



Season Greetings,

Wishing you a Very Merry Holiday Season. May you be surrounded by friends, family and all the joys the season brings.

Board of Directors
Partnering for Progress

January 2013 Trip to Kopanga

A group of eleven intrepid travelers will head for Kopanga on January 19. Our team includes: Nicole Abrashoff and Karen Kloman, optometrists from Columbus, OH; Cindy Lee and Aimee Breitfelder, pharmacists from Portland, OR; Andy Biggs, Spokane dentist; Peggy Clemons, physician's assistant from Spokane; Vikki Howard, early childhood development specialist from Dillon, MT; Caitlin Dean, educator and public administrator from Seattle, WA; Paige Biggs, who has a masters in public health and has collected supplies and medications; Paul Biggs, our IT specialist and health educator; and Helen Biggs, health educator and trip leader, assisted by Paige.



This team will conduct eye clinics, dental clinics, health clinics and health education presentations. In addition, we plan to train the staff and community health workers on pharmacy inventory and ordering, computer spreadsheets, assessing and working with developmentally delayed children and community development.

work with developmentally delayed children.

We also hope to give the clinic a new coat of paint -- with help from the community health workers!

After five days of clinic, we'll drive to the Masai Mara for a two-day safari. After the safari, Nicole and Karen will fly to Arusha to climb Mt. Kilimanjaro and the rest of the group will fly to Zanzibar for three days of beach time, snorkeling and a spice tour.



The Power of Milk 2012

By Julie Bunker, Registered Dietician

I was recently asked to write an article for P4P's newsletter about the successes we have experienced with P4P's nutrition program. As I was gathering my thoughts, the mail arrived with an appeal from Doctors without Borders asking for donations to buy Ready-To-Use Therapeutic Food (RUTF), a fortified food product that has been successfully used to feed malnourished babies. This time last year, I had never even heard of RUTF.

In the last year, the Power of Milk at the Kopanga Clinic has identified 20 children who are moderately to severely malnourished. Initially the clinic provided food supplies to the mothers of these children to help them gain weight/height. The supplement we provided helped these children but, unfortunately, did not provide them with the vitamins and minerals they needed to grow and develop.

In the summer, P4P sponsored trainings for community health workers in the area to help them identify malnourished children and refer them to the clinic. In October, the clinic partnered with the government to provide RUTF to the most severely malnourished children.

In only one month, the growth in those children has been remarkable! Our goal for the next year is to not only maintain the current program but to expand into the community and teach good nutrition practices to the mothers.

Living with gratitude and making a difference...

We recently sent out our Annual Appeal letter and would like to thank everyone who has made a donation. If you have not yet made a year-end donation, we are asking you to remember baby Jacob, the Kopanga community, and the work of Partnering for Progress. Your tax-deductible gift is extremely important to us. As board members and executive directors, we promise that it will be used with wisdom and frugality. It will be a 'hand-up' to help support sustainable and life-giving practices that may well change outcomes for generations to come.

You can mail your donation to Partnering for Progress, P.O. Box 28191, Spokane, WA 99228 or click on the picture of Baby Jacob which will lead you to our website where you can use PayPal for your donation.



Warmest wishes,

Stacey Mainer and Sandy Ivers,
for the P4P Board and Staff



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