



Some pretty exciting things are happening with Partnering for Progress. Our Board of Directors has approved funds to hire our first Africa-based Kopanga Projects Coordinator. This individual will work independently with the medical clinic staff, will coordinate projects within the clinic and will help with other P4P sponsored projects in the Kopanga community.

This is a big step, and one we make with the understanding that P4P has a long term commitment to the Kopanga community to continue our important work of improving access to healthcare, education, sanitation and clean water.

Reflecting on what we have learned in the past four-and-one-half years has brought us to the conclusion that building community partnerships and long term relationships is critical to making a difference in people's lives and forging sustainable models of health care. We recognize that change has to come from within the community and we can only support that change by becoming more involved at a grass roots level. An employee who represents the mission and interests of P4P working in the community all year long is a significant departure from our current situation where we are visible in Kopanga only two to three weeks a year.

Another exciting development is that journalist Linda Hagen-Miller has volunteered to help document what happens in the Kopanga community as well as help with Partnering for Progress public relations and marketing. A Spokane resident, Linda was a Peace Corps Volunteer in Micronesia and lived in developing countries for over 20 years. Since returning to U.S. she has worked in marketing, tourism and for the past decade, been a freelance travel writer. We are very excited that Linda will join the February team and will help illuminate some of the many stories about the community and its people.

Sandy Ivers, President/Co-Founder P4P

*Coming together is a beginning.
Staying together is progress.
Working together is success.
~ Author Unknown*

Civice Theater Benefit

Attention all *Annie* fans! Enjoy a night at the theater and help Partnering for Progress. The

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benefit night on Thursday, May 17th. All proceeds go directly to help support our mission of providing access to health care, education, sanitation and clean water to residents in developing countries. Mark your calendar; we'll see you at *Annie*.



October 2011 Trip to Kopanga, Kenya

Twice a year P4P sends a powerhouse team to Kenya to continue our *mission* as a catalyst for change and community sustainability.

Volunteers work to break the long-standing cycle of poverty, malnutrition and disease with the goal of creating a sustainable future for the people of each community we serve.

Without volunteers, these goals would be 'mission impossible' and we are grateful to the men and women who devote time and treasure to P4P's service trips. Our October 2011 crew included:

- Traci Anderson OD and Beth Fischer OD completed eye exams on hundreds of adults and children.
- Brian Gunderson, retired CPA & CFO from Wenatchee, provided computer and financial training for clinic staff.
- Barbara Gunderson taught health education classes.
- Kari Holman PA-C whose specialty is pediatric patients treated children as well as patients of all ages.
- Thomas Holman, PE, worked on the water project.
- Mary Lou Johnson, RN, MSN, JD inventoried clinic supplies.
- Esa Lariviere, LICSW and Program Director of the Family Service Spokane division of Frontier Behavioral Health, taught health classes.
- Debbie Stimpson, PA-C and HIV specialist, facilitated the HIV/AIDS program.
- Pat Stimpson, writer/producer/entrepreneur, videotaped and photographed our efforts.
- Dan Schafer MD cared for a wide range of patients.
- Stacey Mainer ARNP treated a wide range of patients.
- Sandy Ivers, P4P co-founder and trip leader.

Following are three stories from our October trip. We hope they help paint the picture of what our mission is truly about.

Notes from the Field

By: Esa Lariviere

Our team of four health educators learned the value of flexibility and paying attention to our pupils as we met with hundreds of adults, elementary and high school students.

One of the most important things we discovered was to mingle with folks *before* we started our health lessons. Mingling with the waiting groups, we would touch their shoulders and ask if they wanted to have their pictures taken. Showing them their digital photo was a big hit. We complimented the ladies on their pretty dresses, and we oohed and aahed over their adorable babies. All of this was easy to do without the aid of a translator and we felt it helped people be more comfortable and receptive when they came to the health education tent.



P4P provided laminated, typing paper-sized flash cards, a list of education topics and the suggestion that we begin by introducing ourselves. We explained that many of the medical disorders the doctors were treating are preventable and our job was to explain what they can do to keep themselves and their family members from getting sick.

We talked about our jobs in the United States, told them about P4P and explained why we were volunteering in Kopanga. We also told them how beautiful Kenya is and how receptive and friendly the people had been to us.

We found it helpful to use ourselves as examples rather than constantly telling them what they should do. For example, "If I were building a latrine, I would put it as far away from my well as possible." Or, "If I am HIV positive and am pregnant, there is a 25% chance that my baby will be born HIV positive, but if I am treated at the clinic and take medications, this risk will not be as high."

As the week progressed, however, we learned to slow down and make our introductions more personal by sharing things like how many children we have.

Little jokes like telling them that Kenyan children are much better behaved than American kids seemed to endear us to them.

We felt being friendly and genuine and by watching intently to learn the best way to communicate, our messages reached our students. We asked them to share what they had learned with friends, family, children and neighbors, and we believe many of them will do so.

*"One of the most important things we discovered was to **mingle** with folks before we started our health lessons".*

The topics we covered were:

Nutrition. We validated that they were already feeding their families many good things and we encouraged adding lots of different vegetables, chicken, fish and milk. Our food pyramid flash card went by the wayside since most people had never seen some of the foods on the list.

- **Germ.** We emphasized the health reasons for washing your hands. We stressed the importance of washing up after going to the bathroom, before cooking, preparing food or eating, after petting pets or handling livestock. We taught them to cough in the inner elbow not on the hands. In a mini-skits, I shook hands with my interpreter to demonstrate how easy it is to pass germs to another person.
- **Water sanitation.** We explained that boiling water, washing vegetables in boiled water, boiling dish clothes and drying them in the sun is vital to halting the spread of germs. We suggested that they carry boiled water on long walking trips instead of drinking from a creek. We also included other ways to purify water.
- **Latrines.** We urged our students to use them whenever possible. We learned that 90% of the folks in the community do not have latrines, so we shifted our message to include urging them to use a hole far away from homes and burying feces with ashes from the morning fires.
- **Pets.** We advised that they should always remove pet feces from where children play.

- **Children.** We urged them to teach children to wash their hands before eating, not to touch their faces, to wash their hands after going to the bathroom and not to play in the dirt unclothed.
- **Malaria.** We stressed the importance of using mosquito nets at night, removing standing water around houses, wearing long sleeves and pants and cutting the grass around houses. And we stressed that wearing shoes can prevent parasites such as hook worm.
- **HIV/AIDS.** We emphasized the importance of using condoms and explained how the virus is and is not contracted. Since a high percentage of the population is HIV positive, I made sure to stress the importance of being germ conscious because their loved ones who are HIV positive have compromised immune systems and it's important to protect them by washing our hands before we touch them or staying away when we are sick. By openly addressing the fact that many people are HIV positive, I hoped to breakdown some of the social stigma.
- **Dental Care.** We gave everyone a toothbrush, a small tube of toothpaste, and we explained how to brush your teeth and care for your toothbrush. When we learned that they used twigs as toothbrushes, I validated that their current practice was fine and they should go back to that method when their toothbrushes wore out.



Fighting Malnutrition

By: Stacey Mainer

The World Health Organization cites malnutrition as the greatest single threat to the world's public health. Many international governments and non-governmental aid agencies believe improving nutrition is the most effective form of aid.

An estimated 9.7 million people in Kenya are classified as undernourished, contributing to high childhood mortality rates and mental impairment. From our first foray into Kopanga, Partnering for Progress recognized that malnutrition would be one of our biggest challenges. P4P

is working with the Comprehensive Rural Health Clinic director Alice Wasilwa to address malnutrition of infants/children in the region.

Malnutrition typically occurs after six months of age when the mother either stops breast feeding or has a minimal milk supply due to poor maternal nutrition. As Kari Holman- Duclos, PA-C found when she worked with P4P in October last year, even having twins can also initiate malnutrition. One twin can be healthy while the other child suffers from malnutrition because the mother cannot supply enough milk for both babies.

P4P's current goals are to develop a comprehensive program that will address root causes of malnutrition: poverty, inadequate access to food, lack of nutrition education, nutrition diseases (such as HIV, malaria and anemia) and birth of babies in rapid succession.

Spokane resident Donna Cafasso, RD will be going to Kopanga in February to work with Alice to implement statistics that will help us understand the prevalence and cause of malnutrition. Donna will also train clinic providers on how to identify malnutrition, how to implement the re-feeding process and gather ideas to help us educate mothers and caregivers.

Caregivers currently come to the clinic weekly for baby weigh-ins and health education. Alice hopes to teach families how to grow a kitchen garden which will provide daily vegetables and grains. P4P sends formula every month for the very malnourished babies. We recognize however that this is not a long term sustainable solution and plan to work with the community and other local organizations over the next year to address the complex issues that lead to malnutrition.

By: Debbie Stimpson

Great news at the Kopanga Comprehensive Rural Health Clinic! Effective August 2011, CRHC was designated an “antiretroviral therapy” clinic (ART), enabling director Alice Wasilwa and her staff to provide HIV medication to all the HIV/AIDS patients they diagnose. While HIV afflicts 6.7 percent of the population of Kenya, that number skyrockets to 14 percent of the population of the Migori District. During one three-month time period, 54 adults and 50 children were diagnosed with HIV.



Before receiving ART certification, CRHC had to send all newly diagnosed HIV patients to another clinic to receive their HIV medications and care. The Kopanga clinic had so many new HIV diagnoses that other clinics could not handle all of the referrals.

With the formalization of the ART Program, Alice has access to up-to-date World Health Organization information, is informed of the Kenyan government’s current education and treatment plans for HIV/AIDS, and can order more lab work to assess the health and progress of her patients.

The more toxic HIV medications have been phased out in Kenya and less toxic medications have become the standard of care. Medications are provided free of charge by the government and are combined, lessening the patient’s pill burden.

Nurse assistant Rachel has been hired by the government to work at the clinic in the HIV program where she will help complete paperwork and provide HIV/AIDS counseling and education. Rachel shares the counseling duties with Helen, a local part-time employee.

HIV/AIDS patients are scheduled on Tuesday and Thursday mornings, and if a patient does not keep their appointment, the patient or family member is contacted. Close tabs are kept on the patients to track their progress and ensure they adhere to the medication regime.



Host a Baby Shower

You don’t have to go to Kopanga to help P4P. Host a “Baby Shower,” an innovative, tangible, fun way to contribute to the babies and mothers at the Comprehensive Rural Health Clinic. And help promote Partnering for Progress’ work!

Invite your friends, men and women, to experience a few minutes in an African village via a slideshow presentation by a Partnering for Progress representative. We’ll let your guests know about P4P’s programs and the urgent need for their help. We will invite them to donate funds to help buy formula or let them know how to purchase Ready Made Food through a program called Nourish the Children.

P4P can supply photos, artwork, statistical information and content ideas so you can customize your invitations. Contact us at info@partneringforprogrerss.org for more information.

How You Can Help

- Host a fundraising party or baby shower. This is a great way to raise awareness and spread information about our work in Kenya.

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· Volunteer your time.
Email us at info@partneringforprogress.org

- Give a gift donation. You can do this on behalf of a family member or friend, and makes a great gift.
To donate:
 - Send a check to: Partnering for Progress, PO Box 28191, 99228 Spokane, WA
 - Pay through PayPal on our website: partneringforprogress.org



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- I would like to host a fundraising party. Please contact me.

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Our next team of professional volunteers arrived in Kopanga on Saturday, February 4th. Stay tuned for some exciting stories from the team as they meet and work with the people in the community.

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