



Healthier Lives, Together
Volunteer for Change

Welcome

Dear Friends of CMMB,

Welcome to our first issue of Healthier Lives, Together: Volunteer for Change, a publication focused on highlighting the power of human kindness and compassion. We hope you feel as inspired as we do.



Our volunteers are some of our most valuable resources. In their work and their attitudes, they truly reflect the life and wisdom of Mother Teresa, who said: “Your true character is most accurately measured by how you treat those who can do ‘nothing’ for you.” In fact, as this dear Saint knew well, in service we also receive. Our volunteers change lives, in profound ways – they help provide better health care, they help build the capacity of people and institutions, and they foster new hopes and dreams among those they serve. But, in their service our volunteers are also changed.

You too can make a difference in the world, by investing your time and talents in helping those who are underserved. [Join us](#) as a volunteer or consider [supporting one](#) today.

Dick Day

In gratitude,
[Dick Day](#)
Senior Vice President – Programs and Volunteers

Serving People Who Are Serving the World

So far this year, we have supported 584 volunteers, in 12 countries, totaling 57,526 volunteer hours. Here are a few of these amazing volunteers:



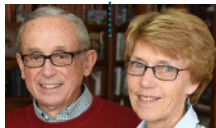
Michael Ortiz
volunteered for one year at our NYC office supporting the volunteer and communications teams



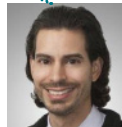
Luca Manissero
will spend six months in Haiti training local hospitality staff at our new hospital and guest house.



Dr. Coleen Hart
is volunteering for six months in Peru, as a pediatrician providing critical care for children.



Kathleen and Al Hartmann
Since 2001, this doctor and nurse couple have been serving intermittently at Good Shepherd Mission Hospital in Swaziland.



Dr. Jaime Pardo
volunteers for two weeks every year in Malawi and Cameroon, taking medical residents to earn field experience.



Dr. Mary Fleming
will serve for six months as an OB/GYN in Mutomo Mission Hospital, Kenya.



Dr. Harry Owens, Jr.
spent three months at Nzara Hospital in South Sudan, providing critical medical care to this vulnerable population.



Kirollos Fares
is a public health professional setting up our mHealth programs in Kenya and Zambia.

- CMMB Programs
- Other Partner Facilities Supported by CMMB

Advice from Dr. Tom Catena: Man on a Mission



New York native and longtime volunteer [Tom Catena](#) is the only doctor serving 750,000 people in the Nuba Mountains, an isolated war zone in Sudan. Ground fighting, aerial bombardment, and starvation warfare make suffering and death an inescapable part of life. But each day, for the patients and staff at the Mother of Mercy Hospital, *life* goes on. Dr. Tom has been volunteering with CMMB for nearly two decades. We recently had the privilege of speaking with him and he shared these words of wisdom.

What would you say to people considering volunteering?

Whoever you are and whatever level you're at, you have a lot to offer. Don't look at somebody else and think, "Well, that guy really knows a lot and I can't do what he's doing!" It's not the case! For

the people living in low resourced communities, seeing somebody from another country who says, "I care enough about you to come to your country and do what I can to make things better" means so much! Try to approach your work in a humble way. Always remember that you have a lot to learn about where you are, what you're doing, and the people you are working with.

Do you ever feel like giving up?

The frustrations can be overwhelming sometimes. I have moments when I feel maxed out - like I've had enough. But then I come back to my senses. I'm always brought back by the thought that I made a commitment and I'm going to stick it out. I think that something with the grace of God draws me back, to keep up with the fight. I hope and pray that I don't wander off from that.

You are in front of a group of potential volunteers, what do you say?

Everybody has something that's deep in their heart that they really want to pursue and it's easy to be displaced from that path by so many other competing factors: your family is telling you to do something, your friends are telling you to do something different, what's popular in society is telling you to do something else. If you stop and really listen to your heart, you'll be fine. Sometimes you don't know where it's leading you, but my advice is to follow it and the path will become clear.

Tom Catena is the winner of the 2017 Aurora Prize for Awakening Humanity. Read more: cmmb.org/dr-catena

Interested in field opportunities? We need people with backgrounds in:

- [Public health](#)
- [International development](#)
- [Medicine and nursing](#)
- [Health administration and health sciences](#)
- [Physical, speech, and occupational therapy](#)
- [Marketing and communications](#)
- [Finance, business, and accounting](#)
- [Human resources](#)
- [Interpretation and translation services](#) (Spanish, French, Creole)

For more information visit cmmb.org/volunteer or contact us at volunteer@cmmb.org

The First Mission Trip: A Powerful Experience

Meet the team

One week prior to the official opening of the BJSH on March 20th, Mercy Health sent eight qualified professionals to work alongside Haitian staff to provide healthcare services and enhance hospital operations.



Côtes-de-Fer. I will forever have grown from this experience.

Michelle Wall, Radiologist and health services administrator

Get in the community. Take time when you are seeing patients and when working with local staff and just be present with them. Learn what their world is about. Learn what their life is like.

Dr. Herbert Schumm, Family doctor and health administrator



someone HOPE!

Loubens Delice, Health services administrator

My dream for the people of Côtes-de-Fer is that the hospital will be a catalyst for giving people the opportunity not only for jobs but the ability to have ownership and pride for their community and that they will see this area begin to prosper.

Mark Rau, Chief officer and respiratory therapist



Mercy in Action: A Shared Mission

Partnering to Improve Health Systems in Haiti



A hospital with a view: The Bishop Joseph M. Sullivan Center for Health and guest house

In 2013, with a shared vision to serve the poor and underserved, U.S.-based health system, Mercy Health, and CMMB entered into a partnership to build a hospital for remote Côtes-de-Fer, Haiti. At that time, people who needed medical care traveled more than three hours over rough terrain to reach the closest hospital. Many people died en route. Lacking means to make the trip, many never even had the option.

But things changed on March 20, 2017. After years of hard work and commitment, the Bishop Joseph M. Sullivan Center for Health (BJSH) officially opened its doors.



One of our beneficiaries in Côtes-de-Fer

The 21-bed hospital provides community members with primary healthcare, safe deliveries, antenatal, postnatal, and ongoing pediatric care, pharmacy services, surgeries for life-threatening injuries, and emergency care.

Côtes-de-Fer's remoteness and the area's limited infrastructure and services makes it challenging to recruit and retain qualified hospital personnel. As a response, and to help ensure stability and sustainability over time, CMMB built a guest house on site to provide accommodation to short- and long-term volunteers.

What's Next

The next phase of the project will include the construction of staff housing, to facilitate retention of key staff, and a community center for residents to come together around issues of health. Over the next few years, BJSH will expand to include orthopedics, dental and ophthalmology services.

Building Capacity

Mercy Health has committed to provide ongoing support—notably, to build local capacity by sending qualified, committed individuals to learn from and train local Haitian staff.

Côtes-de-Fer is VERY remote and so it is the perfect place for this hospital - to truly get to and reach the people who need it most. This hospital has so much promise.



Dr. Stephen Feagins, internal medicine and sports doctor and medical director



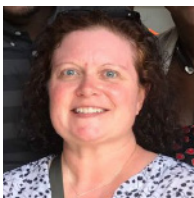
I feel so blessed to be a part of this endeavor with CMMB. I believe all of my other missions to Haiti were somehow a preparation for the BJSH and the community of Côtes-de-Fer. Hoping to spread this passion to others in Mercy Health who are willing to donate their time and resources to this remote part of Haiti and this amazing community.

Loretta Burgei, Registered nurse

The greatest learning from this trip for me is to be content with what I have and never cease to offer my services whenever and wherever it may be essentially required.



Emmanuel Otiaba, Priest, Catholic Health Services of Long Island



I loved this experience so much. It has confirmed that mission work is something that I was meant to do...the Haitian people have really left an impression on my heart.

Erin Nester, IT project manager, volunteer coordinator & business administrator

Want to help, but your time is limited?

The mission trip model opens up a new opportunity for health systems, corporate partners, and individuals interested in making an impact in the field, but whose time is limited.

Upcoming Medical Mission Trip Registration Open

Seeking: Groups of doctors, nurses, pharmacy and specialty personnel

Commitment: Flexible, minimum eight days

Where next? Bishop Joseph Sullivan Center for Health, Haiti and Mwandi Mission Hospital, Zambia

When: Upcoming trips are scheduled for June and September 2017

For more information, contact volunteer@cmmb.org

Employees Producing to Donate: Now That's In-Teligent



Getting Much Needed Medicine Where it's Needed Most

On January 16, 2017 - Martin Luther King Day - one hundred and twenty employees from the pharmaceutical manufacturer, Teligent, participated in the company's third annual day of service to produce and package product for CMMB's medical donation program. Nearly all of Teligent's committed employees donated a day of service which resulted in the delivery of over \$100K worth of medical products to be distributed at no charge to patients served by CMMB in the developing world. The 10,752 units of topical pain medication (Trimacinelene) was delivered to CMMB's newly-opened hospital, the Bishop Joseph Sullivan Center for Health in Côtés-de-Fer, Haiti in March - arriving in time for the hospital's official dedication.

This is the second Martin Luther King Day of Service in a row by Teligent to partner with CMMB and to produce medicine to give directly to vulnerable communities. Products produced for this partnership in 2016 reached patients in Haiti, Kenya, Zambia, and South Sudan.



Teligent employees packaging medicine during the Martin Luther King annual day of service

If you are interested in corporate social responsibility opportunities, contact our team at volunteer@cmmb.org.

Forging Partnerships to Improve Human Resources for Health



Authority Health & CMMB: Launching a Global Health Residency Program

“It has been a pleasure partnering with CMMB and providing Authority Health medical residents with a real opportunity to serve people living in low-resource settings globally. I am honored to have Michigan State University and the University of Michigan as our academic partners and am hopeful that other universities and residency programs will join to help expand this life changing program.”

Chris Allen, Executive Director and CEO, Authority Health and CMMB Board Member



The CMMB volunteer team is engaging in partnerships to create innovative programs to address global health challenges. Our newest model, a global health residency program for medical residents was co-created with Authority Health, an industry leader in community-based medical residency training focused on serving the most vulnerable around the world.

In July 2017, the first group of medical residents will travel to eastern Kenya to begin an eight-week placement. During this time, they will serve at the Mutomo Mission Hospital, as well as at rural health centers and in the community; learning alongside local practitioners, while contributing valuable skills and helping build capacity. Following this first rotation in Kenya, the goal is to expand to Peru and open to new partners and locations.

“What I am hoping to achieve as a doctor is to simply do my part in helping more people live in the best way that they can.”



Earl Carlos, medical resident traveling to Kenya in July 2017

Fordham University: Preparing for Careers in Global Health

Our longstanding partnership with Fordham University provides students and alumni with an opportunity to gain hands-on experience and meaningful professional development through placements at CMMB's NYC office. They support all departments as well as our five country offices while building skills and experience for careers in global health and development.



“The longer you spend at CMMB the better it gets. This is not your typical intern position. I've worked in other offices before, but this is the first time I've felt like a part of a team that values my input and wants to include me in the process. Because of this, I've learned more than I ever expected and I feel like I am ready to transition into employment.”

Greta Schneider, former NY volunteer and Fordham class of 2017



Students Taking Action For Good

University Partnerships for Professional Development



Regis University: Providing Therapy, Dignity & Hope in Peru



Regis University's partnership with CMMB began with the efforts of one long-term field volunteer, Amber Walker. In 2011, while in Peru, she noticed that one segment of the community was stigmatized and ignored: children with disabilities. Amber took action. She decided to engage and mobilize her Regis University colleagues to become a force for change in Trujillo. With a team of professionals in tow, Amber returned to Peru to train and assist caregivers and physical therapists to work with children who needed rehabilitative services. Regis University faculty and students have been going back every year since.

CMMB is committed to developing academic partnerships that increase our capacity and ability to serve communities, while offering universities meaningful, skills-based international service opportunities for their students, faculty and alumni.

“I feel fortunate to have had the opportunity to participate in the global health program at Regis, to learn from the people of Peru, to challenge myself to practice with cultural sensitivity, and to gain a better understanding of a culture different from my own.”

Abby Burger, Regis class of 2017

A Labor of Love: A Blessing for Kenya

Laura Kyriss is a labor and delivery nurse from Nebraska. In 2016, Laura served as a volunteer in Kenya at Mutomo Mission Hospital. Shortly after returning home she was accepted into the highly competitive Nurse-Midwifery program at the University of Minnesota - ranked fourth in the country! Here are some highlights from a recent interview with Laura.



“Laura was a blessing to the mission of CMMB, Mutomo Mission Hospital, and to Kenya.”

Jesse Kihuha, CHAMPS coordinator Kenya

Can you share an experience from your time in Kenya that you will never forget?

There are so many stories, but this one really stands out. It was just me and a newly qualified nurse at the hospital when a patient who was 33 weeks pregnant came in. Her water had broken and she was ready to deliver.

We delivered the baby and looked at each other and then at the mother; “There’s another baby in there,” I said. I’m not sure who was more shocked, myself, the new nurse, or the mother.

At the hospital where I work in the U.S., there is always a high-risk doctor on hand to deliver twins in case of complications. I had never delivered twins on my own and I remember praying the whole time that everything would be okay.

Thankfully, we had a nice, easy delivery. The twins and the mother did really well. In the moment, I was terrified. I worried I would make a huge mistake. However, I trusted my skills and the outcome was incredible.

What advice would you give to people considering volunteering abroad?

It’s ok to be scared. I think you’d be crazy not to be. When I was getting ready to leave everyone asked if I was afraid and to be honest, I was. But I felt more called to do this than I felt scared. You have to put your faith into whatever you believe in, for me that was God. But whatever it is you believe in, just trust that you are not being led astray. That’s the best advice I have - it’s ok to be scared and nervous as long as you do it anyway.

What are you doing now?

I am a labor and delivery nurse at a hospital in Omaha and I am preparing to start a midwifery program at the University of Minnesota later this year.

Do you think your experience with CMMB Kenya made you a better candidate for the program?

Yes, very much and it played a big part in my acceptance. The interviewers were very curious to learn about my clinical experience in the hospital in Kenya, because much of what I was doing there is what midwives do. I know that my experience in Kenya helped me stand out. But most importantly, it helped me develop skills and ultimately made me a better nurse.

How has this experience impacted you personally?

I am a lot more grateful about all that we have access to in the U.S. And I feel like I am a lot more empathetic. It is impossible to witness the challenges people face, both the patients and the medical staff, and not come away impacted. I learned so much and for that I will be forever grateful.

Calling all alumni volunteers! There are many field opportunities for you and your colleagues. We would love to hear from you! volunteer@cmmb.org.

CMMB

100 Wall Street
9th Floor
New York, NY 10005
800.678.5659

Connect with us!

 [CMMBWorldwide](https://www.facebook.com/CMMBWorldwide)

 [cmmbtweets](https://twitter.com/cmmbtweets)

 [CMMB — Healthier Lives Worlwide](https://www.linkedin.com/company/CMMB—HealthierLivesWorlwide)

 [cmmbworldwide](https://www.instagram.com/cmmbworldwide)

Text GIVECMMB to 41444 to donate

 cmmb.org/volunteer