

HABARI GANI (“What news” in Swahili)

A Newsletter by Priscilla and Henry Ziegler

November-December, 2017

We are excited to announce that the Khaki Foundation just gave the Health Tanzania Foundation a grant to expand our program that trains volunteers from the churches, mosques, and community. The volunteers identify widows, orphans, and unmarried children with children and get them into preventive and medical care. The grant also expands the Ukombozi (Saver) program which mobilizes all community members to fight alcohol and other drugs, violence and AIDS. It helps those with problems start 12 step (AA like) self-help groups. If evaluation proves that the two programs are successful, it, hopefully, will be renewed for a second year. If it continues to be successful, grants will be sought to expand it country-wide. (The photo on the left shows Mr. Khaki and Henry.)

Henry returned to Tanzania for a short visit in late November and early December. Many of the photos are from that trip. As usual Henry gave copies of the photographs to the subjects when possible.



Dr. Maxwell

In September and early October, Dr. Maxwell visited the U.S. for two weeks thanks to the generous support of Mohamed Shariff Manekia and his family. He visited churches in Virginia and a mosque in Florida and talked with people interested in his Tanzanian work. He was in the U.S. to raise awareness and funds for his and the medical team’s important work. He is pictured on the right with Shariff, Father Malm, and Henry in front of Grace Episcopal Church in Alexandria, Virginia, where he and Shariff presented a summary of the health program in Buguruni.

Dr. Maxwell is very active in the AIDS program at the health centre. He runs a special clinic for children with AIDS and has weekly meetings with them where he talks with them about a variety of topics. They have created their own club and elected their own leaders. Dr. Max has a special relationship with children who respond positively to him. Remember that AIDS is the number one

medical problem in Tanzania and kills the most people in Dar es Salaam. The health centre has over 3,000 patients registered in the AIDS program.



The photo on the left was taken in Dr. Max's office and show HIV+ children watching cartoons during the clinic day. On the left is a 13-year-old girl who dreams of becoming a doctor. She takes her AIDS medications every day so that her immunity remains strong.



These are children from the school of the deaf – visiting the AIDS treatment center. Communicating with them was a challenge.



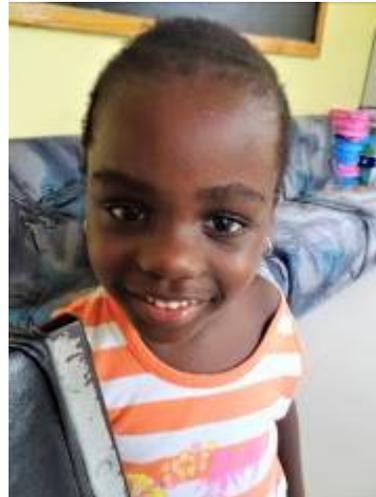
This is an AIDS patient who has been on AIDS drugs for three years. She took medicine for tuberculosis, developed a severe rash, and required high dose steroids to recover.

AIDS orphan program



Mariam is on the left. She has just finished form 4 (the final year in upper school) and will be taking a year of IT training. In the future she would love to go to university, as Daniel, one of the other orphans, did. She wants to become a lawyer.

Loveness on the right is in Standard 3 and doing well. She lives with her grandmother and five-year-old sister. The tuition at St. Augustine's Anglican School is being paid by a volunteer. We are looking for funding for the sister who otherwise will not be able to go to school. They are very poor and sometimes go hungry.



Also doing well in school is Alice with her grandmother who is trying to support her. Her mother died and her father and two uncles are drug addicts. Thanks to the 2016 mission team from the Holy Cross Episcopal Church, her tuition was paid this last year. We are looking for support for 2018.

On the following page is a photo of the triplets that we have been helping since they were one year old. They are not HIV+. When they were toddlers their father pleaded on the radio for help since they were sick and out of a job, and Dr. Max responded to his plea. They are now school age and the parents are asking for school support.



Final preparations for the Women and Children Centre

In order to start doing C-sections, we have to raise only \$5,000 more for equipment and supplies for the Women and Children Centre and then have a final government inspection. Thank you to everyone who has helped us get to this point. Please help us with the final \$5,000.

Thanks to donations we were able to upgrade the toilets in the building where the well-woman and children visits will occur. They had never been finished properly and were a disaster as you can see from one of the before and after pictures. This is important since the current bathrooms in the delivery building will be used by the women who are delivering and will not be available to anyone else. We also were able to put in a sink in the “sluice room” (cleanup room) of the surgical building that our anesthesia expert identified as being needed.



Community Program

On the following page are photos from the six-month pilot where volunteers from the mosques, churches and community were trained to identify and help widows and orphans in their communities. This is the program that the Khaki grant has funded for another year.



This is Caitlin Cassot who is a student in the Master of Public Health program at the University of Washington. She was in Tanzania for the summer and helped develop and evaluate the Ukombozi (drug-violence-AIDS) program. We are very fortunate to have had excellent students from her school. As Henry is a clinical assistant professor at the University of Washington, he can mentor students doing research and providing service in Tanzania.

It is very important to have the input and ideas of the people we are working with, and so we hold focus groups with both the orphans and widows. The following are photos from a focus group of 39 widows.



Pictured are Henry, Dr. John Obondo, and district level Muslim leaders. The community leaders will be holding a fundraiser to support the health care costs of the widows and orphans identified in the program.

Dr. John Obondo

He's now a doctor! Dr. John Obondo has graduated from medical school. He needs to do an internship and can then assume a major leadership role in the health program. Unfortunately, the government is very short of doctors and has assigned him to intern at a regional hospital in Shinyanga where he will be running the entire hospital. This will give him lots of experience but little training. He is shown with his wife, son, and daughter (who is named Priscilla). The first photo was taken in the garden of the health centre. We consider him our Tanzanian son and have helped pay for his living expenses. Dr. David Flatt paid his tuition. We are very proud!



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 college, 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.

During Henry's last visit, William Corley, a parishioner at Grace Episcopal Church, also visited. He is a marketing expert and will be helping us with the health program. He is seen below in the health centre garden. As part of his visit, he saw the patients in the home health program and the students in the AIDS orphan program. The other photo was taken by him in the Buguruni community.



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. 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, 1300 Crystal Drive, Apt. 605, Arlington, Virginia 22202 (our home address and the address for the foundation). 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 our own trips and bring supplies with each trip. Henry brought supplies such as pulse oximeters, thermometers, and blood pressure machines on his last trip – some donated by people at Holy Cross Church and others paid for by ourselves.

Please continue to pray for the health programs in Tanzania. Henry will be visiting again in March and will again bring supplies and arrange meetings with Tanzanian leaders. Anyone is welcome to go with him.

May God Bless All of Us,

Henry and Priscilla



A baby being weighed at the health centre – not too happy about the experience!