

March 2018

Dear Supporters, Partners, Families, Sponsors and Friends of SHAHICA,



Greetings from the people of Foumban (Cameroon) and from the team who just returned from a 2 week medical and social outreach. Raphia Noubbissi, our Co-Founder, once again led a team from December 18, 2017 until January 2, 2018. The team was composed of Abia Noubbissi (student at Haverford High School), Abiba Namen Makadji, MPH, Moustapha Noubbissi, BS, Sodetou Mfounjou, Rebekah Parsons, MS, and Teagen Parker (student at Newark Charter High School). There they joined forces with Dr. George Bwelle, General Surgeon at Yaoundé Central Hospital and Founder of ASCOVIME (Association des Compétences Pour Une Vie Meilleure). Others from Foumban volunteering their time included Dr. Theophile from the local government hospital, Ismael Nkontchu, Nursing Faculty at the local nursing school, Fadimatou RN working with SHAHICA's orphans, and Ismael Amidou, SHAHICA coordinator in Foumban, alongside numerous other volunteers. The outreach began on Friday December 22nd with a medical outreach. Dr. George Bwelle arrived in Foumban on Friday 12/22 at 7am in the morning with his team of 35 volunteers including a dentist, an eye doctor, a women's health physician, a pediatric nurse practitioner, a pharmacy technician, an anesthetist and medical students. Immediately, the team began their work to transform the local high school classrooms into medical consultation rooms.



We had one room for pharmacy, one room for surgery, two rooms for women and children, one room for dental care, one room for eye care, and one room was utilized as a laboratory. In addition there were screening tables set outside to check

blood pressure, glucose monitoring, and testing for malaria, PSA, chlamydia, Hepatitis B Surface Ag and Hepatitis C. Unfortunately, we were not able to provide HIV testing as our suitcase with 600 donated OraQuick HIV tests had not yet arrived. The suitcase eventually arrived after the medical outreach.

- 868 people were screened, treated, and/or referred for surgery based on each patient's diagnosis. Medications were distributed free of charge.
- 75 people were evaluated by the optometrist and 50 reading glasses were distributed.
- 150 people were seen for dental care and received not only extractions but preventive care as well
- 18 patients were referred and had surgical procedures completed such as lipoma removal, hernia repair and uterine myoma removal under local anesthesia.



Dr. Bwelle ended his work by taking his last patient for surgery in the early morning of Saturday December 23rd. The team left town that same morning giving the SHAHICA team just one day to plan for the orphan outreach. The orphan camp went from December 24th until December 28th. The children produced a grand finale performance on the last day. Once again local young people joined forces with Abia and the SHAHICA team who planned and led the camp.



Before leaving for Fouban, Abia led the French Club at her school in raising \$300. This money was used to fund the day camp. Abia was also able to ship a suitcase full of craft supplies to be used during the camp and gifts from some of the orphan's sponsors. Working with the kids was great, but there were mixed emotions as two of the orphans were very ill. In fact Brenda, a 14 year old young lady, had been battling tuberculosis and passed away just a week after the program ended. This was very hard and served as another reminder of how much work still needs to be done in undeveloped countries so that we can prevent unnecessary death especially among children. Tuberculosis is a manageable and treatable disease in developed countries. In this case the young lady was struggling with tuberculosis, AIDS and lack of treatment and financial provision. She is survived by her grandmother who has been her caretaker since her mom passed when she was just 3 months old. Raphia and other SHAHICA members still in Fouban at the time provided the grandmother and the cousin with emotional and financial support.



As stated above, 600 OraQuick HIV tests kits donated through the work and advocacy of Rebekah Parsons did not make it to Fouban in time for the medical outreach. Rebekah was able to visit neighboring hospitals and clinic labs. Raphia then followed up with all these locations and donated these most needed test kits once the HIV tests arrived. All laboratory staff sat in an hour training provided by Raphia on how to properly utilize and read the test results. The donations were welcomed with great joy by hospital staff.



During this time Raphia also did some home visits with the orphans. She took time to work on creating new relationships and partnerships in the town. She led a 3 hour Orphan Caretaker meeting. The future of SHAHICA outreaches and most importantly the future of the day center was discussed. Discussions on how to involve the orphans in their own care took place. A decrease in caretaker participation in meetings and other social activities had been observed in 2017. To reengage the caretakers it was decided to challenge all of them to take responsibility for a portion of the land surrounding the day center to grow nutritious

food for the children's use. An expectation for attendance at monthly meetings was reinforced. The question remains what else the group can do to enhance the children's health and wellbeing.

A new possible partnership was begun with two humble men Raphia met while doing her outreach. These two men agreed to pray on a regular basis for the children. The team had the chance to visit the local catholic hospital, where they had a good meeting with the clinical director. We also visited other local government medical centers as well as two private clinics. All these are great opportunities for partnership in the future and most importantly great referral sources for the children in the program.



There is no way we could have traveled and completed this successful outreach on our own. For those of you who have prayed, donated and or physically travelled to Fouban, to our volunteers and partners in Cameroon, we thank you. To our faithful orphan sponsors we appreciate you more than words can ever express. You have kept us going and we pray for the Almighty to keep you all under his wings as you keep these orphans under your wings. Of course we are always amazed to see the commitment of the caretakers toward these children. We thank them for their commitment and love.

As we continue to seek God's will for SHAHICA and for the people in Fouban we would like to share with you what is next for 2018. Fouban will be hosting its biennial cultural festival known as Ngoun from December 2-9, 2018. Raphia has obtained an agreement from the authorities to provide HIV, Hep C, Glucose and Blood pressure testing during that week. In addition Dr. George Bwelle has agreed to return for a medical outreach on December 15th and 16th. We will be planning a weeklong Orphan camp during that time. We will continue to cover the cost of tuition for school fees with the commitment of our orphan sponsors. Below are ways that you can remain involved:

- Pray for God's will to be established in Fouban.
- Pray for the 2018 **Team** to come together in God's time.
- **Pray for financial provision.**
- \$100 will sponsor one orphan for the year.
- \$600 will fund the week of orphan camp.
- \$1000 will bring Dr. Bwelle with his 35 volunteers for medical and surgical consultations.

- The donation of 600 HIV tests ,300 Hep C test kits, blood pressure cuffs, glucometers, and over the counter medications.
- Monetary donation toward the community day center building.

Visit our website or email any member of the SHAHICA team for more information or to make a donation. www.shahica.org

Blessings!!

Raphia Noubissi on behalf of the 2017 team.