Edition #33

April 2026

>>>NEWSLETTER<<<

MMTHC NEWS

**Mt. Meru Tumaini Health Clinic &
Ndoombo Community Foundation**



Photo by Aaron Johnson

TOP NEWS OF THE QUARTER

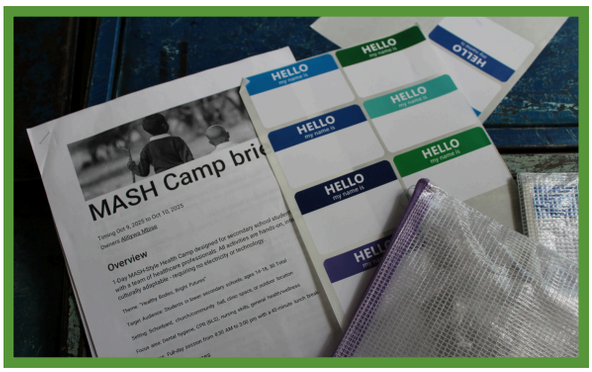


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READER MESSAGE <<<

Spring has come, bringing with it vibrant blooms and the anticipation of rain. While warmer weather approaches for the US, Arusha transitions into its rainy season. Seasons encourage both growth and introspection, but for those suffering from allergies, they often lead to sneezing and discomfort. A visit to the doctor might be necessary, and we stand ready to support the Ndoombo community during this season. We are grateful for the opportunity to support!



FOUR YEARS LATER

REFLECTIONS ON A TRANSFORMATIVE JOURNEY TO TANZANIA

Written by Barbara Kendall

>>> FOUR YEARS AGO

Four years ago, I decided to take my granddaughter to witness firsthand another part of the world. From the moment we stepped off the plane, I was overwhelmed by the fact that we all share the same planet, have the same basic needs, and how we in the United States take what we have for granted.



Barb Kendall with granddaughter Shelby

At the time of the trip, Shelby was 14 years old and was willing to take a 2-week trip halfway around the world with her grandmother. I felt proud that she was open to learning about a different culture. Seeing the experience through her eyes and her acceptance of a land so foreign to us was worth the 20-hour flight.

Shelby and I spent most of our trip immersed in the culture of life on the slopes of Mt. Meru. My first impression was of the people. We were welcomed and made to feel comfortable in this environment. Spending time reflecting on rural Tanzania and comparing it to life in the United States highlights how differently communities can live while still sharing many of the same human values. There is a sense of patience and flexibility in how the day unfolds. In the United States, time is usually measured more strictly by clocks, appointments, and deadlines, creating a faster and sometimes more stressful pace.



Presenting shut-ins in the village with famine relief food

>>> LIFE ON THE MOUNTAIN

In rural Tanzania, daily life revolves around community, family, and the rhythms of nature. People tend to know their neighbors well, and cooperation is an important part of everyday life. Tasks such as farming, gathering water, cooking, and caring for animals are often shared among family members. Shelby and I witnessed this firsthand. Social connections are highly visible throughout the day.

Resources and infrastructure also shape cultural experiences. Access to electricity, running water, healthcare, and education is generally more widespread in the United States, which influences lifestyles and opportunities.

Although people may have limited material resources, the strength of social networks and traditions plays a vital role in supporting community life. We experienced moments without electricity, yet found joy in life devoid of television and the digital connections we often deem essential. There is a remarkable sense of patience and adaptability in how the day unfolds. Villagers engage with one another daily, embracing each moment with a positive outlook.

In contrast, American life tends to be more individualistic, structured around schedules, technology, and work outside the home. Many individuals depend heavily on cars, digital communication, and rapid routines. While communities do exist in the U.S., interactions with neighbors occur less frequently compared to those in rural Tanzanian villages, where daily activities naturally foster connections.



THE DAILY WALK TO THE DISPENSARY



SHELBY AND THE CAT



FAMINE RELIEF VISIT

Despite these differences, both cultures share important similarities. Families care deeply for one another, people celebrate milestones and traditions, and communities come together in times of need. Reflecting on both cultures shows that while lifestyles and structures may differ, many fundamental values-connection, resilience, and generosity-are universal.

This trip allowed me to see firsthand what we fail to appreciate from endless choices of food, clean water at a touch of a button, great healthcare, and the opportunity for numerous educational opportunities. I appreciated the less stressful lifestyle and the generosity of the people of Mt. Meru. My background is healthcare and a passion for health equity and social justice. This trip opened my eyes to the fact that it is our responsibility to improve global health. To that end, I invite you to join me in raising awareness and providing financial support to ensure the continued operation of Mt. Meru Tumaini Health Clinic and the Ndoombo Community Dispensary, which serves as a vital resource for this rural region located on the slopes of Mt. Meru. **I am committed to matching donations dollar for dollar, up to $20,000, to help build long-term sustainability and ensure high-quality health care continues to be delivered.** Traveling to Africa is difficult for some, but being physically immersed in the culture and seeing the beauty of the country is the best way to experience this life changing place.

Reflection by Shelby Brooks



When the plane touched down in Tanzania, I didn't feel a huge change just yet. I was insanely tired, for one. I didn't know if it was early in the morning or the middle of the night. Exaudh, my grandma, and I had been traveling for a full day. We didn't end up arriving in Nboombo until the next afternoon, and I think that is when it really began for me.

The clinic --as well as Exaudh's house, where we stayed for most of our visit-- was located a little ways up Mt. Meru, a beautiful mountain located in the Northern part of Tanzania. We drove up dirt roads that gave us an "African massage," which became a popular phrase between my grandma and I during our trip.

I don't remember the exact order of these events, but they were some of the most impactful for me.

We spent a day at the dispensary and I helped build a small shelf. I had experience building things from working in the construction crew for theater. Even though it was just a shelf, it was really exciting to help out in a way that I could. I wasn't a retired nurse like my grandma, and I couldn't speak a word of Swahili to any of the patients. I was a 14 year old girl who had no idea what she was doing there, but who knew she wanted to help in any way she could.

I met numerous women who kept the clinic running, and I quickly realized that this initiative is mostly driven by women. I was inspired to see all of these strong women, some with a college degrees, some with years of practical experiences, all from different walks of life, yet all working together to provide healthcare services to their community.

I saw monkeys swinging around in the trees outside of Exaudh's home. We visited a local market in Arusha where I bought pumpkin seeds which later gave me food poisoning. I met a number of Exaudh's siblings who spoke to me in English because they knew that was all I understood.

Visiting Tanzania for these 2 weeks gave me this new perspective that I brought into high school and beyond. I was able to meet all of these beautiful, amazing people who didn't care what language I spoke or what I looked like. They just wanted to form a connection with me.

The work that the Mt. Meru Tumani Health Clinic is an integral part of their community. Healthcare is scarce on the mountain, but absolutely vital. Supporting them means helping out no matter if you have healthcare skills or speak Swahili. It means progress.

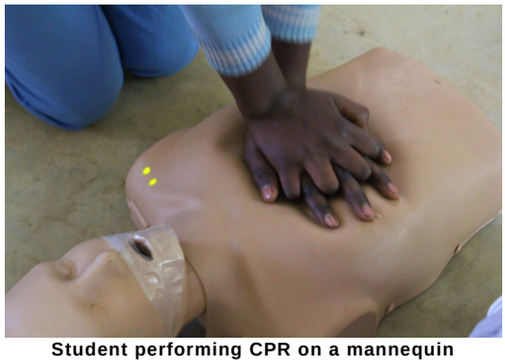








Students at Mfulony secondary school with nurses during MASH Camp Day



Student performing CPR on a mannequin



Dr. Polite teaching a group of students about dental health



Suturing skills session with medical director Dr. Hilty



Nurse Marsellina in a school classroom doing outreach on the HPV vaccine

EDUCATION FORWARD

Written by Aliliywa Mbise

On the slopes of Mount Meru, where volcanic earth meets open sky, and communities are bound together by resilience and hope, something powerful is taking root. At the Ndoombo Community Dispensary (Tanzanian NGO), in partnership with The Mt. Meru Tumaini Health Clinic (US non-profit), we are witnessing firsthand the transformative power of education in global health - and why it matters so deeply.

When people think of global health, they often picture medicines, equipment, or short-term clinics. Sometimes, even the antiquated mission trips, the 2-week volunteer groups that come in and go out and don't necessarily leave anything for long-term sustainability. These are only part of the story and part of its history. The deeper, more lasting change comes through education. Education equips local healthcare workers with knowledge that cannot be depleted, skills that continue to grow, and confidence that strengthens entire systems of care.

In Ndoombo, where access to consistent medical resources has long been limited, education is not an extra-it is the foundation. Through ongoing learning opportunities with local Tanzanian staff, we are investing in the people who are already serving their communities every single day. Each training, each shared skill, becomes a multiplier. A nurse trained in updated protocols doesn't just treat one patient differently-she changes outcomes for hundreds. A clinician who gains confidence in diagnosis or treatment becomes a steady, trusted presence for an entire community. But this work does not stop within clinic walls. It extends outward- into schools, into homes, and into everyday life.

For over twenty years, our organization has been committed to organizing service trips that emphasize the importance of bidirectional education. These initiatives are crucial because they not only provide local staff with valuable training from experienced and qualified providers but also offer U.S.-based providers a unique opportunity to immerse themselves in global health challenges, understand tropical medicine, and learn about healthcare practices in resource-limited settings.

This exchange of knowledge and experiences is vital for bridging gaps in healthcare, fostering mutual understanding, and building a more informed, compassionate world. Education empowers individuals and communities, enabling them to make informed decisions, innovate solutions, and improve their quality of life. By investing in education, we are investing in the future, nurturing leaders who will drive positive change and address global challenges with empathy and expertise.

Through community screening events, we have provided blood pressure and glucose checks, helping identify silent conditions like hypertension and diabetes before they become life-threatening. These simple interventions, paired with education, empower individuals to understand their health and take action earlier than ever before.

Most recently, we hosted a two-day health camp for secondary school students - an investment in the next generation. Together, we explored topics critical to their stage of life: first aid, nutrition, mental health, anatomy, and CPR. These young people didn't just listen - they engaged, practiced, and left with knowledge that can protect their own lives and the lives of those around them. Education at this level plants seeds of awareness, responsibility, and possibility.

In classrooms across the community, we continue to lead discussions on essential public health topics and topics encouraged by the ministry of health supporting their initiatives in the community, including topics like the importance of the HPV vaccine. These conversations are about more than information - they are about breaking down barriers, addressing fears, and building trust. They are about giving families the tools to make informed decisions that can prevent disease and save lives.

This is why education initiatives in global health matter. They are sustainable. They are empowering. They create change that does not fade when a program ends or a team returns home. Instead, they grow - carried forward by the very people they are designed to serve.

What makes this work even more meaningful is that it is happening in a place often overlooked. Few organizations are working in this area, with this kind of intentional, education-first focus. And yet, that is precisely why it matters. Where there are gaps, there is also opportunity - the opportunity to build something lasting, to partner deeply, and to support a community in shaping its own future.

We believe we are called to this work - not because it is easy, but because it is necessary. Because every individual, no matter how remote their home, deserves access to informed, compassionate care. Because knowledge is one of the most powerful tools we can share. And because the true measure of impact is not what we do for a moment, but what continues for generations.

Here, on the slopes of Mount Meru, that impact is already unfolding - one lesson, one conversation, one life at a time.



Explaining a diagnosis to a parent



Blood Pressure screenings held at church



Working with a group of students at MASH Camp Day



Learning the process for well child checks at NCD



Collaboration on phlebotomy



WHAT'S THE NEWS?

We have had a good start to the year! There have been transitions and optimism looking forward. We have had very generous donations from readers like you that have kept our doors open to serve the Ndoombo community. Asante sana!

Key Updates

- A new mailing address: **PO Box 100104, Cudahy, WI 53110**
- Extremely grateful to our partners at Vision Health International for facilitating another vision trip to Ndoombo in October. We are happy to welcome their team back for the 3rd year! We also look forward to welcoming medical volunteers for another service trip near the same time in October.
- There have been staff transitions: we are onboarding the new clinical officer Ally Hemedi and our probationary lab tech Yacintah has signed on with us as a permanent member of staff. Karibu (welcome)!
- Organizational improvements have been a significant focus. You may remember the pharmacy inventory initiative launched in 2023 with Dr. Hilty, which is now fully operational. Tumaini, the pharmacy technician, has been doing an outstanding job managing medication flow. Additionally, Dr. Valerie and Nurse Marselina have revamped patient records by creating a new filing system for all medical records in October.
- There is continued work with the team to enhance laboratory services at the dispensary and broaden on-site offerings.
- We want to express our deepest gratitude to the US-based board members who work tirelessly to support and fundraise for the Ndoombo Community Foundation. This dedication continues to make a meaningful difference in so many lives. This year, we say a heartfelt farewell to longtime board member Joy Webb, who served with compassion and commitment for five years. Her contributions have left a lasting impact—bringing reliable solar power to the community, supporting education for board members, and providing essential resources for famine relief and daily operations. Words cannot fully capture our appreciation for all she has given or the countless lives she has touched. We are profoundly thankful for her service, and for the continued support and generosity of all our board members over the years.







CURRENT PROJECTS

Project #1

We need you-or maybe someone you know!

MMTHC is looking for dedicated individuals to join our small working board and help guide our organization's impact. If you have experience in finance, accounting, marketing, or nonprofit management, your skills can make a real and immediate difference. As a hands-on board, we actively collaborate on strategy, financial stewardship, and growing our reach in the community. We'd love for you to bring your time, insight, and heart to help shape what comes next.

Visit **www.mmthc.org** under **"Volunteer Leadership"** to get more information!

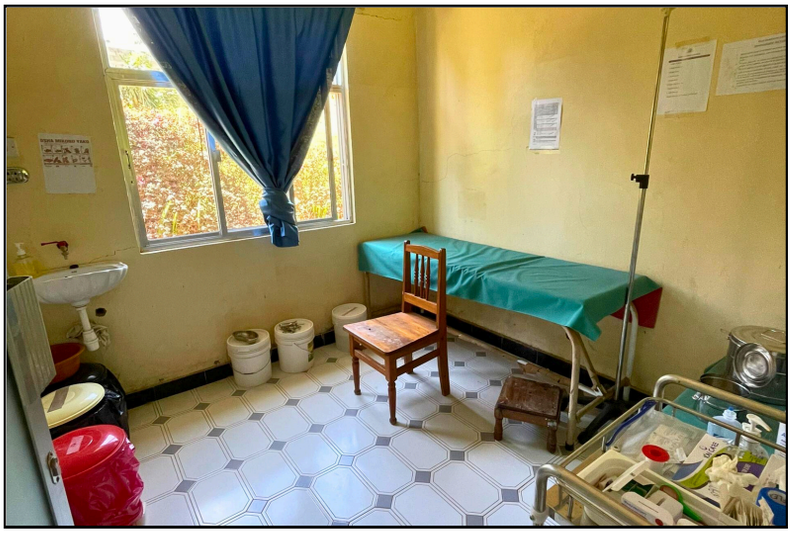


CONSIDER SUPPORTING GENERAL OPERATIONS. YOUR SUPPORT MAKES SURE WE CONTINUE TO KEEP THE DISPENSARY RUNNING AND THAT HELP IS THERE WHEREVER AND WHENEVER IT'S NEEDED.

Project #2

The Wound Care Room urgently needs repairs. Your donation can transform this vital space where individuals receive essential care and comfort. Help make this space more efficient and effective.

We're aiming to raise $10,000 for wall repairs, paint, staff roller chair, bedside supply stand, IV pole, wound care instruments, supplies, shelving, and a sterilizer. A renovated room equipped with the latest technology will enhance patient care. If you wish to designate your donation to a specific project, please indicate this when giving.



Every contribution, large or small, makes a difference. Your generosity can profoundly impact many lives please consider donating today!

CURRENT WOUND CARE ROOM

Recent updates include:

- new exam table top cover & supplies table cover
- deep clean of supplies
- deep clean of room
- organized supplies & equiptment

MT. MERU TUMAINI HEALTH CLINIC
Ndoombo, Tanzania

Money isn't the only donation we accept. If you are interested in volunteering for events, contact us on social media, our website or via email.

LETS GET SOCIAL

Follow us on:

Mt. Meru Tumaini Health Clinic

@mmthclinic

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WAYS TO GIVE

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By mail: PO Box 100104
Cudahy, WI 53110

www.mmthc.org

If you are interested in service trip opportunities, fill out our application online. Trips occur annually with an **estimated** cost of $4,000 including airfare.



PARTNERSHIPS:

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MT. MERU TUMAINI HEALTH CLINIC
Ndoombo, Tanzania

CONTACT US:

Mail: Mt. Meru Tumaini Health Clinic, Inc.
PO Box 100104
Cudahy, WI 53110
Email: mmthclinic@gmail.com
Website: mmthc.org

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