child Centre, a modern facility dedicated to improving maternal and child healthcare services in the region. The colorful ceremony, attended by hospital management, clergy, staff, and invited dignitaries, marked a significant milestone in the hospital's mission to provide compassionate and comprehensive healthcare to families.

The newly inaugurated Mother and Child Centre is designed to enhance the hospital's capacity to cater to the unique needs of mothers, newborns, and children. The facility is equipped with modern delivery suites, postnatal wards, pediatric units, and consultation areas — all tailored to ensure safe, dignified, and quality care.





In her address, the Administrator, Rev. Sr. Reena V. John expressed gratitude to all partners, donors, and the Catholic Diocese for their unwavering support in making the project a reality. She emphasized that the new center aligns with the hospital’s long-standing commitment to promoting safe motherhood, reducing maternal and infant mortality, and improving health outcomes for women and children in the Bono Region and beyond.

Representing the Catholic Health Service, the Diocesan Health Director commended the hospital for its continuous innovation and dedication to holistic healthcare delivery. She encouraged staff to uphold the highest professional standards and ensure that every patient who enters the facility experiences compassionate, Christ-centered care.

The event also featured a blessing and dedication ceremony led by the Most Rev. Matthew Kwasi Gyamfi, Bishop of the Catholic Diocese of Sunyani. In his remarks, the Bishop lauded the initiative as a testament to the Church’s commitment to the well-being of families, especially mothers and children, who form the cornerstone of society.

Staff and guests were later taken on a guided tour of the facility, where they expressed admiration for the modern infrastructure

and patient-friendly design.

The new centre is expected to greatly improve service delivery in antenatal care, labor and delivery, neonatal services, and pediatric healthcare.

The inauguration of the Mother and Child Centre reflects Holy Family Catholic Hospital’s continuous efforts to expand and modernize its services to meet the growing healthcare needs of the community — truly living out its mission of “Healing with Compassion.”

HOLY FAMILY HOSPITAL LAUNCHES A FIVE-YEAR STRATEGIC PLAN

Holy Family Catholic Hospital, Berekum has unveiled its ambitious 2025–2029 Strategic Plan, signaling a transformative step toward becoming a full-fledged tertiary healthcare institution. The launch ceremony, held in the Hospital Chapel, brought together staff, management, and key stakeholders in a unified commitment to elevate healthcare delivery.

The plan outlines a clear roadmap to achieving excellence in patient-centered care, advanced clinical services, and institutional growth. With a renewed focus on innovation, infrastructure, and staff development, the hospital aims to meet both national and global healthcare standards over the next five years.

In her keynote address, Hospital Administrator Rev. Sr. Reena V. John emphasized that the strategic plan is more than a blueprint, stressing that it is a shared vision built on collaboration, quality, and compassion. She highlighted management’s commitment to staff welfare, capacity building, and system strengthening to improve health outcomes. This launch marks the beginning of another bold journey—one that positions Holy Family Hospital as a beacon of hope, healing, and excellence for the people of Berekum, the Bono Region, and Ghana at large.



On February 28, 2025, Holy Family Catholic Hospital, Berekum, hosted its Annual Performance Review and Stakeholders Meeting, bringing together health officials, community leaders, and media representatives to assess the hospital's 2024 performance and discuss future priorities.

Hospital Administrator Rev. Sr. Reena V. John welcomed participants, highlighting the meeting's role in celebrating achievements, addressing challenges, and charting a way forward. The Medical Director, Dr. Frank Enoch Gyamfi presented the hospital's annual report, covering targets, successes, and hurdles in 2024. Key discussions included neonatal mortality, congenital anomalies, and the need for detailed mortality data.

Stakeholders raised concerns about rising road traffic accidents (RTAs), low blood donation turnout, and limited accessibility to the hospital's client feedback system for less literate patients. Suggestions ranged from intensified community education on health

HOLY FAMILY CATHOLIC HOSPITAL HOLDS 2024 ANNUAL PERFORMANCE AND STAKEHOLDERS MEETING





issues, collaborative blood donation drives, and stronger road safety campaigns, to setting up a direct complaints office.

The meeting also touched on youth drug abuse, with calls for community and law enforcement cooperation. Closing the session, Municipal Health Director Dr. Jacob and other speakers urged greater community support for the hospital's work, stressing that quality healthcare is a shared responsibility.



PROMOTING _____ EXCELLENCE IN CARE:

Quality Improvement Event Meeting
Kicks Off at Holy Family Hospital

Holy Family Catholic Hospital, Berekum, has taken another bold step toward enhancing healthcare delivery with the launch of its maiden “Quality Improvement Event Meeting”. Spearheaded by the Quality Improvement Office, this monthly initiative brings together unit heads and hospital management to assess performance and strengthen clinical excellence.

The meetings provide a dedicated platform to review findings from clinical audits, research, and patient satisfaction feedback. Discussions focus on patient safety, service gaps, and compliance with care standards, ensuring that concerns raised are not only heard but acted upon.

With the aim of translating data into action, the event fosters a culture of accountability, learning, and collaboration. Reviewing patient feedback in real-time allows teams to celebrate strengths and address weaknesses, ultimately improving the care experience.

This pioneering initiative is a testament to Holy Family Hospital’s ongoing commitment to delivering safe, respectful, and quality care to every patient. As these meetings continue, they will play a critical role in driving system-wide improvement and sustaining excellence in service delivery. This initiative is evident that Holy Family Hospital is not just providing care, it is setting the standard for quality in healthcare.



3RD EDITON OF CHILD FAIR

Child Fair is one of the innovative annual events institutionalized by the Paediatric department of Holy Family Catholic Hospital, Berekum to promote early detection and prevention of childhood illnesses among children aged 0-12 years. The 2025 edition was held on 1st May at the Berekum Mixed School Park.

With over 590 children in attendance, the fair provided comprehensive medical services, including general physical examination, eye and dental screening, ENT assessment, nutritional checks, and lab tests. A total checks,



In addition to health services, children enjoyed fun-filled recreational activities such as face painting,

checks, and lab tests. A total of 219 children were referred to Hospital for further medical care. musical chairs, bouncy castle rides, and horse riding.

The initiative was supported by generous donations from corporate sponsors and well-meaning individuals, including a special cash contribution from the Member of Parliament for Berekum-East, Hon. Elder Simon Ampaabeng. The Child Fair not only improved healthcare access but also boosted paediatric clinic attendance and strengthened community trust in the hospital.

Holy Family Hospital continues to demonstrate its commitment to quality, compassionate care for all. While we appreciate the contributions of individuals and corporate organizations towards the event, the Hospital continues to appeal for funding support to sustain the exercise in the coming



DONATION TO HFCH BY MUSLIM COMMUNITY IN BEREKUM



The Muslim community in Berekum on Friday, 14th March 2025, donated assorted items of undisclosed value to the Holy Family Catholic Hospital, Berekum.

The donation, which comprised mainly toiletries and food items, included sugar, bottled water, soft drinks, biscuits, diapers, toilet rolls, tissues,

washing powder, and cleaning detergents, among others. This generous gesture follows an earlier engagement during the hospital's 2024 Annual Performance and Stakeholders Meeting, where members of the Muslim community inquired about some of the hospital's needs to better support patient care. Presenting the items, the Chief Imam of Berekum stated that the donation was made to express the community's appreciation for the hospital's dedicated service and the remarkable leadership of Rev. Sr. Reena, the Hospital Administrator. He commended the hospital for its continued commitment to providing quality healthcare and assured that the Muslim community would continue to offer their support in the years ahead.

Receiving the items on behalf of the hospital, Rev. Sr. Reena expressed heartfelt gratitude to the Muslim community for their generosity and solidarity, particularly during the Ramadan period. She noted that the gesture was a demonstration of unity and compassion and highlighted that the hospital often operates with limited community support.

She further encouraged other individuals and organizations to emulate the example set by the Muslim community in contributing to the hospital's mission of providing quality healthcare to the people of Berekum and beyond.



GALLERY





CATARACT SURGERY



2025 NURSES AND MIDWIVES CELEBRATION



GALLERY



WORLD ORAL HEALTH DAY

World Oral Health Day (WOHD) is celebrated globally every year on 20th March. The main aim of the day is to create awareness and equip people with knowledge to prevent and control oral diseases. This year's celebration was held under the theme: A HAPPY MOUTH IS... A HAPPY MIND.

The Hospital commemorated the day with education on oral health at the Outpatient Department (OPD) led by the Hospital Dental Team. The education was focused on the need to brush twice a day using toothpaste containing fluoride. Patients were also taught the right techniques in toothbrushing and were advised against high consumption of refined carbohydrates due to their deleterious effects on oral health.

In addition, the need for regular dental checkups was emphasized among patients as the only way for early detection and treatment of oral diseases.

After they were given the opportunity to ask questions for appropriate answers, patients who were present during the education session were each presented with toothpaste and toothbrush through the kind sponsorship of Ghana Dental Association and Unilever with support from the Hospital Management. The patients were full of smiles as they expressed their gratitude to the oral team and the hospital.



HOLY FAMILY HOSPITAL MARKS WORLD PHYSIOTHERAPY DAY 2025 WITH A CALL FOR HEALTHY AGEING

Theme: “Healthy Ageing – Preventing Frailty and Falls”



Each year, on September 8, the global health community marks World Physiotherapy Day — a day dedicated to recognizing the essential role physiotherapists play in keeping people healthy, active, and independent.

This year, the Physiotherapy Department joined the worldwide celebration under the theme “Healthy Ageing – Preventing Frailty and Falls.” The program brought

together staff, patients, and management to learn, share, and celebrate the value of physiotherapy in everyday life.

The day began with a Thanksgiving Mass at the Hospital Chapel, where prayers were offered for patients, staff, and the physiotherapy profession. Following the Mass, participants gathered for an educational session on *Healthy Ageing and Fall Prevention*, featuring an interactive presentation on how to stay active and avoid falls, especially among older adults.

To wrap up the day, the department hosted a reception for patients, creating a relaxed and joyful atmosphere with light refreshments. Patients and staff had the chance to socialize and share personal experiences related to rehabilitation and recovery.

The celebration successfully increased awareness about fall prevention, encouraged exercise as part of healthy ageing, and fostered collaboration among departments. It also uplifted patient morale, showing them that they are truly valued members of the hospital community. Mr. Richard Asamoah, unit head, expressed profound gratitude and recommended World Physiotherapy Day be celebrated annually to maintain awareness and strengthen the hospital’s commitment to promoting mobility, wellness, and dignity for all.

Strong Participation and Lasting Impact

The event drew participation from:

- Hospital staff (clinical and non-clinical)
- Patients and their relatives
- Members of the Physiotherapy Department
- Hospital management representatives

OVER 10,000 SCREENED IN BEREKUM DURING 2025 MEDICAL OUTREACH



Ghana Medical Relief (GMR), the Berekum Citizens Association, Ghana Health Service in partnership with Holy Family Catholic Hospital, Berekum successfully hosted the 2025 GMR Medical Outreach — providing free healthcare services to more than 10,000 residents within the Berekum Municipality.

Held from Monday, July 21 to Friday, July 25, 2025, the outreach offered comprehensive screening and treatment across multiple specialties, including:

Ear, Nose & Throat (ENT), Hypertension and Diabetes, Psychiatry and Pediatrics, Obstetrics & Gynecology, Ophthalmology and Dentistry.

In total, 10,029 beneficiaries were served —

a record-breaking achievement since GMR began its health missions in 2018.

Special Highlights: Free hernia and fibroid surgeries were successfully performed, Prostate and oral health conditions were treated, Pregnant women benefited from free ultrasound scans, Children under 10 years received care for influenza, fungal skin infections, and malnutrition, older adults (60+) received treatment for a variety of chronic health conditions.

The outreach was powered by a dedicated team of about 100 medical professionals and specialists from Ghana and the United States, working hand-in-hand to deliver care and hope.

Leadership Messages

“This has been the biggest outreach in GMR’s history, and we’re deeply grateful to all partners and volunteers for making it possible,”

— Mr. Brobbey, GMR Coordinator.

“Our goal is to support Ghana’s progress toward the UN Sustainable Development Goal 3 (Good Health and Well-being for All),”

— Dr. Samuel Kwapong Owusu, President, GMR.

“We commend GMR and our partners for their unwavering service to the Berekum community,”

— Prof. Daniels Obeng-Ofori, President, Berekum Citizens Association & Vice Chancellor, Catholic University of Ghana.

The Holy Family Hospital extends heartfelt appreciation to GMR, all volunteers, sponsors, and the Berekum community for their support and participation. Together, we continue to promote health, hope, and healing.



As part of our hospital's ongoing commitment to ensuring the highest standards of safety for patients, staff, and visitors, a Fire Drill Training Exercise was successfully organized on Wednesday 20th August, 2025 within the hospital premises.

The exercise, coordinated by the Safety and Security Department in partnership with the Ghana National Fire Service (GNFS), formed part of the hospital's safety preparedness program. The goal was to strengthen staff awareness, teamwork, and response capabilities in the event of a fire or related emergency.

During the drill, staff members from various departments actively participated in simulated evacuation procedures, learned proper fire response protocols, and received practical demonstrations on the use of fire extinguishers, alarms, and emergency exits.

The team from the Ghana National Fire Service guided participants through key steps to control panic, ensure orderly evacuation, and safeguard patients who may have mobility or medical challenges during emergencies.

Mr. Peter Quaake, **Human Resource Manager**, commended the staff for their full

FIRE DRILL TRAINING EXERCISE ENHANCES STAFF SAFETY AND EMERGENCY READINESS





participation and emphasized the importance of such exercises in maintaining a culture of preparedness.

“Safety is everyone’s responsibility. Regular training like this helps us remain alert and ensures that our staff can respond swiftly and effectively to protect lives and property,” he remarked.

Officials from the GNFS also applauded the hospital for prioritizing fire safety and encouraged continued collaboration to sustain readiness and compliance with national safety standards.

The hospital management expressed appreciation to all departments for their cooperation and reaffirmed its commitment to regular safety drills and continuous staff training as part of its quality and safety improvement plan.



Highlights from the Exercise:

- Staff demonstrating use of fire extinguishers
- Evacuation drill in progress
- GNFS officers guiding staff on emergency response

DONATION BY SACRED HEART UNIVERSITY, GLOBAL CLINICAL EDUCATION



HOLY FAMILY CATHOLIC HOSPITAL COMMEMORATES WORLD MENTAL HEALTH DAY 2025 WITH COMMUNITY OUTREACH



- Engage health workers and the public in building resilience during emergencies.
- Reduce stigmatization and discrimination among people with mental health conditions

The Psychosocial Support Unit of Holy Family Catholic Hospital, Berekum, held its maiden World Mental Health Day celebration this year with a series of activities designed to raise awareness, promote education, and extend care beyond the hospital walls into the community.

Theme: “Access to Service – Mental Health in Catastrophes and Emergencies”

The week-long observance, from 6th to 10th October 2025, aimed to:

- Raise awareness on mental health issues
- Educate the public on accessing mental health services at all times
- Promote community involvement and support

HIGHLIGHTS OF THE CELEBRATION

The event commenced on Monday, 6th October, with a colorful launch at the Outpatient Department (OPD). The occasion featured an inspiring message from hospital management and interactive education sessions on suicide and mental health, attended by over 200 participants including staff and patients.

Throughout the week, the Psychosocial Support Team carried out health talks across hospital departments and clinics:

- Tuesday, 7th October: Mental health education at the Hypertensive and Diabetes Clinics, followed by a live radio discussion on Kaakyire FM, Berekum.
- Wednesday, 8th October: Psychotherapy sessions at the Maternity and Surgical Wards, reaching over 50 patients.
- Thursday, 9th October: Health education and ward-based psychotherapy sessions continued, focusing on alleviating anxiety and promoting well-being.



- Friday, 10th October: The climax event was held at the hospital chapel, featuring a keynote presentation on the global theme by Mr. Felix Ackah Bofo, Nurse Manager of the Psychosocial Support Unit, with participation from management, staff, and community members.

The celebration concluded with a community durbar at Kato, including a house-to-house mental health awareness campaign, live radio discussions, and free health screenings for blood glucose, HIV, and blood pressure. Food and refreshments were shared with members of the community, including some mentally challenged individuals, bringing smiles and warmth to many faces.

The Unit recommends collaboration with local media and community stakeholders in future events to expand reach and impact. Efforts will also focus on securing sponsorship to sustain and grow this important initiative.



SAFECARE INTERNATIONAL ASSESSORS' VISITS HOLY FAMILY CATHOLIC HOSPITAL:

A Step Forward in Quality Healthcare Improvement



Holy Family Hospital recently had the honour of hosting a delegation from SafeCare International, a globally recognized organization dedicated to improving quality and safety standards in healthcare facilities across low- and middle-income countries. The visit marked an important milestone in the hospital's ongoing journey toward excellence in healthcare delivery. The team from SafeCare Netherlands toured various departments of

the hospital including the Outpatient Department (OPD), Maternity Unit, Laboratory, Pharmacy, and In-Patient Wards. The purpose of the visit was to assess the hospital's adherence to internationally recognized healthcare standards, offer guidance on quality improvement measures, and explore opportunities for continued collaboration. During the visit, SafeCare representatives commended the hospital's management and staff for their dedication to patient safety, infection prevention, and continuous improvement. They highlighted the hospital's efforts in maintaining high standards despite resource challenges and encouraged the team to continue building a culture of quality and accountability.

As part of the engagement, SafeCare International provided feedback and recommendations focusing on areas such as data management, patient flow optimization, staff training, equipment maintenance, and environmental safety. These recommendations will feed into the hospital's Quality Improvement Plan (QIP) for 2025.

GALLERY:

SPECIAL MASS CELEBRATION FOR 2025 RETIREES





GALLERY

PINK OCTOBER CELEBRATION



Holy Family Catholic Hospital in the Berekum East Municipality of the Bono Region has held its 2025 Research Symposium aimed at strengthening research within clinical practice and improving healthcare delivery at the facility.

The event, held under the theme “Advancing Healthcare Through Research: From Discovery to Delivery,” highlighted the hospital’s commitment to integrating evidence-based research into its clinical operations. The hospital’s newly established research center—managed by a 13-member committee and the first of its kind in the region—will collaborate with partner institutions to promote research across the healthcare value chain.

Speaking at the symposium, the Bono Regional Deputy Director of Clinical Care, Dr. Kwabena Kumi, praised the hospital’s management for taking the bold step to establish a research office. He emphasized that global healthcare is shifting toward evidence-based discovery and urged the team to work diligently to achieve the research center’s long-term objectives.

Hospital Administrator, Rev. Sister Rena V. John, noted that research provides a platform for exchanging ideas in both science and service. She reiterated the hospital’s commitment to transforming data into meaningful impact, adding that every unit of the hospital would be supported to identify and research key issues to improve service delivery for the people of Berekum.

The Medical Director, Dr. Frank Enoch Gyamfi, revealed that the hospital aims to transition from solely clinical treatment to a research-driven approach. He explained that the facility had not fully utilized the data it gathered over the years, and the new research center would help turn clinical data into actionable insights. He called for stakeholder collaboration, emphasizing that effective research demands substantial support and resources. He added that departments across the hospital had been prepared to integrate research into their operations.

ADVANCING HEALTHCARE THROUGH RESEARCH: FROM DISCOVERY TO DELIVERY”



The Vice-Chancellor of the University of Energy and Natural Resources (UENR), Prof. Elvis Asare-Bediako, called for increased funding to support the hospital's research initiatives. He assured the gathering that UENR would partner with the hospital, stressing the transformative impact that research can have on healthcare outcomes.

Several distinguished guests graced the event, including Dr. Kwabena Kumi of the Bono Regional Health Directorate; Prof. Napoleon Bellua Sam, Head of Medical Research and Innovation at UDS; Nana Akua Gyasi-Duku (Mrs), Deputy Manager of NIHR GSU, Ghana Hub; and Dr. Yaw Aniweh, Senior Research Fellow and Principal Investigator at WACCBIP, University of Ghana. Attendees encouraged the research team to continue motivating staff and fostering an environment that supports innovation as the hospital charts this new path.



GALLERY:

PREMATURITY MONTH CELEBRATION



Some moments in life remind us that paying attention can change everything. For me, one such moment came in October 2025, when an email landed in one of the hospital's dormant email accounts, a mailbox long unused for official communications. Most would have overlooked it. I didn't. It was short, polite, and unassuming message and it reads:

"To Whom It May Concern,

Is there a way that I can donate to Holy Family Catholic Hospital, Berekum through a registered charity in the USA?

Thank you.

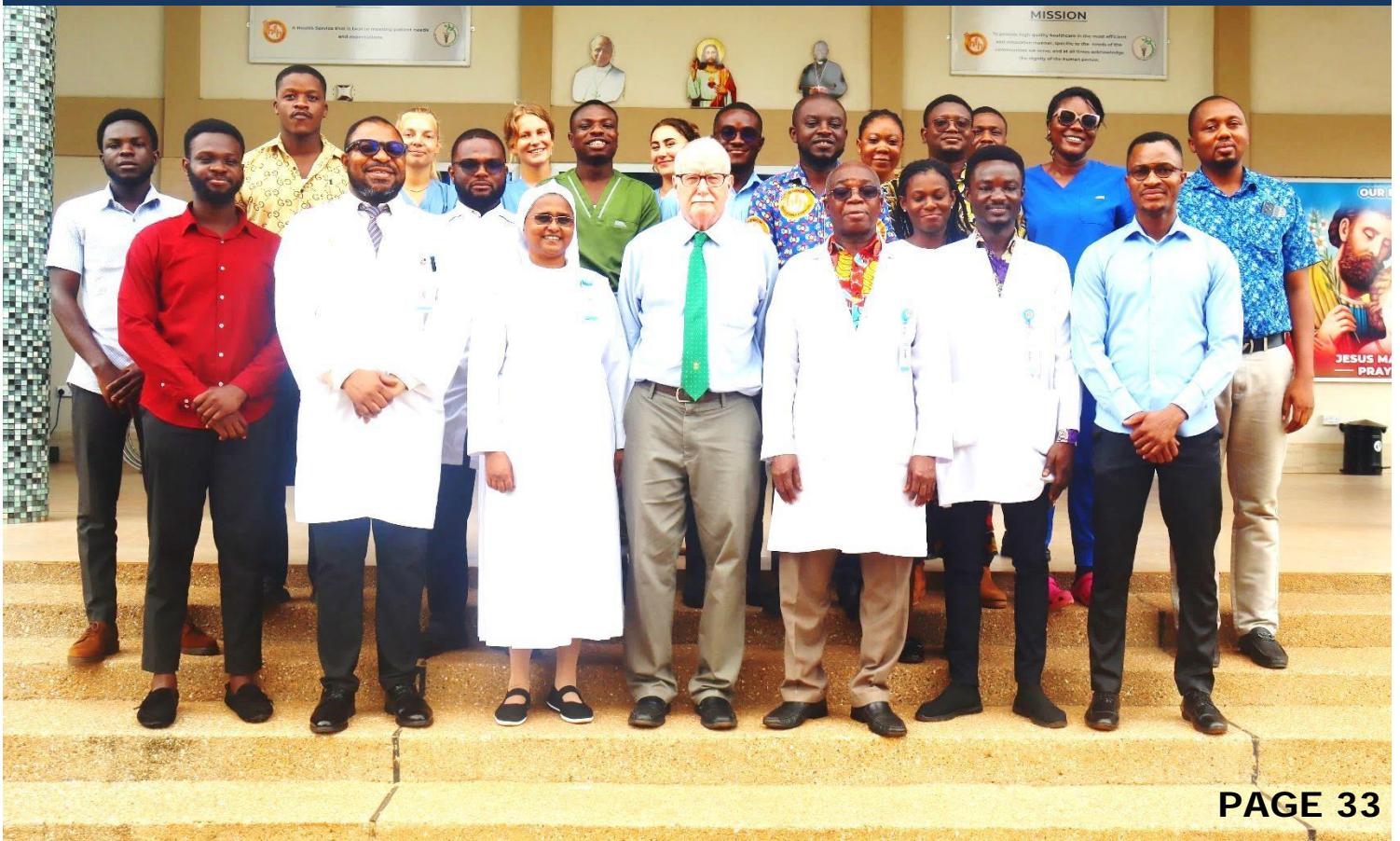
Sincerely,

Dr. Charles Mock"

At that moment, I had no idea who Dr. Mock really was. Out of curiosity and knowing how important it is to notice every message; I opened it and forwarded it to our Hospital Administrator, Sr. Reena V. John. That small, mindful action set in motion a story that reminded all of us how attention can change lives.

Within days, Sr. Reena provided guidance on a U.S.-registered partner organization that could safely channel donations to the hospital. True to his word, Dr. Mock wired \$5,000 USD

WHEN ONE EMAIL AND 36 YEARS OF MEMORY COLLIDED: PROF. DR. CHARLES MOCK'S HOMECOMING TO HOLY FAMILY HOSPITAL, BEREKUM.





designated for Holy Family Catholic Hospital. Without that initial email being read and without that small act of attention, his generosity might never have reached us.

In early November, Dr. Mock shared that he would be in Ghana and hoped to visit Berekum briefly on 10–11 November. Rev. Sr. Reena V. John welcomed him warmly through e-mail.

On 11 November 2025, Prof. Dr. Mock stepped through the hospital gates once more not as a young surgeon reporting for duty, but as a mentor, friend, and witness to the hospital's journey. He first met with Sr. Reena, and their conversation was full of warmth, shared memories, and gratitude. His presence radiated humility and kindness, and it was clear that the hospital had left an enduring mark on him, just as he had left on us. He then spent time with our medical staff. Despite being retired, his energy and wisdom captivated the younger clinicians. He spoke candidly about patient-centred care, the evolution of surgical practice, and the responsibility of young doctors and nurses to build on the foundations laid before them. For many of our junior staff, it was a rare and inspiring moment learning directly from someone who had walked the same corridors decades earlier.

One of the highlights of the day was his meeting with Dr. Frank E. Gyamfi, our Medical Director. Dr. Mock was impressed with the transformation and resilience of Holy Family Catholic Hospital, Berekum. He used the opportunity to recommend the hospital to colleagues, friends, and anyone who would listen. Together, they recorded video sessions, capturing reflections, mentorship, and the continuity of care that binds past and present generations.

Only later did we learn that this was no ordinary visitor: he was a retired surgeon, a globally respected leader, and someone whose connection with the hospital dated back to 1989. Prof. Dr. Charles N. Mock is a Professor in the Department of Surgery at the University of Washington and the Global Injury Section Head at Harborview Injury Prevention and Research Centre.

He also holds positions in Global Health, Epidemiology, and Paediatrics. Over decades, he has shaped global surgery, injury prevention, and trauma care initiatives, working with the World Health Organization, The Lancet Commission on Global Surgery, and The World Bank. He has mentored dozens of clinicians and researchers around the world, including in Ghana, Peru, India, Nepal, and Vietnam.

This story carries a lesson beyond generosity and mentorship: the extraordinary impact of paying attention. Had Dr. Mock's initial email gone unread, or not been forwarded to the administrator by me, his donation, his visit, and the inspiration he brought might never have unfolded.

The message I want to carry across is that in a hospital, attention is not just about procedures; it is about people, opportunities, and timely action. Small, mindful acts can spark



outcomes. As I reflected upon that visit, I understood a truth we often overlook: ***great stories don't always start with big decisions, they start with paying attention. One email. One moment. One action. And everything changes.***

Dr. Mock's 2025 visit was more than a homecoming; it was a living testament to enduring relationships, mentorship, and commitment to healthcare excellence. Staff, trainees, and administrators were reminded that a hospital's legacy is written not in walls or equipment, but in the people who dedicate their hearts, skills, and attention to its mission. Dedication leaves legacies that span generations. Trust and goodwill extend across borders. Mentorship and generosity are as essential as clinical skill. And paying careful attention can transform ordinary moments into extraordinary impact.

Some connections never fade; they grow stronger over time. Prof. Dr. Charles N. Mock's story at Holy Family Catholic Hospital proves that truth; a story of commitment, care, and the enduring power of human connection.



GALLERY

NINE LESSONS & CAROLS SERVICE







GALLERY

HOLY FAMILY FEAST DAY



EDITORIAL BOARD

**DR. FRANK
ENOCK GYAMFI**
[Chief Editor]



**DR. DE-GRAFT
MANU**
[Ass. Chief Editor]



John Sabi
Editor



Tibangnaa Peter
Member



Joseph Asumah
Member



Francisca Mensah
Member



Josephine Obour
Member



Irene Yeboah
Member

