

HABARI GANI (“What news” in Swahili)

A Newsletter by Priscilla and Henry Ziegler

April - July 2023

Through its Tanzanian partners, Health Tanzania Foundation continues to help needy individuals and families, mobilize communities to improve their health and well-being, and work with all levels of the government to develop and implement sustainable health system changes. Our vision is to enhance partnership and cooperation for health, education, and development in Tanzania. Health Tanzania Foundation pulls everyone together, to help those most in need. Health Tanzania does this at all community and country levels. We are constantly helping our Tanzanian partners leverage local and international resources whenever possible. Without your help, none of this would be possible. Thank you.

Over the last several years we have been blessed to have a committed anonymous donor. That donor was Edward Kussy. Sadly, this wonderful man recently died.

Let us tell you about his involvement with Health Tanzania and Tanzania. In 2019, Ed and Henry first met at church. Ed was a transportation and environmental lawyer. When they met, he was still working as a lawyer but had retired from his U.S. government position as lead lawyer for the Department of Transportation. Ed was impressed with Health Tanzania’s approach and what they were accomplishing. Over the subsequent years, Ed became our anonymous donor and donated matching grants. Thanks to all of you, his generous donation challenges were always met.



In the fall of 2019, Ed and his sister Henny Warren (seen above with John Obondo) visited Tanzania for a month. Involving herself with SEET, Henny used her extensive psychiatric social work skills to empower girls and youth. Ed identified the major gap in environmental law and

healthcare in Tanzania. He taught a class of family medicine residents at Aga Khan University and linked with a local law school.

In addition, Ed stepped in and helped during crises. He helped us purchase the ambulance for Buguruni Anglican Health Centre. This spring representatives from the Tanzanian Ministry of Health agreed to a two-day family medicine briefing and planning conference with SEET and the Muhimbili University for Health and Allied Sciences (MUHAS), Tanzania's leading medical school. The only problem was that it needed to happen within one to two weeks and there was no money for this. On Henry's request, Ed donated \$5,000 for the conference, which was a tremendous success and involved international family medicine experts. With the complete support of the Ministry of Health representatives, MUHAS, SEET, the University of Toronto Family Medicine Department, and Health Tanzania are setting up a meeting with the Tanzanian Chief Medical Officer and the other Ministry of Health leaders to further discuss the role of family medicine in Tanzania and initiate a countrywide plan.

Henry and Health Tanzania have lost a good friend, as has Tanzania. Without his help we need your support even more. Ed was donating \$50,000 a year, which is a quarter of Health Tanzania's annual donations. Ali Manekia, another of our large donors, has generously agreed to provide a match of \$15,000. Please help to match this and honor Ed's life and generosity.

Patients at the health center

Buguruni Anglican Health Centre (BAHC) assists patients of all ages and provides them with quality preventive and curative care. With Health Tanzania support, BAHC now provides comprehensive women and children services including deliveries, C-sections, gynecological operations, family planning, well childcare, and immunizations. Pictured below are some of the newborn babies and their mothers.





This is a baby delivered by C-section. Notice how babies delivered by this method look more alert since they don't have to go through the trauma of birth.



This woman was walking at the health center before delivery. The next picture is of her baby after delivery. All babies at the health center are delivered without any pain medication.



A former socialist country, Tanzania, celebrates Farmers' Day on August 8 every year. It is called Nane-Nane (eight-eight). The mother pictured above gave birth to her boy on this day this year. What is unusual is that two years ago on Nane-Nane (pronounced nanay-nanay) she had her first child, a girl. The medical and nursing staff on duty are shown admiring the baby.



This patient had an ectopic pregnancy and needed an operation.



One of our partners in delivering women's healthcare has been Dr. Peter Wangwe, the previous chairman of OB/GYN at MUHAS. He has been coming to BAHC for several years, doing C-sections and other female surgery. Even though he is now MUHAS dean, he continues gynecology operations at BAHC. He is shown doing surgery.



Malaria is a very common disease in Tanzania. Newborns receive some antibodies for it from their mothers but still need protection from mosquitoes. Shown is one way to protect infants.



Shown is a staff member donating needed blood.

Diabetes and hypertension

As we have said in past newsletters, diabetes and hypertension are becoming more common in Tanzania. Often patients are asymptomatic when they first present for healthcare. Monitoring and treatment for both are expensive. Once a month, the health center conducts free screening and monitoring for both chronic diseases. As needed, patients are then referred for care at BAHC. Below are photos of some of the screening and monitoring events.



AIDS

Thanks to PEPFAR, the U.S. AIDS program that President Bush initiated, millions of Africans and other AIDS patients around the world are alive and often doing well if they continue to take the medications. Hopefully, the U.S. government will continue this critical program.

Patients sometimes have very significant side effects, although the drugs are safer than those used earlier. This patient shown below has severe leg weakness, is unable to stand, and has poor hearing and sight due to her AIDS drugs and anti-TB medications. TB often occurs at the same time as AIDS.



On the previous page, Dr. Max is shown with the AIDS patient. He is the primary doctor who manages the AIDS patients at the health center.

Eye care

With the assistance of SEET and Medewell, a Muslim health center with expertise in cataract surgery, BAHC held a community screening and treatment event for eye problems for a second year. Eye infections were treated, and cataract patients received operations. The pictures show some patients with who underwent eye surgery. One of the patients had a cataract operated on last year and had the other eye done this year. The entire program is provided at no cost to the patients.



Dental care

BAHC continued to provide dental care for patients.



Hospital development

In our previous newsletters, we explained that Action Medeor, a German NGO, was donating a new digital X-ray machine to BAHC as soon as we constructed a building to house it. They provided blueprints that were reviewed by the government radiation staff, and construction is now well underway. At each step the “atomic people,” as the radiation officials are called, inspect the construction. Between their adding to the design and the cost of the inspections, the overall cost is

much higher than originally estimated. Currently the construction is on hold since we do not have the funds. Please help if you can. BAHC badly needs an X-ray machine to serve the community patients, and because we hope to be teaching family medicine doctors in another year. It also is a source of money for the health center. Below is Mr. Barua, the health director, in front of the partially built X-ray building.



Family medicine

As we described in the last newsletter, Tanzania has a major need for family medicine doctors who can give a high level of care and can supervise and train lesser-trained doctors at the district and subdistrict levels. The family medicine doctors will be the only Tanzanian doctors trained to approach the patients in a holistic manner and link care to the community partnerships that SEET exemplifies. Following up on the Ministry of Health family medicine conference, a meeting with Tanzania's chief medical officer and her senior leaders is being set up for further discussions and joint planning about family medicine and national scaleup.

SEET's Family Medicine Centre, MUHAS, and Toronto University's Family and Community Medicine Department applied for a grant to further develop SEET's community health programs and put lessons learned in the family medicine curriculum. The grant from Canada has been approved.

As we discussed, the clinical teaching sites for the MUHAS Community Oriented Family Medicine program will be (1) BAHC and SEET and the surrounding poor urban community in Dar es Salaam and (2) the Kisarawe Rural District Hospital in the Pwani region. Grants are being sought for SEET to develop a community mobilization program for service and teaching in the rural community. The plan is to start family medicine teaching in September of 2024.

SEET (Socio-Economic and Education Transformation for Health)

The Health Tanzania Foundation helped establish SEET as a Tanzania nonprofit in 2016. SEET is a multifaith and local community partnership with an estimated 420,000 poor people in the urban Buguruni and Vingunguti neighborhoods and people in the rural villages in the isolated rural Rufiji District. SEET partners with churches, mosques, and community leaders to address critical issues.

In addition to its work helping to develop family medicine, SEET continues to assist widows, orphans, and unmarried teen mothers to improve and maintain their health, increase their education, and obtain sustainable incomes. They also continue to train everyone in the community to address

violence against women and children, alcohol, and other drugs. They help those already dealing with the problems and prevent further violence, drug abuse, and AIDS in the community. Over 70,000 adults and youth have taken the three-hour course and discussed what they could and will do for themselves, their families, and their community. Below is a picture of a planning meeting for SEET. Dr. Chilowaka, the director of SEET, is on the right.



Training and teaching are a major part of SEET. On the left above Dr. John Obondo is teaching community members about breast and cervical cancer. On the right are volunteers facilitating the discussion of violence in the community and school. Below volunteers are leading discussions in a school about violence.



SEET also manages a program for AIDS orphans by helping them with emergency food, educational support, and, as needed, vocational training. The home-based care program for the home-bound sick is also part of SEET. The community coordinator for these programs is Faidha.

Below Faidha is seen giving school supplies to some of the AIDS orphans.



Faidha discussing with one of the orphans his progress in school.

In May, Faidha visited 11 orphans and vulnerable children supported by SEET in their schools to understand their progress and challenges and discuss how to address them. Faidha met with four secondary school teachers, two primary school teachers, and one nursery school teacher. Below are Faidha, Zakia Kassim and her teacher at Buguruni Moto Secondary School.



During school visits, Faidha noted the following challenges: irregular school attendance among secondary and primary school children and a shortage of teachers for science subjects. In all secondary schools visited, there was a shortage of mathematic, physics, and chemistry teachers. Also, Faidha found that parent engagement in school was very limited. According to the teachers, there is a minimal engagement between caregivers and teachers to discuss academic and non-

academic issues of the children. To address these challenges, Faidha will organize meetings with caregivers and teachers about these problems.

A few of SEET's success stories



Suleiman Malizia, 57, is married with one child and living in an extended family house. He started selling and injecting illegal drugs in the early 2000s and collected plastic bottles in the street, selling them to support his habit. (Plastic bottles are collected and then sold to the government.) In 2012, he began using methadone, but stopped because he lacked money for transportation and felt uncomfortable using the drug around others. Drug use in Tanzania is illegal and could lead to prison.

In 2018, he joined a SEET self-help emotions anonymous group for drug users. With support from the SEET program, his wife, and the community, he was able to completely get off drugs by 2021. Suleiman now works as a shoe, bag, and umbrella repairman and supports his family. He also teaches and helps other recovering drug users.



Abdallah Shaaban is 20 years old and lives in Vingunguti, Dar es Salaam. At age nine, he lost both parents to HIV/AIDS. His grandmother then cared for him and his sister. In 2016, SEET started supporting him with basic education needs, including school fees, a uniform, and stationary. SEET also provided the family with emergency food.

In 2021, SEET paid for training in sewing and he qualified as a tailor in the same year. Health Tanzania Foundation donated a sewing machine to Abdallah. Abdallah said, “I am now self-employed and manage to cover my living costs and support my grandmother too. I will never forget what SEET has done for me.”



Salum Fadhili lives with his wife and three children in a house with his extended family. He smoked cannabis and started injecting drugs in 1998. In the picture, he is showing scars from the injections to Agnes Mhada, the SEET community health nurse. He stole to get money for drugs, and this isolated him from his family and society. Thieves are sometimes killed by vigilante justice in Tanzania. SEET’s self-help group helped him overcome the difficult and challenging task of stopping using drugs.

After stopping drug use, Salum learned to drive by using his old friend’s vehicle. He now can drive but has no driving license since he was unofficially trained. In the future, he would like to take a driving course and get a driving certificate and license. Please help us fund this training so that he can make a living by driving.

Home-based care

As we discussed in the last newsletter, the home-based care program currently serves 25 to 30 patients. Patients are generally very sick and lack social support. For some of the patients, the program acts as a hospice. The patients receive food, medicine, and checkups. Faidha visits the patients in their homes, checks vital signs, and delivers food and medicine. With additional funds, more patients could be helped. The following are some of the patients being served.





St. Augustine's English Medium Primary School

Since we began our Tanzanian partnerships in 2005, helping St. Augustine's Primary School, located next to the Buguruni Anglican Health Centre, has been an important part of our health program. One of our early partners, Holy Cross Episcopal Church (Dunn Loring, Virginia) has continued to support 250 very poor students of the nearly 1,000 students so that they can receive a free midmorning meal of porridge and a doughnut (mandazi). Otherwise, they would have no breakfast or lunch as their parents cannot afford to pay for both the food and school fees. Below are photos of a few children receiving the meal and of the preparation of the porridge. It is often the only meal they get during the day.



Through your donations, we have also funded the school's bathrooms which were vastly inadequate. Visitors from Holy Cross also built a playground for the school. Donors are helping individual poor orphan children by paying for their fees and other necessities.

Donors are currently supporting nine orphans. To continue in school, they will need tuition at the beginning of next year. Please help if you can. It costs \$550 per orphan for the year if you want to "fully adopt" one of the orphans. On the next page are current photos of some of the orphans who are being helped.



Here is one of the classes. Everyone wears the same uniform.



Every morning the headmistress addresses all the children before school starts. This is done outside the school.



The teachers and some of the students

Below is a donated pool used by the younger children.



Staff at BAHC

On International Women’s Day, the women from the health center put on matching dresses and went to the Valentine Children’s Centre, an orphanage started by the previous bishop Valentine Mokiwa. They gave the orphans soap, medicine, and other items and spent time with them.



The health center staff is constantly training. Below are pictures of one of the sessions



May Day

Earlier we mentioned Tanzania’s socialist past. Another post-socialist tradition is May Day or Workers’ Day. A team from BAHC participated in the celebration as shown below.



Clean-up

This is the Kingstone jogging group who came as community volunteers and cleaned up the area around the women's and children's building and the surgical buildings.



This is Henry with Father Pearson Nhayo at the Virginia Seminary where he comes once a year as part of his doctorate training. In addition to acting as an Anglican priest for a large poor community, Father Pearson assists SEET in its community health development work.

Need for volunteers

We are constantly looking for volunteers both short- and long-term to help in the United States and in Tanzania. There is always a role. If you or someone you know may be interested, have them call, text, or email Henry to talk about possibilities at hdziegler@yahoo.com or 703-887-1574.

Donations

As we announced in previous newsletters, the Health Tanzania Foundation, our nonprofit foundation, has tax-free status as a public charity—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 donate through PayPal at the website. You can designate what the donation is for and this will be honored.

In addition to making PayPal donations at our website, 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. Donations to our tax-exempt organization are deductible to the full extent allowable under IRS regulations.

We know that we are always asking for funds, but so little can do so much in Tanzania. With the Tanzanian shilling continuing to decrease in value when compared against the dollar, a little goes a long way.

Please continue to pray for the health and educational programs in Tanzania.

May God Bless All of Us,
Henry and Priscilla



One of our volunteers took this picture in in 2005, when our Tanzanian partnership first started.