

# HABARI GANI (“What news” in Swahili)

**A Newsletter** by Priscilla and Henry Ziegler  
*August-September 2017*

Henry was in Tanzania with our Tanzanian partners in September. Despite your much-needed donations for an anesthesia machine and other equipment, we still need some equipment and supplies to be able to begin doing C-sections. The Tanzanian government team inspected us again earlier in the summer and has further recommendations that still need to be addressed before we can start doing any surgery. We are so close. Please help.

## Patients at the health centre



The newly delivered infant above had a fever and was treated for sepsis (an infection in the blood). The mother is on the left and the grandmother is on the right. The Buguruni Anglican Health Centre always holds mothers and babies for 24 hours, otherwise you could miss an infection in either the baby or the mother. The mother below had a very long labor but the baby did well. None of the mothers who deliver at the health centre or most hospitals in Tanzania are given any pain medication. (Copies of photos were, of course, given to the mothers.)





Above is another newborn with the mother and father. The following photos show more cute newborn babies and mothers.





This woman is a diabetic who came to the health centre with a very high blood sugar. She had been taking her medications intermittently because of their high cost.

Below is a one-and-a-half-year old girl who came to the health centre with a high fever and a white blood cell count of 42,000 (normal is less than 10,000). When the mother was told that the child needed to be admitted to treat her sepsis, the mother cried and asked for Tylenol for the baby instead since she had no money. Thanks to support such as yours, she was admitted and not charged. The mother was recently divorced and has two children. She sells oranges on the street and earns only \$2 a day. Of course, when staying in the hospital with her baby she earns nothing. In Tanzania, if there is a divorce or the father dies, the mother gets nothing.



She also has a son as seen above. Dr. Maxwell examined the four-year old since he has a growth on the top of his head. He has had this since birth because his fontanelle never closed, which means that he has no bone protecting his brain. Dr. Maxwell is investigating what can be done for him. This would not happen in the U.S. as it would have been discovered while the child was an infant.



The young man above came in with shortness of breath and brought with him this x-ray. (When an x-ray is taken in Tanzania, the patient is given a copy of it.) His heart has been pushed to the right and there no air in the left lung. Interestingly, his oxygen level was normal when he was sitting. Fortunately, his HIV test was negative, and he was started him on TB medicines since tuberculosis can present this way. Often, TB and AIDS go together and that is why he was tested for HIV.

### **Community Initiative**

As you know, we have always focused on women and children and especially those at greatest need. The most in need are the widows, orphans, and unmarried children with children. Tanzania has some of the highest numbers of orphans and mothers dying from child birth in the world. There are over two million orphans in Tanzania. In our 200,000 poor Buguruni-Vingunguti area of Dar es Salaam alone, best estimates are that there are 12,000 orphans who have lost at least one parent and 1,500 who have lost both parents. When it is both parents, it is usually from AIDS. There are 3,000 widows who have minimal resources.

Our AIDS orphan program does an excellent job helping orphans by giving them health care and educational support. However, there are currently only around 48 children in the program, down from a high of over 200 in 2006. In order to address many more of the orphans as well as widows and unmarried mothers, we have launched a new program that uses local volunteers and support. We are working with partners of all faiths and with the government to train volunteer health workers from the community, the mosques, and the churches. These health volunteers will find the widows, orphans, and children with children and link them to health and social supports.

Your support has allowed Health Tanzania Foundation to launch this pilot community initiative to reach and help these especially needy mothers and children. Two of the team members, Prof. Mabula and Dr. Obondo, are shown on the following page at the final training of 35 health volunteers from the local community and from five mosques and five churches. These volunteers are identifying all widows, orphans, and unmarried children with children in their part of their community. The volunteers will help provide social support and also link the needy with both preventive and curative services of our health program.

A grant must now be written to continue this program and to expand it. There are no further funds available in the foundation. Do you have any ideas about sources of funding?

Who are children with children? These are often children who have been exploited by older men and then abandoned when they became pregnant. They are no longer in school and have a difficult future ahead of them.



Henry with Prof. Mabula and Dr. Obondo

Below are two of the unmarried children and their children and one of the orphans found by the volunteers. Another orphan (not pictured) is 15 years old and has lost both his parents to AIDS. He was not in a supportive situation and was found to have both active AIDS and tuberculosis. Without this new program, he would be one more invisible “throw away” - overlooked and not helped. He is currently being treated at the health centre.



**AIDS orphan program**

On the following page are photos showing our AIDS orphans receiving flour. The orphans and unmarried mothers found by the volunteers also received this help.



This child is Samira, one of the AIDS orphans. She is in Standard Three (fourth grade). She came up to Henry at the food distribution and asked for support to go to a private school. She does well in school but wants the better education of a private school. Most of the public schools have very large class sizes, up to 90 students per class. Her school will cost \$150. Please help this ambitious girl follow her dream.

Remember that the AIDS orphan program helps children who have lost their parents to AIDS and are being cared for by members of their family or neighbors. The program provides them with school support, such as tuition, uniforms, and school supplies. They and their families are given free medical care at Buguruni Anglican Health Centre. When needed, emergency food is supplied. Maybe you could help to increase the numbers involved in this very needed program. As previously noted, there are fewer than 50 orphans in the program.

### **Health team members**

John Obondo is now Dr. John Obondo as he just graduated from medical school and starts his internship this fall. Even as a medical student, he has been an outstanding leader for the health program. Now that he is not president of his entire university student body, he will be more involved in our programs. He is one of the key leaders in the community initiative described above.

We have been close to John ever since he worked with us in Dodoma in 2008. To further his education, we paid for his BSN degree. A visiting doctor told him that he should go to medical school and then decided to pay for his medical school tuition. We have been helping him with daily expenses such as housing, food, and clothing. We are very proud of what he has and is accomplishing. (By the way, he named his first child "Priscilla.")



As seen above, the staff is still practicing handwashing three times a week during the daily morning meeting. Our AIDS coordinator is on the right with her two grandchildren.



This is the new nurse-midwife at the health centre. She is shown with the baby she delivered.

**Diabetes and high blood pressure**



The container shown above (below the peak of a nearby house) had brought treated nets to us when we were distributing 90,000 to poor urban and rural communities. We have been able to move it into our health compound; and it will be modified to become an examination room and a large room for meetings and for health education about diabetes and hypertension. This is much cheaper than building from scratch.

Thanks to your donations, we were able to pay for Dr. Maxwell to go to a course concerning the management of diabetes and hypertension. This will allow the health centre to give quality diabetes and high blood pressure care to growing numbers of patients. Unfortunately, more and more obesity and diabetes are being found in developing countries.

The government health program which insures government employees has finally modified its policies to allow ongoing care for diabetes and hypertension. In the past, patients in this government program were only allowed two weeks supply of hypertensive medications at one time.

### **Need for volunteers**

Our Tanzanian leaders are talented but there is still a need for an international person to help with the administration and financial management of the health program. This will ensure continued transparency at the health centre and the future hospital. He or she does not need to have significant experience and can be just out of school, retired, or anywhere in between. If you know of anyone who might be interested, please ask him or her to contact Henry at [hdziegler@yahoo.com](mailto:hdziegler@yahoo.com).

### **Donations**

As we announced in previous newsletters, the Health Tanzania Foundation, our non-profit foundation, has tax-free status as a public charity as a 501(c)(3). Please look us up on the web at [www.healthtanzania.org](http://www.healthtanzania.org). In addition to finding out more about our programs, you can now donate through PayPal at the website. Please help. You can designate what the donation is for and this will be honored.

In addition to making Pay Pal donations at our web site, you can send donations to Health Tanzania Foundation, 1301 S. Fern Street, Suite 25260, Arlington, VA 22202-5960. Make any checks out to "Health Tanzania Foundation" and a receipt will be mailed to you. All donations are tax-deductible.

We know that we are always asking for funds but so little can do so much in Tanzania. Especially with the Tanzanian shilling decreasing in value when compared to the dollar, a little goes a long way. We both continue to pay for Henry's trips, and he brings supplies with each trip.

Please continue to pray for the health programs in Tanzania. Henry will be visiting for two weeks in late November and early December – bringing supplies and arranging meetings with Tanzanian leaders. Anyone is welcome to go with him.

May God Bless All of Us,

Henry and Priscilla

P.S. Henry loves to take pictures of flowers. These were taken in Tanzania.

