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“If a child in its first thousand days – from conception to two years old – does not have adequate nutrition, the damage is irreversible.”

– Josette Sheeran, former executive director of the United Nations World Food Programme



Notes from the Field

By Seth Okumu

The **Power of Milk** (POM) is a P4P-sponsored health intervention that helps rescue malnourished children. POM involves weekly health education, cooking classes and clinical and anthropometric monitoring for enrolled children. Once a child reaches clinically safe measurements, they exit the weekly program but are closely monitored at home for up to six months.

Princess Taiwan and Quinter Tausi are twins who have gone through the program and their success is an excellent example of how the program works. The girls were born to a blind mum and low income father who could not provide nutritious food when they were young. Their mother could not produce enough breast milk for the twins because her own nutrition was so poor. The little girls were on the brink of death just before Charles and I identified them as urgent candidates for POM.

We feared it would be difficult for the parents to bring the twins in for evaluation every week, but their father was determined to see his daughters get healthy and grow up. He did his best to make sure the girls and their mother came in for the program.

After only a week, the improvements were amazing, and after five months, the twins were ready to exit POM. However, the situation at home was so bad with inadequate food, no proper house or adequate bedding, we feared the twins could easily deteriorate and become malnourished again. We decided to keep them in POM longer than usual so they could grow strong and reach the age where they could eat alternative foods. Well-wishers stepped forward to give the family bedding and build an adequate house.

Now that most things are in place for the twins to grow healthier and not slip back into malnutrition, we can confidently exit these two sweet souls from the weekly nutrition program. We will continue to closely monitor them at home.

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Click to donate by Pay Pal or mail donation checks to:

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



A Decade of Progress

The True POWER of the Power of Milk

By Stacey Mainer, Co-Founder

The Power of Milk, our infant nutrition program, holds a special and very personal spot in my heart. When we first went to Kenya in 2007, one of the babies we treated was a severely malnourished infant. Her mother had died a couple of months after the child's birth from what we now know was AIDs. We had formula with us, hoping that proper nutrition would help this baby live. Sadly, it wasn't enough.

Over the past decade that we have worked in Kopanga, we have learned that malnutrition is a complex problem that can only be treated with a comprehensive approach that combines parental education,

dietary supplements, health care, monitoring of the most seriously affected children and Kenyan government support.

I am so proud of the staff in Kenya and Spokane and our amazing volunteers who have put hours into making sure this program addresses the multiple factors that lead to malnutrition. P4P focuses on making sure that the residents and medical community in Kopanga/Giribe are equipped to take full ownership of this program, another vital component of its success.

Charles, a health care volunteer who lives and works in Kopanga, collects data on the infants' progress and that information is submitted to the Migori Health Department. Because of this consistent data and feedback to the government, we now receive fairly regular supplies of the nutritional supplement Plumpy'Nut.

I am so impressed with P4P's commitment to address this issue. I know without a doubt, that babies' lives have been saved because of P4P.



Health Committee Report

By Gabriella Bulman and Beth Sheeran

Plumpy'Nut is a key tool in our Power of Milk program. The peanut-based paste is loaded with macro and micronutrients, enriched with vitamins and minerals and added ingredients of sugar, vegetable oil and skimmed milk powder. Its long shelf life, small and easy-to-open packaging plus the simplicity of administering it, make Plumpy'Nut an ideal supplement.

There are challenges, however. First, the supply provided by the Kenyan government is inconsistent and diversion of goods happens on a relatively frequent basis. So we have to be ready to substitute the government supply with Plumpy'Nut we have purchased and brought into the country ourselves. Second, social traditions such as polygamy, which is practiced in parts of Kenya, and the abuse of women also contribute to the malnutrition cases we see in the Kopanga/Giribe area. The nutrition aspect often belies underlying social disorders that are difficult to address. Physical ailments such as worm infections, diarrheal disease and HIV often complicate the picture clinically.

P4P approaches these issues on a "whole systems" basis and augments the POM program by working to ensure access to clean water sources, multivitamins, mosquito nets, healthy food and clinical care when needed. Education, group meals and weekly data tracking have

proven to have been effective in lifting most children out of the danger zone of malnutrition.

Additionally, we have been able to use the data collected from the program to qualify some of the children for the government supply of Plumpy'Nut. The most common POM enrollees are babies born to teen mothers, twins and orphans. Overall, combining education and Plumpy'Nut has proven to be highly effective, and we work tirelessly to provide a comprehensive intervention for 30 of these vulnerable children at a time.



Asante Sana to Our Wonderful Volunteers

'Asante Sana' means thank you in Swahili. Those are powerful words in any language, but they only scratch the surface in conveying Partnering for Progress' gratitude to our volunteers. June 1-7 is National Volunteer Week and the perfect way to tell you, our invaluable volunteers, how much we appreciate and treasure you.

The simple truth is that P4P would not exist without volunteers. Our three part time staff members carry large workloads here in Spokane and in Kenya, but they would not be able to accomplish all that they do without your help. We are deeply grateful.

Studies prove that volunteering not only makes a difference in the world, it also makes the volunteer healthier, happier and more fulfilled. We realize that all of you who volunteer with P4P are doing so out of the goodness of your heart; however, it is nice to know that volunteering also contributes to your happiness and health!

You are the lifeblood of Partnering for Progress, and for that we say "Asante Sana!"

[Volunteer](#)

Meet P4P Volunteer Canada Segura

Canada Segura brings a great combination of skills and interests to P4P's Board as Treasurer. She's an insightful number cruncher who created budget spreadsheets that clearly demonstrate P4P's program needs.

Canada graduated from Gonzaga University with a bachelor's degree in business concentrating on accounting and economics and masters of accountancy. She's been a tax accountant with Moss Adams LLC for the past three years.

Canada's economics professor (a friend of P4P's former board chair, Carla Altepeter) suggested Partnering for Progress might be a good match for Canada's interests, and she fits right in.

"I really appreciate all the hard-work and effort our staff, volunteers, and donors put into making P4P's mission possible," Canada says.

Canada grew up in Yakima, where her mother and two sisters still live, but fell in love with the city of Spokane when she moved here for college. Travel has taken her to Italy, Greece, Mexico and Canada. A Hawaii vacation is planned for later this year.

"Now that the sun is finally out," Canada says, "I'll be gardening, hiking and reading outside!"



Kiss Me, Kate



Last Chance!

Get your tickets now for P4P's annual Civic Theater fundraiser, Cole Porter's Tony award-winning musical, *Kiss Me Kate*. Not only will you be supporting P4P, you'll have a fun night at the theater, get to mix and mingle with your P4P friends and enjoy a lavish hors d'oeuvre spread and no host wine bar.

Tickets for the **May 31** event at the **Spokane Civic Theatre** are \$35 for adults, \$30 for students and \$300 for a package of ten and are available for purchase using PayPal at <http://partneringforprogress.org/civic-theatre-benefit.html>.

Call (509) 720-8014 for more information and credit card or check purchases.

Purchase Tickets

Click to purchase tickets using Pay Pal or call (509) 389-9858 for credit cards orders.

Kenyan Elections

By Seth Okumu

This August Kenya will hold major elections and choose candidates to serve in six different positions: president, member of parliament, women representative, senator, governor and member of county assembly.

Like much of Africa, Kenya's political history is complicated. The country gained independence from Great Britain in 1963 and established a one-party system of government. In 1992, the constitution was rewritten to accommodate a multi-party democracy with a parliamentary system of government. In 2010, Kenya adopted a new constitution, put a two party system into effect and divided the nation into 47 counties. The national government is headed by the president and the members of parliament. County governments are led by governors and members of the county assembly.

As a method of checks and balances, the constitution provided for a senate comprised by one representative per county. To ensure representation of women in Parliament, the constitution mandated that one woman be elected per county. To run for any elective post, individuals must pass requirements for leadership and integrity as prescribed in Kenya's constitution.



Each party holds nominations for internal election and then the Independent Election and Boundaries Commission holds country elections for all candidates.

Kenyan elections are always heated and have turned violent in the past. Tribalism, deeply rooted nepotism and limited resources create tense situations with losers feeling they will be completely left out of discussions and the decision making process. Tribes and clans cocoon around candidates whom they identify as friendly, and people will go the extra mile to see their candidate win.

Desperate leaders have taken advantage of this situation to rise to power, especially where illiteracy and poverty are high, creating even more enmity among tribes.

Partnering for Progress' programs focusing on education, health, water and economic empowerment contribute positively in this heated scenario. I believe P4P contributes to reducing election discord because we facilitate individual empowerment and encourage informed decision making.

Save the Date!

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