



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.

“Water Upgrades” by Denise and Exaudh Mbise

We are excited to be the recipients of a generous gift that has made a huge difference for the Ndoombo Community on Mt. Meru in Tanzania.

Former MMTHC board members Joannie and Warren Williams, members of Holy Communion Lutheran Church in Racine, WI, thought of the Ndoombo Community Dispensary as a recipient for their congregation's focus on a water project. Back in early 2020, Mt. Meru Tumaini Health Clinic was pleased to receive Holy Communion Lutheran Church's gift of \$4,800.00 to continue bringing safe, clean drinking and cooking water to the people of the Ndoombo area. However, due to the COVID-19 pandemic this project was delayed until recently. Exaudh Mbise was finally able to travel to Tanzania in February of 2021 to implement these projects.

The first project was to replace the deteriorating pump at the dispensary campus. People were noticing that the water was dirty and contained particles that turned out to be from the deteriorating mechanism that brings the water to the surface. Exaudh was able to have the pipes replaced with PVC and the other elements replaced with stainless steel. This should provide long lasting access to clean water for those who live around the dispensary.

The second project was to replace the hand pump further up the mountain in Ndoombo M——— with an electric pump and spigot. Just like what is at the dispensary campus. Along with this upgrade two water tanks were installed so they could be filled by the electric pump. Now people can come and fill their buckets from the spigot and access clean safe water for their families.

The generosity of Holy Communion Lutheran Church has enabled MMTHC and the Ndoombo Community Dispensary

to continue making a positive impact on the lives of those living in the Ndoombo area. Thank You!

(More pictures of the projects on the next page.)

We have a new address!

1708 Lakeview Ave.

South Milwaukee, WI 53172

Pastor Denise Mbise began serving Trinity Lutheran Church in South Milwaukee in 2018 and she and Exaudh have now moved -the MMTHC office has moved with them.





“New Clinical Officer”

Gerry, our Clinical Officer at the Ndoombo Community Dispensary has taken another job at a local hospital. But he was very helpful in searching for his own replacement. Godwin Wilson Meena. The MMTHC Board recommended that during Exaudh's visit he meet with Godwin and have him begin working on a probationary basis until Dr. Jill Hilty can come and conduct a working interview.

Godwin was trained at the Machame Health Training Institute and graduated in 2020. He volunteered at St. Elizabeth Hospital in Arusha upon graduation and comes highly recommended by his supervisors at St. Elizabeth. We look forward to Dr. Jill's time working with Godwin and the staff. Welcome Godwin!



Clinical Officer Godwin Wilson Meena

“Providing PPE”

We are also pleased to have received a \$3,000.00 grant from the Our Savior's Foundation through the Racine Community Fund. This grant will provide PPE (Personal Protective Equipment) and basic pharmaceutical supplies that will allow the Ndoombo Community Dispensary staff to continue its vital work during this COVID-19 pandemic. Ndoombo has not been spared from this disease. The need for PPE and medications to treat symptoms are needed. Keeping the dispensary staff safe is vital to continuing care for the people of Ndoombo.



Nurse Romini Mbise, Clinical Officer Godwin Meena, and Nurse Neema Kaaya

“2021 Food Relief”

Due to the devastation of COVID-19 on Tanzania's economy, many of the people of Ndoombo have no income. This comes from the sudden and devastating drop in tourism to Tanzania. Tourism is Tanzania's number one industry and employer. Due to the global pandemic many who worked for tour companies and in tourist hotels and restaurants and shops have lost their jobs. Many in the villages sold supplies to the tourist hotels and restaurants. This has devastated the economy. We have learned from the dispensary staff that this has also effected the people of Ndoombo who also depend on the tourist industry. Many in Ndoombo are unable to purchase food or purchase supplies to grow food. 2021 is a year in which we need to help out. The MMTHC board, at its January meeting, earmarked \$7500 for famine relief in 2021. We will work with the dispensary staff and the village elders to identify those in greatest need. Your generosity has allowed us to be able to make this decision and provide much needed food. As you can see from our year end financial report for fiscal year 2019-2020 we are in a good position to do this. Again your generosity has made it possible. Thank you from the dispensary staff and all the people of Ndoombo for making a difference in people's lives—especially during this global pandemic.

"Your Gifts Make a Huge Difference!"**By Christopher Thompson, EdD, MMTHC Treasurer**

We are so thankful to you, our donors, for your year end and faithful donations and support of the Ndoombo Community Dispensary. The Mt. Meru Tumaini Health Clinic is dependent upon your giving to maintain the services provided to Ndoombo inhabitants. While some medical supplies come to the clinic from the Tanzanian government, all salaries, operating expenses, and many medicines are funded by your donations. Thus, we are grateful for contributions provided by our donors.

A donation of \$2500 will pay our staff for a quarter.

A donation of \$1125 will supply the pharmacy at the dispensary for 3 months.

A donation of \$1000 will help to maintain the dispensary's Land Rover so patients can be taken to the hospital if necessary.

A donation of \$524 will pay for the electricity needed for a year to supplement our solar panels.

A donation of \$500 will help provide food for those experiencing malnutrition.

We are proud that only 10.8% of our 2020-21 budget is earmarked for overhead/administrative expenses necessary to keep Mt. Meru Tumaini Health Clinic running as an United States non-profit organization. That means that the remaining 89.2% of your donation goes directly toward our work in Tanzania. That is much lower than typical non-profit groups where 15 to 40% of all funds raised go toward overhead/administrative costs.

The Mt. Meru Tumaini Health Clinic is thankful for your continued support and appreciates whatever donation you are able to provide. Know that your gift makes a huge difference at improving the quality of life for people in Ndoombo, Tanzania.

**We Welcome a New Board Member
Joy Webb**

At our October Board Meeting we were pleased to welcome Joy Webb as our newest member of the MMTHC Board of Directors.

Joy brings experience in the area of Public Administration. With a master's in Public Administration from the University of Wisconsin—Parkside, Joy brings her valuable experience to our board. In the course of her career she directed the Racine County Meals on Wheels program and



was administrator at Villa St. Anna serving seniors in the Racine, Wisconsin community.

Joy bring this leadership experience to Living Faith Lutheran Church in Racine where joy is a member and currently serving as Vice-President of the church council.

Welcome to the MMTHC Board, Joy!

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.

Thank you!

“The Impact of Education” by Romini Mbise, Denise and Exauidh Mbise

Dina Moses Kanuya is 67 yrs old. She first came to the Dispensary last January 2020 with a blood pressure reading of 223/109. She was suffering from high blood pressure.



As we have spent time with Dina and gotten to know her life story, we learned about the stressful situation that triggered her high blood pressure. We learned that her situation started getting worse when she found out that her husband had married another wife. He then divided he and Dina's small piece of land and the few animals they had together. He gave the new wife most of what Dina had worked so hard to achieve over the years. She considers herself a widow because she has not seen or

heard from her husband since his marriage to his second wife and the division of their property.

Dina continued to explain that she started to have this high blood pressure years before, and that she had been attending treatment at a local hospital, but she was not improving. The situation with her husband made it worse. She had reached a point where she had given up and decided to stay at home.

After the episode, she decided to do nothing, which means her illness got worse. Her children and neighbors advised her to come to the Ndoombo Community Dispensary. She heeded the advice, and paid Romini a visit at the dispensary one rainy morning. She is so happy that she finally decided to listen, and come to the clinic.

After listening to her and understanding her complaints, we started treatment with medication to stabilize her blood pressure. Then we started to educate her about what blood pressure is, how it can become high and how to control it. We taught her about what to eat and what to avoid, the importance of exercise, and the dangers of using salt with her condition.

She has been coming to the dispensary faithfully every two weeks for medicine and follow ups. As of January 30, 2021, she is happy and her blood pressure is 153/83!

We are encouraged to make this kind of impacts in people's lives. The Ndoombo Community Dispensary's education program helps to improve people's lives in these simple, yet important ways.

The dispensary holds education classes every Thursday evening on various topics: high blood pressure, heart disease, diabetes, etc. The staff also works one-on-one to educate patients about their conditions. One-on-one education is done especially with women about pre and post natal care. While the Tanzania Ministry of health establishes the subjects for education, the dispensary staff creates the content and conducts the classes.

To all our donors—Thank you for your support of the work we do so that people like Dina can have a better

Financial Report for 2019-2020 Fiscal Year

Beginning Balance as of July 1, 2019 \$28,025.43

Revenues:

Designated Contributions \$10,943.30

Non-Designated Contributions/fundraising \$12,790.01

Non-Designated Contributions \$ 15,572.11

Total Revenues \$67,330.85

Dispensary Expenses:

Dispensary Employee Salaries \$10,964.00

Electric utility Expenses \$524.09

Pharmacy Expenses \$5,044.39

Technology Expenses \$124.74

Clinic Maintenance \$779.15

Tanzania Government fees \$1,177.00

Furnishings \$582.62

Mission Project Expenses

Health Education Resources \$629.21

Medical Equipment \$303.91

Administrative Expenses

Organizational Fees \$317.70

Wire Transfer Fees \$250.00

Professional Fees \$550.00

Printing & Postage \$543.69

Fundraising Expenses \$435.57

Travel Expenses \$3,342.64

PayPal Expenses \$5.08

Designated funds distributed \$1,611.45

Total Expenses for the Year:
\$27,185.24

Income less Expenses: \$ 40,145.61

Ending Balance: June 30, 2020 \$40,145.61

**Thank you for your generosity that
allows for sustainability!**

"Giving in Honor or Memory of Loved Ones"

By Diane Thompson

Due to the corona virus, families and friends have had to recreate how to celebrate birthdays, weddings, and holidays. Zoom parties, socially distanced picnics, and people donning their favorite homemade masks have now become the norm. Even what we give as gifts and the way we give them has changed. Brightly wrapped packages with fluffy bows have become rare as Amazon packages and gift cards have become more popular. How have your gift giving traditions evolved during this pandemic?

The Mt. Meru Tumaini Health Clinic has a creative way to transform your gift-giving experience.

Instead of buying your friend the item they will use for their next white elephant party, make a donation to MMTHC in their honor. Who really wants a chia pet? That's so 1980's.

How many neckties does your 80 year old grandfather really need? A donation in his honor could help an 80 year old babu with pneumonia and will put a smile on your grandfather's face.

A one-year-old girl will not know that you donated 10% of her gift budget to provide medicine that will save a child's life in Tanzania, but will warm the heart of her mother here in the USA.

Make a donation in honor of the health professionals who are in your life. Let them know that you appreciate their dedication by providing the necessary PPE to keep their fellow health professionals safe half-way around the world in Tanzania.

Any amount will be helpful and appreciated by the people of Ndoombo. You can make your donation in honor (or in memory) on our website (www.mmthc.org), Facebook (Mt Meru Tumaini Health Clinic), or mail (please note that our United States address has changed). Stay safe and thank you for your support.

The Vision Health International trip to the dispensary has been postponed until 2022.

Contact Us:

Mount Meru Tumaini Health Clinic
1708 Lakeview Ave.
South Milwaukee, WI 53172

Phone: 262-930-8267
Email: mmthclinic@gmail.com

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:

Denise Mbise, MDiv, President
Diane Thompson, Vice-President
Judy Amundsen, SLP, MS-CCC, Secretary
Christopher Thompson, EdD, Treasurer
Exaudh Mbise, Liaison to Tanzania Board
Barb Elmer, RN
Jill Wanggaard, RN, MSP, FNP
Valerie McKinnis, MD
Aliliywa Mbise, RN
Joy Webb
Advisor to the Board – Jill Hilty, MD

Non Profit Org.
U.S. Postage
PAID
Milwaukee, WI

Mailing Address Line 1

Mailing Address Line 2

Mailing Address Line 3

Mailing Address Line 4

Mailing Address Line 5