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*"More precious than gold is health and well-being, contentment of spirit than coral."
Sirach 30:15*

MY RETURN TRIP TO N'GARENAIROBI Carol D'Angelo, TCHF Board of Directors



My return visit to the N'garenairobi Health Centre was a time to see all we had accomplished and the work that still needed to be done. I was assigned one of the new rooms completed with the expansion of the convent. The final work on this project was finished the week of my arrival. The sisters were excited and awaited the dedication (blessing) of their new home and chapel, scheduled for the following week.

Large elevated tanks sit on platforms near the clinic to hold water which is now being piped in by the government. The timely arrival of the water project was truly a blessing because the water pump previously used was broken. In addition to the broken pump, the electricity needed to run the pump was no longer available. The solar system, the sole source of electricity to the convent and clinic, was providing only minimal power owing to the fact the batteries would no longer hold a charge. The night of my arrival Sister Ernesta ran the generator but then explained there were no funds available to buy additional diesel fuel needed to operate the generator.

Father Priscus, the clinic administrator, estimated an upgraded replacement solar system would cost between \$10,000-\$12,000. This project became a priority upon my return to the U.S., and the TCHF Board approved the funds to restore and upgrade the solar system. The Sisters were thrilled to hear the electricity would not only be restored but enhanced. They would be able to use their TV to watch the news. In their isolation at N'garenairobi, Sister Ernesta explained they could go weeks without news from the outside world. Now I understood why upon my arrival all the Sisters would eagerly read the entire day old newspaper I had from the airplane.

As the solar power project nears completion, **we turn our attention to our largest project to date-- the construction of an operating theater.** Our preliminary plans showed the cost to be \$90,000, of which about \$30,000 has already been secured. Our new grant team is searching for possible donors. There is a sense of urgency as the inflation rate in Tanzania is 14%, but more importantly to help the people of the growing community of N'garenairobi .

We ask first and foremost for your prayers and secondly for funds to make this dream a reality. God Bless you and your families.



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



Seeing the People of Tanzania

Barbara Dupont, Advisor to TCHF
and participant in the 2012 pilgrimage...

My trip to Africa with the TCHF in June 2012 was a whirlwind tour during which we came to see various aspects of people's lives in Tanzania. The World Health Organization has designated Tanzania as one of the poorest countries in the world.

Most Tanzanians have reduced immune systems due to hard manual labor, and lack of nutritious food, clean water, electricity, and inadequate septic systems. The majority of adults have little education, but most children are now learning to read and write. Many families live in small one-room cinder block homes using wood for heating and cooking. Subsistence farming allows crops of corn, beans, and sunflowers to be planted and harvested by hand, supplemented by tree crops of bananas, avocado, coconut and coffee.



**JULIET AND DORA PREPARED THE
CELEBRATION MEAL FOR THE DEDICATION
OF THE CONVENT**

Lack of health facilities endangers lives.

*At the N'garenairobi Clinic **prenatal care is given and deliveries** are performed, but C-sections need to be sent to the nearest hospital located 45 minutes away.

***Malaria** affects mainly infants and toddlers, leaving many children with learning disabilities due to high fevers.

***Rheumatic fever**, a communicable disease caused by strep, results in heart valve damage, frequently disabling the manual laborer. To have cardiac valve replacements, patients need to travel to India or South Africa.

*At the clinic patients are tested for **HIV**. Those with positive results are referred to government hospitals for free care. HIV is the primary killer in the 15-24 age group. Recent statistics show that education seems to be helping to reduce, slightly, the rate of HIV infections. Orphans of this disease are living with grandparents causing major hardships in many families.

*Elderly people are suffering with **arthritis and cancer**. The lack of medicines and hospitals to care for them are major problems. There are only three cancer treatment centers in all of Tanzania.

The TCHF is doing remarkable work in supplying churches, clinics, and schools but building the surgical unit at the N'garenairobi Clinic would help all those needing surgical procedures: Cardiac, OB-GYN and Orthopedic, etc. It is needed critically and would benefit so many at such a little cost.



HEALTHCARE IN TANZANIA...2012 UPDATE



Most of us are painfully aware of the poverty in the Third World, and in Tanzania in East Africa in particular. Perhaps one of the most vivid statistics attesting to this is the life expectancy of someone born in Tanzania—according to the most recent studies a man born in Tanzania has an expectancy of 51 years, a woman 54 years—compare that to the United States at 76 for a male and 81 for a female.



Other statistical comparisons to the U.S. dramatically point out the other challenges for those who live in Tanzania.

In the U.S. we spend \$8,362 per person annually on healthcare. Tanzania spends \$83—that is one hundredfold more here than there.



Another perspective on healthcare is what is spent as a percentage of the Gross Domestic Product (GDP). That percentage in the U.S. is 17.4% while in Tanzania it is 6%. At first glance that might appear that the U.S. only spends three times as much as Tanzania, but that is an “apples to oranges” comparison, as the GDP in the U.S. is in excess of 15 trillion dollars, while that of Tanzania is just under 24 billion dollars.

Recognizing the plight of the people of Tanzania, our Foundation (TCHF) was established for the express purpose of improving the situation in Tanzania. Of course, it may seem that what we do is merely a pin prick compared to the overall situation, but the Lord reminded us many times that we must look at the world one person at a time.



TCHF Board member Carol D'Angelo is shown with one of the sisters at the clinic in the photo above. Note that almost all of the equipment and supplies shown in the photo came from our Foundation.



It is only through your support and your prayers that we can continue to have an impact. We thank you, ask God's blessings upon you, and share your sense of thanksgiving at this grateful time of year.



WE HAVE BEEN FEATURING THE STAFF OF THE N'GARENAIROBI CLINIC. THIS IS THE THIRD AND LAST ARTICLE.

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.



SISTER DARIA THOMAS COLU



SISTER COLETA SHIYO COLU

Born in the Kilimanjaro region at Keni Mrere, Sister Daria was the youngest of a family with 7 children. Jacinta was her given name and like Jacinta at Fatima, she heard the call of the Lord early in her life. By age 14, Jacinta knew she wanted to join a religious order as a nun and devote her life to serving God.

In 1992, Sister Daria began her schooling at our Lady of Kilimanjaro Sisters Huruma School of Nursing. After 4 years of training and a diploma in nursing, Sister continued to further her education. At the Bugando Medical Centre in Mwanza, Sister Daria trained and qualified as a nurse anaesthetist. After multiple assignments at various health centers and more education, Sister Daria was assigned to N'garenairobi Health Centre in 2009.

Her many duties include: care of pregnant mothers with prenatal testing and counseling, well baby clinics with vaccinations, midwife, and the treatment of both inpatients and outpatients.

When not working at the health center, Sister Daria displays her love of music by singing in the church choir. She instructs the children of the parish in their faith and enjoys reading. Sister Daria is truly a woman of God.

At 58 years old, Sister Coleta has served God and the people of Tanzania as an Usambara sister (COLU) for almost 30 years. Taking her first vows in 1975 and the final vows in 1983, she answered a call from God heard as young girl. Her family was blessed with seven children and Sister Coleta was the 2nd to the oldest.

Four years of nursing school at Huruma School of Nursing was followed by her first assignment at Kwai Health Centre in the Tanga Diocese from 1991 until 2001. Sister Coleta continued her education with two additional years at St. Camillus School of Nursing. After various other assignments, Sister Coleta was a welcome addition to the N'garenairobi Health Centre in 2010. She is an experienced nurse, midwife, and nurse officer.

Her quiet, competent and unassuming manner helps the clinic run smoothly even on the most hectic days. Hardworking and pleasant, Sister Coleta is well respected by the staff and patients. She enjoys reading in her leisure time.

The Congregation of Our Lady of Usambara, COLU sisters, was established in 1954 in Lushoto, Tanga, Tanzania.

