

Looking for an Adventure of a Lifetime?



P4P Needs You!

Partnering For Progress (P4P), a Spokane-based 501(c)(3) non-profit formed in 2008, is committed to improving the health of the citizens in Kopanga/Giribe, a collection of small impoverished rural villages located in SW Kenya, and are in need of a group of thoughtful, committed medical providers, optometrists and dentists.

"I found this to be a remarkable experience, and I know I learned as much as I taught. I saw many children, most with illnesses that I rarely to never see in Spokane -- malaria, sickle cell anemia and severe malnutrition for example. I believe the Power of Milk program and clean water program provided by P4P will have a substantial long-term impact on this community. These programs give the Kenyans the power to make themselves healthier and will impact their health for generations," stated Dr. Maria Strueblin, Spokane pediatrician in March 2015.

Volunteers travel twice a year to this vibrant community, working closely with the community to identify their health and educational needs. The medical component of P4P established a nutrition program called The Power of Milk. "Improving nutrition for children has such a positive impact on brain growth and long-term health, which will improve the outlook for an entire generation," according to Dr. Strueblin. While in this program, malnourished babies and their caregivers attend a weekly program where supplemental food is provided, and caregivers attend an educational class. "The educational piece of this program, helping caregivers to learn about good nutrition, will enlarge the impact of the Power of Milk program," said Dr. Strueblin. To date, more than 20 babies are living because of this important program.

P4P has also provided funds for the training of the local health providers and Community Health Volunteers. Medical volunteers from the US work closely with Kenyans to share a mutual exchange of medical knowledge.

P4P and the community believe in a comprehensive and integrated approach to addressing the significant issues facing this very poor and isolated area. All programs are generated by the community, with contributions from those who benefit, and believe in a "hand up, not hand out". Sustainability is the goal for each program area.

In addition to P4P's medical work, they have programs to improve education, clean water and economic development, and have funded scholarships for high school students as high school is not free. Girls receive reusable sanitary towel kits courtesy of the non-profit. Volunteers have built water tanks and installed water pumps

in several villages and always educate on the importance of clean water. The clean water project positively impacts the health of the entire community, and empowers the participants to transfer what they learned to other communities," according to Strueblin. The economic development program has a chicken and goat project, and farmers are now being trained in an agriculture pilot about growing grains and vegetables. "What I was able to do in a week on the ground is minute compared to the impact of the projects that P4P has long-term, Dr. Strueblin affirmed.

Join P4P on a medical volunteer trip. There is a need of dental, education and general volunteers. These nine-day trips are twice a year, with the next trip planned for February 19-28, 2016. There will also be a trip in August. In-country costs are approximately \$800, plus airfare to Nairobi. After your work week, a safari is optional and a truly amazing experience.

If you would like more information, please contact Dia Maurer at diamaurer@gmail.com, Stacey Malner at malner20@gmail.com or (509) 951-2437, or Sandy Ivers at sivers@comcast.net or (509) 869-6255.

"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."

— Margaret Mead ■

