

THE NEW AFRICA AMINI HEALING CLINIC INTRODUCES ITSELF NEWSLETTER SEPTEMBER 2022



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Newsletter September 2022

A NEW TOOL ON GOOGLE EARTH

As an introduction to this newsletter, I would like to invite you to virtually visit the projects of Africa Amini Alama with a tool I have put together for a better overview for our supporters and guests:

https://earth.google.com/earth/d/1oK_2-iwKxTe_ijnANQuKXZLBjwgxag4U?usp=sharing

It shows where we are located and how broadly the projects in the Maasai and Meru regions are now supporting people with their medical, social and educational needs. Perhaps this will bring back memories of a previous trip or will make you want to visit us again.

NATUROPATHIC AND PREVENTIVE MEDICINE CLINIC

I am particularly delighted to focus this newsletter on our new Healing Clinic. The St. Lucy Foundation, who formerly supported the eye clinic at our previous hospital, funded the construction of this new project.

Here's a film to give you a brief introduction, and to take you right in the middle of the scene: https://youtu.be/EQBshNSn_18



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THE INTEGRATIVE APPROACH TO HEALTH

Over the twelve plus years we have now been in the medical field, we have realized the importance of diagnosing diseases at an early stage. We have helped many people to get necessary examinations in time to diagnose diseases at an early stage, integrate conventional medicine with existing traditional naturopathic therapies and provide these treatments to financially weak families free of charge.

A family that lacks the necessary financial resources to support itself will wait a long time to pay for treatment at a hospital. Free access to good medical care is the only solution to save lives and help people to remain healthy.

We see ourselves as a center in which a field of healing is created through preventive medical education and treatment strategies, as well as comprehensive naturopathic services, for those people in Tanzania who cannot afford them. The holistic approach can be integrated into the health care system and medical personnel educated in it.

Although many people in Tanzania are still closely tied to their traditions, they are willing to seek conventional medical treatment at hospitals. Especially in our remote area, we have done a lot of educational work in this regard and want to continue to do so. The affinity for their traditional herbal medicine is still strongly anchored and has its continuing justification within preventive medical care. As part of our new preventive medicine clinic, we combine conventional medical screening and diagnostics with naturopathic therapies. With this approach, we would like to combine the advantages of both aspects and make them affordable and accessible for everyone.

We opened our new preventive medicine and naturopathic clinic in May 2022. The clinic helps people to recognize medical problems at an early stage, to treat them and to reconnect with their own resources.

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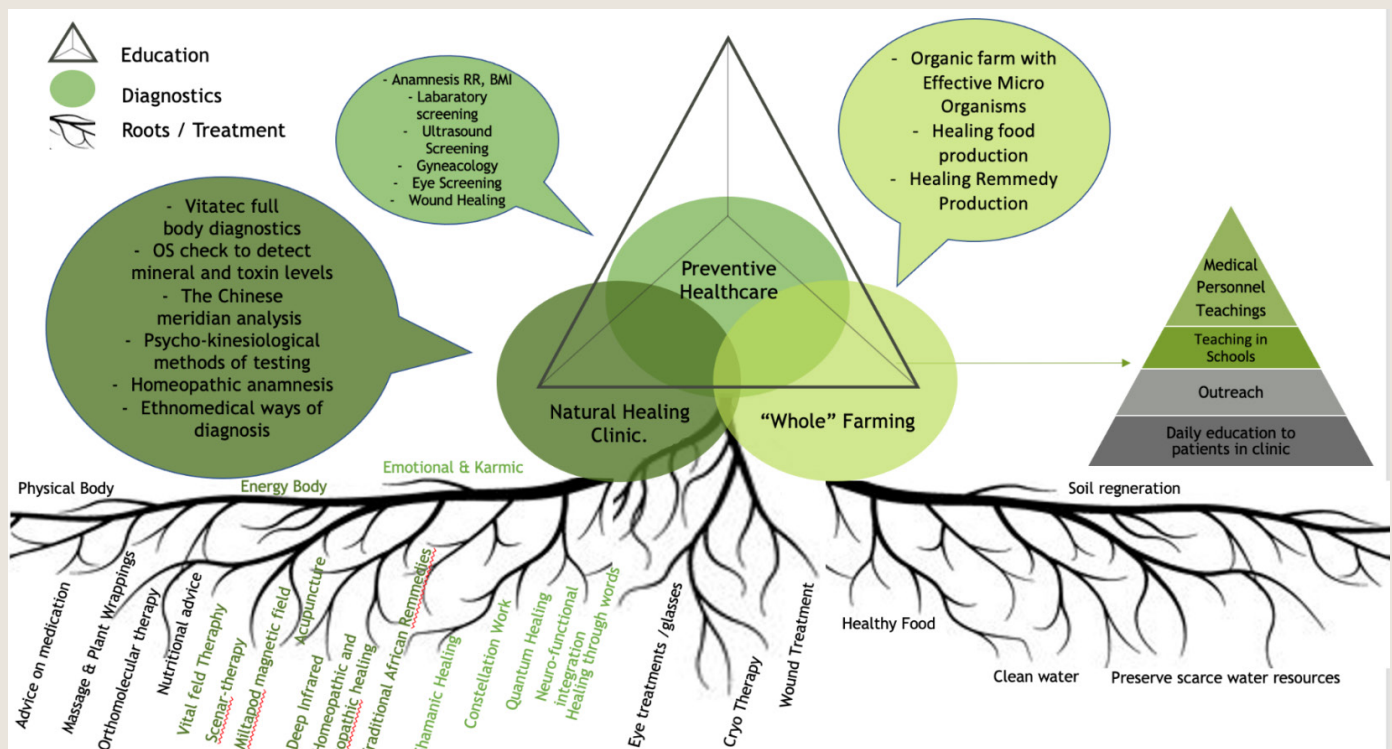
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I would like to give you a deeper insight into the concept of the clinic with its three pillars.

- Thorough medical diagnostics to detect diseases at an early stage and subsequently treat them appropriately.
- Use of natural healing techniques from indigenous medicinal resources in a country that has always relied on its traditional medicinal plants. These healing remedies are used in a comprehensive manner along with healing techniques from the East and West.
- Reference to the principles of organic food cultivation in a permaculture garden planted in the immediate vicinity and explanation of organic vegetable cultivation for patients who are interested.



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PREVENTIVE MEDICAL CLINIC

Each patient is given the opportunity of early diagnosis and treatment in accordance with traditional medicine in the respective departments:

- Anamnesis, evaluation of vital signs and physical examination by a physician
- Full-body ultrasound diagnostic examination
- Routine laboratory diagnostics and, if necessary, further specific laboratory examinations
- Gynecological examination with cervical cancer screening and, if necessary, cryotherapy treatment.
- Detection of visual deficiencies at an eye clinic, screening of hypertensive and diabetic patients and individual adjustment of glasses.
- Dental hygiene and dental treatments at a dental clinic, supported by Dr. Benita Kunze and Dr. Michaela Skrein.
- A wound healing center, sponsored by Dr. Barisani's family, to detect wounds at an early stage of the disease and treat them properly
- A pharmacy to provide basic medication for patients from the nearby communities



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NATUROPATHY CLINIC

After a conventional medical examination, African herbal medicine, homeopathy, energetic diagnostics with vital field and OS scan, Scenar, acupuncture, medical massages, as well as specially prepared mixtures and healing remedies find their equal place in the Naturopathy clinic. If necessary, therapeutic-healing interventions are applied to address deeper causes of the disease. Thanks to physiotherapy, patients with pain in particular receive support and help. This integrative type of treatment is widely accepted by the local population.



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PERMACULTURE-TEACHING GARDEN

In East Africa, excessive use of harmful pesticides often leads to long-term health problems. We create awareness for pesticide-free food cultivation and use our garden to demonstrate how to grow vegetables organically and reclaim depleted soils.

We source local medicinal plants from our permaculture garden for the treatment of our patients.



EDUCATION AS THE BASIS FOR GOOD HEALTH

Another goal of the clinic, in addition to treating patients, is to create health awareness. We are addressing the basis of the health problems in this remote area. Patient training sessions are held every morning at the clinic, and various medical issues are addressed in specially designed programs at the villages and in educational programs at the schools.

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A team consisting of a doctor, a nurse, an ophthalmic assistant and a dental-assistant travels to remote villages and schools on a weekly basis to address health-related issues and provide basic diagnostics and treatments.



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MEDICAL CARE FOR THOSE WHO CANNOT AFFORD IT

Our charitable principle, as it is with all our projects, is also implemented in the medical field: Help for those people who would otherwise not have access to medical care, affordable preventive medical checkups for everyone and to provide free proactive training and education for children and interested Maasai and Meru.

Through direct treatments at our clinic, we reach a large number of patients. But the range of what we do goes far beyond that. Let's think of a mother who, through her recovery, is able to devote herself fully to her children again. A father who regains the ability to work and support his family. In a country where there is limited access to the insurance system, it is necessary for a one key person within the family to remain healthy in order to continue to maintain the family. With the Naturopathy clinic, we not only help individuals, but entire families.



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All pregnant women from the surrounding communities receive free birth kits worth 20 Euros with necessary materials for their delivery. Otherwise, they would have to get these at the pharmacy, which they often cannot afford. When they receive the packages, they also have an ultrasound scan to detect possible high-risk deliveries at an early stage. Three months after having given birth, each woman receives a „power milk“ with baobab, moringa and pumpkin seeds that we have put together to strengthen and support them while breastfeeding. We help women and children along their path to a better and healthier future.



SUPPORT OF FOOD WHERE THE NEED IS GREATEST

Our clinic is also a place where people ask for assistance when there is a shortage of food. Particularly this year, the need is very severe, as the harvest has been very poor throughout the country. Prices for basic groceries have doubled here. We have helped in our neighboring Maasai areas with food supplies. Especially during school vacations (this time postponed to August due to the census), when our children were not provided for by school lunches, it was even more important to proactively bring food to Maasai villages.

We continue to collect donations for this purpose. After all, several months of bridging will be necessary until the next rainy season and harvest. Starting in early September, when the schools are open again, the supply of our children will be guaranteed. Many thanks to all the sponsors who are making this possible. We would also like to thank the Rotary Club Vienna-Graben and Herbert Schlossnickel for their support of the Mukuru School in a deep Maasai area, which now receives food from us.

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TEAM OF SOCIAL WORKERS IN ACTION

We have already supported over 70 women with small projects that will lead them to independence. This month, thanks to the help of the Morlock family, we were able to support even more women with goat projects, a small chicken farm, or start-up capital to buy wholesale vegetables and resell them at the market. Our established duo (Jessica and Mike) will get reinforcement with Abdul in September.



PRINCESS - A NEW MEMBER IN OUR FAMILY

Sometimes „untreatable“ situations arise at the clinic, and I am very grateful to have projects like the KinderVilla as a backup. We were able to find a good solution for everyone involved and particularly for the baby. Coming from an extremely problematic family situation, little Princess was warmly welcomed at the KinderVilla as a new family member.

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Our KinderVilla family grows and grows and grows... and in September some volunteers will join us at the fireplace.



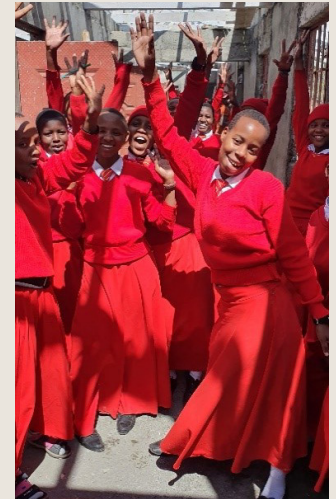
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EXPANSION OF PAMOJA HIGH SCHOOL BUILDING

Happy Kids and a huge THANK YOU to the ‚DER Touristik Foundation‘ for the new building and the ‚Niederösterreichische Landjugend‘ for the necessary bunk beds. The construction is almost finished and the beds have been ordered.



EXCITING HOLIDAYS FOR OUR STUDENTS OF THE TOURISM SCHOOL

During their vacation, the majority of our students were able to apply in practice for the first time what they had learned at school over the last few months. Thanks to partner companies in the tourism sector, traineeships were provided for them. After their internships, they returned to school brimming with enthusiasm and gratitude for the warm welcome they received at the companies, and proud of the good feedback they received. Some of our students were able to take an intensive German course with Helen, our volunteer, who actively supported us in August.



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SUSTAINABILITY AT THE TOURISM SCHOOL

The Rotary Club-Prince Eugen is committed to sustainability by supporting a teacher trained for this purpose and the establishment of the permaculture garden at the tourism school. Dominik, a qualified agriculture teacher who has been working with us as a Tanzanian volunteer for more than three months, is thus given a permanent position and the children have a competent representative in him.

AFRICA AMINI LIFE

A heartfelt thank you to all our dear guests who have traveled to be with us this summer and have been involved in our projects. Lukas and his team at Hillside, as well as Lesse from the Maasai Lodge send you their warmest greetings from afar. We are also looking forward to seeing many familiar faces over the next few months!

Also, a huge thank you to our Africa Amini family who empathizes and supports those people here who are suffering from food shortages. We provide them with corn and beans.



Thank you that we do not have to passively watch.

Yours, Cornelia
Momella, September 2022

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DONATION ACCOUNT

Donations to Africa Amini Alama are tax deductible in Austria, Germany, Switzerland & USA.



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