



QUARTERLY NEWSLETTER



Centenary Celebration

In less than 24 hours Malamulo Hospital will be filled with jovial guest represented from all over the world. This is for one purpose, to celebrate Malamulo's 100 year anniversary. During this celebration Malamulo will be paying homage to the pillars who dedicated their tireless time, devotion and faithful service to Malamulo hospital. This occasion is truly a lifetime achievement not only for the hospital but also for each past and present employee, staff, and the community member it serves. This vibrant celebration will be filled with an array of festivities, performances that will recognize our monumental milestone as a mission hospital.

Malamulo Adventist Hospital would like to cordially you invite you to attend its 100 Year Anniversary. Festivities will commence with a concert which will be held on Monday September 7th from 6pm-10pm at Malamulo Seventh Day Adventist Church. The main event will be hosted on Tuesday September, 8 2015 starting at 8am located on the grounds of Malamulo Adventist Hospital, Thyolo, Makwasa, Malawi. Please plan to join us.

For further details of the event feel free to contact Special Projects Manager, Temidayo Ogunrinu at temidayo@malamulohospital.org or call +265 (0) 888 446 466

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2015 Retirees



| <i>Name</i> | <i>Position Held Upon Retirement</i> | <i>Years Served</i> |
|----------------------------|---|---------------------|
| <i>Redson Folotiya</i> | <i>Laboratory Technician</i> | 1970-2015 |
| <i>Billy Chaoneka</i> | <i>Head of Maintenance and Transport Services</i> | 1974-2015 |
| <i>Grace Folotiya</i> | <i>Nurse Midwife Technician</i> | 1975-2015 |
| <i>Luka Khingi</i> | <i>Security Officer</i> | 1979-2015 |
| <i>Viness Joloza</i> | <i>Nurse Midwife Technician</i> | 1980-2015 |
| <i>Iness Dzinogomavera</i> | <i>Home Craft Worker</i> | 1993-2015 |
| <i>Ruth Story</i> | <i>Home Craft Worker</i> | 1988-2015 |
| <i>Emmie Mmehobowa</i> | <i>Nurse Midwife Technician</i> | 1998-2015 |

Diabetes Success Story

By. Dr. J. Crounse

I would like you to meet my friend Serah Longwe. Serah is a Travel Agent working in Blantyre. Earlier this year she was not feeling well and visited the Malamulo Day Clinic in Limbe where she met Dr. James Misiri. After discussing her symptoms with her, Dr. Misiri checked her blood sugar which came back well over 300. Unfortunately, Serah had Diabetes. Dr. Misiri discussed the nature of her condition with her, and referred Serah to the monthly Diabetes Group Visit at the same clinic. Two weeks later Serah showed up to the group visit, and she has been coming ever since.

It was my pleasure to ask Serah to share a little bit of her success with the group.

Since her diagnosis four months ago, Serah has made a lot of progress. She has lost 9 kilograms (20 lbs), has started a rigorous exercise program, has had her clothes altered to fit her slimming waistline, and now has good blood sugar control on minimal doses of medications. Best of all, she can tie her own shoes, doesn't have knee pain any longer, and can pick things up off the floor again.



Serah Longwe

She has hired her own tailor as

she expects she is going to need more alterations in the future. She has a goal to lose another 16 kilograms (35 lbs) and to be off medications completely. If you had the privilege to sit in my seat, you would probably believe her as I do.

Serah remembers that early on in the Diabetes Groups it was reinforced to her that medications are not the best treatment for Type II Diabetes. While they can help to control blood sugar, and delay complications, they do very little for reversing the underlying problem of Diabetes. She took this as a personal challenge to treat her condition in the best possible way -- Total Lifestyle Change. It was a blessing for me to be able to sit to the side while Serah taught the class..."You can't just eat any brown bread most brown

bread has less than 10% whole wheat". "You should eat fresh fruits and vegetables for snacks". And then the one that gave us the best discussion afterwards, "You need to take cold showers!"

Serah isn't the only one who has made good progress. Every month we have between 6-10 individuals join our Group Medical Visit to better learn what it means to have Diabetes in Malawi, and most of them are actively making progress.

The Malamulo Day Clinic Diabetes Group Medical Visits have been happening since August 2014. If you know of somebody in the Blantyre area who needs some help with Diabetes, send them on over, Serah (and the whole group) would love to talk with them.

SIMS MISSION GROUP

SIMS is a Loma Linda University (LLU) organization which host medical mission groups all over the world. The groups are typically comprised of various LLU health science students, faculty and staff from the hospital and University. Here at Malamulo SIMS has a reputation of carrying out great work in the community so when Malamulo found about their interest in coming back they were thrilled. June 2015, Malamulo Hospital welcomed

back LLU SIMS. This group consisted of 15 dynamic participants lead out by David Conkerite, LLU's Program Manager for Diversity and Inclusion.



LLU SIMS Mission Team

SIMS worked with Malamulo College of Health Science, nursing, public health and clinical medicine students as well as the Hospitals Community Health Department to carry out mobile health clinics in 3 different villages. With their hard work and zeal they were able to attend to and treat over 1,000 people with various ailments. Most of their medical care comprised of testing and treating Malaria, Testing for HIV, blood sugar, and blood pressure.



SIMS Participant and MCHS Nurse taking blood pressure of a young girl

Additionally they were able to provide treatment for many infectious diseases, educate the community about their chronic

diseases and make referrals to the nearest hospitals as needed. Another aspect of their trip was conducting Vacation Bible School, where over 2,000 children participated and learned about the love of Jesus Christ.



Jan Lloren and a MCHS nursing student educating about dental hygiene

"Being in the SIMS trip allowed me to bridge the gap between thoughts of the mission field and about missionaries and actual mission field and the missionary. Thoughts of becoming one and seeing one and realizing the core struggles and solutions appear the same - where one can be comforted that this is God's mission field and this is His work, where success depends not only in doing my best, but more so in doing my best when and where God wills. And so, seeing these similarities adds to my reasons to find solutions where I am, that I do not need to travel far and wide to serve a people."

—Jan Lloren



David Conkerite, Team Leader assisting an elderly man with height and weight

"The SIMS Malawi trip to Malamulo Hospital in the Thyolo District was full of emotions. For me personally it was refreshing, exhilarating, saddening, and provided me with hope. Refreshing and exhilarating to actively participate in the healing hand of Christ. Saddening to visit to so many people who needed and lack basic medical care that we so often take from granted in the States. But also it filled my spirit with hope in working with students, staff, and seeing the missionary family dedicate their lives and time to making a difference in the world. This trip brought our mission and motto to life, 'To continue the healing and teaching ministry to of Jesus Christ, To Make Man Whole.'" –David Conkerite



MCHS Nursing Student assisting the children with Vacation Bible School

Malamulo is grateful for the services SIMS was able to provide our community. We are

even more grateful for the long lasting partnership we have with Loma Linda and the student missionaries they send.

Why We Celebrate the "Negative"

The act of giving birth can be described as a blessing as well as miracle especially in low income countries where infant and maternal mortality and morbidity tend to be high. For HIV positive mothers the miracle of giving birth can sometimes be overshadowed by the anxiety of infecting their new born child. Luckily, these fears are put at ease due to a very effective regimen called "Option B+" Option B+ is a regimen that has been integrated in the Prevention of Mother-to-Child Transmission (PMTCT) of HIV Program. The program has been implemented in Malamulo for over 5 years. The goal of it is to have "0" new HIV infections due to vertical transmission. This is achieved by making sure all HIV positive mothers are on their appropriate antiretroviral drugs and that their new born infants take prescribed medication as needed for a period of 24 months.



Women excited and cheering about the results of their children being HIV negative.

This program is unique in that it allows mother to



exclusively breast feed their infants for the first 6 months of their infant's life which is integral for a new born baby to prevent infection and to thrive.



The women and children dancing in celebration about their negative HIV results

Over the last 5 years Malamulo's PMTCT program has had a 95% success rate and within the last year, it has been 100% successful for all parents who followed the appropriate regimen.

In July, 15 mothers who participated in this 24 month program celebrated the HIV negative results of their 2 year old children. It was a joyous occasion where mothers had the opportunity to experience

the blessing and miracles of a healthy child once again.

Loma Linda Medical Center Carries out Specialized Pediatric Training

In June Malamulo Hospital had the pleasure of hosting Loma Linda University Medical Center (LLUMC) Pediatric Intensive Care Unit (PICU) team. The team comprised of Dr. Abd-Allah, Dr. Lopez, Dr. Mahabee and Clarissa Larsen, RN, who are all pediatric specialist from LLUMC.

The purpose of their visit was to carry out trainings which would increase Malamulo Hospitals capacity to attend to and treat pediatric patients in a more effective and efficient manner. The trainings consisted of Pediatric Fundamental Critical Care Support and Pediatric Advanced Life Support. Approximately 30 Malamulo staff members were trained and received certificates upon successful completion of the course.



PICU Team and Malamulo Staff taking a break after a long bur educational training session

These type of trainings are not only essential to the development of our staff, but play a major role in understanding and adapting the available resources in a way that will be most advantageous to our patients. Malamulo is grateful for the time they spent with us, and we hope to have more training teams like them in the future.

Malamulo Welcomes the Graybills

In June 2015 we were blessed to have Aaron and Casey Graybill join the Malamulo Team. They are accompanied by their two beautiful daughters Anna



Alice, Casey, Aaron and Anna Graybill
L-R

(age 4) and Alice (age 2). Aaron is a registered nurse and holds a master's in public health. He will work on various projects within the hospital and in the community. Casey is an obstetrician and gynecologist and will serve within our maternity department and women's center. As the newest deferred mission appointees,

Malamulo is excited about their commitment in serving our hospital in areas of great need.

"Since arriving, we have been so blessed by the existing Malamulo community. Their thoughtfulness and kindnesses have been amazing at easing this time of transition for us. We are excited to be here and are getting settled. We look forward with great anticipation to all that is ahead for us here in our new home."

-Aaron Graybill

Appreciation Corner

Malamulo Hospital would like to show appreciation to the following people and organizations.

✚ All Nations African Seventh Day Adventist Church of California, USA for generous financial donation of a maize Mill for Mbalanguzi Clinic. Because of your donation the people of Mbalanguzi will have access to a nearby facility to process their staple food.

✚ Donna Shank of Virginia, USA. Thank you for donating knitted cloth for our premature infants in maternity. Due to your donation our precious ones will be able to stay warm during the winter.



This Newsletter is provided to keep you updated on the most recent developments and activities at Malamulo Hospital.

Malamulo Hospital is a Seventh Day Adventist Institution

Our vision is to be the preferred provider for specialized healthcare and training in Malawi and beyond.

Our mission is to provide competent healthcare and training through skilled staff members, prioritizing the health of our patients with a special emphasis on spiritual care.

Contact Us

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<https://www.facebook.com/Malamulo.Hospital?ref=ts&fref=ts>

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