

FROM A SIMPLE DISPENSARY TO A HEALTH CENTER ...



From a simple dispensary to a health center ... the focus is on women, children and socially needy patients who need help.

Since opening the dispensary in May 2010, when I visited my mother for the first time in Momella, we were able to help thousands of patients regain their health and strength. A path with its ups and downs. A path in which those people who cannot afford medical care get help. But also, a path that breaks new grounds through the integration of conventional medicine and naturopathy. Not always without obstacles.

Throughout the years, we have been able to build a team that comprehensively looks after patients with its diverse departments.



Here in the picture Dr. Amlo, Dr. Anthony and Dr. James in front of our new mission statement.

Dr. Njau, as the newly designated doctor in charge sent by the government, manages the ambulance area. After a year of a very problematic relationship with his predecessor, the waves are now smoothing and the entire medical team can breathe again. It's unbelievable how much a single person can demotivate an entire team. And how slowly state offices sometimes take to make decisions in order to counteract and replace people who harm the facility. In the meantime, patients not only come to our hospital, but we also send a team to remote villages every week to offer medical advice and therapy with a focus on pregnant women and children. These **driving doctor's** programs are of special concern to us in order to educate expectant mothers about

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the necessity of a preventive care and the possibility of giving birth safely at our Health Center. We also to treat them right there at their homes.

OUR NEW PATIENT BUS HAS PICKED UP SPEED

The patient bus, which was donated by MIWA Switzerland, the Rotary Club Wilen and a donor group around Roswitha in Salzburg, now also drives to the very remote areas to enable those patients to be transported to our clinic for check-ups.



OUR MOTHER-CHILD STATION UNDER THE DIRECTION OF DR. AMLO

The mother-and-child unit with its birth ward, ultrasound prenatal care and childcare during their first few months of life, under the direction of Dr. Amlo, has become our central task for a wide catchment area. Every day, our team, consisting of three male midwives who are on duty 24 hours a day, helps women to give birth safely. The long transport routes to the district hospital are no longer required for these women and we also always have a surgeon on our duty for any cesarean sections. Thus, the maternal mortality rate in our area and in the nearby Maasai country decreased significantly.

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Africa Amuni Alama



THE CHILDREN'S WARD OPENED

The newly opened pediatrics ward with child-friendly wall painting, helps some desperate mother regain hope and is occupied especially by young children who need intensive care with pneumonia, during this cold season now. Dr. Amlo, with her calm, patient, sensitive manner, is very popular with mothers and children.



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OPERATION UNIT UNDER THE DIRECTION OF DR. MED. ANTHONY

What would a birth ward be without an opportunity for surgery? It is run by Dr. Anthony, who has been to Europe twice for training and can perform a variety of operations with his team. The surgical program includes thyroid surgery, myomectomies and hysterectomies, mastectomies, hernias and skin grafts, and of course cesarean sections. His team consists of our two anesthesiologists, two instrument nurses and three caretakers, who are responsible for the care of postoperative patients in the ward. In the meantime, we have become the point of contact for complicated and chronic wounds and try to treat them with conservative or plastic surgery. Especially for the surgical treatment of these often-large wounds the spinal needles, donated by the company Pajunk-Medipro, help us a lot because we can hereby provide the patients with spinal, instead of general anesthesia.



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THE OPENING OF THE INTERNAL WARD

The internal ward, sponsored by the Fresenius Foundation, has been open since May. It consists of 36 beds and is led by Dr. James. Here in the ward, we take care mainly of patients from the surrounding areas. In the walk-in clinic, many patients come to us from far away. From acute emergencies and infections to chronic wounds and long-term internal diseases, all patients are treated according to the options available to us.



NO HOSPITAL OPERATION WITHOUT PHARMACY

Our pharmacy is of great importance for the operation of the ward, because all the necessary medicines, both for the walk-in patients and the patients of the internal ward. They are issued with a hospital-internal billing system. Since the running costs of the local pharmacist are taken over by Rudi Mather, we can provide the medicines cheaply, at cost price or for those who are financially very weak, through the emergency fund, free of charge.

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DIAGNOSTIC DEPARTMENTS: LABORATORY, X-RAY, AND ULTRASOUND

Thanks to our good diagnostic departments, we can diagnose and treat some so far unknown diagnoses. First and foremost, our lab team, consisting of three technical assistance with its head Nice should be mentioned here. In addition to routine diagnostics, hormone analyzes (PSA, thyroid hormones, sex hormones), as well as the analysis of liver and kidney values and electrolytes, are now being carried out. Marlies Nemeth was able to enrich our team this summer with her profound knowledge in cytology and to provide regular training.



Also, the X-ray unit with ultrasound, under the direction of Dr. Josef, took another step forward, after three weeks of intensive training by Dr. Celedin. In addition to the normal X-ray and ultrasound diagnostics, we now offer mammograms for the early detection of breast carcinoma. This type of prevention is not yet available in our entire region and we want to expand this gynecological preventive medical examination even further. In order to be able to put our heart ultrasound into operation, we would **urgently** search for a specialist, who would like to instruct Dr. med. Joseph. He is thirsty for knowledge, and eager to learn how to examine our patients.



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A YEAR AFTER THE INITIAL OPERATION: ST. LUCY EYE CLINIC

One year after having started to build our eye clinic, sponsored by St. Lucy, the clinic is running amazingly well. Many patients and children are getting individually adapted glasses, after the determination of their vision. Also, every hypertension or diabetes patient gets an eye exam once a year. Outreach programs at our schools are already routine for Tito, our optician and he's committed to serving the community with the best possible accuracy and quality.



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DIANA EXPANDS THE OFFER IN OUR DENTAL CLINIC

Also, in our dental clinic, Diana draws great importance to the training of patients and children at our schools, in terms of dental hygiene. Since last spring, we have cooperated with a dental technician in Arusha. We even take impressions, send them to the dental laboratory and get them back to Momella after a week. Patients then get their dental prostheses put back in by Diana. Thanks to the sponsorship of Dr. Ing Michaela Skrein, our dental clinic will continue to grow in the future.



PATIENT CARE PROGRAMS, OUR CONTRIBUTION TO PREVENTIVE MEDICINE

Preventive care programs are the focus of our clinic - preventive care by means of accurate diagnostics, but also by educating patients. Every morning between 8 and 8:30, interested patients gather in our Community Center and participate in our training sessions. On Monday, general topics such as hygiene and sexually transmitted diseases issues will be discussed, Tuesday is our Mamma training day where women learn to examine their breasts themselves, Wednesday there's education on the dangers of cervical carcinoma and its early detection, Thursday may be a 10-minute physiotherapy program, where our patients learn how to train their backs at home and Friday is our diabetes training day. We encourage the personal responsibility of our patients so that they can recognize illnesses themselves at an early stage. This is just as important to us, as treating the patients themselves.

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OUR HEALING CENTER: BACK TO THE ROOTS OF POWER

Our team at the Healing Center, consisting of eight members, treat almost all the patients that we examine at the Health Center. In addition to my mothers and my own private consultation rooms, there is the vital field area, the physiotherapy and osteopathy area and the area in which the naturopathic medicines are individually manufactured and handed to the patients.

We want to create awareness for deeper causes of illness, the application of healing methods with the Far Eastern medicine and methods, techniques of quantum healing and the integration of local African knowledge. A regulatory medical approach, which is leading in Tanzania in its diversity and helps patients to use less medication and find healing at other levels.



STRUCTURAL CHANGES NEXT TO THE BED STATION

What were the structural changes next to the opening of the ward?

By September, the new private room, donated by Martin Weber, will go into operation. It is intended for those patients who are seriously ill and need more quiet rest for recovery.

Thanks to Dr. Castelberg and the Wilhelm Dorenkamp Foundation we can, after clarification of the legal conditions, begin with the construction of the mortuary, which is so very important for the area. It is stipulated by the state that the deceased should be kept in a cold store until burial. Families in our remote area often have substantial costs to bring the corpse to Arusha for those three days. Therefore, this construction will help you a lot.

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HOW DOES OUR MEDICAL ROUTINE BEGIN?

At 7:30, the entire team meets for the morning meeting, where the night-care team (a nurse from the surgical ward, a caregiver from the internal ward and a midwife) transfers the service to the day-care team. At 8:15, after a short chai and mandazi (tea with African pastries) in the restaurant, the operation begins. Patients gather at 8 am for the morning patient care program in the Community Center. The patients' vital signs have already been checked and the files have been distributed among the doctors. Tuesday and Thursday are OR days, but this only applies to planned interventions. We are always in operational readiness for cesarean sections and acute operations.

Here is a visual insight into our morning meeting and preparation of our patients who are registering early at the new administration building.



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HOW WILL IT CONTINUE FOR THE NEXT FEW MONTHS?

At the end of September, we will begin with TURP (Transurethral Prostatectomies) under the supervision of an experienced Dutch surgeon, who has been in urology for several decades at the KCMC (Kilimanjaro Christian Medical Center). We also want to introduce **gastroscopy and colonoscopy examinations** in our clinic. **We urgently need a qualified, experienced doctor** who will help our team to gain experience in this area during a one to two-week stay. If you know whom, please contact us.

Another area of hope for many patients is the introduction of cataract surgery. The Head of the Ophthalmic Clinic at the KCMC is ready to do this on a regular basis. Once the necessary surgical equipment has been brought to us, we could start in our existing OR and treat all those patients who are already on waiting lists with us. The St. Lucy Foundation wants to support us.

We will also be negotiating with the local authorities by the end of the year, as our health center will have to be legally revamped after the last memorandum has expired.

A HOSPITAL FOR THOSE PEOPLE WHO CANNOT AFFORD TREATMENT ELSEWHERE: OUR EMERGENCY FUND

We want to focus on caring for socially disadvantaged families. Fewer and fewer people can afford medical care in the country's private hospitals or pay for urgently needed medicines. Here we see our mission. It is for for these people, that we collect our emergency fund (donation with the password „emergency funds“ are possible at any time), to provide those people with free operations, examinations, births and medicines which they would otherwise not be able to afford. In recent months, thanks to the support of Renate Schroth, the Rohrbacher group „One World for All“ and individual supporters, we have been able to fill these emergency funds, giving patients examinations, treatments and surgeries free of charge. We have already had intensive discussions with the church, which is behind this vision of a charitable hospital, and now the negotiations have proceeded to the district level.



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OUR STUDENTS GET A SECONDARY SCHOOL

We can continue to build our secondary school... because of all the donations collected in the spring for the Pamoja School, the construction of the classrooms can be completed. The construction of four new classrooms has already been completed and civil engineer Daimer and his team are currently working on the physics and chemistry room. Students of Simba-, Maasai- and Worsseg Vision are full of expectations and visit the school regularly to witness the progress of the construction. Here is an insight into the everyday school life of all our primary school students, who got professional support, for example at Worsseg Vision, thanks to Christine Weinkopf. Many new impulses and a good exchange for our teachers!



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Africa Amini Alama



NEW MILESTONES IN OUR VOCATIONAL SCHOOL

Thanks to financial support from Josef Doppler and Josef Friedl, our apprentices can continue their intensive curriculum this second semester.

A very special help in the sense of know-how transfer is expected this August in the vocational school. In the run-up to this, Dr. Heinz Fuchsig, the FELDER GROUP and the HTL (Higher Technical Institute) in Imst in particular Mag. Daniel Steindl and his team donated very valuable woodworking machines and organized the transport to Momella. A ten-member team will now be training on-site in this, for Tanzania, new technology.

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HELPING HANDS

In Austria, our tribe team of Michael, Jenny, and Johanna is now reinforced by Susi Pastuszyn, who helps us with the school sponsorships and the coordination of the stuff to be brought to Momella in suitcases by guests and volunteers for AAA.

Many helping hands were and will be back in Momella this summer. Whether at the schools, in the orphanage or with common dance classes ... a very positive dynamic benefit to the local community.



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Particularly touching was the afternoon when we joined forces to bring warm clothes to needy families. With insights into these deep moments of sharing, as well as a look into the children's eyes filled with joyfulness and gratefulness, I would like to end this newsletter. These pictures say much more than any words ...



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This child cannot speak yet, but his eyes clearly express what he wants to say ...

Asante Sana!

We THANK YOU with all our heart.

Cornelia Wallner-Frisee
August 2018