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"The first wealth is health." ~Ralph Waldo Emerson



Notes from the Field

By Seth Okumu

Health is the most dynamic aspect of life. With ongoing research and innovation, management of patient and treatment of diseases is ever changing. For those reasons, there is constant need to update service providers' knowledge.

P4P appreciates this need and has supported service providers each from three different clinics for three-day training sessions on Integrated Management of Acute Malnutrition. P4P adopted onsite training because we believe it is less disruptive and more efficient than training in a completely new environment. Also, the small number of trainees ensures more one-on-one interaction and better training.

The need for more training for service providers cannot be over emphasized. With the disease burden in developing countries changing from communicable diseases to non-communicable diseases, clinic staff must be as current as possible on new developments.

Meet Fleur Coulter, Lindsey Morris and Richard Nehring

Medical Volunteers

We welcome everyone. Always have, always will.

Those seven words encompass the mission of CHAS (Community Health Association of Spokane), a health care organization that provides high-quality medical, dental, pharmaceutical and behavioral health services to families and individuals of all ages, regardless of insurance status. Over 52,000 people per year in Spokane County and the Lewis-Clark Valley are served by the non-profit, federally qualified health center.



CHAS' medical professionals have joined Partnering for Progress medical teams, reaching far beyond the Inland Northwest. We'd like to highlight three CHAS employees who traveled to Kenya last September with P4P, adding their skills, enthusiasm and generosity to our efforts.



Fleur Coulter is a Certified Nurse-Midwife who has worked at CHAS for over 10 years. This was her first medical mission trip.

“Kenya was amazingly beautiful and my eyes and brain were exhausted from trying to take in every little visual detail,” she says. “I was very impressed by the facilities and the staff at the Ogada Medical Center. The practice setting is so different from what I am used to in the U.S. -- different issues, resources and medications, and nothing I would usually do for patient care was possible. After being there for most of the week, though, I felt like I was finally settling in.”

“I was very impressed with the way P4P supports the community health volunteers. The model of having neighbors go home-to-home and facilitate teaching people individually, along with checking on conditions of living, sanitation and the availability of water, seems the best way to promote health initiatives in the community.”

The September trip was also **Lindsey Morris'** first medical mission. She started with CHAS 10 years ago as a Medical Assistant and is now the Clinic Administrator of the new Urgent Care in the Spokane Valley.

“The work P4P does there is so amazing and you can see how it effects the entire community!” Lindsey says. “I thought Kenya was a beautiful place filled with amazing people.”

Lindsey spent time shadowing nurses Benta, Monica, Sarah and Lenah and worked with Ken in the lab. She was able to visit elementary schools and distribute Days for Girls Kits, sat in on the weekly nutrition meeting and help Charles weigh and measure babies.

“Seth and Charles also took us on a couple of home visits,” Lindsey says, “and those were probably the most-eye opening parts of our journey. Seeing people in their environment showed us how people live. I was impressed at the emphasis P4P puts on patient education. It was an amazing experience.”



Richard Nehring is a general dentist and has been with CHAS for two-and-a-half years. This was also his first experience with a medical mission and it impressed him so much that he’s committed to making this a regular habit of service.

Richard saw about 50 patients in the clinic (which had electricity for about half the day) for extractions needed for decayed, non-restorable teeth. He also spent two days treating approximately 80 children in schools and orphanages (where there was no electricity) screening them, applying sealants and fluoride varnish treatments.

“I enjoyed the Kenyans! There were kind, smiling, friendly people despite the difficult circumstances in their lives,” Richard says. “I still keep in touch with the Kenyan dentist I worked with via email. It was a tremendous experience. The mission and work P4P is engaged in is a cause I am proud to be involved with, and I hope P4P can continue to make strides.”

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Partnering for Progress, P.O. Box 28191, Spokane, WA 99228. Thank You!**

Thirty-Five Lives Saved

Baby Vincent was so sick that his mother was convinced he would die. She watched her child waste away, feeling helpless to do anything to save him. Then one of Mama Vincent’s friends told her about the Power of Milk (POM), P4P’s nutrition program that was

helping her own child grow healthy and strong.

Mama Vincent brought her baby to the clinic and the staff immediately initiated an IV and began monitoring him. In two weeks, he'd turned the corner and was enrolled in the Power of Milk Program. Our field coordinator, Seth Okumu, reports that Mama Vincent and her healthy baby are consistently the first to arrive at POM classes. She gets there early so she doesn't miss a moment.

Vincent is one of 35 infants whose lives were saved this year, thanks to POM, a simple but enormously effectively nutrition program that is part of P4P's Kopanga health care initiative.



In the past year, your tax-deductible donations have helped the children and adults in the following ways:

- 400 - Children received clean water at schools because of new rain water catchment tanks.
- 115 - Girls received Days for Girls Kits, reusable sanitary towel kits.
- 35 - Infants were saved through our Power of Milk Program.
- 26 - Community Health Volunteers were trained in malaria treatment and data collection.
- 22 - Students gained a high school education thanks to P4P scholarships.
- 10 - Farmers have planted crops with new supplies and education provided by P4P.

You can become part of P4P's ongoing story in Kopanga.

- Donate via our website, partneringforprogress.org, click <http://partneringforprogress.org/make-a-donation.html>
- Volunteer on a committee here at home. Click Volunteer on the website and fill out an application
- Join a team and go to Kenya with P4P. We need medical and dental travelers, educators, farmers and water volunteers to visit Kopanga during 2016. Contact our volunteer coordinator at p4p.volunteer@gmail.com

Need A Holiday Gift Idea?

Theater tickets are a classy, unique gift for friends and family and P4P's Annual Spring Fundraiser should be a winner. ***Little Women: The Musical*** will be performed on **Wednesday, March 16**, at the Civic Theater in Spokane. Based on Louisa May Alcott's beloved semi-autobiographical novel, the story offers a glimpse of life in New England during and after the Civil War through the adventures of sisters Jo, Meg, Beth and Amy and their mother, Marmee.

Buy tickets at <http://partneringforprogress.org/civic-theatre-benefit.html>.





Keep Smiling

Buying gifts through Amazon.com? Another way to support P4P is to remember to do your Amazon shopping on AmazonSmile. You must register first by going to <http://smile.amazon.com>, then whenever you shop, click on smile.amazon.com and 0.5% of your purchase price on eligible items will be donated to P4P.

Water Committee Report

Jim Ivers, Committee Chair

We are looking for volunteers to go to Africa who would be interested in working on water projects. If you are interested, or know someone who might be, please get in touch with Dia (diamaurer@gmail.com) or Jim Ivers. (jivers@qwestoffice.net).

We have finished several water projects and more are on the way. We have installed 10,000 liter water tanks at Giribe Elementary and Boya Elementary. These tanks take water from the school roof during the rainy season and store it during the dry season. Water quality at springs and puddles is worse during the rainy season because bacteria, viruses and parasites are washed or carried to the springs and puddles. Outbreaks such as cholera generally happen during the rainy season.

On the other hand, rainwater from the roof provides clean water during the rainy season and is also a source of water during the dry season when any water might be scarce. It's a great system.

We are starting to work with the Nyamunga School to provide a water tank and are considering adding to the small 5,000 liter tank at Kopanga Elementary. We are also working with the Mubachi School to provide a pump to a well that they already have. Pumping from the water source should keep the water cleaner than the current system of lowering a bucket into the spring.



We have had much success with projects done with the schools. The administrators and teachers understand the importance of clean water and are eager to work with us to supply it. Our deeper goal is not to provide clean water but to demonstrate the benefits of clean water so that the people of the region will work together to provide it themselves. Our most lasting impact will not be any one project but will be educating the people that they need clean water and teaching them how to get it. Working with the schools has been great because we not only get projects done correctly, but the educators are eager to teach the students about the importance of clean water and how it ties into lessons taught about disease and disease transmission.



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