



Our Mission

Mt. Meru Tumaini Health Clinic is dedicated to providing quality health care, community development, and educational programs for the people of the Mt. Meru region of Tanzania.

“Mission Trip Leaves August 4”

This year's mission trip will leave August 4th and stay for just over 2 weeks. Many projects are planned which are outlined on page 3. There will be 6 people participating in the work of the Mt. Meru Tumaini Health Clinic on this trip. Trip participants include:

Exaudh Mbise: (Co-founder, Board Liaison to Tanzania) He is returning to his childhood and young adult home on Mt. Meru. For the other fifty weeks of the year, Exaudh works as a system administrator in Wisconsin. Exaudh leads our mission trips and organizes all purchases and deliveries needed for trip projects. He acts as liaison between the United States and Tanzania and serves on both Board of Directors. He braves driving on Tanzanian roads, translates 3+ different languages, and serves as the go-to person for any needs on the mission trip.

Diane Thompson: (Vice-President of the MMTHC Board) This is Diane's third trip to Ndoombo. She is a special education teacher in Racine, WI. This year she will be spearheading an efficacy study on the solar lights, food distribution, and clinic services.

Linda Thompson: (Diane Thompson's Mother-in-Law and retired nurse) This is Linda's first time to Tanzania. Linda hails from Arizona and Idaho in her retirement. She brings nursing experience having worked as a registered nurse specializing in care of the elderly and mentally disabled persons. She is also talented at quilting and knitting which is a true gift as we are bringing two, hand-powered sewing machines for women to start businesses.

Jill Hilty, M.D.: Jill completed medical school in 1994 at the University of Colorado School of Medicine. She completed a residency in Family Medicine through the UC Davis School of Medicine in California. Jill has been an Associate Faculty for the University of Colorado School of Medicine since 1997. She currently practices at an Urgent Care Center called Docs on Call as well as seeing Family Practice patients at Appleton Clinics. In Grand Junction, CO. Jill has also done volunteer work in Thailand, Mexico and Peru with her husband and children. This will be her first trip to Ndoombo.

Bailey Hilty: Bailey just graduated from the University of Colorado. She has also done volunteer work in Mexico and Peru. She is currently applying to medical school. She loves the outdoors and is looking forward to hiking and camping in TZ.

India Hilty: Having graduated from high school India will start College in the fall. She is an avid soccer player and hopes to find some fellow "futbol" fans in TZ.

Darren McKinnis: This is Darren's 3rd time to Ndoombo. He is a licensed Clinical Social Worker who runs a private practice in Durango, CO. Darren has previously worked on various projects from food distribution to eyeglasses and reader distribution. Darren is always open to challenges presented on these trips and is looking forward to returning to the village.

Challenge Grant Received!!

The Mt. Meru Tumaini Health Clinic has received a generous \$7,500.00 matching challenge grant for this year's mission trip projects. Our anonymous donor will match up to \$7,500.00 in donations for the projects described on page 3.

As of this printing we have donations totaling \$2,800.00 - We are well on our way. Thank you to those who have donated. Please consider a donation to be matched and used in August.

“Tanzanian Dinner on Washington Island” by Elaine Lucht



Above: Trinity Lutheran Church on Washington Island, Wisconsin

Trinity Lutheran Church on Washington Island, WI was the sight for an April 23rd dinner and program. Exaudh Mbise, Diane Thompson, Jodie Larson, and Eric and Elaine Lucht gathered first in Fish Creek, Door County, WI Friday evening so we could catch an early ferry to the Island Saturday morning. Chris and Diane graciously hosted us that night. The next morning our 30 minute ferry ride went smoothly. Once ashore we were greeted by Cindra Hokkanen. from the Trinity Lutheran Church Women's group. She guided us to the church where we set to work preparing plantain stew, greens, rice, beans and ugali for dinner. People dropped in to welcome us, see how things were going or to say they were sorry they could not come during the evening. Once everything was prepared we set up our displays and a gift table.



Above: Exaudh talks about cooking Tanzanian food.

Since we still had a couple of hours before dinner Cindra offered to give us a guided tour of the island and share stories of its history. Diane Thompson stayed to work on an updated program and Exaudh kept his eye on our dinner. When

we returned to the church we walked across the road to visit the Norwegian Stavkirke.



Dinner was scheduled for 6:00, but people began arriving shortly after 5:30 which gave us a chance to get acquainted with our host families and other guests. Dinner was an adventure of new tastes for many and was enjoyed by all. Exaudh then shared a power point presentation along with the story of the clinic and the work being done in Ndoombo. Exaudh talked about the people in Ndoombo and described how the clinic's focus has changed over the years from specific health care—which is maintained—to broader health issues such as water, poverty, education, and food shortages. Questions were answered and then it was time to pack up.



Above: Elaine and Eric Lucht talk to participants about the Clinic as they look over items from Tanzania

We headed home with our hosts to enjoy an evening that was just too short. Before heading to the ferry in the morning we were served a delicious breakfast. Thanks to all our new Washington Island friends and supporters for a wonderful weekend and for your generous donations of over \$1,800.00 for the work of Mt. Meru Tumaini Health Clinic. These funds will be used for the various projects being done in August 2016.

ASANTE SANA! THANK YOU VERY MUCH!

“Anticipated Projects for the 2016 Mission Trip”

by Diane Thompson and Exaudh Mbise

Medical: As always, we continue our medical care through the work of Romini Mbise, nurse/midwife and Dr. Polite Mbise, DDS. This year, Dr. Jill Hilty of Grand Junction, CO who specializes in Family Medicine, will be spending two weeks at the clinic to see patients. Linda Thompson will also be there to assist.

We also have many important projects slated for the 2016 mission trip in August. Along with continued medical care this is how your donations will be helping the people of Mt. Meru, Tanzania.

Paved walkway and culvert to the clinic:

Goal: To hire local workers who will construct a paved walkway and culvert that will properly drain water and provide safe access to the clinic for those in need. Approx. Cost: \$2,000 USD

In order for a patient to get to the clinic, they need to cross over a makeshift, wooden bridge that spans over a drainage system near the road. Then they need to walk down a steep embankment that can become extremely dangerous when it is raining.



A culvert and pathway will create easy access to the clinic.

Food Distribution

Goal: To provide nutritional support by providing dried corn, beans, and cooking oil, to those with the greatest need. Approx. Cost: \$12,000 USD

Most of the people who qualify for this program are either widows or grandparents raising children on their own, people with disabilities or elderly people who need additional support beyond what their extended family can provide. Romini works with the village elders to help identify those in greatest need.



People receiving food in 2015.

Giving the gift of light to kids

Goal: To continue providing solar lights to families of students who did not receive lights last year. Approx. Cost: \$2,000 USD

Most students use dangerous Kerosene lamps or candles as their only source of light when working on their studies at night. The harmful fumes can cause damage to their lungs and eyes. With the solar lights, families now have a brighter, cleaner, and safer source of light that uses free energy, the sun.



Children at the Ndoombo Mfulony Primary School receive solar lamps.

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“Walk a Mile in Their Shoes Fundraiser Kick-off”

by Dr. Christopher Thompson

Have you ever wondered what life is really like for the people living on Mt. Meru? The Mt. Meru Tumaini Health Clinic is sponsoring the “Walk a Mile in their Shoes” Challenge this summer to raise funds for the Clinic’s health, education, famine relief, and clean water initiatives. Just as importantly we also want to raise awareness regarding daily life for people in Ndoombo, Tanzania.

Challenge participants in Wisconsin and throughout the country are invited to “walk a mile” during the Summer of 2016 by completing one or more activities (listed below) that simulate a daily activity for a Tanzanian living in Ndoombo. Once completed, Walk a Mile participants are encouraged to make a donation and challenge their friends and family to join the cause and “walk a mile” for the Mt. Meru Tumaini Health Clinic.

Possible “Walk a Mile” Activities include (but are not limited to):

- Walk a mile with a 30-lb. backpack (equivalent to the amount of food we give) in flip-flops.
- Carry your child for one-mile (without a stroller), either carried in your arms or tied to your back or front.
- Cook a Tanzanian meal for family/friends (recipes provided for participants).
- Take public transportation to a healthcare appointment (only if not contagious).
- Farm a 4-square yard plot and donate the produce to a food shelter or pantry.
- Bike or walk to work for a day/week (as opposed to driving).
- Play outside for an afternoon without store-bought toys. You can also create toys out of recycled items.
- Complete paperwork or homework for two hours by candlelight or oil lamp.
- Wash your clothes by hand and hang them to dry.
- Shower or bathe with cold water or boil water on the stove for a warm bath.
- See if you can wash your body AND your hair with one bucket of water.
- Visit our website: www.mmthc.org or our Facebook page for more ideas.

The “Walk a Mile” Challenge kickoff will begin at 12:30 PM on Sunday, June 26th at the Sealed Air YMCA at 8501 Campus Dr., Mt. Pleasant, WI. Activities include a brief presentation highlighting the Clinic’s efforts including the upcoming August 2016 mission trip, tastes of everyday Tanzanian food and shopping the Tanzania goods boutique, former trip participants and board members will be available to help you come up with your summer “Walk a Mile” challenge. You can also register for the challenge at this kick-off event. Finally, all kickoff attendees will have use of the Sealed Air YMCA’s recreational facilities for the afternoon (fitness equipment, gymnasium and pool area with waterslide). There is no charge to attend the Walk a Mile Kickoff event. Participants and their family members (all ages) are invited to attend the Kick-off event.

You can register for the Walk a Mile in their Shoes Challenge and Kickoff event by visiting <http://goo.gl/formsUYprFkEiThrXgUU43>

The Clinic will also host a finale celebration event in September 2016. You can register for both events - the Kickoff and the Finale - as well as the Walk a Mile Challenge at the above link. If you have any questions, please contact Dr. Christopher Thompson at csthompson21@gmail.com or by calling him at (262) 751-8578.



Above: Just imagine walking a mile on this road up the mountain. Then add rain.

Just imagine carrying your groceries home like this.

“Anticipated Projects for August 2016 Mission Trip” by Diane Thompson (con’t)

Continued from Page 3

Starting a water distribution system with a tank:

Goal: Build a collection tank to collect water from a natural spring that people have been using. Approx. Cost: \$2,000 USD

A natural spring has formed on the mountain and people have been using this spring as a source of fresh, clean water. By constructing a collection tank water can be made available to villagers farther away from the source. The people living in the area will then be raising funds in the village to build a pipe system that will distribute water to all those in need.



This picture is an example of a water collection tank, such as the one we will be helping to build. The challenge grant and matching donations will be used specifically for this project.

Supplementing Educational supplies:

Goal: to purchase lumber so more desks and benches can be built as well as continuing to purchase textbooks to build up the Primary Schools library. Approx. Cost: \$4,000 USD

This past year, the enrollment at the Ndoombo Mfulony Primary School has exploded. This is due to newly elected President John Magufuli implementing his campaign promise for free primary school education. Therefore parents are enrolling students they formerly held back because of the former cost of education fees. Unfortunately, the resources for the schools have not expanded with the student body. Books, desks, benches, school supplies, and physical space are a desperate need. This photo was taken before there were overcrowded classrooms.

Anyone interested in receiving the newsletter by e-mail rather than 'snail mail' please contact Denise at denisemhbise@gmail.com



A typical classroom at Ndoombo Mfulony Primary School prior to the expanded student body.

Thank you Warren and Joannie Williams

We want to take this opportunity to thank Warren and Joannie Williams for their many years of support and service to the Board and mission of Mt. Meru Tumaini Health Clinic. Warren was an incorporating member of the board. Warren and Joannie were with us on the inaugural mission trip in August of 2002 and have seen the clinic—literally—being built. Joannie has been a force behind our fundraising events—most notably the Tumaini Tea and some of our benefit concerts. Both Warren and Joannie have retired from the board and are pursuing other needs within the Racine, Wisconsin community around the issue of homelessness. We thank them for their commitment to the clinic and ask God’s Blessings on their new endeavors.



Warren and Joannie on the 2002 mission trip with their daughter Dr. Megumi Morishita.

Mt. Meru Tumaini Health Clinic Board of Directors



Jodie Larson, who has a bachelors in finance, serves as our Treasurer. She and her family made the trip to Tanzania in 2004 where her husband built shelving for the clinic. Jodie lives in Beloit, Wisconsin with her family. She currently works for Rockford Spine Center as an administrative supervisor in charge of office staff, scheduling, and medical records.



Elaine Lucht serves as our Secretary. She records and tracks donations. You more than likely have received your donation acknowledgement from Elaine! Elaine is a retired elementary teacher. She worked for Racine Unified Schools. Elaine and her husband Eric were in Tanzania in 2002 when the clinic was built. They live in Racine, WI.



Jill Wangaard lives in Racine, Wisconsin with her husband. She works as a nurse practitioner in the Wheaton Franciscan Emergency Room in Racine. Jill has been to Ndoombo twice—most recently in 2013. She has worked with Romini and Polite to provide basic healthcare at the clinic. Jill serves as our epidemiology chair.



Diane and Christopher Thompson live in Racine, Wisconsin with their son Alex. Diane is now the Vice-President of the Board and has been to Tanzania in 2014 and 2015 and will be going again this year. Diane is a special education teacher for Racine Unified Schools and holds a Masters in Educational Administration and Support from National Louis University in Chicago.

Christopher holds a Doctorate of Education from Edgewood College in Madison, Wisconsin. Chris works as Racine Unified Schools Director of Curriculum and Instruction. Chris was in Tanzania in 2015 with his family. Chris joined the MMTHC Board just this year. Chris and Diane are organizing our “Walk a Mile” event.



Mike Campo holds a PhD in Business Administration/Management. He is currently a Director-level executive for the Colorado Medical Society (CMS), a leading physician-based association in Denver, CO. In addition to his work at CMS, Michael teaches graduate courses in global healthcare management at University of Denver, University College, and he is involved with grant projects and healthcare research. Mike lives with his family in Morrison, CO. We are working on getting Mike to Tanzania soon!

MMTHC Board of Director's (con't).



Exaugh and Denise Mbise started the clinic to fulfill the dream of Exaugh's father, Moses, to have a clinic in Ndoombo. The dream was born in 1999, the clinic built in 2002 and in 2003 we were legally organized. Exaugh serves as Liaison to Tanzania and serves on their board as well. Denise serves as President of MMTHC. They live in Racine, Wisconsin with their 3 children—Anna-Lisa, Aliliywa and Alexander. Exaugh is a System Administrator for Goodman-Reichwald-Dodge in Brookfield, WI. Denise is a pastor at Living Faith Lutheran Church in Racine.



Judy Amundsen lives in Kansasville, WI with her husband. She holds a Master's degree from UW-Milwaukee in Communicative Disorders. Judy is retired from extensive work in speech pathology. She worked for 5 years in the Racine Unified School District and then for St. Mary's Medical Center in rehabilitation, and again for 15 more years with Racine Unified in the Early Childhood program. Judy was on the 2013 mission trip. She serves on our publicity and fundraising committees and will be doing some communications work on our website. She enjoys photography.



Barb Elmer is a retired registered nurse, but is still actively working at Racine's Healthcare Network. Barb serves on our Community relations committee seeking ways to educate people coming to the clinic about health issues. Barb and her husband Don were on the inaugural mission trip in 2002. She is seen here working with Dr. Janice Alexander on that trip. They are attending to Polite Mbise who is now the dentist at the clinic. Barb and her husband live in Racine.

Tumaini/Hope Clinic

The clinic in Tanzania and their Board of Directors are currently in the process of acquiring a license to be a birthing center. The last level at the National Ministry of Health office is currently in process—all other levels have been cleared and approved. An interesting thing happened on the way to obtaining this license. Because there are so many clinic's using the name Tumaini in Tanzania, they had to go with a different name. So in Tanzania we are now using *Hope Clinic* (Tumaini in Kiswahili means hope). So if you go to the clinic in Tanzania it will be called Hope Clinic. But our board here will retain the name Mt. Meru Tumaini Health Clinic. A nice reversal of languages as we continue to work together to bring hope and health to the people living in Ndoombo and the surrounding area.

**Hope
Tumaini**

“What Kind of Impact Do We Make? Let’s Find Out!”

By Dr. Christopher Thompson

Efficacy is the ability to produce a desired or intended result. Several times I have been asked about the mission of the Mt. Meru Tumaini Health Clinic. During these discussions, I share with friends and family what MMTHC has become for the Ndoombo community. The Clinic is greater in scope than health and dental care. We also provide famine relief through the distribution of food and chickens. We support access to a quality education for the area children. We furnish dependable sources for clean drinking water. We are also able to improve the quality of life for both children and adults by providing sustainably powered solar lights for completing schoolwork and reading during the evening hours. All of these initiatives ultimately affect the health and well-being of those living in Ndoombo. MMTHC has grown into a focal point within the Ndoombo community and I am proud to support these initiatives as I have seen firsthand the positive impact it makes and how it is valued by Mt. Meru inhabitants.



One of our goals is to measure the impact of these various initiatives. We already collect and analyze the healthcare records from the Clinic and will use that data as part of our study. However, everything else supported by the Clinic also makes an impact and we want to assure you, our supporters and donors that these projects are also producing the intended results.



During the August 2016 Mission Trip, Diane Thompson will be collecting mixed data - quantitative (survey) and qualitative (narratives). This data will help us determine the impact these projects are having on the lives and health of the people of Ndoombo. Our aim is threefold: 1) measure the impact of our current initiatives, 2) learn if our projects are the “right” ones to continue funding, and 3) determine what projects are needed as we move forward. We will report our findings to you as they become available.



We are excited to begin this efficacy study because we want assurance that our efforts are not only producing the desired results, but that we are engaged in work that makes life better for the people on Mt. Meru. Life is beautiful and making life better for others is what makes living in our beautiful world a wonderful gift for us all.



Walk A Mile In Their Shoes

Fundraiser to benefit the

Mt. Meru Tumaini Health Clinic

Tanzania, Africa

Sunday, June 26, 2016

12:30–3:00 PM

YMCA, Sealed Air Branch

8501 Campus Drive, Mt. Pleasant, WI

- Walk a mile in your flip-flops
- Learn what it is like to live on Mt. Meru
- Authentic, hands-on experiences
- Food samples
- Shop the Tanzanian boutique
- All ages are welcome!



For more info visit: www.mmthc.org or [join us on facebook](#)

Get your MMTHC t-shirt!

Contact:

denisemhbise@gmail.com



\$15.00
plus shipping.

Do you use Amazon?

Go to <https://>

smile.amazon.com/

Amazon will automatically give .5% of eligible purchases to our organization upon your designation of MMTHC.

Wish List Items—We accept donations of the following items:

- Bulk Bottles of Ibuprofen, Tylenol & Benadryl in tablet form; adult and children's oral suspension (not expired)
- Triple-antibiotic, Anti-fungal, Arthritic, Hydrocortisone & Benadryl creams/ointments (not expired)
- Suture material with cutting needles, 4/0, 5/0
- Flashlights, headlamps and related batteries (new)
- Reading glasses (cheaters +1.0 to +2.5), Sunglasses
- Pencils, scissors, erasers, protractors, compasses, metric rulers, colored pencils (supports local school)

Contact Us:

Mount Meru Tumaini Health Clinic
3500 Washington Avenue
Racine, WI 53405

Phone: 262-930-8267
Email: thc@att.net

Donations can also be made via the web at
www.mmthc.org using PayPal/credit card or
by mailing to the above address.

Board of Directors:

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Diane Thompson, Vice-President
Elaine Lucht, Secretary
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