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Coming together is a beginning. Keeping together is progress. Working together is a success. ~ Henry Ford



Notes from the Field

By Nereah Obura, Program Coordinator

Six-month-old **Emmaculate Flora Akoth's** mother passed away when she was barely a month old and she was taken to live with her 72-year-old grandmother, Margaret Sigera Opodi.

"When Emmaculate was first brought to the Ogada clinic while sick, she was so tiny and wasted and was crying all the time. No one thought she would survive," says Charles Atha, the Power of Milk nutrition assistant.

"I felt so helpless but immediately thought of calling Emmanuel Odhiambo, the sub county nutritionist. He advised that I give the grandmother Plumpy'Nut which

was to be stirred in boiled water, cooled then sieved into a rather loose consistency to enable the child to drink," Charles continued.

The nutrition supplement helped immensely and Margaret says she and the baby were able to finally sleep through the night. Grandmother Margaret has since brought Emmaculate to the clinic every week and she is doing so well that other foods like porridge and rice have been introduced to her diet.



Grandmother Margaret and Emmaculate

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And They're Off!



Co-Founder Stacey Mainer packs supplies for the February trip to Kopanga, Kenya

Pat Lynass, P4P's February trip leader, shared the group's ambitious list of goals. Team members Laura Fralich MD, Donella Garrett LPN, James Fernando MD, Justin Woods MD, Kim Peterson PT, Stacey Mainer ARPN and Pat departed February 9 for Kopanga, Kenya and are returning stateside as we go to press. Their goals:

Economic Development

- Meet with farmers and other economic development groups
- Share how to conduct a market survey
- Check status of chicken coop

Water/Sanitation

- Deliver water testing kits and supplies to the science teacher at Magongo Ribe Secondary School where students learn how to test water
- Review Water Guard training with Community Health Volunteers (CHVs), check on the WASH (water, sanitation and hygiene) program, latrines and Water Guard dispensaries
- Visit and check status of water tanks and latrines



Education

- Distribute Days for Girls kits at Nyabukemo Primary and Magongo Primary
- Meet with Minister of Education to discuss questions provided by P4P Education Committee
- Meet with Minister of Health regarding DFG questions provided by Education Committee
- Research the Kenya Youth Employment Opportunity Project currently operating in Nairobi and find out if there is an opportunity to bring the program to Migori in 2019
- Meet with scholarship students, parents and teachers

Health

- Conduct a mobile clinic to serve citizens who live far from the Ogada Clinic
- Meet with Minister of Health and nutritionist and share DFG information
- Meet with mothers, babies, health care providers, nutritionist regarding Power of Milk program
- Physical therapist will train CHVs and staff at Ogada Clinic and Giribe Dispensary
- Conduct training for the CHVs and health care providers, including education on scabies and physical exams of infants in Power of Milk program
- Provide general health education to patients at the clinic, schools and for parents
- Visit homes of malnourished children



Communication

- Take photos of volunteers, Nereah, CHVs, and Robert at work

Stay tuned for an amazing report from Pat with all that the February service team accomplished.

VOLUNTEER

Nutrition and Health Training - Health Committee Report

By Gabriella Bulman, Health Committee Chair



Plumpy'Nut™ is critical to P4P's Power of Milk (POM) program's ability to treat malnourished infants. The peanut-based, energy-rich therapeutic food substance is normally supplied by the Kenyan government but has

been in short supply in recent months. We have been given no explanation for the shortage and have not been advised as to when shipment may begin again.

P4P's February team will transport nine cases of Plumpy'Nut to provide immediate relief for the infants in POM.

The Health Committee has recommended **Citadel spread** as an alternative. The peanut butter, powdered sugar, powdered milk mixture is an ideal alternative because the ingredients are locally available and bacterial exposure is minimized by eliminating the use of water. The World Health Organization has stated it is safe and effective.

Our program coordinator in Kopanga/Giribe plans to buy containers and train POM mothers to make Citadel and how to properly wash the containers after use.

A new Ministry of Health nutritionist assigned to this area will attend a POM session during the February trip, possibly meeting with the community members and trip volunteers at the same time. His opinion will be valuable.

Additionally, Integrated Community Case Management training began on January 10, providing ten days of education for the Community Health Volunteers (CHVs) in the Kopanga/Giribe region. The training included modules for frequently treated conditions such as diarrhea, pneumonia, malnutrition and malaria. Each condition was covered with assessment and intervention strategies.



James Odhiambo (left) training facilitator watches CHVs demonstrate how to take MUAC (mid-upper arm circumference to diagnose malnutrition)



CHVs taking turns testing using Malaria RDT (Malaria Rapid Diagnostic Test)



CHV's demonstrating how to take a baby's MUAC (mid-upper arm circumference to diagnose malnutrition)

The goal of this training is to reduce the infant death rate to 32 out of 1,000 live births, which would be a marked improvement over previous years. In 2003, statistics indicate there were 115 deaths per 1,000 live births and in 2009, the rate was of 74 deaths per 1,000.

We expect this training will enable CHVs to effectively identify the most common childhood illnesses and watch for dangerous symptoms.

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Adventure Lover Inspired to Join P4P Board

By Renée Sande, Communications Committee

It would be an understatement to say last year's P4P Into Africa Auction made an



impact on **Kendra Jones**.

“I went home and poured over the P4P website. I knew I had to get involved,” said Kendra.

No stranger to volunteering for organizations that speak to her heart, Kendra is a prior board member of the Spokane Edible Tree Project, a nonprofit that

helps provide access to healthy food that would otherwise be wasted.

Also no stranger to travel, Kendra’s love of adventure has led her to Tokyo, Costa Rica and Thailand.

“When you have the opportunity to delve into another culture or country, you get a unique perspective that you wouldn’t normally get and that is invaluable,” she says.

And when Kendra heard a presentation on P4P, it resonated and was the incentive she needed to attend *Into Africa*, P4P’s annual auction. She was so impressed by the sustainability of P4P programs and how empowering they are to the people of the Kopanga region, she felt inspired to join.

“By doing this work, P4P is helping build empathy, create understanding and bring more peace to the world we live in.

A Spokane native, Kendra started her globe-trotting adventures by moving to Hawaii to attend college. “I wanted to move somewhere completely different and unique from Spokane,” said Kendra.

Now the assistant branch manager at Numerica Credit Union downtown, she loves to spend time with her



“most beautiful” golden retriever, Bama, named for Alabama Worley, a character from a favorite old movie, *True Romance*.

For fun she likes to do anything dog-friendly, kayak, travel and hit happy hour (her faves are Gilded Unicorn and Bon Bon). As for her next travel plans.

“I haven’t been to Kenya, but I’m looking forward to going someday!”



Dial M for Murder

Don't wait! Now is the time to buy your tickets to P4P's March 28 Spokane Civic Theatre event, ***Dial M for Murder***. This Alfred Hitchcock thriller about money, marriage, murder and revenge will have you on the edge of your seat.

Community underwriting helps make it possible for P4P to direct event proceeds toward our health care, education, economic development, clean water and sanitation programs in rural Kenya. **Sponsorship opportunities are still available**, call (509) 720-8408 for details.

Doors open at 6:15 pm for complimentary desserts and a no host bar and curtain time is 7:15 pm. Tickets are \$35 adult, \$30 student or \$300 for a group of ten and can be purchased using PayPal at <http://partneringforprogress.org/civic-theatre-benefit.html> or by calling (509) 720-8408.

PURCHASE TICKETS



Do you have time and talent to share?

The committee is looking for volunteers to help plan (only two meetings prior to March 28) and/or help during the evening fundraising event. Please contact Barb Morkill at barbaramorkill@aol.com or call/text **(509) 953-8014**.

Any gently used mystery books to donate? The committee would greatly appreciate gently used murder mystery books and/or dvds to include in a "Mystery" raffle basket. Call (509) 720-8408.

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