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If you talk to a man in a language he understands, that goes to his head. If you talk to a man in his language, that goes to his heart.
~ Nelson Mandela



Notes from the Field

By Nereah Obura, Kenya Program Coordinator

Communicating between the United States and Kenya - locations 8,800 miles apart - can be challenging. When it rains in Kenya, the electricity and phone connections become sporadic and sharing data presents even more barriers. Thanks to volunteers on the Health Committee in Spokane, we have a new

communication tool to document the progress of the Power of Milk infants that combines old-fashioned paper records with modern technology.

I created a booklet for each child. We record information weekly - the child's weight, length, MUAC (measure of mid-upper arm circumference), deworming, malaria testing, clinical assessment notes and any illness treated – all in one place. This information can then be shared with the Health Committee back in Spokane via photos of the pages. These photos seem to cross the miles more easily than lengthy spreadsheets. The data is analyzed by P4P health care providers in Spokane.



Pediatric Physical Assessment

V Testing Mother Neg Child Neg

Month: March

Weekly Assessment	Week 1 (Date)	Week 2 (Date)	Week 3 (Date)	Week 4 (Date)	Week 5 (Date)
1. Height			81.5	81.5	81.5
2. Weight			9.5	9.6	9.9
3. MUAC			12.9	12.9	12.9
4. Temp			Good	Good	Good
5. Skin Exam					
Monthly Assessment					
6. Respiratory Rate			25-35	25-35	25-35
7. Cough/Congestion			NO	NO	NO
8. Heart Rate			123	123	123
Abdominal Pain			NO	NO	NO
Abdominal Distention			NO	NO	NO
Enlarged Spleen/ Liver			NO	NO	NO
Edema (Swelling of hands/legs)			NO	NO	NO
Malaria Testing (if needed)			YES	YES	YES
De-worming (Every three months)			YES	YES	YES

Next: _____

Weekly Assessment	Week 1 (Date)	Week 2 (Date)	Week 3 (Date)	Week 4 (Date)	Week 5 (Date)
Height					
Weight					
MUAC					
Temp					
Skin Exam					
Monthly Assessment					
Respiratory Rate					
Cough/Congestion					
Heart Rate					
Abdominal Pain					
Abdominal Distention					

CLINIC NOTES 2/19/18

Child was brought to clinic for physical assessment. Growth chart shows weight and height. MUAC is 12.9. No cough or congestion. Heart rate is 123. Abdominal exam is normal. No edema. Malaria testing was positive. De-worming was given.

Dr. Pinter Sep 7 2018 8:14 AM
 Dr. Pinter Sep 7 2018 10:30 AM
 (H) (M) (F) (S) (D) (N) (P) (T) (R) (L) (B) (C) (E) (G) (I) (O) (U) (V) (W) (X) (Y) (Z)

Our goal is to raise \$3,000 for P4P's Power of Milk program which treats malnourished infants in rural Kenya and YOU can help. **Join us Saturday June 23 from 4-8PM at River City Brewing.**

Meet Our New Board Members

Renee Sande and Chrisdee Imthurn, both members of P4P's Communications Committee, joined the Board of Directors this month. We're excited to have these talented women on the team.

Renee has experience in graphic design, event planning and is a freelance writer who contributes to several area newspapers and magazines. She is also a leasing professional at Greystar Management. Renee lives in the Spokane Valley and in the past has volunteered with Susan G. Komen, Spokane River Clean Up and Earth Day.



Chrisdee is an accounting specialist at the City of Coeur d'Alene who brings organizational, administrative and computer skills to the Board. Last September, Chrisdee traveled to Kenya with P4P, assisting with Days for Girls education and the field clinic pharmacy. She currently volunteers with Real Life Ministries of Post

Falls and previously worked with Solace for the Children, an international group

that brings Afghan children to the U.S. for medical care. When her son and daughter were in school, Chrisdee was active in their sports and extracurricular activities.

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. April 15 - 21 is National Volunteer Week and it is the perfect time 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 two part-time staff members carry large workloads here in Spokane, and 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 a person 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 heart of Partnering for Progress, and for that we say, "Asante Sana!"

Volunteer

P4P Volunteer's Work Closely Aligned with P4P Mission

By Renée Sande, Communications Committee

After finding his way across the United States from Pittsburg to Spokane, Joshua Milburn found his way to Partnering for Progress.

An embedded engineer, Josh works at Angaza, a solar energy company which offers pay-as-you-go technology, a revolutionary system that allows people off the grid to buy clean, reliable electricity in small, affordable increments. His work actually takes him to Kenya, where Angaza has offices.



"I have visited Kenya's Kakamega Forest region and Nairobi, for work. I have also been to Ethiopia and Tanzania and completed picohydro feasibility (hydroelectric power generation of under 5 kW) work in Rwanda," says Josh.

"While each country and culture is different, I've been most impressed by instances where local ingenuity works to solve a practical problem—such as lack of lighting—in a nontraditional way."



Josh and wife Megan outside of Abu Dhabi, UAE

When Josh was looking to volunteer last year, he found P4P and thought his experience might be useful as P4P's mission is very aligned with his work at Angaza.

"I appreciate P4P's long-term commitment with the community and its interest in supporting solutions enabled by local interest and ability," he said.

Josh currently serves on the Economic Development Committee, where he's reviewed field survey questions for trips

to Kopanga/Giribe.

"I'm very impressed with the way P4P's commitment plays out in thoughtful consideration of community needs. I'm still learning the ropes, but I try to provide input where it might spur discussion or be helpful."

A graduate of the outstanding engineering school, Case Western Reserve University in Cleveland, Ohio, Josh and his wife, Megan, moved to Spokane in 2015. In their spare time, they enjoy snow-skiing and backpacking. Josh also maintains a blog on embedded engineering related topics, at unalarming.com.

Communications Committee Report

By Linda Hagen Miller, ComCom Chair



Communications Committee (ComCom) members include Amanda Strong, Renee Sande, Eryn Brooks, Chrisdee Imthurn, Heather Reid, Linda Hagen Miller and P4P staffers Dia Maurer and Lee Fowler.

Three of the Communication Committee's members volunteer remotely. Eryn Brooks, who lives in the Tri Cities, calls in for our quarterly meetings and proofs the monthly newsletter. Heather recently moved to Michigan to attend graduate school but continues to research and write posts for P4P's social media channels. Chrisdee Imthurn can't leave her Coeur d'Alene job to attend meetings but can be depended on to distribute P4P press releases and calendar listings about upcoming events.

P4P Communications Committee 2017 accomplishments

Media coverage:

- New board member announcements in the *Spokesman Review*, *Journal of Business* and *CDA Press* (board members were Kendra Jones, Rosemary Muriungi, Sydney Russell, Canada Segura, Amanda Strong, Kendra Edlin and Amber Frohberg)



- Event announcements for the Civic Theatre, Into Africa Auction and Kopanga Benefit were listed in over a dozen Inland Northwest newspapers, magazines and online sites
- *InHealth* magazine staffer wrote “Ten Years Into Africa,” an article regarding the Into Africa Auction and P4P’s ten-year anniversary
- The *Spokesman Review* food editor wrote an article in Fresh Sheet about Into Africa’s Kenya-themed menu
- All of *Living Local’s* magazines (Coeur d’Alene, Sandpoint and Bonners Ferry) published an article on the auction and ten-year anniversary

Social Media:

- Post weekly on Facebook - stats indicate that 3,041 people were reached in a one-month period with an increase in page “likes” of 300
- Instagram – 96 posts, 59 followers
- Twitter – 424 tweets, 78 followers, 18 likes

Newsletter:

- Produced monthly with an average open rate of 27.7% (the acceptable range for nonprofits is between 20.41% - 30.45%)

Advertising:

- Annual *Inlander Give Guide* and Spokane Public Radio (SPR underwriting is funded by an anonymous donor)

Other:

- Developed brand strategy, *Making a World of Difference a World Away*
- Developed style/punctuation guide to set standards and consistency for printed material

Civic Theatre Benefit Funds the Future



A heartfelt thank you goes out to everyone who attended the March 28 Civic Theatre production of *Dial M for Murder*, P4P's annual spring benefit. **You helped raise \$9,900.** We know life is busy and calendars are full and you could have done something else on Wednesday night, but you chose to come out and help sustain P4P's programs. Thank you!

Your support helps sustain P4P programs in Kenya. Our Power of Milk program puts infants on the road to recovery, our agriculture and economic development programs help lift people out of poverty, our scholarships give teens the opportunity to go to high school and our clean water initiatives save lives.



Special thanks to P4P's Civic Theatre Committee who dedicated hours in planning and procuring sensational raffle packages and to all who helped the evening of the performance.

We thank the following businesses and individuals for their in-kind raffle donations: Total Wine & More, Sandpoint Festival, La Quinta Hotel Sandpoint, Wisconsin Burger, Spokane Indians Baseball, William Grant Gallery, Patti Krafft, Sandy Ivers, Barb Morkill, Dia Maurer, Lee Fowler and Kari Holman.



We also wish to thank the following sponsors for underwriting the cost of *Dial M for Murder*. Their generosity makes it possible for P4P to use nearly 100% of the benefit proceeds on programs in Kenya. ***You make a world of difference a world away!***

Thank you to our Sponsors!



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Board of Directors

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Patti Krafft

Stacey Mainer, Co-Founder

Linda Hagen Miller

Rosemary Muriungi

Renee Sande

Committee Chairs

Auction Committee: Pat Lynass, Chair; Patti Krafft, Co-Chair

Civic Theatre Benefit: Barbara Morkill, Sandy Ivers

Communication Committee: Linda Hagen Miller

Economic Development: Traci Anderson

Education Committee: Cy Parker

Finance Committee: Sydney Russell

Fundraising Committee: Annie Luu Gokey, Sandy Ivers

Health Committee: Gabriella Bulman

Water Committee: Wayne Krafft

Part-Time Staff

Dia Maurer, Part-Time Executive Director

Lee Fowler, Part-Time Administrative Coordinator

Nereah Awuor Obura, Full-Time Kenya Program Coordinator

Charles Atha, Kenya Nutrition Assistant



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