

The Kellermann Foundation Newsletter

New Website Coming, New Logo Unveiled

Volume 6 Number 1
January 2015

For nearly seven years, the Kellermann Foundation website has been managed by our friend **Phyllis Atha** (see back page). We are in the process of creating a new website that will be managed in-house by our staff. We expect the new website to be active by February. Stay tuned for more information.

Through Catchafire.org, we have received volunteer assistance from several well-qualified professionals to help us with this project.

- **Lisa Anderson** (peacockmarketing.net), from Greenville, South Carolina, a long-time KF supporter and marketing manager, completed our website audit.
- **Sharon Sherman** (elance.com/s/sgsherman), a graphic designer from Oakdale, California, created our new logo. We love it!

- **Ben Kim** (Twitter: [@BenKim](https://twitter.com/BenKim)) from Temple City, California, a Master's candidate at DePaul University in Chicago, is helping us with our website user interface and set-up.

If you are looking for an outstanding professional in any of these areas, we highly recommend all of these individuals. Tell them we sent you!



Our new logo, courtesy of Sharon Sherman

In this issue:

New Website & Logo	1
Community Nutrition	
Volunteer Corner	2
Volunteers Needed	
Donor Corner	3
UNSB Updates	
Employee Profile	
Tidbits: Phyllis Atha	4
Thank You Notes	

BCH and Community Nutrition

Compiled from contributions by Barbara Thomas

Malnutrition is a major problem in southwest Uganda, as it is in much of sub-Saharan Africa. Statistics show that malnutrition causes 54% of deaths in children under age five in this region. In our service area of Kanungu District, 43% of children under age five have stunted growth, and 5% show wasting (severe malnutrition). Most families in this rural region eat primarily from their own small subsistence farms, which usually produce a very limited number of crops. Because of the lack of variety in their diets, children do not obtain vitamins and minerals necessary to build up their immunity, thus becoming susceptible to more diseases.

Bwindi Community Hospital (BCH) is helping to change this. Through the generous sponsorship of [Sustain for Life](http://SustainforLife.org), BCH has a strong Nutrition and Dietetics Program, which includes an on-site vegetable garden, teaching opportunities, and community outreach programs.

Nelson Naturinda, a trained nutritionist and dietician, leads the department. He and his staff are concerned with the dietary health of all the patients at BCH. Nelson and his staff also use demonstration gardens to teach those who come to the hospital how they can grow vegetables even in a limited area. In addition, mothers in the maternity and pediatric wards attend a food preparation class that is offered weekly. Here they learn basic nutrition and how to prepare meals so as to maintain the vitamins and maximize nutritional values.



Nelson (R) teaches BCH outpatients about nutrition

The Nutrition and Dietetics Program also conducts community outreaches, concentrating on areas with high malnutrition rates, especially the Batwa settlements. Nelson and his team demonstrate how to build a sack garden (basically a French intensive garden in a sack) to grow a variety of vegetables close to the house and readily available to cook. Community residents are given materials and seedlings to grow their own sack gardens. The outreach team also brings in a variety of vegetables, demonstrates how to cook them, and then has the community prepare the food for hands-on learning. Hospital staff and community members then share the meal, building relationships between BCH and the community.

These programs are making a measurable difference in health. The pediatric in-patient malnutrition program has had a 98% success rate (defined as the child "thriving"). With the addition of nutrition education and follow-up visits, children from the same family almost never return to the hospital for malnutrition treatment.

The BCH vegetable garden and its associated community outreaches are at the forefront of maintaining preventive health in the wider community. The BCH vegetable garden also generates income for the hospital and is predicted to break even by mid-year 2015, thus moving the program in the direction of ongoing self-sustainability.



The Bwindi Community Hospital vegetable garden

Contributed by Barbara Thomas

Volunteer Corner: Amari Taylor

Amari Taylor is passionate about children reaching their full learning potential. She volunteered to come to Bwindi through the Kellermann Foundation to work for a year with the schools which the Batwa attend.

Amari, a teacher by profession, arrived in Uganda in August 2014, just as the 2014 school year's final term began. She said, "I began to learn everything I could about Ugandan education by spending time in classrooms, asking questions of the parents, teachers, and students, [and] visiting some of the well-regarded schools in Buhoma area." This gave her some good ideas on how to proceed.

She initially focused on Nina Waits Primary School at Mukongoro. The teachers there were eager but untrained and underpaid, few supplies were available, and there were as many as 60 children in the Primary 1 classroom,



Amari has an adventurous spirit and a teacher's heart

ranging in age from three to 10. Because many of the students were of nursery school age, little real learning could take place for those who sought to advance.

Yet Amari saw the positives. She stated, "Even with these challenges, there was much going right for the school: the teachers were dedicated and willing to learn new skills, the children knew why they were in school and were eager to learn, and many of the parents understood the value of an education they had never received. They wanted their children to have a chance at an easier and more prosperous life than they experience, and they knew education was the key."

Amari sought to address the immediate problem and then seek longer-term solutions. With the support of the teachers, she brought a tarp and made a divided classroom, moving the Primary 2 and 3 classes into the two sides. With an extra room then available, they divided the Primary 1 children into two separate classes: Nursery and a true Primary 1.

The next challenge was to find another teacher for the extra class. Amari taught it herself for a bit, greatly helped by Marthe, a visiting teacher from the Netherlands. A local teacher was soon identified and hired so that each classroom had its own teacher.

At the next PTA meeting, Amari presented the problem and asked whether the parents were

willing to build another classroom. The parents agreed and began to bring the poles for the new construction. Amari was greatly encouraged by the initiative that the parents showed in erecting the framework for the new classroom and installing the roof.

Amari is also encouraged that all the teachers are eager to learn new techniques and to provide the best possible learning environment for their students. Additional teacher training is scheduled for this month, and increased teacher salaries are being implemented for the 2015 school year.

Amari is now visiting the other schools and assessing their strengths. She also helps at the Batwa Women's Center, teaching the adult students how to make earrings and improve marketing of the crafts at the nearby Batwa Craft Banda.

You can read more about Amari's volunteer work at Bwindi in her blog, Amari in Africa, at amariinafrica.blogspot.com.



Amari has many hopes and dreams for Nina Waits Primary School

Long-Term Hospital Volunteer Needed at Bwindi

Are you familiar with medical facilities, or are you willing to learn? Can you maintain patient confidentiality and sensitively interact with hospital patients and their families?

We need you!

The Kellermann Foundation (KF) and Bwindi Community Hospital (BCH) need a volunteer starting in **February 2015** to coordinate the Kangu and Watsi programs at BCH. Kangu (kangu.org) and Watsi (watsi.org) are nonprofit crowdfunding organizations that support our medical programs at Bwindi. The coordinator will ensure that the programs run efficiently to fund needed healthcare services for clients who otherwise could not afford them.



Eunice with her new baby, whose safe hospital birth was funded by Kangu

As the Kangu/Watsi coordinator, your job will be to:

- Interview and photograph new mothers, before and after delivery, for Kangu
- Work with BCH clinical staff to identify patients for Watsi profiles
- Photograph and interview Watsi patients before, during, and after treatment
- Write and post profiles and updates to the Kangu and Watsi websites
- Work closely with KF and BCH staff to ensure that the process flows smoothly

To learn more about this volunteer position, contact our office at (972) 685-0279 or email volunteer@kellermannfoundation.org.

Donor Corner: State of Arkansas

If you visited the Kellermann Foundation office in December, you would have been surrounded by piles and piles of boxes—specifically, 150 cases (1,200 boxes) of donated syringes.

These supplies, totaling 12,000 syringes, were a gift to the Kellermann Foundation through a generous grant from the **State of Arkansas Department of Public Health**.

The grant provided enough syringes to supply all of Bwindi Community Hospital’s departments for a year or more, at a total value of about \$18,000.

We are grateful to the State of Arkansas for their generosity, and to Kangu.org, who introduced us to the grant possibility.

We hope to send a container shipment to Bwindi later in 2015, including these and other medical supplies to help fill the immense needs at the hospital.

If you are familiar with the logistics of preparing and shipping an overseas container, we’d love to have you volunteer to assist with this project! Give us a call at (972) 685-0279.



Arkansas Dept. of Health grant—12,000 syringes

UNSB Updates

Uganda Nursing School Bwindi (UNSB), which opened in November 2013, now has 40 enrollees in three levels. UNSB is rapidly becoming known as one of the best nursing schools in Uganda. Its inaugural class took the rigorous first-year national nursing exams in November, and 100% of the class passed. This astonishing result is nearly unheard of for a new institution and surpassed even some of the most well-established schools. We are very proud of the students and staff!

Thanks to the generosity of many donors, the Kellermann Foundation has been able to supply



Scholarship recipient Shamirah plans to serve in her home village after graduation

scholarship funds for 15 students at UNSB. Many of the students come from humble backgrounds, often from impoverished rural subsistence farm families. These scholarships will change the lives of the students, their families, their communities, and the thousands of individuals they will serve after graduation. Many thanks to all the donors who make this possible.

More scholarship funding is needed as the school grows. Scholarship donations of \$4,500 per year cover all needs for the student, including tuition, fees, housing, books and supplies, lab materials, and administrative costs. Contact our office to offer your support for a UNSB student.

UNSB Employee Profile: Janepher Mugerwa

Contributed by
Barbara Thomas

It takes courage to leave your home and family and go to a strange “country” where people speak a different language, eat different foods, have limited electricity, and endure a climate challenging to your health. **Janepher Mugerwa** did not have to become a foreign missionary to experience this—it happened to her within her own home country of Uganda, when she accepted a position as Communications Officer for Bwindi Community Hospital and Uganda Nursing School Bwindi last March.

Janepher was born and raised in the capital city of Kampala. She studied at nearby Uganda Christian University, majoring in social work. Never having strayed far from Kampala, Janepher found herself facing challenges when she arrived in Bwindi.

In Kampala, everyone spoke English or Luganda. In Bwindi, people speak Rukiga, although English is used at the hospital. Food is more difficult to obtain. There are no supermarkets offering a variety of food, as in the capital, nor

prepackaged, ready-to-cook meals. The climate is much cooler than in Kampala, and Janepher found herself fighting viruses new to her body.

On many days, Janepher found her new life in Bwindi to be great, and she found her colleagues to be friendly and welcoming. But on other days, the frustrations of dealing with new circumstances would get her down, and she felt ready to pack her bags. Her family and friends in the capital urged her to come home.

What made Janepher stay? She knew that she needed to have a positive attitude and flexibility if she was going to cope, and she realized persistence and patience were essential. She made friends at the hospital and local church. She also found others who had come from Kampala and who had made the necessary adjustments to rural life. Her persistence has paid off. Janepher has



Janepher (R) visits with UNSB Principal Jane Anyango (L) and Sally Stillings (ctr), Kellermann Foundation Executive Director

become a role model for her younger brother and sister, and she has given her mother confidence that she is capable of supporting herself.

Janepher’s experience shows that courage, dedication, and persistence bear results.



The Kellermann Foundation

Providing hope and health in Uganda

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Tidbits: Phyllis Atha

In 2002, **Phyllis Atha** traveled to Uganda to assist **Scott** and **Carol Kellermann** with their work at Bwindi. Phyllis helped in the outdoor clinic, photographed the Kellermanns' work, created a photo documentary, and coordinated a community mural project (a world map) with the Batwa at the Diane Stanton Learning Centre in Kitariro.

Phyllis also created the Kellermann Foundation website in 2008 and has maintained it since that time. We are grateful for her years of dedication and her heart for our work. Phyllis' accomplished graphic design work can be viewed at her website imaginativeimages.com.



Phyllis (R) with helper Abias and the world map at Kitariro

Thank You Notes

Many thanks to the following volunteers who have helped us with ongoing or recent special projects.

Paul & Barbara Thomas—long-term missionaries to Bwindi

Amari Taylor—education volunteer for the Batwa Development Program since August 2014

Kayla Rosales—Kangu/Watsi volunteer at Bwindi Community Hospital since May 2014

Marv DeMoss—BatwaBaskets Coordinator

Jacquelyn Eisenberg Nelson—Coordinator for Bishops' School Student Sponsorships

Sharon Sherman—logo re-design

Mark Arnold—development/fundraising assessment

Lisa Anderson, Brian Milner, and Solomon Jagwe—website audit

Ben Kim—website planning and user interface

Rachel Medina—newsletter and email layout/design

Gwen Savant, Carol Campbell, and Kathleen Farmer—"office angels"

David Maxwell, Bill Cavanaugh, and Jeff Stillings—"warehouse warriors"