



cmmmb

Healthier Lives Worldwide

Volunteer Report #3 / Spring 2018

Healthier Lives, Together

Volunteer for Change

cmmmb.org

Welcome

Dear Friends of CMMB's volunteer program,

We are happy to bring you the third issue of "Healthier Lives, Together: Volunteer for Change;" a publication created to highlight the amazing work of our international volunteers and to inspire others to start their own journey.



Reading through this issue, a theme emerges: relationships. At CMMB, we nurture relationships. We love what we do, but we know we can't do it alone. Volunteers are key partners whose contributions help us implement high quality, long-term healthcare initiatives that impact women and children living in extreme poverty.

Our volunteers inspire me everyday. Volunteers like Helene Calvet, who served on her second mission trip to Mwandi with four other highly qualified health professionals who you will "meet" in this issue. Helene is a clinical mentor who has committed to provide continuous support to CMMB through both remote and in-the-field placements.

Volunteers like Jay Edwards and Maggie Sant, who were excited to see the legacy of their work from the first mission trip alive when they returned to Haiti for their second; and people like Jonathan Uy, who came back to our NY headquarters to gain different insight into our programs, three years after his initial internship. Or Dr. Tom Catena, our longest, continuously serving volunteer, whose remarkable work is highlighted along side the tragedies of war in the documentary, The Heart of Nuba, a film we proudly hosted the premiere of in NYC earlier this year.

I am inspired every day by the stories of our volunteers and partners. As we celebrate their accomplishments and thank them for their service, we invite you to get involved and join us on a journey of compassion and change.

Marcia Grand Ortega

Marcia Grand Ortega
Senior Specialist, Volunteer Program

Serving People Who Are Serving the World

Over the past six months, we have supported 431 volunteers, in 14 countries, totaling 50,228 volunteer hours. Here are a few of our many amazing volunteers:



Arianna Moore
is interning at our **NYC** office through the corporate works study program at New York Catholic high school, Cristo Rey.



Mehdi Khalfallah
is providing finance and administrative support both in Port-au-Prince and at the Bishop Joseph M. Sullivan Center for Health in **Cotes-de-Fer, Haiti**.



Lauren Elliot
is serving as a community health volunteer supporting children with disabilities in **Peru**.



Erica Tafadzwa Beta
is serving as a public health professional in **Mwandi, Zambia**.



Joanna Oleksik
is one of our Aurora Fellows serving as a nurse in **Mutomo, Kenya**.



Sarah Rubino, a nurse midwife and **Martin Rubino**, an engineer and project manager are a husband-wife team serving in **Nzara, South Sudan** at St. Theresa Hospital. The Rubinos are both Aurora Fellows.

- CMMB Programs
- Other Partner Facilities Supported by CMMB

CMMB Volunteer Honored at the UN



Laura Kyriss, a labor and delivery nurse and former CMMB volunteer, was honored by Nurses with Global Impact at the second annual International Nurses' Day at the United Nations on May 11, 2018. This special event celebrated nurses who demonstrate exemplary practice by impacting the global delivery of healthcare. They are true role models, paving the way and inspiring future generations of nurses.

The impact of Laura's work is still evident and growing. She offered her skills and also built the capacity of other nurses in the community. Laura is a beacon of hope and light to the vulnerable and poor.

Jesse Kihuha, CMAMPS coordinator, Kenya

Laura served for three months at the Mutomo Mission Hospital in Kenya, supporting local health professionals to ensure healthy pregnancies and safe deliveries.

"I'm very honored to be recognized and I feel there are many deserving nurses out there that I am lucky enough to work alongside. I feel so lucky to have had the chance to go to Kenya and work with some truly amazing people."



Nurses With Global Impact, Inc.
Empowering through Education



We Need You Now

- Haiti: Family doctor, pharmacist, hospital administrator
- Kenya: Nurse educator, public health professionals
- Peru: Nurses, occupational, physical and speech therapists
- South Sudan: Doctors, OBGYN, supply chain manager
- Zambia: OBGYN, physician assistant, WASH specialist

Interested in joining our team of volunteers? Visit cmmb.org/volunteer or contact us at volunteer@cmmb.org

Volunteers Build Capacity in Zambia

Earlier this year, a second team of specialized health professionals set out on a medical mission trip to the Mwandi Mission Hospital in Zambia. Expanding on the work of previous missions, this team focused on building capacity by supporting a mix of formal and “on-the-job-training” sessions on topics ranging from infection control to neonatal resuscitation.

We asked the team about their experience.



Patricia O'Neil Hoying
Registered Nurse, California

The thing that stands out most from my time in Zambia are the individual patients. Many of them walk such long and difficult distances to get the care they so desperately need. And the family members who also make the long journey and sleep near the hospital wherever they find room so that they can be there to provide care and love, perhaps the most important medicines of all.



Nancy Allison Burt
Registered Nurse, California

I really enjoyed spending time in the community and meeting the people in Mwandi. I learned a lot from the nurses and midwives and I was impressed by their scope of work. They have to do so much with so little and they do it so well.



Dr. John Hoying
Rheumatologist, California

In Mwandi, daily life is difficult at best. But the people there are remarkable. There's this one woman named Katherine who cares for a community of people with disabilities, people rejected by their own families. She treats them like family. She cooks and cares for them every day and speaks about them like old friends. This community has something special, so filled with support and love.

First Breath: How Training Saves Lives

By Rose Paneno, CMMB volunteer in Zambia

It was 1:30 am when there was a pounding on Patrick's door. A young woman was in labor and clearly in distress. Although Patrick was not a trained midwife, he remained calm. Out in Mushukula, he is the most skilled medical professional around and has delivered more than 15 babies. With the nearest hospital four hours away, Patrick knew there was no other choice.

“People depend on me. They have confidence in me, and so I have to show them with zeal that I can do what they need me to do. If they don't think I can manage, they have fear. I must be strong, and manage the cases that come.”

Patrick, Nurse-in-Charge, Zambia

At 2:30 am, Rebecca was born. Patrick rubbed the baby with a dry towel and placed the baby on her mother's chest.

In the seconds that followed, there was tension in the quiet room. In Patrick's words “the baby was not OK.” She wasn't crying or breathing normally. Patrick had never seen or experienced anything like it before. But once again, he remained calm. You see, less than a week before, Patrick attended a training hosted by CMMB volunteer and physician assistant, Stephanie Summa and led by the medical mission team and local midwives. The training focused on neonatal resuscitation, focusing on practical skills and the steps to take to stimulate that first cry— that first important breath.

Patrick knew he needed to implement what he had just learned. So he began the procedures he had been taught. First he used the “penguin sucker” to remove the secretions that might have been lodged in the baby's throat. Anxiously, he waited to see if the child responded. No change. He moved on to step two, using the ambu-bag he received from CMMB, Patrick began to pump and count. “1...2...3... Pump” Everyone waited. Then a cry broke the silence. She was breathing, it had worked!

Patrick was elated, “I would not have been able to save that baby's life if it weren't for the training and resources I had from the CMMB volunteers. It helped me save a life.”



Patrick checks in on Baby Rebecca



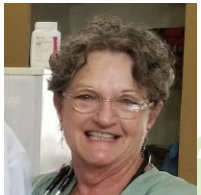
Beverly Farinelli
Registered Nurse and Hospital Administrator, Pennsylvania

I think what surprised me most was the degree of nothing. How little there is. I mean you imagine that, but I think even to the degree to which I've traveled around, I didn't expect so much of nothing. And I also didn't expect how much they could do with nothing. Because that is what's truly amazing. And people get well and they're happy.



Dr. Helene Calvet
Internal Medicine and Infectious Disease Doctor, California

If you are thinking of a volunteer experience in a place like Mwandi you need to know that this is a very different way of doing medicine. It's not like anything you've seen in the United States. You really need to be creative because there aren't a lot of resources. We fashioned a splint out of a surgery head wrap for someone who had a shoulder injury! You do what you can with what you have. Be ready to be flexible and open-minded and ready to work.



Mary West Piowaty
Respiratory Care Practitioner, California

I am just amazed at how much the staff at the hospital can do with so little. It makes me realize just how wasteful we are in the U.S. My dream and wish for them is to have what they need to provide the best care that they can for this community.

Do you work for a hospital? Do you think you and your colleagues would be interested in a medical mission experience like this?
Visit cmm.org/volunteer



professionals, including education around disability, skill-building, and ways to enhance local resources, including a referral system. Kusamala+ in Lusaka, Zambia is now serving as a placement site for Master's of Public Health practicum students.

CMMB is proud to partner with St. Catherine University, whose mission to educate women to lead and influence aligns with our own focus on supporting women living in extreme poverty. In 2017, we joined forces to launch Kusamala+, a two-year pilot to test an intervention designed to mitigate stigma and increase resources for children with disabilities and their families through family and community engagement, advocacy and skill building, and systems linkages. The pilot includes the development of curriculum and training of local health

“It is amazing how a partnership with a university can open the eyes of an organization. Through this partnership, we have designed a training tool to shift our focus more directly on children with disabilities; shining a light on the most vulnerable and responding more directly and effectively to their needs. Volunteers are a key part of this work! St. Kate's students gain valuable experience while improving the lives of children with disabilities and their families.”

*Batuke Walusiku-Mwewa,
Country Director, Zambia*

Committing to Change

Meet some of our volunteers who came back to serve again. Their continuous service helps to maximize impact and truly makes them part of our growing, global family.

Maggie Sant and Jay Edwards

Maggie and Jay are part of the Mercy Health family in Ohio. Dr. Maggie Sant is a population health pharmacist and Jay is a field service technician. They both served on the mission trips to the Bishop Joseph M. Sullivan Center for Health in Cotes-de-Fer, Haiti in 2017. Both were so moved by the experience they went a second time less than a year later and plan on future trips.



“I worried about what impact I could make in a week. So you can imagine my joy, when I returned for a second week, eight months later, to find many of the practices I had implemented - like the daily and monthly inventories - were still in place. That was really encouraging to know that I made a difference in such a short amount of time.”

Maggie Sant

Jonathan Uy

Jonathan Uy was an undergraduate student at Fordham when he first interned with CMMB in 2015. He came back to serve in 2018, during the final months of his Masters in Public Health at the Columbia University Mailman School of Public Health. After he graduates, Jonathan is off to Rwanda with Peace Corps. Our volunteers make a commitment not only to CMMB, but to making the world a better place.



“When I first interned at CMMB with the strategy and innovation team, I got a broad vision of the organization. This time, as I neared the end of my MPH, I brought more technical skills that I applied to the work on the programs team while using the information I knew about the organization as a whole to guide me. That has been really important.”

Jonathan Uy

Continuous commitment serves to strengthen the impact of volunteer work by allowing volunteers to build relationships with the communities and programs they serve and gain better understanding of the needs and realities of the hospital and staff in-country.

Shining a Light on Service

The Heart of Nuba

On March 26, 2018, CMMB hosted the premiere of The Heart of Nuba in New York City. This award-winning film documents the atrocities of war in Sudan and highlights the remarkable life of Dr. Tom Catena, one of CMMB's longest serving volunteers. For over a decade, he has served the forgotten people of the Nuba Mountains and continues to do so today.

The premiere was attended by more than 300 guests, including partners, donors, friends, and several members of Dr. Tom's family.

Bruce Wilkinson, CMMB President and CEO commented on the buzz in the theater after the screening, “It is such a joy to see so many people energized about supporting Dr. Tom. That we are inspired and in awe of a real human being who dedicates his life to serving others is a sign of hope to me.”

When the film's director and producer, Ken Carlson, was asked why he made a movie like this, he replied: “Tom is living a life of service and we have found that his service speaks to all. The remote location in Sudan and the level of danger that Tom exposes himself to should resonate with audiences all over the world. This much I know—we have a true hero in Dr. Tom Catena. Someone who is working selflessly and courageously, willing to sacrifice everything to carry out what he feels is God's work. In the words of Dr. Tom, ‘If I can go to my grave — despite all my limitations, my faults, everything else — if I can say, ‘You know what? I think I did God's work.’ I think I would die a happy man. That's my goal.”



Ken Carlson (bottom left) with many members of Tom Catena's family, and CMMB President and CEO, Bruce Wilkinson (bottom right) at the premiere of The Heart of Nuba in NYC.



“What I most like about The Heart of Nuba is that it is not the story of Dr. Tom. It is a story about human resilience. It is a story about hope in the face of extreme challenges. It is about how compassion and love can make a real difference.”

*Juncal Plazaola Castaño,
Policy Specialist, UN Women*

Support Dr. Tom's work at Mother Of Mercy Hospital: www.cmmb.org/catena
Host a screening of the film to raise awareness. Contact: events@cmmb.org

Alumni Spotlight: Where in the World is Rachael Consoli?

Rachael Consoli is an OBGYN who served as one of our international medical volunteers for one year in South Sudan. While there, she was instrumental in running our Safe Motherhood Program. We checked in with Rachael recently:

What are you up to these days?

I am serving in Guam, providing care to the local people - the Chamorro Tribe.

Tell us, what was your favorite part about volunteering with CMMB?

That we were training and preparing local people in the medical field always. I gave lectures twice a week in Ezo. On rounds daily in Nzara, we had teaching sessions. Every surgery in Ezo we had three surgical techs learning how to operate. Teaching was my favorite part that was encouraged and required by CMMB.

What advice would you give to future volunteers with CMMB?

Be open to the full experience. Relax in the daily life of a volunteer. Make NO comparisons to what you are used to or what your expectations are. Embrace the work and the daily



life. To paraphrase the words of Stephen Grellet, do as much good as you can. You may pass here but once, any good you can do, do it now.

What is your hope for the future?

That we remember we all belong to each other.



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