



Volunteer News / Fall 2019

Healthier Lives, Together

Volunteer for Change



cmmb.org

Welcome

Dear Friends,

A wise person once said that you can live about 40 days without food, about three days without water, several minutes without air—but not a single second without hope.



In a world in which poverty, sickness, and exclusion batter hope, CMMB is bringing transformational hope and life-changing services to the most vulnerable and marginalized globally. Our volunteers are on the frontline of bringing hope to the hopeless through the healthcare they sacrificially provide to the sick and underserved. Their compassionate care gives women and children a sense of personal value and brings healing to body and soul. They are unleashing hope and building a promise of a better tomorrow.

Thank you to all our volunteers who have responded to the call to make a difference in the world with their unique gifts. From those still in school, like our **St. Catherine University** students serving with CMMB as part of their practicum projects, to the **Authority Health medical residents** completing an eight-week rotation at Our Lady of Lourdes Mutomo Mission Hospital in remote Kenya, to our “experts in the field” — those **doctors, nurses, and health professionals** who are bringing their vast experience and knowledge to the most vulnerable. And finally, we are grateful to family and friends who have supported our volunteers in that high calling.

Each of us can make a lasting, impactful difference in our world. We can bring hope and healing – by investing time, talents, and treasures. Join us as a volunteer or consider supporting the work of CMMB today.

Warmly,

Dick Day
Senior Vice President, Programs and Volunteers

Where in the World Are Our Volunteers Serving

Over the past nine months, we have placed 551 volunteers in 15 countries. Combined, they have provided a total of 75,074 volunteer hours. Meet a few of them.



Dr. Francis M. Kearney is part of the Mercy Health medical mission team who will be serving in **Côtes-de-Fer, Haiti** in October 2019.



Yamilet Soto is a registered nurse serving in **Huancayo, Peru**.



Rakesh Adelli, served as a community mobilization officer in **Lusaka, Zambia**.



Ruth Kahira is a registered nurse who served at St. Therese Hospital in **Nzara, South Sudan**.



Samantha Hodge is serving as a community-based nurse in **Mutomo, Kenya**.



Dr. James Peck is a general surgeon returning to **Mother of Mercy Hospital in the Nuba Mountains** to replace Dr. Tom Catena while he fulfills his responsibilities as the Aurora Humanitarian Initiative Chair.

Another CMMB Volunteer Honored at the UN



We are proud to share that CMMB volunteer Sarah Rubino was recently honored by Nurses with Global Impact at the United Nations, an event that celebrates nurses who demonstrate exemplary practice by impacting the global delivery of healthcare. Sarah is a nurse and midwife who served at St. Therese Hospital in South Sudan. She joins CMMB alumnae volunteer Laura Kryiss, who was honored in 2018.

“Sarah became a part of our community, our family. Her commitment to the women and children she served was remarkable and so appreciated by the patients. She also gave so much to the staff, sharing her knowledge, compassion, and time. We love Sarah, and we really hope to work with her again. God bless her for saving the lives of the children.”

Sister Jane Francis Angido, Comboni sister and head of nurses and midwives at St. Therese Hospital, South Sudan



Exciting Update

Sarah and her husband (and fellow CMMB volunteer) Martin Rubino welcomed their first child, Max, on July 19, 2019.

JOIN OUR TEAM: We Need You

- **Haiti***: Doctors, nurses, public health professionals
- **Kenya**: Doctors, midwives, nurse educators, public health professionals, M&E experts
- **Peru***: Nurse educators, public health professionals, physical and occupational therapists
- **South Sudan**: Doctors, nurses, midwives, nurse educators, public health professionals, M&E experts
- **Zambia**: Researchers, data analysts, M&E experts

* Language requirement

Apply today at cmmb.org/volunteer or contact us at volunteer@cmmb.org

Students in the Field

Gaining Public Health Experience

CMMB is fortunate to partner with several universities, including **Columbia, Fairfield, Fordham, Notre Dame, Regis, and St. Catherine.** The core of these relationships is around building capacity and exchanging knowledge for the students, our country office teams, and the benefiting communities.

As students and faculty contribute valuable knowledge and skills through research and training, they gain tangible international experience. Ultimately, they have a real and direct impact on the work that we do, informing program development and implementation.

In June 2019, three St. Catherine MPH students set off to CMMB placement sites to complete their practicum projects.

Meet the students.

Shandy Mangra, MPH, BIS

Strengthening Community Health in Huancayo



Shandy has nine years of professional experience developing programs and working with communities in the area of health. Additionally, she is a certified community health worker.

While in Peru, Shandy has documented CMMB's community health worker model. She has also supported the team with its Children and Mothers Partnerships (CHAMPS) initiatives. Her responsibilities included coordinating task distribution for community activities, supporting outreach, and facilitating focus groups for St. Catherine and CMMB's joint research projects.

Asha Mohamed, MPH student, BA Biochemistry

Bridging the Healthcare Gap for Somali-Kenyans



Asha, born in the United States to Somali refugee parents, worked with the CMMB team to develop a partnership with the local Somali community in Kitui South, Kenya.

During her time in Kenya, Asha met with members of the Somali community, helping to bridge language and cultural gaps. In the long-term, Asha will develop an action plan that addresses issues raised by community leaders, and integrate a health system and curriculum to train incoming community health volunteers from the Somali community. Asha's hope is to empower Somali women to take the lead in overcoming health challenges.

Rakesh Adelli, MPH, MBBS

Reducing Stigma Against Children with Disabilities

For his student practicum, Rakesh traveled to Zambia, where he supported the implementation of Kusamala Plus a two-year pilot program in partnership with St. Catherine University and GHR Foundation, that tests interventions to mitigate the stigma against children with disabilities.



During his placement, Rakesh met and spoke with families who are benefiting from the Kusamala Plus interventions, capturing their testimonies through audio, video, and narrative illustration. This community-based, participatory research documents and reflects the reality of beneficiaries' lives. These testimonies will help evaluate the impact of the program and inform future decisions.

Ways to Engage:

- Student chapters
- Faculty led research
- International practicums
- New York-based internships
- Global health events

Pediatric Residency Program



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

The program provides a unique training experience for US medical residents at the grassroots community level in a developing country. Residents experience the challenges and possibilities of caring for people with medical problems, complicated by social determinants and other population health considerations, while working in a remote, low-resource setting. The host facility also benefits by having skilled and compassionate health professionals who help fill clinical and technical gaps in healthcare delivery. Here, in their own words, they describe their experience and why others should consider it.

Details About the Program

Medical residents spend up to two months in an intensive international rotation. While there, they provide clinical patient care in tertiary hospitals, secondary level clinics, primary health facilities, and/or community outreach programs. The residents also get an opportunity to broaden their skills, improving their capacity in addressing diverse population health needs, tropical medicine, delivering culturally competent care, and operating in resource-limited contexts. All are supervised by a qualified preceptor, on site and available for the duration of the program.

JOIN OUR TEAM: To learn more about these opportunities, visit cmmb.org/volunteer or contact us at volunteer@cmmb.org or 212.242.7757



“The hospital and the surrounding community are grateful for the service and contribution of the residents and the residency program. The team was of tremendous value to the hospital, providing critical patient care and sharing their knowledge through relevant and well-executed trainings with healthcare staff.”

Dr. John Amollo, Senior Medical Director,
Our Lady of Lourdes Mission Hospital

“It was amazing to connect with and learn from others outside my everyday circles and humbling to contribute to furthering knowledge and skills in saving lives. In particular, walking away having trained health professionals in the Helping Babies Breathe protocol for neonatal resuscitation and witnessing someone use those skills to save a life was incredibly satisfying.”

Dr. Laura Marshall, Pediatric Resident,
Children's Hospital of Michigan

“During my two months in Kenya, I obtained a tremendous amount of hands-on experience and acquired lots of new knowledge. I also built wonderful relationships with the locals, hospital staff, and fellow residents. It was an experience that reignited my passion for global health.”

Dr. Marshal Khant, Pediatric Resident,
Children's Hospital of Michigan



I've been given a skill, and I should be able to use it for others. It is true that my life is very easy in Portland. I have been fortunate to be successful as a surgeon, so I could easily spend my time vacationing with my wife or seeing my grandchildren. But witnessing what the real world looks like is something I find very important. I'm always a much better person when I return from a mission. I come home humbled.

— Dr. James Peck, UCSF '72, General Surgeon



Jim is 'old school', having gone through his surgical training in the days of 24-hour work weeks and every-other-night call schedules. That tough training topped off by 40 years as a general and vascular surgeon gave Jim the fortitude to come to this remote place, again and again and again.

— Dr. Tom Catena, Duke '92, Medical Director at Mother of Mercy Hospital, Sudan, CMMB volunteer since 2000

We feel blessed that we have our health and strength at our "advanced" ages, allowing us to continue to work to bring healthcare to those who are homebound. There are so many ways that our medical mission experience has impacted our professional and personal lives. It has opened our eyes to the world condition and made us realize that we are all "in this together". The faith of the Swazi people is amazing and reminds us every day that love and hope should be our guide.

— Kathleen Hartmann R.N., St Vincent's Hospital School of Nursing '68 and Alfred A Hartmann M.D., Albany Medical College '67, Internal Medicine, Palliative Care Specialties



Experts in the Field

Retiring with a Mission

By Dr. Joseph Sclafani

Dr. Joseph Sclafani is an OB/GYN from Brooklyn, New York. He graduated from Creighton University School of Medicine in 1977 and has practiced in the US for 32 years. He recently officially "retired" but has no intention of stopping. Dr. Sclafani plans to use his retirement by combining his clinical experience with a personal call to action to care for those most in need.



Dr. Sclafani, center, with two colleagues in Malawi

Retirement is something people often talk about with great anticipation and great plans. But in reality, for many, it can feel a little daunting after years of 40+ hour work weeks. What will you do with all that extra time? To answer that question, start with the recognition that none of us could have achieved our success in life without abundant blessings and gifts. These gifts often came in the form of mentors, role models, and benefactors, who supported us and gave of themselves in our darkest hours. There can be no better way to express gratitude for their efforts than by repurposing our own skills and talents and paying it forward to help others.

At the age of 62, I moved to Malawi, a small country in sub-Saharan Africa, as part of an

international consortium of obstetricians and educators. I joined a team of dedicated, like-minded individuals to help the Malawi government establish its first OB/GYN residency training program. **In 2014, there were 12 OB/GYN specialists for a population of 14 million people.** When I returned to the United States four years later, my former Malawian residents were filling my shoes as new faculty members. The number of Malawian obstetricians in the country had more than doubled. These young doctors are now paying it forward themselves, teaching others, who will be saving the lives of mothers and newborns for years after my departure.

I can tell many stories about individuals who used their skills creatively in the later years of their careers to make a difference in the lives of others. A retired lawyer who dedicated a year of his life teaching forestry management in an area of the country undergoing devastating deforestation. A Jesuit priest in his 70s who was a gifted surgeon yet found the time to visit the sick in a Malawi prison. A woman in her 60s leading a team of Malawians who are repairing wells across the country. They are examples of everyday people who share the same goal: to make a difference in the lives of God's most vulnerable individuals. Those who hear the call will receive abundant gifts in return. My stethoscope, hands, and heart are once again my best friends at the bedside and in the operating room, reducing the complexities of advanced technology. I have developed new and enduring friendships, a new sense of a global community, and an abundance of gratitude for the opportunity to give back to those most in need.

JOIN OUR TEAM: Are you close to or in retirement and interested in bringing your skills, compassion, and expertise to women, children, and communities in need?

Contact us cmmb.org/volunteer or 212.242.7757.



Volunteer Report / Summer 2019

What's it like? Awesome. My word is awesome. I was in awe to see how much people endure with so little. I realized the gratitude and appreciation of what it means to reach out and touch somebody. It's not about your ego, your stuff, or the expertise you bring. It's being able to look into a person's eyes and say, I am here with you, and I'm going to help you. That help may only be 10 seconds of holding them, stroking their face, or touching their baby. But the light in their eyes when they see that you're sincere is awe-provoking. That is awesome.

— Beverly Farinelli, RN, BSN, MHA, NEA-BC. Wright State University '84. Pediatric nurse and hospital program administration consultant



Being more involved in medical mission work has changed me both personally and professionally. On the personal level, I have witnessed levels of need I have never seen before, which has re-confirmed my commitment to this work and has altered my world view a bit. I have also had the privilege to experience new cultures, yet realize that deep down we are all the same. On a professional level, I have learned new things, rekindled some old knowledge, become more flexible, and have developed a true and deep appreciation for those who practice in resource poor settings.

— Dr. Helene Calvet, UCLA '89, Internal Medicine and Infectious Diseases, Public Health



Saying Goodbye or See You Later

Martin Rubino, lead engineer at St. Therese Expansion in South Sudan, wrote this piece after over a year of service.

As the rainy season returns to Nzara, so do the reminders of what greeted me when I arrived here just over a year ago: the ripe mangoes, the muddy roads, the storms rolling in from afar over the flat terrain, enjoying the respite of a cool breeze before having to hurry for cover as the rain comes down in torrents.

Things have come full circle. It is just one cycle in a countless succession of rainy and dry seasons, yet I have seen many changes. There are three new buildings at St. Therese Hospital, under whose roofs we now take shelter when the thunderstorms come. I, too, have changed over the course of this year. I arrived an outsider, and the workers and I were both at times unsure of one another. Many of my methods were as unfamiliar to them as theirs were to

me. A year has seen a bond forged by working together day in and day out, sharing in toils and frustrations as well as moments of pride and accomplishment.

It is with a heavy heart that I now leave the project not yet complete. The knowledge that my fellow colleagues are continuing on with one less member saddens me.

But in rejoining my wife Sarah as she prepares to deliver our first child, I am reminded that all of life is a continual surrendering. There was a surrender when Sarah and I left family, friends, and work to come to Nzara. Likewise, there is a surrender now that I must uproot myself from a place I have grown very fond of and a project that has become part of my everyday life. And if I can be sure of one thing, it is that new surrenders await Sarah and myself as we welcome a baby and navigate the uncertain course of our future.

St. Ignatius has written much on the sense of detachment, openness, and discernment we must strive for as we set out and are led along our journeys. These concepts are difficult enough to fully understand, much less to implement practically and with confidence. Yet somehow it is linked to our relationship with a God whom we believe emptied himself completely out of love (Phil 2:7). Sarah and I are deeply grateful for the opportunity that CMMB has given us and for its unflagging support and understanding.

We would also like to warmly thank St. Therese Hospital and all of its friends and supporters, to Sister Laura and the staff who have taken us in so graciously, and to our fellow volunteers — Dr. Matthew, Dr. Dan and Angela, Carrie, and Ruth — who have accompanied us on our journey and remain a continued inspiration.



Connect with us!



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