



Because all people should have access to a healthy life.

*Photo taken at Toby Manasoa, Madagascar, 2019.*

Global Health Ministries

# Newsletter

## In the Bleak Midwinter



Bud pulled out his Christmas card list, but this year he wanted to send more than holiday cards. Bud Hesterman, GHM's first salaried Director, invited his friends and family to look beyond a "bleak midwinter" in Minnesota. He invited them on a journey. It was 1988, and Bud's personal Christmas card

list became GHM's first mailing list. In the years that followed, over 42,000 people have added their names to the list.

This year, surges of coronavirus and lost opportunities to gather with family and friends may make winter seem especially bleak. But, I want to encourage you this season with a reminder that you participate in bringing joy that reaches far beyond the limits of your holiday dinner table. That joy brings hope.

The local media and a mayor's office gathered excitedly in the African country of Chad to celebrate a ship-

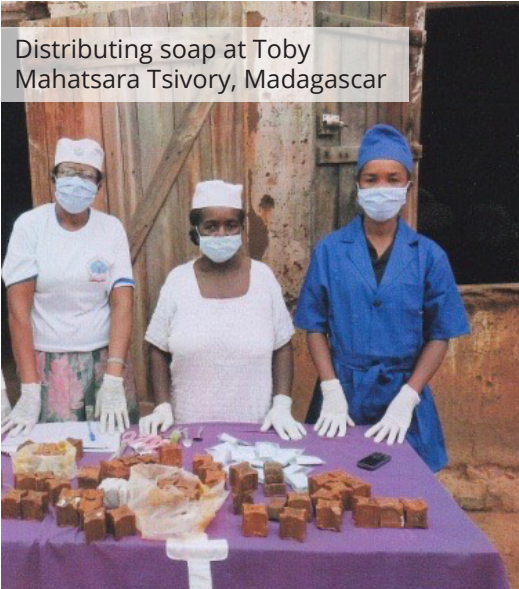
*~ continued page 2*

*In the bleak midwinter  
Frosty wind made moan;  
Earth stood hard as iron,  
Water like a stone;  
Snow had fallen, snow on snow,  
Snow on snow,  
In the bleak midwinter  
Long ago ...*

*What can I give Him,  
Poor as I am?  
If I were a Shepherd  
I would bring a lamb;  
If I were a Wise Man  
I would do my part,  
Yet what I can I give Him,  
Give my heart.*

~ continued from page 1

Distributing soap at Toby Mahatsara Tsivory, Madagascar



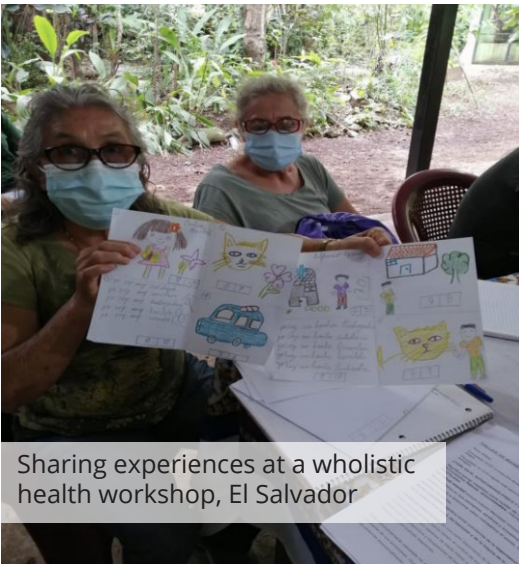
ment from GHM to a few rural clinics. Government efforts had skipped over these clinics. But it was front-page news when medical staff gathered with joy that rivalled Christmas morning to receive personal protection equipment (PPE) like masks and face shields from GHM.

“You are the tip of the humanitarian edge,” said Dr. Michael Osterholm, Director of the Center for Infectious Disease Research and Policy at the University of Minnesota, at GHM’s 2020 Annual Conference. Why? Because through GHM you are reaching people who are often forgotten.

In Madagascar, 144 tobys (traditional healing camps) “were forgotten by the government,” explained the CEO of the Lutheran healthcare system. “So, we asked for support to take care of them in terms of prevention ... to give them soap, masks, hand sanitizer, and information for awareness to protect themselves against COVID-19. And it was successful. I can say it because there have been no deaths in any of these tobys from COVID-19!”

In El Salvador, emotional healing has been almost as important as PPE in the midst of this pandemic. In the words of the Lutheran Health Coordinator, with GHM support, “We have developed health workshops to regain emotional balance, to overcome trauma ... Participants say they experienced peace, relaxation, joy ... they have taken time for themselves, discovered abilities and been able to remember good moments of childhood ... that give them peace.” Mental health during this bleak midwinter is of special importance, everywhere.

Sharing experiences at a wholistic health workshop, El Salvador



Around the world this Christmas, your gifts often fill crucial gaps. Medical care is simple at small health centers scattered across rural north-central Tanzania. But Maasai grandmothers will walk for hours to reach one of these clinics, carrying a grandchild on her back so the child can receive vaccines. These grandmothers remember many of the diseases that once seemed insurmountable. Large organizations like the Bill Gates Foundation are critical to immunization efforts that eradicate diseases like measles and polio, but, according to medical missionary and GHM partner Dr. Steven Friberg, they couldn’t do their work without committed people on the ground, trusted by the population, working out of clinics like these. Dr. Friberg credits GHM’s support with helping many of these small health centers survive.

Waiting for the clinic to open, Orkesumet, Tanzania



In the Bleak Midwinter is one of my favorite Christmas carols, partly because it connects a somber picture of winter and poverty with unimaginable hope. I don’t think Bud and those on his Christmas card list so long ago could have imagined the hope we get to share today through this network called GHM. In the midst of the somber notes of a global crisis, thank you for giving your heart, and bringing hope.

*Rev. Doug Cox, Executive Director*

# A NEW BEGINNING

*When the World says "Give up," Hope whispers "Give it one more try."*

OSEELC, the Lutheran healthcare system in Cameroon, has struggled recently. OSEELC leadership has twice engaged GHM's consulting arm, Global Health Administration Partners (GHAP), for assistance to help improve its financial sustainability. Governance politics, however, have often precluded management from implementing recommendations, and the situation in 2020 was bleak.

When Dr. Doka, newly appointed CEO of OSEELC, recently reached out for GHAP assistance in addressing their financial straits, GHAP encouraged

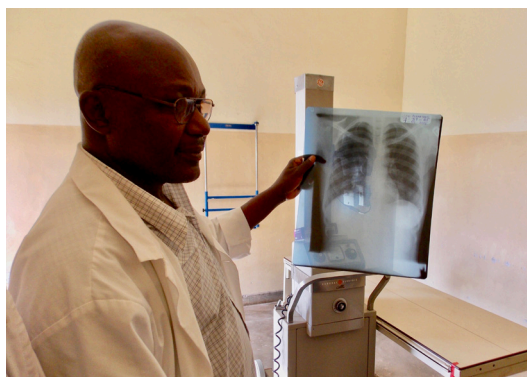
and emboldened OSEELC to confront their challenges. Symptoms included missing payroll, slipping support from other partners and the threat of insolvency. Dr. Doka understood the need to confront sensitive barriers to a successful engagement and partnership. Informed with this commitment, GHM agreed to split the cost of a financial and management assessment with OSEELC.

Cameroon-based consultant and former World Bank employee Sanda Elie and his local team anchored the GHAP team, whose other members

were state-side and could not travel. Sanda's team invested months visiting OSEELC sites, interviewing leaders and analyzing documents before preparing a 200+page report, including 25 specific recommendations.

The recommendations received robust discussion and ultimately full support from the new OSEELC Board at their October meeting. Although implementation work is just starting, OSEELC leadership has a new plan and a new beginning. And hope!

*Rob Thames, FACHE, FHFMA,  
Dir. of GHAP*



## ORKESUMET

X-rays are fascinating - what a powerful thing to be able to see inside your body! Many Maasai of northeastern Tanzania place a special trust in x-rays, in part because of their role in diagnosing tuberculosis. TB was common in Maasai areas, and x-rays allowed doctors, and patients, to see the evidence of disease in a patient's lungs.

Orkesumet Hospital is a district hospital with a skilled radiologist, Dr. Mchau, and an x-ray machine. People were traveling more than 50 miles to reach Orkesumet because no other center had an x-ray machine. High levels of radiation, however, made that machine unsafe, so the new digital x-ray provided by GHM and Superior Rotary is an amazing blessing. Now Orkesumet can safely do C-sections, ultrasounds, basic surgeries, orthopedics, and medical imaging.

*Kim Dickey, Dir. of Communications*

## SHIPPING!

In *Isaiah 40:31*, we're reminded that *"But those who hope in the Lord will renew their strength ..."* What a wonderful message, not only as we prepare for Christmas, but as we continue this healing ministry and close out Year 2020 for Shipping in support of our partners around the world!

**Cameroon/Central African Republic, at sea:** 2,545 boxes. 33 different designations. Anatomical models, Bassinets, Birth Assistant Kits, Centrifuges, Dressings, First Aid Kits, Gloves, Hospice Kits, Newborn Kits, N95 Masks, syringes and more!

**Tanzania, at sea:** 1,179 boxes. 8 different designations. Portable ultrasounds, Dental X-ray, Infant Incubators and Warmers, Phototherapy Lights, Surgical Instruments, Vital Signs Monitors ... new equipment for a Pathology Lab at Dodoma Christian Medical Centre! New digital x-ray film scanners at Iambi and Orkesumet Hospitals!

**South Sudan, in process!** 20 hospital beds & mattresses, birthing table, surgical scrub sink, infant warmer, patient monitors, surgical instruments, basic medical supplies and more to equip the new maternity ward and delivery room!

**Up next: Liberia!**

*Scott Lien, Dir. of Operations*



*When hugs were still ok ...* Rosella celebrated her group's tally of 3,000 GHM Newborn Kits with Dr. Sahondra, CEO of the Lutheran healthcare system in Madagascar. This Thanksgiving, Rosella (96 years young!) reached her goal of 4,000 Newborn Kits - each one a virtual hug for a new mom in Africa. We're grateful for Rosella and each one of you who contributed to GHM during 2020 - your gifts matter!

## GLOBAL HEALTH MINISTRIES

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### Did You Know?

Many Americans will be able to deduct as much as \$300 from their 2020 taxable income if they give it to a charity like GHM before the end of the year, thanks to the 2020 CARES Act. A financial or tax advisor can provide more information to help you take advantage of this year's unique tax incentives!

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### Noeli, and Dr. Mruma



Precious equipment is en route to South Sudan for a new maternity ward that will serve women in the Referendum area of Juba. The new ward is an expansion of Reconciliation Clinic, where women are coming for prenatal

care - soon they'll be able to deliver their babies there, too. The new ward will also be the site for fistula camps when those can resume. Noeli Richard, a scrub nurse at Selian Hospital in Tanzania, has been on the fistula team traveling to Juba from the beginning, and knows "everything that goes into operating on these women." Dr. Mruma, an obstetrician/gynecologist at Selian, is also on the team. These medical missionaries are making a difference in South Sudan, where it's estimated there are 60,000 women waiting for fistula surgery.