



**MT.  
MERU  
TUMAINI  
HEALTH CLINIC**  
Ndoombo, Tanzania

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.

**“Mission Accomplished! Thank You!”**

The renovated and reconstructed second building is finished! This building will house a birthing center, vaccination center and space for education classes. See Christopher’s article on page 3 for more detailed information.

There are overnight rooms for mothers and babies. Bathroom and shower facilities also.

Both buildings are now powered by solar panels!

THANK YOU FOR MAKING THIS A REALITY!



2017 Mission Trip Participants



Solar panels installed on the current building and connected to the new building

## “Upgrades”



Eunice Mbise and Casey Schumann work on an electronic patient record for the dispensary.

Right: Water tank tower in process.

Below is a picture of the current water tank tower (foreground) that will be connected to the upper tower being constructed.



Here you can see the new rail on the veranda as well as the steps and ramp at the dispensary entrance.



## “Finishing Touches”

We still need to finish the retaining wall and rebuild the water towers to accommodate the two buildings.

**We need to raise \$3,000.00 to finish this outside project** - please consider a generous donation towards these two crucial projects to finish off the property and make it functional for receiving patients.



This recent picture shows the retaining wall between the two buildings and the partially built water tower on the right.

## “Next Steps”

The MMTHC board at its October meeting determined that along with our TREGOE priorities we need to work with the Board and staff at the Dispensary in Tanzania to determine clearly our next steps. (see page 3)

Exaudh and Denise Mbise and Dr. Valerie McKinnis will be traveling to Ndoombo in January/February of 2018 for the purpose of meeting extensively with the Tanzanian Board and the Dispensary staff to discuss goals for the next 3-5 years. This will help the MMTHC board in the U.S. determine fundraising needs and goals that will enable the expanded Dispensary to get up and running within the next year. We have the new building and dependable power—now we need to make it all work.

A special thank you to the Our Savior’s Foundation/Racine Community Foundation who helped make this assessment trip a reality.

## “Focusing for Our Future” by Christopher Thompson, Ed. D.

In March 2017, the MMTHC Board in the U.S. participated in a TREGOE Decision Analysis to objectively determine our focus for the next three to five years. The process helped us determine, in order of priority, the following items/initiatives (this is not to say that one item has greater value than another - it is just our priority ordering for the next three to five years):

1. Expanding Dispensary Services: Pre-Natal, Birthing, and Well Baby/Mother Care
2. Developing the new building
3. Expanding Dispensary Services: Preventative Health Care
4. Expanding Dispensary Services: Immunizations
5. Adding Solar Panels for Electricity on the current and the new building
6. Expanding Dispensary Services: Disease Management (including HIV/AIDS)
7. Partnering with other Non-Government Organizations (NGOs)
8. Developing new wells
9. Providing solar lights for families
10. Expanding health education for children

MMTHC has completed construction on its second building (phase one of item #2) in the Ndoombo community on the slopes of Mt. Meru. The additional building space will provide much needed pre-natal, birthing and maternity services (well baby/well mother) as well as laboratory testing and treatment for community members infected with HIV, Malaria and other illnesses. Likewise, the Dispensary buildings have been outfitted with solar panels that will provide a much needed and dependable electrical source (item #6). Now that the space is available, we need to outfit it with appropriate clinic furniture (phase two of item #2) and medical instruments for treatment that addresses many other priorities (items #1, 3, 4, and 6). Much of our fundraising effort that goes beyond regular expenses throughout the next year will focus on that supportive infrastructure.

The last four items on the priority list speak to both the long-term future for the Dispensary as well as community well-being/preventative health. The Dispensary will benefit from linking up with other Arusha community-based Non-government Organizations (NGO) so that

the Dispensary can partner in providing local services and benefit from each organization's strengths so as to not unnecessarily duplicate those provided (item #6). Partnering with NGOs also supports our Tanzania community outreach goals for preventative health education for children (item #10). Diane Thompson, Judy Amundsen and Exaudh Mbise began making these connections with other groups such as the Arusha Lions Club and Sibusiso (serving children with disabilities) when they visited Ndoombo in August 2017. Finally, we will continue to seek new clean water source opportunities and the continuation of providing solar lights to local families through the school (items #8 and 9).

**The second development phase for the new building will require \$7,000.00 for medical furniture, such as beds, exam tables, birthing beds, lockable medication cabinets, refrigerator, monitoring instruments, and laboratory and medical testing equipment. We will also need benches for the waiting area and tables, chairs and shelving for the education rooms. Donor support will be crucial as we move forward to fulfill Mt. Meru Tumaini Health Clinic's mission for improving the quality of life for the people of the Mount Meru region of Tanzania.**

Finally, Dispensary maintenance - both in terms of the physical facility as well as medical equipment housed there—has an ongoing cost that is often overlooked. Please consider donating funds that can be used to maintain the Dispensary's physical plant, medical instruments and staffing levels. We address these items annually using non-designated funds; however, having funds focused on this ongoing requirement will allow the MMTHC Board to designate funding toward other priorities.

New stairs/ramp enabling passage from the Dispensary campus entrance to the new building.



## “Lab Services Up and Running” by Dr. Jill Hilty

As you know, there are many rules to live by when providing medical care but some of the most important are:

- 1) First and foremost- do no harm
  - 2) know what you are treating
  - 3) don't test if it isn't going to change the care provided.
- With rapidly changing medical technology, it is becoming easier and easier to obtain medical information from a finger stick, urine test, breath test, stool test, and saliva test. These "Point of Care" tests are now done at the bedside (so to speak- rather than off in a lab far away) and obtaining the results may only take minutes to hours.

The full extent of lab services at the Mt. Meru Hope Dispensary at this point in time consists of testing for: Malaria, pregnancy, Strep throat, Helicobacter Pylori, random blood sugar, urine and hemoglobin. This helps evaluate fever, sore throat, blood sugar disorders, ulcers and bleeding. The hemoglobin testing will become more important as the dispensary begins to care for obstetrical patients. The microscope we brought on this recent trip, can be used to diagnose fungal infections, urinary tract infections, some STD's, some skin infections (such as scabies), etc. It will also be useful when providing obstetrical care, as it can help determine if a woman's "water has broken" in early labor or after abdominal trauma. (Amniotic fluid is easy to identify using a microscope.)



Dr. Jill Hilty uses the new microscope she brought for the dispensary on the 2017 mission trip.

Many patients have stated that they have been diagnosed with ulcers and come requesting ulcer treatment. We don't know if they are dealing with reflux or with ulcers unless we know that they have been tested for

H Pylori. True gastric ulcer disease is related to infection with the bacterium H. Pylori. If the patient is H. Pylori negative, then they can be safely treated for reflux symptoms. If positive, they can be treated accordingly. Also, the dispensary now has vaginal speculums and a fetal doppler.

Part of the goal with testing patients for bacterial vs viral infection is to know what treatment is appropriate. The majority of febrile illnesses are caused by a virus or viruses. Giving patients antibiotics inappropriately is the primary cause of our current health crisis regarding "super bugs". Knowing when to use antibiotics is essential in combating this epidemic. The other problem with antibiotics is that they themselves can cause serious and sometimes fatal consequences. One should only take antibiotics knowing that there are underlying risks and consequences to be considered.

There are new tests coming onto the market every month and the cost of testing continues to plummet. There is an urine test now that will analyze one sample for Gonorrhea, Chlamydia, and Syphilis. This would be invaluable to have. The one test of utmost importance, however, is Hemoglobin A1C. It is the only way to truly manage a patient with diabetes. This is available via a handheld analyzer for about \$800 and less than 50 cents per test. It would revolutionize the care that Romini can provide to the patients with diabetes. And, unfortunately, the number of diabetics in Ndoombo continues to rise.

We are happy to have been able to provide these basic Point of Care testing services for Romini and Dr. Polite to utilize. As the Dispensary expands its services there will be more to do, but for now we have a good base from which to work. Thank you for your support of the Mt. Meru Hope Dispensary/Mt. Meru Tumaini Health Clinic and please consider continued support as we expand our services.



Romini and Dr. Jill set up the microscope and centrifuge.

## “Hearing Testing at the Clinic” by Judy Amundsen

As a retired speech pathologist, I was excited to offer hearing testing for the first time at the Mt. Meru Hope Dispensary. Through the generous contributions of many donors I was able to raise the funds needed to purchase a battery-operated audiometer so that screening could be done with villagers, with a focus on local elementary school students. I was able to test 219 people, mainly elementary students, but also adults who had heard about the hearing testing and showed up at the Dispensary.



Judy tests a student at the Dispensary

Once hearing loss was identified, Dr. Jill Hilty was able to examine patients to make sure there wasn't a medical reason for the loss. But eight elementary students did need a referral to an Ear-Nose-Throat (ENT) specialist, along with audiological follow-up. Seven adults also needed an ENT referral, while 59 students were recommended for a re-check of hearing in one year. Despite the need for ENT and Audiology follow-up, at present there is only one ENT located at the Kilimanjaro Christian Hospital and no audiologist in the area. It is difficult for the villagers to travel to this hospital and many cannot afford to pay for these medical expenses. In an effort to find partners to help with these services, Exaudh, Darren McKinnis, Diane Thompson and I met with the Arusha Lions Club to explore the possibility of a partnership.

Meeting with the Arusha Lion's Club



With the help of Dr. Polite Mbise as interpreter, I was able to educate the adults with hearing loss and work on strategies to help them in their daily life. I was also able to give an in-service to the elementary school teachers about hearing loss, the need for preferential seating and the need for referral to medical specialists.



Romini trains on how to use the audiometer

Before I left for home, I was able to train Nurse/Midwife Romini Mbise on how to use the audiometer and how to interpret the results. Romini will continue with hearing screening in the future. Until we have partnerships and connections with hearing services, awareness and daily living strategies can help many with hearing loss increase their quality of life. Our work back here in the U.S. will be to recruit medical professionals who can work with villagers identified with hearing loss.



Dr. Jill Hilty rules out medical sources of hearing loss.

# Hike for Hope a Success—They made it to the top of Mt. Meru!!



The climbing crew is ready to go!  
Hike for Hope



Exauidh Mbise, McKinnis family, Jill Hilty and Diane Thompson



First overnight stop on the way.



# Hike for Hope—Helped us reach our goal of \$30,000.00



# Visit to Sibusiso, Working with Children with Disabilities.



Working with NGO's to enhance the services we can offer at Mt. Meru Hope Dispensary.



General Manager Anna Mollel and Director Sander Hammer.



# “Benefit Concert was a Success”

Thank you to Living Faith Lutheran Church in Racine, Wisconsin for the use of their sanctuary for our June 2017 Benefit Concert. We raised \$7,000.00 at the concert that helped with our goal of \$30,000.00 to build the new building and install solar panels.

Zachary Scot Johnson opened our concert—follow his Song a Day Project on YouTube:

<https://www.youtube.com/user/thesongadayproject>

A huge thank you to all our incredibly talented performers who donated their time to benefit Mt. Meru Tumaini Health Clinic/Mt. Meru Hope Dispensary!!



A huge thank you to all our incredibly talented performers who donated their time to benefit Mt. Meru Tumaini Health Clinic/Mt. Meru Hope Dispensary!!



Judy Amundsen leads the audience in a closing song.



New Board member Aliliywa Mbise was one of our emcee’s for the evening.



This concert was funded by 3 Thrivent Action Grants.



## “School Visits”



Shirley Blegen, Lindsey Smith, Casey Schumann and Judy Amundsen visit the Ndoombo Elementary School where the solar lamps are still in use by students and their families. Also the shelving and desks from previous mission trip projects are being used well.



Shirley Blegen, Lindsey Smith and Casey Schumann visit the Ndoombo Secondary School



## Financial Report for 2016-2017 Fiscal Year

Beginning Balance as of July 1, 2016      \$21,872.12

**Revenues:**

Designated Contributions      \$31,513.31

Non-Designated Contributions      \$ 20,132.41

**Total Revenues**      **\$51,645.72**

**Program Expenses:**

Dispensary Employee Salaries      \$7,860.00

Electric Expenses      \$875.00

Pharmacy Expenses      \$1,500.00

Vehicle Maintenance Expenses      \$1,422.00

Clinic Maintenance      \$1,314.75

Famine Relief      \$12,500.00

Solar Lamps      \$2,500.00

Medical Equipment      \$350.00

School – Shelving/ desks      \$3,462.50

Eye Surgery      \$1,500.00

Property Renovations      \$17,258.25

Water Tank Purchase      \$2,537.50

**Total Program Expenses**      **\$53,080.00**

**Management Expenses**

Printing & Postage Expenses      \$851.46

Professional Fees      \$500.00

Banking & Organizational fees      \$614.62

Travel Expenses for Mission Trip Leader      \$1,762.36

**Total Management Expenses**      **\$3,728.44**

Total Expenses for the Year:      \$56,808.44

Income less Expenses:      -\$5162.72

**Ending Balance:**

**June 30, 2017 (before 2017 trip)**      **\$16,709.40**



Shirley Blegen helps out at the dispensary.



Diane Thompson helps whitewash the new building.



Original building with new solar panels installed and new building in the background.

**Find us on**

Facebook @ Mt. Meru Tumaini Health Clinic

Instagram: @tumainihealthclinic

www.mmthc.org

**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 Mount Meru Tumaini Health Clinic.



*Christmas Boutique Sale and Cookie Walk*

*African crafts and much more*

*Saturday, December 9*

*9am-12noon*

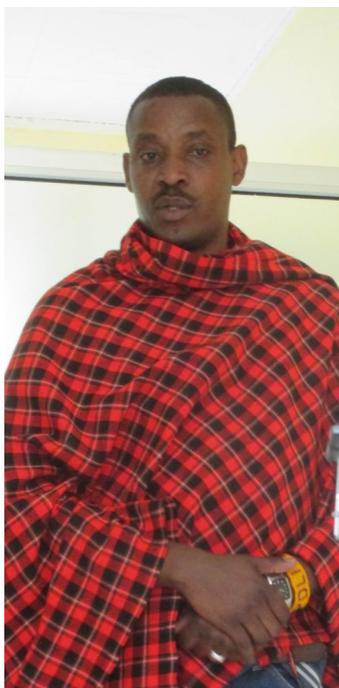
*Living Faith Lutheran Church*

*2915 Wright Ave.*

*Racine, WI*

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

- Bulk Bottles of Ibuprofen, Tylenol & Benadryl in tablet form; adult and children’s oral suspension (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
- Ace bandages



**Dispensary Staff:**

Far left: Dr. Polite Mbise, Dentist

Left: Nurse/Midwife Romini Mbise

---

**Contact Us:**

---

Mount Meru Tumaini Health Clinic  
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.

---

**Board of Directors:**

---

Rev. Denise Mbise, President  
Diane Thompson, Vice-President  
Elaine Lucht, Secretary  
Jodie Larson, Co-Treasurer  
Christopher Thompson, EdD, Co-Treasurer  
Exaudh Mbise, Liaison to Tanzania Board  
Barb Elmer, RN  
Jill Wanggaard, RN, MSP, FNP  
Judy Amundsen, SLP, MS-CCC  
Valerie McKinnis, MD  
Aliliywa Mbise

Mailing Address Line 1

Mailing Address Line 2

Mailing Address Line 3

Mailing Address Line 4

Mailing Address Line 5