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Healthier Lives Worldwide



Volunteer Report #2 / Winter 2018

Healthier Lives, Together

Volunteer for Change

cmmb.org

Welcome

Dear Friends of CMMB,

We are so excited to share the second issue of *Healthier Lives, Together: Volunteer for Change!* It is filled with stories that celebrate the impactful work of our volunteers and committed partners who are truly making a difference in peoples' lives.

As you explore the stories of successful partnerships, including support from students at Fairfield University and University of Notre Dame, I hope you will envision your own partnership opportunity with CMMB and the ways we can work together in service to those in need.

This issue shares some of the new and unique ways our volunteers are delivering quality health interventions and building capacity with local professionals. Read about short-term mission trips to places like Mwandi Mission Hospital in Zambia or explore opportunities for longer term service through our new fellowship. CMMB has launched the Aurora Fellowship program to place highly-skilled professionals in some of the most remote and challenging places in the world. We hope you will be inspired to learn more about these volunteer opportunities and get involved.

I am privileged to work alongside, and to collaborate with our volunteers and partners. Together, we are reaching the most vulnerable who are too often forgotten; we are improving access to healthcare, and strengthening health systems.

Join us and let's build healthier lives together!

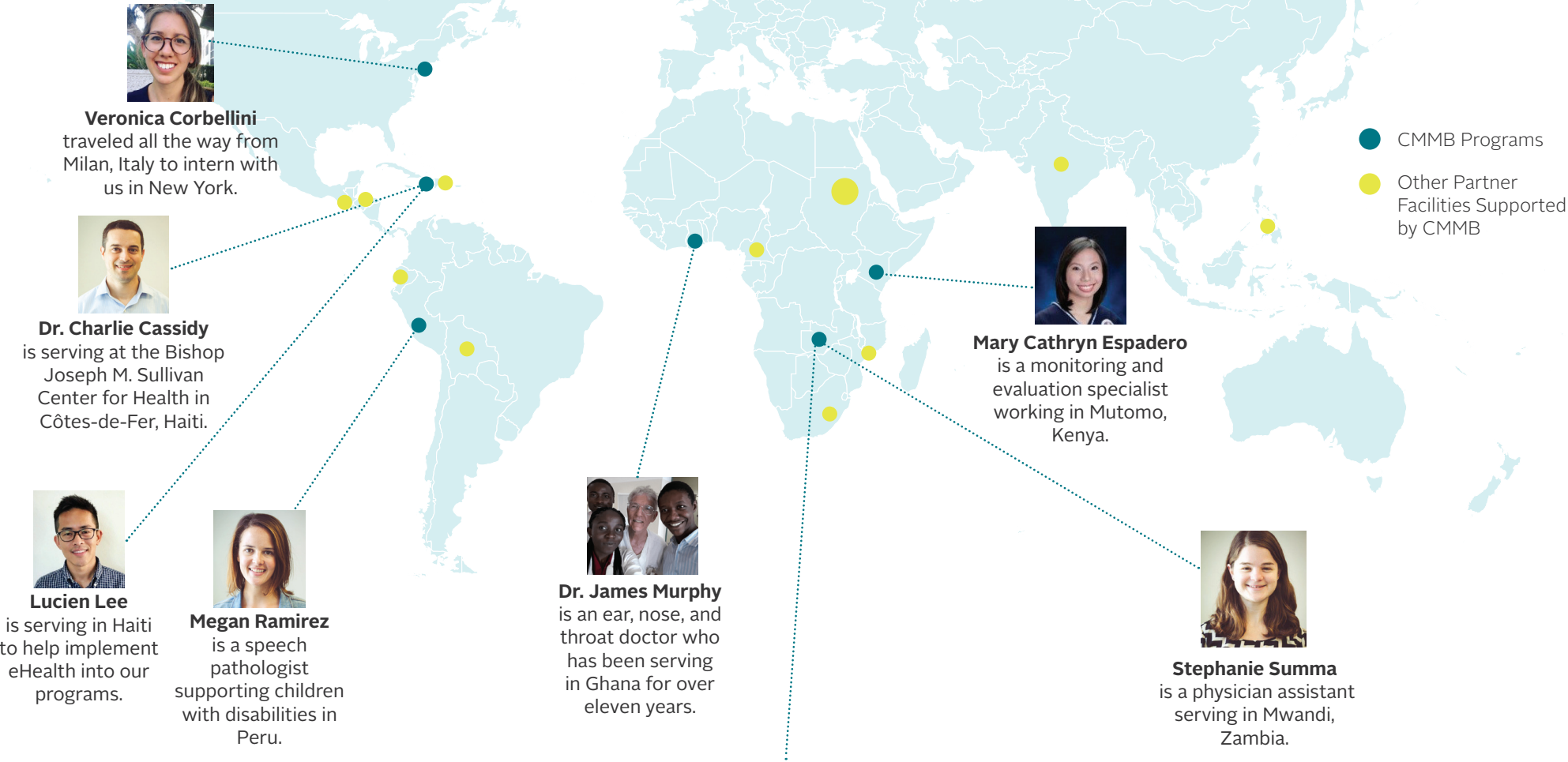
With gratitude and wishes for a healthy and happy 2018,

Heidi West
Senior Specialist, Volunteer Program
hwest@cmmb.org



Serving People Who Are Serving the World

In 2017, we have supported 841 volunteers, in 14 countries, totaling 90,515 volunteer hours. Here are a few of these amazing volunteers:



Janet Choongo - A Year Serving in Zambia



Growing up in Zambia, Janet was always aware of the extreme poverty around her. Many of her friends went to

school without shoes. Janet's family was one of the "lucky ones". When she was still young, they moved to the United States for a better life. In 2016, Janet returned to Zambia as a volunteer to support CMMB's work to improve access to water, sanitation, and hygiene in Mwandi. We recently had the opportunity to speak with Janet about her year of service.

Why CMMB?

It was the opportunity to work with children and mothers that really drew me to CMMB. Let's face it, mothers are the key. Their guidance sticks with us forever - good or bad. I've come to understand that in order to touch the life of a woman, you need to equip her with knowledge. She needs to take charge of her life. By doing so, she is able to help her children, her community, her country, and ultimately her continent as a whole.

"I have never seen people act so selfless and work so hard for the betterment of another person. Putting their own desires aside, just so everyone else can live happy and healthy."

What has it been like since returning home?

I've had a chance to breathe a little after months and months of being on the go. I needed this time to take a step back and really contemplate how things have changed. This experience helped me find my purpose and figure out what I want to do with my life.

I am so much happier now. My hope is to continue working in places like Mwandi. I am fundraising to help the community health volunteers I worked with. These champions have been instrumental in lowering the burden of disease in the communities that they serve. I want to help empower them to keep up the great work by providing the kind of gear (rain boots, coats, umbrellas) that makes life a little easier during the rainy season.

Share three pieces of advice with future volunteers:

1. Understand that you won't change everything and change takes time.
2. Listen. It is so important to take the time to really listen.
3. Not everything you do will go as planned. Keep the main goals in sight and enjoy the journey.

Janet came to CMMB as a Global Health Corps fellow. Read her full interview cmmb.org/volunteer-zambia

Interested in field opportunities? We are looking for:

- Doctors
- Midwives and nurses
- Physical, speech, and occupational therapists
- Clinical mentors
- Public health professionals
- Communications and marketing specialists
- Health administration professionals

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

The Aurora Fellowship Program



AURORA PRIZE
FOR AWAKENING HUMANITY

Earlier this year, the Aurora Prize for Awakening Humanity was awarded to Dr. Tom Catena, an internationally recognized humanitarian, Catholic missionary, and longtime CMMB volunteer. Catena was honored for his courageous work as the first and only permanent medical doctor serving over half a million people in Sudan's war-torn Nuba Mountains, where he has served since 2008.

Dr. Tom, as he is known in Sudan, designated three key partners to share the \$1 million dollar prize, including CMMB. One of CMMB's three new initiatives is the launch of the Aurora Fellowship program.

The Aurora Fellowship program is designed to provide specialized opportunities for highly skilled professionals to bring care to the most marginalized and hard to reach communities in the world; places where the service of highly skilled professional volunteers can have a positive impact on the health of women, children, and their communities.



Read more about Tom: cmmb.org/conversation-catena

How to Apply for an Aurora Fellowship:

Fellowship Categories

The fellowship seeks qualified applicants in the following fields:

- Medicine
- Nursing and allied health
- Global health

For full list visit, cmmb.org/aurora-fellow

Locations

- **Sudan:** Mother of Mercy Hospital, Nuba Mountains
- **South Sudan:** Yambio, Nzara, or Ezo
- **Kenya:** Mutomo

To qualify you must

Be 21 years or older, with a license to practice in good standing, meet all requirements and qualifications, and demonstrate a minimum of three years professional experience. To see if you are eligible and for more details visit cmmb.org/aurora-fellow

Service Commitment

Minimum of six months service. Preference will be given to those who can serve for a longer period of time, up to 12 months.

Benefits and Obligations

The Aurora Fellowship will cover all costs associated with the volunteer placement including: round-trip airfare, housing, insurance, and monthly stipend.

Visit cmmb.org/aurora-fellow for full list of benefits and award obligations.

Important

All Aurora Fellows must be placed before December 31, 2018.

Join Matthew. Apply to be an Aurora Fellow, cmmb.org/aurora-fellow

Meet Our First Aurora Fellow

Matthew Jones is a UK trained surgical doctor with international field experience. His expertise goes beyond medicine and includes an understanding and appreciation for the medico-legal side of healthcare systems, and the culture of education and training in medicine. Most recently, Matthew has been volunteering as an expedition doctor with Raleigh International in Nepal.



Matthew first learned about CMMB while reading an article about Dr. Tom Catena. Inspired by Dr. Tom's work, Matthew reached out to CMMB to learn about possible volunteer placements. When we asked Matthew how he felt about being the first ever Aurora Fellow, he said, "It is an honor that I don't feel quite worthy of, but I am privileged to have this opportunity."

Asked to describe his motivation, Matthew responded, "I have been lucky enough to have so many amazing opportunities in life. First to go to Cambridge, to become a lawyer, and then to become a doctor. I have a powerful sense everything has been building towards this experience, this great adventure. That I can find myself in possibly one of the most impoverished countries in the world and offer something."

Learn more about Matthew Jones: cmmb.org/meet-matthew-jones



In addition to the Aurora Fellowship grant, CMMB's portion of the Aurora Prize is funding the following two initiatives:



Medicines for Dr. Tom in Sudan

In consultation with Dr. Tom and the Bishop Gassis Relief and Recovery Foundation, CMMB is supporting the Mother of Mercy Hospital in Sudan with an additional delivery of essential medicines and medical supplies to support Dr. Tom's life-saving work.



Expanding Health Services in South Sudan

Responding to the desperate need to improve health services to people in Nzara, CMMB is building a new surgical wing at St. Theresa Hospital in South Sudan. It will include an operating theatre, surgical recovery ward, and maternity ward.



A Mission at Mwandi



We are committed to supporting medical mission trips to improve the quality of healthcare services provided to underserved communities. CMMB works hard to find highly qualified healthcare professionals, and to match their skills with the needs of our partner health facilities to help maximize their impact.

In September 2017, three doctors traveled to Mwandi, Zambia as part of an eight-day medical mission trip committed to:

- Strengthening the health systems serving communities in Mwandi.
- Building capacity by mentoring and training healthcare professionals in Mwandi.
- Providing recommendations to improve patient care, quality of services, and hospital development based on observations at the site.

Meet the Team



I walked away from the experience with a shift in perspective, feeling like a new person. I have a greater appreciation for the most basic resources in my life and hope that sharing what I've

learned will help improve health conditions and save lives in Mwandi.

Dr. Danielle Beidleman, OB-GYN and Maternal & Child Health Specialist



My experience was rewarding and positive. I was especially impressed with the way community health volunteers and health professionals were committed to tracing and

helping children with disabilities and people affected by mental illness.

Dr. Rao Kadambari, Psychiatrist

Clinical Mentors

Clinical mentors are healthcare professionals who can commit to repeat visits to the same healthcare facility. These volunteers will forge unique partnerships with specific facilities, to offer ongoing support, in person and remotely. Clinical mentors will build long term relationships with local health professionals to increase technical capacity and ensure sustainable impact. Dr. Helene Calvet, an experienced physician, specialized in infectious diseases, is our first clinical mentor. She will visit Mwandi Mission Hospital for a second time in 2018.



It was an invaluable experience; a chance to meet wonderful people and see the impact of CMMB's work. I've decided to leave my current job to focus on global health, volunteering with CMMB and other organizations who work with impoverished communities around the world. I look forward to continuing the relationships established during this first trip, and to contribute, however I can, to healthier lives worldwide.

Dr. Helene Calvet, Infectious disease specialist

Are you interested in being part of a medical mission team or becoming a clinical mentor?
Learn more at cmmb.org/mission-trip

Fairfield University: Helping Us WASH-Up

Written by: Anna-Maria Aksan
Associate Professor of Economics,
Fairfield University



This project brought me a sense of fulfillment beyond simply completing an assignment for a grade. I am excited that our work will be shared with CMMB and will possibly be able to contribute to some of their various initiatives throughout the world.

Chase Crean, student researcher at Fairfield University

Fairfield University's Economic Development class has been scouring the academic and policy literature to provide supporting evidence on best practices in implementing WASH (water, sanitation, and hygiene) initiatives in CMMB's CHAMPS sites around the world. After studying each CHAMPS site, the students conducted literature reviews on initiatives to improve water access, storage and treatment, hand washing, latrines, and waste disposal as well as to provide dignity kits to adolescent girls. The semester-long research project concluded with an individualized report on each CHAMPS site, recommending best practices for CMMB's proposed initiatives. The students range in academic interests and include economics, finance, international studies, international business, and politics majors. Student research was monitored throughout the semester by Fairfield University professors.



A Picture Truly Worth A Thousand Words

Written by: Paulina Luna,
Master of Science in Global Health, University of Notre Dame
MD Candidate, Yale School of Medicine



Since 2015, the University of Notre Dame and CMMB have collaborated to improve the health of vulnerable populations. In 2016, we teamed up to evaluate CMMB's Rehabilitation with Hope, a community-based program that assists children with disabilities by providing access to quality therapy. There was already clear evidence of the benefits for children enrolled in the program, but we wanted to find out how the program affected parents. We used Photovoice, a community-based participatory research methodology, to invite parents to describe and explain their experiences through photography.



We learned that parents perceived stigma as feelings of disdain towards their children and as judgment and blame for their children's disabilities by others, leading to isolation. It was incredible to witness how the parents in our study displayed leadership in presenting their photos to their communities. As they shared their powerful stories, they advocated for their children's rights and educated others with the hopes of creating a more welcoming community. Our results will be presented at the Consortium of Universities for Global Health in March 2018, to ensure that the parents' stories continue to be shared and to help advocate for the rights of children with disabilities and their families worldwide.

Look Who's Back!

“It's so great that dear Brynn is coming back to Peru to accompany us on our journey to improve the health of women and children. Her work is very valuable to us and everyone in our community. We can't wait to have you back, Brynn!”

Nancy Castillo, Project Coordinator, CMMB Peru

Brynn Macaulay is a registered nurse, originally from Portland, Oregon. She volunteered with CMMB in 2010 in Peru and we are thrilled to report that she is heading back in early 2018.

Before Brynn returns to Peru, she will have completed another journey of compassion and service. In September, she served with Medical Teams International (MTI) in Uganda where she worked with South Sudanese refugees. She provided primary care, treating malaria, pneumonia, diarrhea, and dehydration, supporting inpatient hospitalization, antenatal care, and labor and delivery.

Brynn had planned to spend time at an elephant sanctuary in Thailand, but when she learned about the need of the Rohingya refugees in Bangladesh, she joined MTI again to bring relief and care. Brynn saw as many as 80 patients a day. She reports, “Many people, including children, are very undernourished and dehydrated. They arrive after walking from Burma to Bangladesh through the forest for a week or more, with very little food or water. Most come with no possessions. What they do have are stories of the horrific violence they have witnessed and experienced firsthand.”



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