



cmmb

Healthier Lives Worldwide

You Make
a Difference

Look How Far Your Love Has Traveled in the Last Six Months

462,860

people received critical health and social services.



98% of donations invested in programs

143,059

women received health and social services, including testing, counseling, and treatment for HIV and support for gender-based violence



117,187

children received essential and curative healthcare services, including growth monitoring check-ups and vaccinations.



38,767

pregnant women received essential medical care, including regular prenatal and postnatal check-ups.



58,867

individuals had increased access to safe, clean water.



44,388

people had access to improved nutrition, including receiving vitamins and deworming treatments.



\$218,166,475

worth of donated medicines and medical supplies were distributed to 22 countries.



7,020

days of service were provided by by nearly 600 volunteers in 12 countries.



Witnessing Generosity in Action

Dear friends,

I am honored to have this opportunity to thank you for your committed generosity to CMMB. As the country director in Zambia, I see firsthand where your donations go, and the faces of the vulnerable women and children you support. I am blessed to be a witness to the good work that is only possible because of you. We know that quality healthcare is extremely important, but it is even more than that. We believe it is a human right, something all human beings must have access to.

In Zambia and all the other poor countries where CMMB works, women bear the brunt of their families' labor. They are the caregiver, parent, and spouse. They themselves are often forgotten as

someone who may need care, and their health and well-being suffer.

Children living in extreme poverty are also at risk, so we are working on specific interventions to ensure that these children can live healthy lives. We want to make sure they are not dying from pneumonia, malaria, diarrhea, and other preventable and curable illnesses. CMMB's programs look at the health of women and children from a holistic point of view, and educate communities to understand that they need to play a role in building and maintaining healthy behaviors.

Our work here is more than just a job. We feel moved to respond to Jesus' call to be of service to those most in need. We work together to keep women and children alive, so we are honored each

day that a life is saved, or a family is supported. It is our joy to put a smile on the faces of those who did not see hope.

The children that CMMB works with in Haiti, Kenya, Peru, South Sudan, and Zambia belong to all of us. They are all our children. With this attitude of "oneness," we are working together to achieve our mission and vision, and our goal for healthier lives worldwide. **We couldn't do it without you.**

Zikomo kwambiri (thank you very much) from Zambia,

Batuke Walusiku-Mwewa
Country Director, CMMB Zambia



CMMB rated four stars,
six years in a row



One of CNBC's top 10 charities
changing the world in 2015 & 2016



Meets Better Business Bureau's
20 standards for charity accountability

A Labor of Love: Mwandi Mission Hospital



His name means love in Kikongo, a language from his home in the Democratic Republic of the Congo, and it is with love that Dr. Bankayor Zola serves the people of the poor and remote village of Mwandi in Zambia.

Dr. Zola is one of two permanent doctors serving at the Mwandi Mission Hospital in the southwest corner of Zambia. He has been there since 2012. Like so many doctors working in low-resource settings, he often has to turn patients away for lack of medical infrastructure and equipment. Here he describes the situation in his own words.




This community is in desperate need of help. I have seen poverty in my life, but nothing like this; this poverty is overwhelming. They can't even afford to feed their families, how can they be expected to travel for medical care? They need us at their door steps but there just aren't enough of us. Small staff means you have a stretched workforce. When we stretch too much and too thin things break and we end up losing the staff we have.

I have seen patients so sick they can hardly hold themselves up, who have

walked for days to reach the hospital. As they walk through the door, they look at us like we are small "gods." You can see the hope in their eyes, like you can do anything, that you will be able to make them better. And when you can't, you see the disappointment on their faces. It is heartbreaking.

I am a doctor who is ready to treat people, but too often I don't have what I need to provide the care that is required. We lack reliable electricity and potable water and I am surrounded by old medical equipment that no longer works.



Problem	Solution
Obsolete, aging, non-functioning, or missing essential medical equipment limits diagnostic ability and negatively impacts patients.	 Procurement of life-saving medical equipment and supplies supports health practitioners with cutting edge tools to provide quality patient care.
Mission hospitals lack trained professional healthcare staff.	 International volunteers support medical facilities with medical personnel. Our volunteers increase capacity, by working side by side with local staff.
Extreme poverty increases the burden of disease, disproportionately impacting pregnant women and young children.	 Access to essential medicines and medical supplies can help prevent common illness that, left untreated, can lead to death.



Without equipment, I cannot properly diagnose people; without a diagnosis, I cannot provide care; and without care, people don't recover and sometimes they die. Sometimes it feels like we are working during a war or in a war zone.

These patients are poor. They are weak for lack of food. They are sick. What

chance do they have? When I am forced to refer them to a hospital 100 kms (62 miles) away where the proper equipment does exist, I know that most of them cannot go. They cannot leave their young children and families, and they do not have the means to cover the cost of transport. Basically, when I refer

them to another hospital, I am sending them away to live with their pain, to get sicker, or in the worst case, to die.

It is only when you look into the eyes of someone who desperately needs care and know that you cannot provide it that you really understand what I live through each day.

You can make a difference.

Help healthcare professional like Dr. Zola bring healing and hope to the most vulnerable women and children.

\$100

Can deliver nearly \$20,000 worth of essential medicines to stock a pharmacy and save lives.

\$375

Can place a highly skilled international volunteer in a facility like Mwandi Mission Hospital to expand capacity.

\$7,000

Can supply an ultrasound machine to support safe pregnancies.

To make a commitment, visit us at:

cmmb.org/donate

Inspired to Make a Difference

Community health workers, like Innocent Sampaya in Zambia, are behind everything we do. CMMB recruits and trains these committed community members, equipping them with knowledge and tools to provide care to the most vulnerable and hard-to-reach families. Innocent works with families living in extreme poverty in remote Mwandi. His work is inspiring, and it save lives.

Two important moments made me decide to become a community health worker. The first was watching a relative deliver at home without a birth attendant. That had a big impact on me. The second and more intense experience happened years later, but I remember it vividly.

A newborn baby was found, abandoned hours after his birth, delivered in the field and left to die. I believe that mother was scared and felt helpless. I also believe that if she hadn't felt so alone, if she had known that there was help and support available, she may not have abandoned her baby. Community and friendship matter.

I became a community health worker because I care about my community. The women and children living here are among the most vulnerable. Poverty and the distance from health facilities have a huge impact on their health and well-being. Too many lives are lost. Saving mothers and children is important, and I wanted to be part of the solution.



As soon as we find out a woman is pregnant, we consider it a “problem.” We know the real dangers for pregnant women living so far from health facilities and medical care, and so treating it like a problem is our way of making sure we are ready. We act instead of react, and in a place like this, that can mean the difference between life and death.

In Mwandi, pregnancy is too often regarded as women's work. We are trying to encourage men to get involved, to be part of this journey. It makes a big difference when fathers see themselves in that role. They become more active, and the women feel less alone. It isn't an easy transition, but we are working hard to make it happen. When people see me helping around the house and with the children, they think I'm crazy. But I don't care, because I am a better father and my family is happy and healthy.

CMMB is helping redefine the role of men in their families. It will make time—but what a difference it will make.

Digital Life Savers: Technology to Save Lives



Kirollos Fares has been volunteering with CMMB since July 2016, first in Kenya and more recently in Zambia. We asked Kirollos to describe mHealth, an innovative program to

better the lives of the most vulnerable women and children.

Access to healthcare remains a challenge in the communities CMMB serves, especially for pregnant women who aren't accustomed to delivering at health facilities, or going for checkups prior to due dates. Tragically, it's a normal occurrence—and a somber reality—for pregnant women to die during delivery, or shortly afterward. CMMB has long been supporting local facilities in remote communities by building capacity and training staff to offer quality medical care to reduce maternal mortality. Unfortunately, some women never make it to the facilities.

Through our partnership with Medic Mobile, a nonprofit technology organization focused on creating tools for health workers, CMMB has launched mHealth systems to address the challenges impeding the eradication of maternal and child mortality. The systems are simple and easy to use, and suit the needs of local community health workers, trusted partners whose role is to refer pregnant women for care.

mHealth will help us keep women and babies safe. It will help save lives.

— Namata Mwala, community health worker

Community health workers have embraced the mHealth system, registering more than 40 pregnancies in the first two weeks of implementation. When our team visited a beneficiary in a remote community and asked how far she was in her pregnancy, she seemed perplexed and couldn't remember. Luckily, her community health worker, Lumba, was using mHealth. Seconds and a few clicks later, Lumba announced, "30 weeks! And I know when she's due." Lumba says, "Most women don't remember the details about their pregnancy, like

due dates or antenatal visits. The technology provides on-the-spot information that helps ensure a healthy pregnancy." Lumba's colleague, Beatrice adds, "mHealth is an immediate connection between the mother, community health worker, and hospital! It helps us communicate clearly and immediately. It will save lives, and makes our work easier."

While this solution might sound simple, its effectiveness is proven. Women who receive reminders are two times less likely to miss antenatal appointments and are less likely to deliver at home, a practice that can come with stark consequences.

So, where do we go from here? mHealth is just the beginning. We dream that every community will have access to this lifesaving technology so that maternal deaths become a thing of the past. We want to increase the reach of our tools to include immunization, water, sanitation and hygiene services, child protection, and many other community health issues. We will not rest until we can happily report that we've ensured "healthier lives worldwide" for all our beneficiaries, wherever they are.



Meet Our Inspiring Community



Dr. Issac Tembo is the district health director, Mwandi Mission Hospital.

“The joy of our job is to heal the sick. When you don’t have the means to deliver the care that is needed to improve the well being of a patient, that is heartbreaking. We would love a healthy community because a healthy community means change.”



Erica is a volunteer with CMMB Zambia.

“I applied to CMMB to serve as a volunteer in the role of a public health professional. I remember receiving the acceptance letter. Never had I felt so happy in my life. Today I have the privilege to work with vulnerable mothers and children in Zambia. Every day I am living my dream.”



Peggy is a community health worker in Mwandi, Zambia.

“I love my job. I have been trained on nutrition. Now I know how to better feed my children and myself. I share this information with the people in my community. We are praying that CMMB continues their good work in our community. It is having a positive impact and making a real change.”

Donor Spotlight

We love what we do, but we can’t do it without your help.

Thanks to compassionate friends like you, we are able to reach the most vulnerable communities with healing and hope. Here’s a message from Tom and Mary, donors from Illinois:

“We are happy to support the work of CMMB! My wife just started a new job that allowed us to give more this year. When we saw that \$6,000 could fund a pharmacy for a year, we felt compelled to make the donation, because we know how much medical treatments cost and how much the services are needed. Our 22-year old son, Benjamin, was born with multiple special needs and is on many medications to keep him stable. Thankfully, we have insurance that helps us cover his prescription costs. However, we couldn’t help but think of those are aren’t as fortunate. Ben is a walking testimony to the power of prayer. We are confident that CMMB is making a difference and providing the care that is desperately needed to the most vulnerable people around the world—and we are proud to be part of it!”

Angel Testimonies

Our Angel Investor Program provides a real one-to-one giving experience—an opportunity to connect with a child living in extreme poverty and help alleviate his or her suffering, by addressing urgent needs like food, water, healthcare, or education.



“I am a teacher and I believe that a good education is the key to changing a life. It was Regina’s photo that initially captured my heart. She exudes such confidence despite the challenges she faces. When I learned that she needed someone to help

her get back into the classroom, I reacted. Today, when I receive stories about her progress and photos of her at school, I know that I made the right decision becoming her *Angel Investor*.”

— Aquil-li, Angel Investor, New York



“I would like to thank Aquil-li for helping me, to wish him well, and to ask him for his continued support so that I can reach my goal of being a nurse. May the almighty God give him strength and health.”

— Regina, CMMB Angel, Kenya

Last year we shipped \$359 million worth of medicines and medical supplies to 27 countries thanks to supporters like you. Help us to send more life-saving medicines and supplies to those that need it most. For every \$100 donated, we can ship nearly \$20,000 worth of medicines thanks to trusted partners.

CMMB

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

Connect with us!

CMMBWorldwide CMMB — Healthier Lives Worldwide
 cmmbtweets cmmbworldwide

Text GIVECMMB to 41444
to donate

cmmb.org/volunteer