



### Our Mission

Mt. Meru Tumaini Health Clinic is dedicated to providing quality health care, community development, and educational programs for the people of the Mt. Meru region of Tanzania.

## A Bright & Healthy Future by Diane Thompson

This year we were able to purchase and distribute 260 SunKing Eco solar lamps to students and teachers at the local elementary school. Each family, with a student in standard (grade) 1 through 6, received a lamp. Since there were enough lamps remaining after the children received their lamps, the additional lights were given to the teachers to help them with their lesson planning. This was an unexpected surprise since we were unsure if we were going to have enough lamps for each family.

After the children received their lamps, Exaudh Mbise explained to the children how to use the lamps. They were entranced with his demonstration as he showed them how to plug in the solar panel, how to take care of their new light (with a quick demonstration of its durability), and the many uses of the lamp. In addition, he explained the health and safety benefits of not having to use Kero-



Above: Diane & Christopher Thompson, Trip Participants.  
Lower Left: Children with their new solar lights.



sene lamps while they study.

Next, a student representative stood up in front of the entire assembly and gave a powerful and moving speech. She thanked and praised God for all the good that has come to them. She thanked us and everyone back at home on behalf of the school. She also wished for health and blessings for all of those who have helped them.

Finally, the students raised up their new lamps and began singing and dancing in a joyous celebration!

## Another Effective Connection Made By Carol Thompson

Mt. Meru Tumaini Health Clinic, by the grace of God, not only impacts the community in Ndoombo Village in Tanzania, but also those of us who have the privilege to see the every-day life trials that these children of God experience. Here is my story.

A mama carrying her child wrapped in a kanga on her back, sat on the bench at the Mt. Meru Tumaini Health Clinic waiting with hope to get help for her son. Through Alex, our interpreter, the mama revealed that her 5-year-old son couldn't walk or talk. As she unwrapped him we saw a very thin, frightened child the size of a 2 year old, limply held in his mother's arms. Dr. Valerie McKinnis diagnosed him with cerebral palsy and malnutrition. Other than suggestions on what foods would be most nourishing and easiest to swallow, there was nothing else we could do for him at the clinic. Mama's response was one of denial and despair.

Due to the taboo attached to mental disabilities, disabled children are often hidden from view and their families are shunned from society. My heart hurt for this woman and her son, the only help I knew to give was to pray for them and put them in God's hands.

That evening while eating our dinner at Kigongoni Resort, Zander the owner stopped to chat and make us feel welcome. Being as this was our 2<sup>nd</sup> trip to Tanzania and we had stayed at this resort before, we felt some attachment and asked a lot of questions regarding Kigongoni and his involvement. Zander's response was that though his family owned and managed the resort, their real passion was the Sibusiso Foundation. This foundation teaches mentally disabled children in Tanzania to discover and develop their potential and to facilitate their integration into society. What was most startling to us was Sibusiso was located adjacent to the resort! Now I really listened to what the foundation was offering and how it may help the Mama and son we had just met that day!

We toured the Sibusiso grounds and discovered that children with mental and associated physical disabilities are brought to the foundation along with their mamas for a 3 month stay. During this time the child's needs are assessed and goals are developed. Mothers are taught how to work with their child



*Above: Dr. Valerie McKinnis holding the child who is being helped as a result of Carol Thompson's work at the Clinic.*

and are motivated to make small changes that can bring about great improvements. The Sibusiso Foundation has a comprehensive program that reaches into the community to improve the home situation of these children and their families.

Of course, we got the contact information for mama and her son and gave it to the social worker from Sibusiso, who promised to reach out to this family. Through God's wonderful love this perfect timing occurred. The Mt. Meru Tumaini Health Clinic staff will be checking with the Sibusiso Foundation to see if this mama responded, and we trust that God is working in their lives. This foundation is now a valuable resource and potential partner for Mt. Meru Tumaini Health Clinic to use for the families in the Mt. Meru region.

Sibusiso means "blessing". Please pray that this "blessing from God" continues to reach these vulnerable children and families in Tanzania. And pray that the "hope" of Tumaini will also continue to impact the lives of all those with whom we serve and work.

## Seeing Quality for Myself by Dr. Christopher Thompson

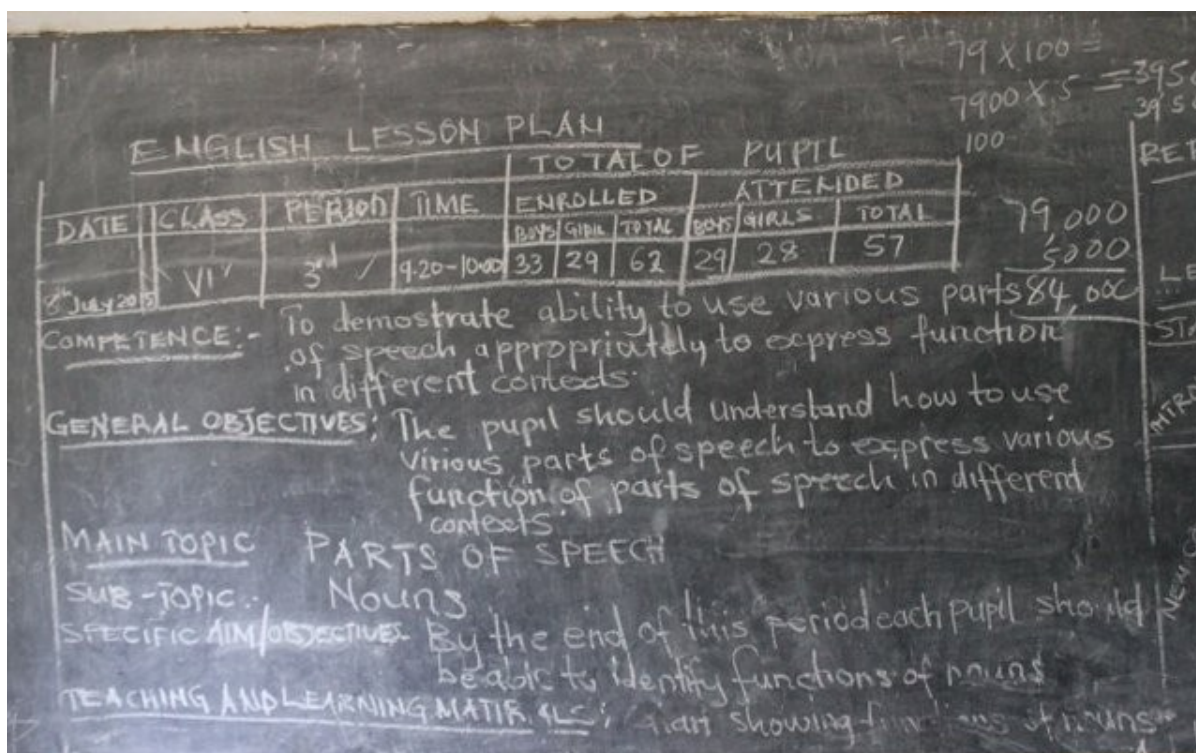
The Mt. Meru Tumaini Health Clinic provides foundational strength for the Ndoombo community. Just as dependable health care makes a community stronger, so does a quality educational system. However, I never suspected that I would have to travel halfway around the world to Tanzania to see such purposeful teacher practice that strongly impacts overall quality.

As the Curriculum and Instruction Director for Racine Unified School District, it is my everyday responsibility to provide a standards-based instructional framework, research-proven classroom resources, and meaningful teacher professional development. Much of that training supports stronger lesson planning using a Backwards Design model. Thus, you can imagine my surprise to walk into the Teacher's Planning Room at the elementary/middle school in Ndoombo to see a perfectly designed lesson plan displayed on the chalkboard. Not only was the plan aligned to the core instructional standards for Tanzania (similar to our Common Core), but it had measurable objectives and detailed ex-

planations for both the teacher and student actions throughout the lesson. I would have been ecstatic for my teachers in Racine to have created this fantastic plan. Even more so, I would have reveled had my Racine teachers created this plan as a team collaborating as a professional learning community. Instead, I had to travel to Tanzania to experience this type of elation and view this strong, highly constructed instructional plan. Seeing this lesson plan gave me hope for the students in Ndoombo and the community served by the Mt. Meru Tumaini Health Clinic.

Hope is a crucial component toward creating a sustainable future. I have hope for the Ndoombo community because I know that their students have quality teachers - teachers that know how to create quality instructional learning experiences for their children. The United States-based Center for Public Education (2005) tells us that "a highly effective teacher...is one whose students show the most gains from one year to the next," and "the effect that good

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Above: Typical lesson plan that a Tanzanian teacher prepares on the Chalkboard.

## Business Beginnings for Chicken Owners by Denise Mbise

This year the Board of Directors in Tanzania for the Tumaini Clinic decided to implement a new entrepreneurial endeavor with the chicken distribution.

In past years we have purchased chickens and given one male and one female to families most in need. This year the Tanzanian board decided to kick-start 5 small businesses with the 100 chickens we purchased with your food donations. Five people who have the knowledge to raise chickens were selected and each given 20 chickens. One of the recipients was Rosifina, the Tumaini Clinic's grounds keeper. The goal is to take these initial 20 chickens and raise at least 40-60 more chickens. Then, the initial owner would give 20 of these chickens to another person, one selected by the Board, so that this person could also start a business. Subsequent owners will do the same. This will eventually empower many people in Ndoombo to have a small business raising chickens and selling eggs. This will allow them to help feed their families as well as raise funds for school fees and supplies, building and upgrading housing, taking care of elderly parents and of course purchasing food, clothing and medical care for the family. This is a much more sustainable endeavor.

We thank the Board in Tanzania for their idea and their commitment to the well-being of the people of Ndoombo. We look forward to continue working together and creating new ways to help families become more self-sustaining.



## A Humbling Adventure by Sarah Maisano

In August, I had the privilege to accompany my aunt and uncle, Greg and Carol Thompson, to the village of Ndoombo. This was my first trip to Tanzania, and I absolutely loved every minute of it. After hearing about my family's experiences from a few years ago, I imagined myself going to Ndoombo. I knew this mission trip was the next adventure for me. I enjoy helping people, and I do it every day as a medical assistant in Michigan. I knew I could offer my knowledge and aid at Mt. Meru Tumaini Health Clinic. Once in Ndoombo, it felt like someone pressed the *play* button; we were always busy meeting and helping the people of Ndoombo. I spent my days helping Dr. Valerie McKinnis and Nurse Carol Thompson, assisting Alex Thompson with his blood pressure case study, and organizing the medications and medical supplies. I was amazed by the number of patients helped each day. And the following day, it seemed like more patients were waiting at the gate. The patients were all so appreciative of the work we did. Their smiles and "thank you's" brighten every minute and made each day at the clinic a blessing for all of us.



*Left: Chicken donations that create sustainable life for Tanzanians.*

*Above: Sarah Maisano and Alex Thompson taking a break from their mission duties.*

## Pictures of Renovations for “Maternity Ward” by Jodie Larson



As part of our 2015 Mission trip, we installed partitions and a locked medicine cabinet, which were required after an inspection by the Ministry of Health. This inspection was part of a lengthy process the clinic has been going through in order to obtain a license to deliver babies. This license requirement is the result of a new law to reduce the number of people who don't know their birthdate. In the past, Romini has been able to deliver babies at the clinic. But when this new law came into effect, this service to the people of Mt Meru stopped. Since then, any deliveries have been occurring in the homes of the people of Mt Meru, at times without the assistance of Romini. Or, pregnant mothers have had to travel down to Arusha to a hospital. As you can imagine, this has increased the risks related to deliveries.



We are in the final stages of obtaining this license. At the time of printing this newsletter, we are hoping and praying that we are able to obtain this license within the next few weeks.

### Trip Project—Work on New Building

In our new building this year, we closed up the space between the walls and the roof. This space was creating problems because it was allowing wasps to enter and make huge nests in the building. Now that those spaces have been closed up we can use the building for storage until the Tanzanian Board determines the best use of the space.

*Pictures of new partitions & a locked medicine cabinet for Maternity Ward*



## Other Pictures from the August Trip



## Donations for Educational Needs by Diane Thompson

Three years ago, I heard of a teenage boy being thrust into manhood before his time. Both of his parents had passed away and his grandfather was elderly. He had a strong desire to attend school and he was not going to let his present situation stop him. Each morning before school, he would collect eggs from his chickens and other area farmers and walk them to town where he would sell them. Then he would walk back to the village where he would attend school for the rest of the day.

Day in and day out, this is how he supported himself and his schooling. This year, his grandfather died, taking another blow at this resilient scholar. Hearing that he was still maintaining the same routine and continued to have the desire to stay in school, the Mount Meru Tumaini Health Clinic inquired from the school if the student needed financial assistance. Indeed he did. Even though he was selling eggs, it was not enough to cover his living and school expenses.

Once the word got out that a scholarship was needed for this student, a generous benefactor quickly offered to pay his tuition for two years. The day that we were to leave Tanzania, Exaudh and I went to the school to pay the tuition bill. School was still in session as we sat in the office and changed this boy's life. He had a fresh start, a clean slate. As we left the school, I remember looking back and asked Exaudh if the student had any idea that his debt had been paid off. He responded, "Nope." Grins crept across our faces as we continued to walk down the path away from the school.



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teachers have on (positive) student outcomes is stronger for poor...than affluent students, although all groups benefit from effective teachers." The children in Ndoombo may be poor, yet they are going to show those great gains (in student outcome) partly because of their highly-effective teachers. If the teachers in Ndoombo are using these highly structured design practices to construct meaningful lessons, I am fervent in my belief that they will make these great gains. It seems only logical that we continue providing the school with instructional resources that support the strong teaching. Our financial aide will make the high impact we desire for the community served by the Mt. Meru Tumaini Health Clinic.

Dependable health care and strong public education are two partner components that should increase community sustainability. I can attest that our financial support for

both components will help increase the quality of life in Ndoombo.

*Below: Some of the trip participants  
Front Row: Abby, Josie & Natalie McKinnis  
Back Row: Darren McKinnis, Jenna McKinnis, Exaudh Mbise,  
Diane & Chris Thompson*



## Blood Pressure Study by Alex Thompson

This year, I joined my mom and dad on the mission trip to Tanzania. I have been fortunate to travel all over the world, but this was a very important trip for me and for the people of Ndoombo. I was able to combine my required science project for my freshman year of high school and cover the need of a blood pressure screening in the surrounding villages. The clinic board and past participants believed that a blood pressure screening was important because of the amount of people who were dying of unexplained sudden deaths.

Before we left for Tanzania, I teleconferenced with Dr. Valerie McKinnis and found out what data we would need to collect from each person. We decided that we would need to take their blood pressures, heights, weights, ages, what village they lived in, and if they had any previous health history. I created the form that we would use and also passed the NIH "Protecting Human Research Parti-

If a person had high blood pressure, they were seen by the doctor and were tested another two times on different days to see if the results were the same. If they still had high blood pressure, they were prescribed medicine to help them control their blood pressure. The records will also be kept at the clinic for the patient's history.

Now that I am back in school, I am in the process of entering and analyzing the data. I am hoping that our hard work will improve the lives of the people of Ndoombo and the surrounding areas.

## Do you Remember Joshua?

He was blind. Last year through connections with Dr. Valerie McKinnis and generous contributions from donors, Joshua was able to have a tissue transplant on one eye. He can now see out of that eye. As he waits for a few months while that one eye heals, they will operate on the second eye. Joshua is thrilled to have gained his life back. He can go to school and looks forward to be employed in the future.



Left: Sarah Maisano checking the blood pressure of a participant in the Blood pressure study overseen by Alex Thompson.

pant" training course.

Once we got to Tanzania, I worked with Kenna, a fellow high school student, to collect the necessary data before we passed that information on to the medical professionals from Colorado, Michigan, and Tanzania. At the end of the two weeks, we took the blood pressures of almost 150 people.



Above: Dr. Valerie McKinnis and Joshua

## Latest Financial Report—Ways to support MMTHC

**Beginning Balance as of July 1, 2014** \$ 15,256

**Revenues:**

Designated Contributions	\$ 19,695	
Non-Designated Contributions	<u>\$ 17,840</u>	
<b>Total Revenues</b>		<b>\$ 37,535</b>

**Program Expenses:**

Fundraising Expenses	\$ 228
Clinic Employee Salaries	\$ 5,520
Electric Expenses	\$ 700
Pharmacy Expenses	\$ 1,500
Vehicle Maintenance Expenses	\$ 500
Shipping Expenses	\$ 287
Library Project Expenses	\$ 1,000
Eye Surgery for Joshua Expenses	\$ 2,645
Equipment (Apex Finder) Expenses	\$ 518
Well Maintenance Expenses	\$ 200
Building Renovation Expenses	\$ 3,500
Food Purchases for Distribution	<u>\$ 12,500</u>
<b>Total Program Expenses</b>	<b>\$ 29,098</b>

**Management Expenses**

Printing & Postage Expenses	\$ 670
Supplies Expenses	\$ 348
Professional Fees	\$ 1,900
Other Miscellaneous Expenses	<u>\$ 150</u>
<b>Total Management Expenses</b>	<b>\$ 3,068</b>
<b>Total Expenses for the Year:</b>	<b><u>\$ 32,166</u></b>
<b>Income less Expenses:</b>	<b><u>\$ 5,369</u></b>

**Ending Balance as of June 30, 2015 (before 2015 trip)** **\$ 20,625**

### -Coming in 2016 -

### “A Mile in Their Shoes Walk”

This is an athletic event where you will learn what it is like to live as a Tanzanian on Mt. Meru.

If you are interested in helping with, or supporting the event, please contact

**Diane Thompson at:**

**djthompson27@gmail.com**

### Do you use Amazon?

Go to <https://smile.amazon.com/>

Amazon will automatically give .5% of eligible purchases to our organization upon your designation of MMTHC.

### Wish List Items—We accept donations of the following items:

- Bulk Bottles of Ibuprofen, Tylenol & Benadryl in tablet form; adult and children's formula (not expired)
- Triple-antibiotic, Anti-fungal, Arthritic, Hydrocortisone & Benadryl creams/ointments (not expired)
- Suture material with cutting needles, 4/0, 5/0
- Flashlights, headlamps and related batteries (new)
- Reading glasses (cheaters +1.0 to +2.5), Sunglasses
- Pencils, scissors, erasers, protractors, compasses, rulers (with metric), colored pencils (supports local school)

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## Contact Us:

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3500 Washington Avenue  
Racine, WI 53405

Phone: 262-930-8267  
Email: thc@att.net

Donations can also be made via the web at  
[www.mmthc.org](http://www.mmthc.org) using PayPal/credit card or  
by mailing to the above address.

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