



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.

“Teaching CPR to High School Students” by Aliliywa Mbise

There is a certain calm that people get, knowing they have tools to save people's lives. If you're in an emergency, you know what to do and it really empowers people into taking charge of their own lives. As a nursing student, health promotion is a big part of my job. I didn't know what I could bring to the Ndoombo Community Dispensary that has been running for the last 16 years. Then Dr. Jill Hilty had the amazing idea to have Margaret Mbise and me teach a CPR class. With the lack of ambulances and close emergency medical facilities, CPR can be the difference between life and death. And as people going into the medical field we were very excited for this opportunity, so of course, we said yes!

We opened up our class to 25 high school students and planned to teach adult and baby CPR. The day of our class, I was a bit nervous, pacing around, making sure everything was in its spot and ready to go. Once the students arrived it was time to put the game face on. Dr. Hilty, Margaret and I were the instructors, taking turns on explaining each step of CPR. Exaudh was kind enough to translate in Kiswahili to make sure that everything was understood. We started with explaining what CPR was, when to use it and demonstrated how to perform it on an adult. The kids had a fun time trying it out themselves on the mannequins. They were shocked as to how hard they needed to push on the chest for a proper compression, but they all did

Exaudh Mbise
Translates



such a good job. Then we all came back together after splitting up into groups and did CPR and practiced getting something out of the throat of the baby. In a culture where siblings are very involved with the care for their younger siblings, this proved to be very helpful. As each student demonstrated the skill it was so heart warming to watch them take such care for the doll, a student even kissed it as she passed it on to the next student.

Aliliywa Demonstrates



As we ended for the day, we had a little talk back and asked the students if this class was helpful and useful. The students were all in agreement that they liked it and felt comfortable with the techniques we gave them. As the students filed out, their teacher came up to us and praised the heck out of our class. He wanted us to take it on the road and come do more classes at the school. As new teachers, that was exactly the praise we needed.

Margaret and I hope that we can get permanent mannequins for the Ndoombo Community Dispensary and continue with several classes during our trip in 2019. It's a wonderful feeling knowing we bring something that will help the community and our excitement to



Dr. Jill Hilty watches as a student
tries it out.

"Teaching CPR" Cont'd.

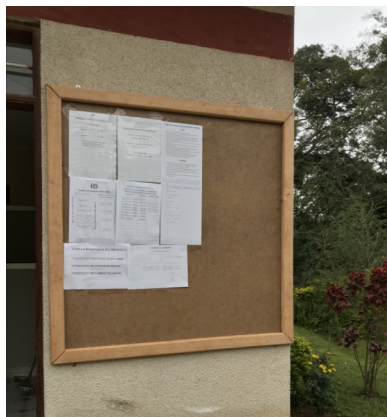
continue is a driving force to keep learning and improving our knowledge. To conclude, I would like to thank anyone who helped contribute to the 2018 mission trip, you really do help make a difference. I hope the classes continue to be as helpful as the first.

Blessings xo

Aliliywa Mbise



Margaret Mbise demonstrates on a baby mannequin.



New Notice Board

Outside the Ndoombo Community Dispensary providing services and fee information.

Pictures from the Tanzania Dinner Fundraiser in June 2018 at Living Faith Lutheran Church in Racine, WI

Exaudh Cooks Dinner

Barb Sells Tickets



Thank You!!

We

Raised

\$8,671.00!!

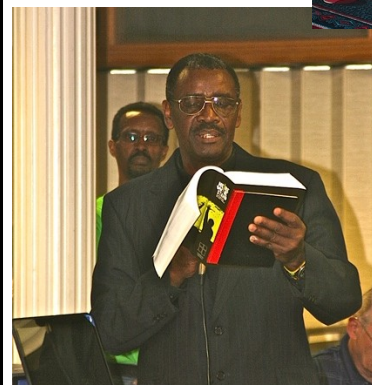


Enjoying the feast



Eric was our bar keeper.

Rev. Silas shares the impact of this work on the people of Ndoombo, Tanzania



The boutique



“October 2018 Goal Setting and Team Building” By Dr. Christopher Thompson

At our October 2018 board meeting, we gathered together for a morning retreat and took part in two team building activities. Team Building helps an organization's leadership learn how to capitalize on each person's strengths with the goal of growing its capacity to engage change or address greater tasks than previously challenged.

The first activity was called *Points of the Compass*. This team-builder activity is similar to the *Myers-Briggs Personality Inventory*. It “uses a set of preferences which relate not to individual but to group behaviors, helping us to understand how preferences affect our group work” (National School Reform Faculty). Through knowing each board member's preferences, we can place a board member with each preference or strength on a project. It affords our board the means for forward planning.

The second activity we undertook was the *Constructivist Protocol for Adult Work*. This activity provided our board a deeper understanding of how our members perceive doing their best work. By growing an awareness of what we identify as our best (work), we more consciously provide for ourselves what is needed to support clinic-sponsored projects.

Finally, we revisited the goals/funding priorities established two years ago. Much has changed for the Clinic since we focused our effort on erecting a second building. We had achieved that which had been a dream: onsite birthing. And with our new designation as a Dispensary our goals needed updating to reflect our present priorities.

In addition to continuing our work supporting prenatal, birthing and well-baby/well-mother services, our **top tier priorities** included expanding preventative health care and disease management (i.e. high blood pressure and HIV treatment).

Our **second tier priorities** include: expanding immunization services, partnering with other non-government organizations (NGOs), continued development of our new building including outfitting with furniture and equipment; and expanding health care education for children.

The Board determined that the following priorities fit into a **third tier**: expanding hearing screening services, adding (more) solar panels to our building(s), and developing new wells in the village.

We believe that a health care first drive garners our foremost consideration. We want our generous donors to know

that we also value improving education outcomes and famine relief initiatives through food and chicken distribution; providing local schools with facility upgrades including furniture, textbooks, and supplies; and providing student/families with solar lights. However, the Clinic was founded under a goal of providing the Ndoombo community with quality medical service and that for the time being, remains our primary goal.

First Baby Born in the New Building



Aliliywa and Exaudh Mbise visited the family whose baby was the first born in our new maternity building. Living Faith Lutheran Church in Racine, WI provided layettes for the babies and Aliliywa was able to present one to mom and baby.

Congratulations!!

Financial Report for 2017-2018 Fiscal Year

Beginning Balance as of July 1, 2017 **\$16,709.40**

Revenues:

Designated Contributions \$19,187.01

Non-Designated Contributions from fundraising \$9,906.38

Non-Designated Contributions \$ 19,807.37

Total Revenues **\$48,900.76**

Dispensary Expenses:

Dispensary Employee Salaries \$6,305.00

Electric utility Expenses \$481.00

Pharmacy Expenses \$1,500.00

Vehicle Maintenance Expenses \$1,100.00

Clinic Maintenance \$990.00

Printing of forms \$188.58

Medical Equipment \$958.00

Furnishings \$4,375.00

Mission Project Expenses

Property Renovations \$13,655.00

Scholarship \$1,000.00

Mission Trip Expenses \$1,144.00

Administrative Expenses

Organizational Fees \$309.00

Wire Transfer Fees \$235.00

Professional Fees \$862.70

Fundraising Expenses \$1 933.26

Travel Expenses \$1,622.98

PayPal Expenses \$15.50

Printing and Postage \$467.88

Total Expenses for the Year:

\$37,152.90

Income less Expenses: \$11,747.86

Ending Balance: June 30, 2018 (before 2018 trip)

\$28,457/26

2019 Assessment Trip

We are very happy to announce that the Our Savior's Lutheran Church Foundation (Part of the Racine Community Foundation) has again supplied a \$2,000.00 grant to cover costs for Denise Mbise to return to Tanzania in January to assess the work at the new building. Denise and Exaudh will be going in January 2019 to see how the maternity, immunization and education programs are going. We will also be talking with community leaders to assess how we might best get the word out about our dispensary and what we offer. This will help us boost our capacity and serve as many people as are in need of health-care in the area. We also plan to check on the 2 wells and the water system. A meeting with the Tanzanian Board of Directors is also on the itinerary. Also, we will evaluate needs for a 2020 summer work crew mission trip.

Again, thank you for the continued support of the Our Savior's Lutheran Church Foundation.

“Electronic Filing and Reporting Systems Being Implemented”

The Tanzanian Ministry of Health is now requiring an electronic filing system. This system was put into place on the last two mission trips. Neema, Romini and Dr. Jill Hilty are seen here using this system to record patient visits and records. These statistics are then sent to the Ministry of Health. The last item we need to make this all run smoothly is a new iPad.

A new iPad would cost \$329.00. Please consider a donation toward this need.



Take a Look at Our New Website!

Speaking of technology, our new website for Mt. Meru Tumaini Health Clinic is up and running. Volunteers Chuck Glover, Judy Amundsen and Exaudh Mbise deserve a BIG ‘*Asante Sana*’ (Thank you very much) for making this website a reality! We hope you will take advantage of the site and enjoy the many new program summaries and image galleries. Our team has learned a great deal about the new website tools, and are excited to actively maintain the site with important news of our dispensary. Your input is welcome, so we encourage you to browse around and check out our new site at www.mmthc.org. Site visitors can provide comments through the ‘Contact Us’ page. We look forward to hearing from you!

“Raising Awareness of Services” by Jill Hilty and Denise Mbise

it is always the desire of health care providers to educate their patients regarding disease prevention. As we all know, preventing illness is always easier than treating it. With the new birthing center at Ndoombo Community Dispensary came the availability of a room large enough to do group classes. The 2018 CPR class was a huge success but this was just the tip of the iceberg regarding health education possibilities. The local community would welcome information regarding prevention and treatment for a wide variety of common ailments such as hypertension, diabetes, gastric ulcers, malaria, HIV, urinary tract infections, newborn care and the list goes on. It is now possible to combine health awareness education with the promotion of the medical services that the dispensary has to offer.

What tests are currently available: blood glucose, H. Pylori, urine pregnancy test, urine analysis, hemoglobin, malaria test (MRDT), rapid HIV, skin smear, strep test.

Wish list tests: syphilis, typhoid, and brucella

At this time, the most urgent needs for the lab include a syphilis test and a test for typhoid fever. The cost of these have come down significantly and their accuracy has improved. All expectant mothers and fathers are required to have HIV and syphilis screening as a part of prenatal care. Currently the Ministry of Health in Tanzania is providing the HIV test kits. The symptoms of syphilis can mimic many diseases, so proper diagnosis is critical in its early stages. This highly infectious disease can cause irreversible damage to the brain, nerves, and body tissues. It can be fatal to an unborn fetus and this is why prenatal screening lab work includes a test for syphilis.

The goal is to have these 2 new services up and running in the lab by early 2019.

Currently the dispensary offers a variety of basic point of care lab tests and services. We need to get the word out so that our capacity for patients grows. We are currently seeing an increase in births—as I write this 2 babies have been born in the last 24 hours. This is what we were created for and this is what we are doing! With the CPR

classes in the community for the coming year we will also be able to make the community aware of the services that the dispensary has.

During our January trip we hope to meet with local church and village leaders as well as the Tanzanian Board of Directors to strategize about ways to raise awareness of what we offer and how we can best serve the people of Ndoombo. Thank you for your continued support!



Above: student nurses Margaret Mbise and Aliliywa Mbise assess a patient.

Below: Neema (nurse) and Polite (dentist) work with the Ministry of Health to implement the immunization program at the dispensary





Dr. Jill Hilty supervises student nurses

Margaret Mbise and Aliliya Mbise

Get your MMTHC t-shirt or sweatshirt!

Contact:

denisemhmbise@gmail.com



\$15.00 plus shipping
for t-shirts.

\$25.00 plus shipping
for sweatshirts.

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.

To date we have received \$107.31

Thank you!

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

- iPad for reporting to the Ministry of Health
- Rapid tests for Thyphoid, Syphilis and Brucella
- 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

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 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