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*"At sunset, all who had people sick with various diseases brought them to Him.
He laid His hands on each of them and cured them."
Luke 4:40*

THREE MONTHS IN TANZANIA: A REFLECTION

Jack Antedomenico, TCHF Board of Directors



As I considered retirement, I always thought I would spend some time in a third world country using my 35 years experience as a hospital Medical Sonographer to help in those countries. I found just the right location when Father Benedict Ndeyekiyo, a close friend, told me that his community of priests managed a small hospital and clinic in Ngarenairobi and Aschengai, Tanzania.

As a result, I spent three wonderful months there with the most beautifully dedicated nuns and priests. I returned just before Christmas 2010. I spent my time there teaching the Sisters to do obstetrical, abdominal, cardiac (adult and pediatric) and vascular ultrasound with a machine discounted by the very generous Sonosite Ultrasound Company and paid for by my adult children. The hospital is run by five Sisters who evaluate patients, do lab tests, perform minor surgery, deliver babies, train young mothers, and dispense medicines for infections, aids, malaria, chronic diseases, and malnutrition. I learned that they obtained their medicines mostly through the Tanzanian Cardiac Hospital Foundation, which produces this newsletter.

The medical facility there is very limited in what it can accomplish. The Foundation is working to make it more effective, to expand it, and to build a larger facility which can provide more extensive care, especially to cardiac patients. Patients must travel hours in some cases to even reach the clinic. There are no ambulances in the area.

The nuns do not have a car. Their income or pay is very limited because of the number of indigent patients. They would like more money for medicines and to increase their own standard of living. They grow their own crops. I witnessed them after hours tilling the fields and weeding the crops, not to mention swabbing the floors, doing night deliveries (OB), and taking turns sleeping in the hospital to attend to patients at night.

It is difficult to describe the health conditions in Tanzania. It is virtually impossible for those of us in the United States to really comprehend what these people face because we have become so accustomed to having medical needs met quickly and effectively. As reported later in this newsletter, I have agreed to serve on the Board of the Foundation. There is much to do, and I must be a part of it. I urge you to be a part of it, too. The people there are saints; I was a helper for a brief time, but they need more of us, and what we can give.



NEWSLETTER PRODUCED COURTESY OF MIKE RICE, STATE FARM INSURANCE, 772-878-7888



EVEN ELEPHANTS CAN BE A PROBLEM IN TANZANIA—HOW TCHF HAS HELPED

Carol D'Angelo

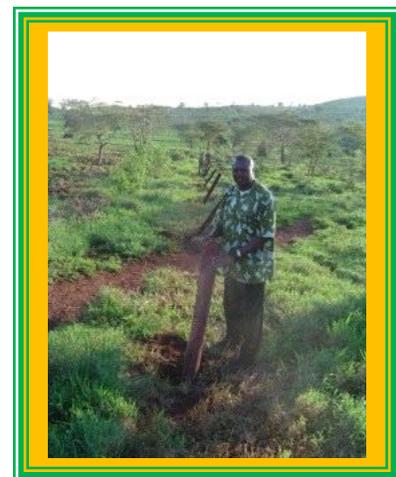
A high priority project for the Ngarenairobi Health Center has been completed with funding from the generous donors of The Tanzanian Cardiac Hospital Foundation, Inc. An electric fence has been installed around the clinic, convent, church and rectory. The fence will serve to keep elephants and other livestock out of the immediate area.

Having roaming elephants as a problem is something we can scarcely comprehend. However, Father Everest recounts the night the marauding elephants came into the area foraging for food and looking for water. They destroyed much-needed crops and other items during their scavenging, in addition to rendering the clinic unusable for a period of time.

Everyone had to remain inside for safety reasons. For example, the Sisters were unable to travel from their convent to the clinic to take care of the patients. The elephants, although a curiosity and to us something amazing and photogenic, are very destructive. Something had to be done to prevent these kinds of occurrences.



The fence will also help with the security and sanitation of the area. At night two sisters remain on duty in the clinic to treat any emergencies or nighttime deliveries. Prior to this time, the entrance to the clinic was right at the roadside. With the security gate in place, the night watchman is better able to monitor who is coming into the area. Father Priscus, the current administrator of the clinic, sends his deepest appreciation to all the people who made this project possible.



FATHER PRISCUS SURVEYS SOME OF THE PROPERTY BEFORE THE FENCE IS INSTALLED.

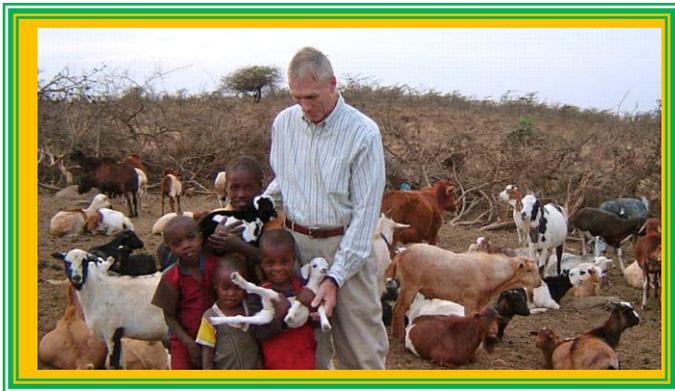


**JACK ANTEDOMENICO
ELECTED TO TCHF BOARD
OF DIRECTORS...**



At the April 2011 meeting of the Board of Directors, Mr. Jack Antedomenico was elected as a new member of the Board.

Not only does he bring a wide knowledge of the medical field, but he now has firsthand understanding and experience in Tanzania, and specifically at the clinic with which we are working toward expansion to a Catholic hospital. As reported on page 1, Jack spent September-December 2010 in Tanzania living and working at the N'garenairobi Clinic.



Recently retired, Jack worked as a Medical Sonographer for 35 years. The last 20 years he worked at Martin Memorial Hospital in Stuart in the Cardiology Department doing echocardiograms and vascular studies.

Jack Antedomenico has been an active parishioner of St Jude Catholic Church in Tequesta, Florida for the last 28 years. He serves his parish as a Eucharistic Minister, Lector, Choir Member, a 4th Degree Knight of Columbus, and a Parish Council Member. Currently he uses his ultrasound training and experience at Lifeline Birthline Crisis Pregnancy Center, part of the Catholic Charities network of the Diocese of Palm Beach.

At retirement Jack had a strong desire to give something back—to use his gifts to serve others. As God's providence would have it, Reverend Benedict Ndeyekiyo ALCP/OSS, a priest from Africa, was assigned to St. Jude's. Father Benedict's order, the Apostolic Life Community of Priests (ALCP—see back page), operates clinics and hospitals in the rural areas of Tanzania.

Jack had found the perfect place. As Jack learned about the clinic, its facilities and circumstances, he discovered how lacking they were

in some of what we consider to be basic medical necessities and equipment. In fact, even though some of the most common occurrences at the clinic were pre-natal care, birthing, and post-natal care, the clinic only possessed an outdated ultrasound machine. Jack's goal took on additional emphasis. To procure a new ultrasound machine, he needed to find a company which would offer him a discount (enter Sonasite Ultrasound Company) and someone to pay for the purchase (Jack and Norma's three children donated the money to get the machine). Jack himself would go to deliver, oversee installation, and to train the clinic Sisters in the use of the machine.



**SISTERS ASTERIA & ELIZABETH
UTILIZE THE NEW MACHINE**

Jack and his wife Norma (Morales) have been married for almost 40 years. Their three children all currently serve in the U.S. Military, all with the rank of Major. Norma and Jack have five grandchildren.

Having seen personally the poverty and the needs in Tanzania, and recognizing the value and importance of the work of the Foundation, Jack is proud and pleased to be a member of the Board.

It is people like Jack who will allow us to fulfill our dream of developing and building the hospital—people who care and people who are willing to give to support this project.



**THE APOSTOLIC COMMUNITY OF PRIESTS/
OPUS SPIRITUS SANCTI**

Father Mark Mlay ALCP/OSS, Spiritual Director TCHF, Inc.

**FATHER MARK MLAY STANDS BEFORE THE
ALCP MOTHER HOUSE IN MOSHI**



The Apostolic Life Community of Priests was founded by Very Rev. Father Bernhard Bendel, a German priest from the Diocese of Limburg, on 21 November 1974. The congregation has now 160 priests and five deacons due to be ordained priests in July 2011, in addition to 31 seminarians in different stages of formation. The priests are working in six different countries--Tanzania, India, Italy, Germany, Kenya, and the United States of America. The congregation has as one of its goals to liberate the poor it encounters in its apostolate by providing education and health care. The Tanzanian Cardiac Hospital Foundation reached an agreement with the ALCP Fathers three years ago to help them with their current clinics, and to have them administer the hospital they are establishing.



**FATHER JOSEPH ISRAEL, SUPERIOR
GENERAL OF THE ALCP/OSS PRIESTS WITH
TCHF BOARD MEMBER CAROL D'ANGELO**

The congregation has its Mother House and administrative offices in the Diocese of Moshi, Tanzania. The Ngarenairobi Clinic, which TCHF is working to improve is located about 10 miles west of this house. The administrator of the clinic is ALCP Father Priscus Jumamosi pictured here with people of the village.



The ALCP priests have been a presence in the Diocese of Palm Beach, Florida for several years. Palm Beach Bishop Gerald Barbarito, pictured below, has endorsed the efforts of TCHF and the ALCP priests.



**FATHER BENEDICT NDEYKIYO ALCP/OSS
WITH FATHER BRIAN FLANAGAN, PASTOR
OF ST. PATRICK, PALM BEACH GARDENS**

Our organization is committed to building a hospital specializing in heart disease as well as the treatment of other chronic diseases.

Our goal is to raise money to build a Catholic cardiac and general hospital to allow our human family in Tanzania to raise their children without fear of death.

